Yelm Cooperative

Holiday 2014

Volume 4, Issue 5

Farmers Market

Get all the updates about the Yelm Farmers Market. Page 3.

Sales and Deals

See the promotions for October and November! Pages 4 & 5.

Board meetings

Board meetings are open to all members. Ten minutes is set aside at the beginning of each meeting for comments and suggestions.

The Board meets at 6 p.m. on the second Thursday of every month at the Rosemont Retirement Center at 215 Killion Rd SE, Yelm, Wa 98597.

Volunteer on the Grapevine

The Grapevine is currently looking for volunteers to work as reporters and photographers.

Be Part of the Grapevine

- Want to advertise with us?
- Have an idea for an article?
- Suggestions or comments?Let us know!

Email: grapevine@yelmcoop.com

German Vanillekipferl (Almond Crescent Cookies)

Jutta Dewell

This is a real German recipe from my mother and it makes wonderful cookies for Christmas time!

We're translating from a German recipe which is why we also are including the gram weights. We get all the ingredients from the Yelm Food Co-op.



Community Newsletter

See the complete recipe and other great ideas on Page 7.

Cooperatives in the United States

Tamara Urich-Rintz

The first recognized cooperative business in the U.S. was a mutual fire insurance company. Founded in 1752 by Benjamin Franklin, this venture continues to operate today. The first recorded dairy and cheese cooperatives were organized in 1810, and cooperatives for other agricultural commodities soon followed. These early cooperative efforts on the part of agricultural producers were local, independent of any larger organization, and relatively short-lived.

A sponsor of "cooperation in all things", the Order of the Patrons of Husbandry, known as the Grange, was formed after the Civil War to improve farming conditions. As the first organization that actively promoted cooperative development, the Grange sought to eliminate the costs associated with the middleman by bringing farmers, manufacturers, producers and consumers into direct relations.

In 1875 the Grange endorsed the Rochdale Principles. Its cooperative development efforts led to the formation of hundreds of agricultural marketing and purchasing cooperatives, as well as cooperative stores for consumer goods. The diversification into many business activities, however, contributed to its decline in the 1880s which was also due to poor business practices and a lack of member participation.

Other organizations emerged to support the development of agricultural cooperatives. The Farmers' Alliance and the Society of Equity were both more political than the Grange, and they were aligned with the progressive agendas of the day.

The Alliance was active in the southern states, where the use of crop liens created chronic debt for many small tenant farmers and sharecroppers. However, racial discrimination practices made it difficult for black farmers to participate in the Alliance. A segregated branch of the movement, the Colored Farmers' National Alliance and Cooperative Union, was established in 1886. The Alliance introduced cooperative practices to some Southern black farmers, but discrimination and the passage of Jim Crow laws in the 1890s significantly affected cooperative development.

Interest in cooperatives intensified around the turn of the century, as many reacted to monopolistic practices and what were seen as the excesses of capitalism. Cooperation was identified as one avenue to a more socially responsive economy. The Cooperative League of the United States of America (CLUSA) was organized in 1916 to promote a broad cooperative agenda. CLUSA drew support from consumer cooperation movements in other parts of the country, most notably from the social democratic

General Manager's Report

Barnaby Urich Rintz General Manager

I would like to wish all of our shoppers and Grapevine readers a happy holiday season!

I hope that you have a wonderful time well spent with family members and friends that you care deeply about. Stress and depression often reach a critical point with all the obligations related to the holidays. Stop by Yelm Food Cooperative, and we will do our best to help you celebrate the positive parts of the season.

January symbolizes rebirth and new developments. We are making changes in our product line and our equipment in order to improve our services. As I write this, we are putting the final touches on our new produce merchandiser. It has twelve linear feet of display space, and it has a deeper bottom shelf which will make stocking much easier for us. Our book shelf is growing with titles that focus on food preparation and social justice issues involving our food supply. Christmas gifts continue to arrive with a variety of candles, incense resins and oils, and accessories. We hope that our continued upgrades to the store will make us your primary shopping place for the products that we carry.

Naturally, we will also carry most everything that you will need in order to prepare the comfort foods that folks enjoy

Local Licensed Midwife Kara Neff 360-888-7430 Free consultation so much during this time of year. Our supplies of pumpkin (whole and canned), cranberry sauce, condensed milk, gravy, corn, peas, soups, baking goods, and many other seasonal items have already made it in or are soon on their way. We want to make your experiences during this time as enjoyable as possible. Since smell and taste have a significant effect on memory, it would be great if we could help make your celebrations unforgettable with foods that inherently produce great flavors!

Yelm Food Cooperative certainly wants to grow by satisfying all of our customers' senses. After a brief slowdown in sales during June, we have experienced modest growth ever since. We remain on track to exceed \$1 million in sales for 2014, but we will still need the continued support of our dedicated shoppers in order to reach this milestone. As of the end of October, our sales for the year have exceeded \$867,000. That makes for a monthly average of \$86,700. If we maintain this average for the last two months of the year, we will have grown by over 7% compared to last year. In my opinion, this is pretty solid. The only major store improvements made this year included bringing in a larger produce chiller and adding another two door freezer. These upgrades happened late in the year, so the potential impact will not really be observed until 2015. Of course, we could use even more equipment improvements. For example, we get deli, bakery, and other ready to eat options from local suppliers. Unfortunately, these items are unavailable or not fresh on certain days of the week. Yelm Food Cooperative will start to explore more possibilities for improving 'grab and go' products. We will also begin to research the feasibility of making some of these items at the store. It will take time to get all of the permits and equipment necessary to do this, but it is possible that we could have more quality prepared foods ready for customers in the not too distant future.

In order to continue growing, we will also need to draw more people into the store. Mainstreaming the appeal of Yelm Food Cooperative will play a critical role in bringing new customers through our doors. By targeting shoppers who have only recently become aware of our food security crisis, we can build a larger customer base. Of course, we will continue to demonstrate excellent customer service so that we keep our core shoppers happy.

On a slightly unrelated note, in my last General Manager's report, I stated that I would hold monthly meetings at the store in order to discuss the variety of operational models that different cooperatives have. The first meeting was scheduled in October. Unfortunately, nobody showed-up.

This is largely due to the fact that I did not promote the meeting very well due to a family emergency that disrupted my schedule after The Grapevine was already prepared for formatting. On the other hand, I did get feedback that some people were interested in the meetings, but they could not attend on the date scheduled. At this point, I would like to hear from people who may be interested in attending these meetings. From there, I will schedule a future meeting. If I do not get sufficient feedback that expresses interest in the meetings, I may

choose to add the topic of 'How Cooperatives Operate in Different Ways in Similar Places,' to a General Manager's report. Thanks for reading this, and say 'Hi' to me next time that you are in the store!

Finally, I would like to thank all of the people who were critical in moving the new produce chiller project going forward. Bill Wyman did an awful lot in order to get a permit from the city, and he also coordinated the carpentry aspects of the job. Peter Hertzberg led the way to demolish and rebuild the manager's station/customer service area. Kaelen Keeslar helped to tear down the old mezzanine as well on a Thursday evening. Rebecca Galbreath found the produce chiller, and she lined-up nearly every contractor that helped to install the display case. All of these people demonstrated how important this store is to them and to our community at large. I am sincerely thankful to all of these members for making this new produce case happen.



Mail: P.O. Box 512 Rainier, Washington 98756

> Brenda Surerus, BPE, LMP Lori Drayson, LMP

360-446-0116

Specializing in...

- Sound Vibrational Healing Therapy
- Deep Tissue Massage Injury Work
- Lomi Lomi Hot Stone Massage
- Cranial-Sacral Therapy
- Visceral Manipulation
- Lymphatic Drainage
- Aromatherapy



2014 Farmers Market Season Salute

October 26th was the final market of a fabulous season and left many loyal customers wondering how to now spend their Sundays. Yelm Farmers Market has put itself on the map and set in place a strong foundation for a flourishing future. This season saw over \$100,000 generated in sales, money that is not being gobbled up by international conglomerations but actually staying in our community, helping our farmers and producers to grow their businesses whilst strengthening our local industry and food security. Throughout the season 33 local vendors participated in our market alongside a total of 23 community non-profit booths. And we had over 11,000 visitors! Much wisdom was shared and friendships were formed leaving no doubt that the Yelm Farmers Market is an incredible asset to our community on so many levels. To all of our vendors and customers, thank you!!! We look forward to reuniting and sharing more adventures next year.

Planning for 2015 has already begun! Next year sees us back at the beautiful Nisqually Springs Farm, bigger and better than ever before. If you are interested in having a booth, now is the time to start planning. There are many opportunities just waiting for someone to grab and bring to life. Contact Karen, Yelm Farmers Market manager Email: velmfarmersmarket@gmail.com

Volunteers Rock!!

Yelm Farmers Market came together each Sunday with a lot of help from a fabulous group of volunteers. These awesome folks helped set up canopies, the handwash station, the barbeque tables, put out our signs, man the Information Booth and then pack it all up again at the end of each market. Without your help Sundays would be very long days indeed! Special thanks to Mali & Bailey who volunteered as our face painter and balloon artist. You were great additions to the market!

William Rae Bonnie Morton Maggie Sayer Ted Mindt Elizabeth Powell

Willa Cain Kevin Kelley Jeb Thurow Dean Rae Cindy Thurow

Valeska Rae Mali Morrish Peter Mooyman **Bailey** Steward



WINE TASTINGS AT THE STORE

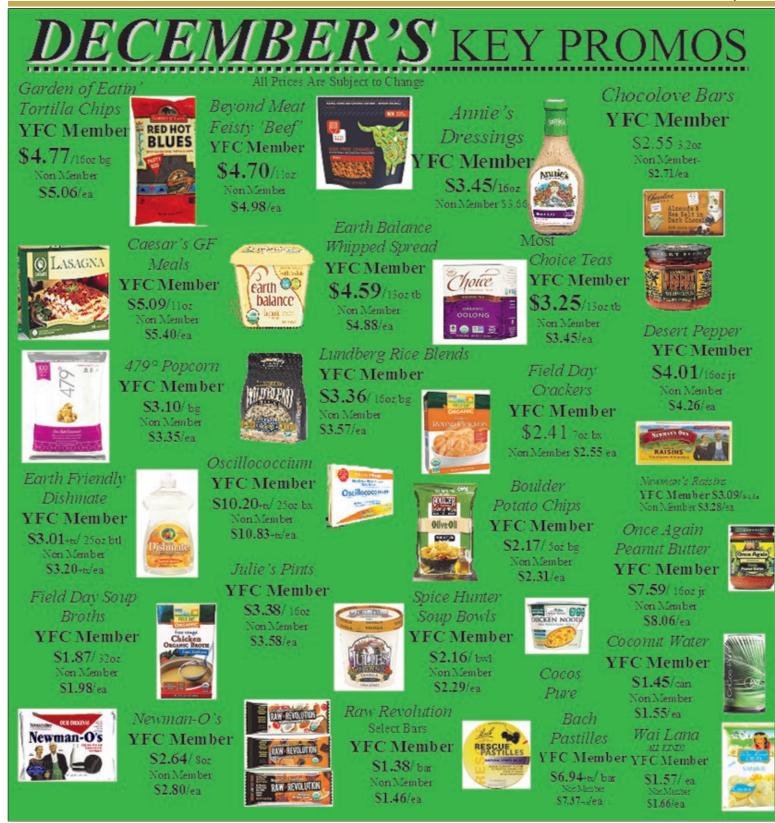
'Taste often. Drink what you like." — Anne

Join Anne each Saturday from 1-4 p.m. in the Wine Cellar.

It's fun. It's casual. It's tasty and no one ever left sorry that they visited.



YELM FAMILY MEDICINE, PLLC





Layout Design Daniel Wyman Grapevine Logo Christina Maggio

Be part of The Grapevine!

The Grapevine has several volunteer opportunities available. Additionally, we accept advertisements, articles, and recipe submissions from all Yelm Co-op members. The Grapevine reserves the right to reject any submission and to edit all submissions for

content and length if necessary. We appreciate your comments and suggestions. Contact us by email at grapevine@yelmcoop.com Page 5



Save When You Buy in Bulk

Did you know? As one of the benefits of being a member of the Yelm Cooperative you can save big bucks when you make bulk purchases through the Yelm Food Co-op's Buy Club. Anything that we have in the store, and thousands of things that we don't stock, can be ordered through one of our suppliers.

Order forms are available at the Food Co-op, or on our website, yelmfood.coop. Buy in Bulk and Save!

Vegan Corner

Eleanor and Lee

Is wine vegan? We always thought so, after all it's just made from grapes, right? Not so. We found out when we visited a vegan restaurant in LA a few years ago and then did some research as their wines were labeled "vegan". Wine and some beers are certainly not vegan unless specifically labeled. The most common animal ingredients used in wine making are:

- Isinglass which is a very pure form of gelatin from sturgeon fish bladders.
- Gelatin, an extract from boiled cows or pigs

Co-ops From page 1

Finnish cooperatives in the Upper Midwest and the agricultural cooperative purchasing associations.

The first credit union statute was passed in Massachusetts in 1909. The number of credit unions significantly expanded during the 1920s under the strong national leadership of Edward Filene and Roy F. Bergengren. They promoted the adoption of credit union legislation at the state and federal levels.

Emerging in the early 1900s, the American Farm Bureau and the National Farmers Union became significant forces in farmer cooperative development by providing technical assistance to new cooperatives, and by lobbying for the enactment of state and federal legislation favorable to cooperatives. Several of the largest modern agricultural cooperatives grew out of the development efforts of these organizations.

The Sherman Antitrust Act, which made the constraint of trade through contract or conspiracy illegal, had been passed in 1890 to hooves and sinews.

- Albumin from egg whites.
- Casein which is a milk protein.

Animal products can be used as fining or filtration aids and helps in the wine making They assist by reprocess. moving solids. Although typically filtered out prior to bottling, the use of these animal ingredients can make many wines unsuitable for vegans. We are lucky that the YFC stocks vegan wine from "The Vegan Vine". Delicious wine we discovered and we hope you will try it when you are on your vegan day a month schedule!

counter the negative effects

of monopolies on the economy. However, since agricultural cooperatives were a vehicle for farmers to set a common price for their products, there were subsequent attempts to declare agricultural cooperatives in violation of the antitrust law.

The controversy eventually led to the 1922 passage of the Capper-Volstead Act, which authorized the right of farmers to market or process their agricultural products cooperatively if certain criteria were met.

The federal government supported cooperative development in the agricultural sector in a variety of ways. The Smith-Lever Act of 1914 created the Cooperative Extension System, a partnership funded by the U.S. Department of Agriculture (USDA) and landgrant universities. This program translated university-based agriculture, food, and natural resources research into practice. Many cooperatives were started through this system's research and extension services. The Cooperative Marketing Act of 1926 broadened the USDA's support of farmer cooperatives.

The challenges of the Great Depression brought further federal support for cooperatives. The Farm Credit Act in 1933 established Production Credit Associations to make production loans to farms. It also created a system of banks for agricultural cooperatives. In 1934, the passage of the Federal Credit Union Act permitted credit unions in states without credit union statutes to be chartered at the federal level.

Until the 1930's, most agricultural operations were still operating without electric power. Most investor-owned utilities were unwilling to invest in the infrastructure required to serve rural areas. The Rural Electrification Act (REA) of 1937 established a lending agency to finance this effort. Farmers familiar with the cooperative model quickly established rural electric cooperatives in order to take advantage of the program. The REA provided ongoing organizational support to these cooperatives which contributed to the overall success of the program. Rural electrification created profound changes in rural life and agricultural practices. During the 1930s, urban interest in cooperatives increased, resulting in part from the role that cooperatives played in many of the New Deal government programs. There was also increased coordination of cooperative activity nationwide.

Farm purchasing cooperatives continued to grow and thrive during this period, especially in the Midwest. Not only did they provide fertilizer and feed, they also expanded into the production and distribution of petroleum products, and they even offered insurance and credit.

The federal government continued to maintain an interest in cooperatives, but with more minimal support. The years following World War II were marked by growing sales and an increased use of cooperatives in the agricultural sector. As the scale of operations increased, agricultural cooperatives entered into a wider variety of value-added processing ventures.

A more moderate political outlook came to dominate CLUSA as the political and social landscape changed. The rise of a business managerial leadership that could effectively manage increasingly complex cooperative enterprises also contributed to a more pragmatic approach. The civil rights movement embraced cooperatives as a way to support independent black farmers in the south. Organizations like the Federation of Southern Cooperatives (FSC) recognized the wide range of services needed to promote operating independence and land retention among black farmers. Given the legacy of segregation and discrimination, FSC took a broad approach to cooperative development.

Consumer food cooperatives experienced a resurgence during the mid-1960s and early 1970s. This was largely driven by a lack of access to natural and organic foods, and interest in alternative food systems. Although many eventually failed, those that survived have been a major influence on the growth and development of the organic and natural foods market.

Some agricultural cooperatives are now among the largest corporations both in this country and globally. Strategies and structures are now dominated by economic considerations, and agricultural cooperatives now play a crucial role in influencing national agricultural policy.

Cooperatives today can be found in all sectors of the U.S. economy. The final installment of this series will take a look at how Co-op's impact on our nation's economy, and the status of local Cooperatives in the state of WA.

(Information for this article was taken from the UW Madison Center for Cooperatives website http:// www.uwcc.wisc.edu/whatisacoop/history) Page 7

Cooking Corner Jutta and Tom's **Vegetarian Stuffed Bell Peppers**



Jutta and Tom Dewell

This is a good recipe if you are looking for one without meat. It is easy to fix and very filling! We're translating from a German recipe which is why we also are including the gram weights. We get all the ingredients from the Yelm Food Co-op.

Ingredients

4 Organic Bell peppers, all the same size. We prefer green. (Best if the bottoms are even so they stay upright when cooking)

- 7 oz (200g) Rice, whole grain brown or Basmati
- $4 \frac{1}{4}$ cups (1 liter) water for the rice
- 6 ¹/₂ Tbsp (100g)Quark
- 8 Tbsp Tomato paste
- 4 Tbsp Safflower Oil

1 cup Vegetable broth (or a bit more for more sauce). We use Seidenbacher Vegetable Broth and Seasoning

- 1/2 cup heavy whipping cream
- 3 Tbsp Basil

Seasoning:

1 Tsp of salt mixed with your favorite herbs, pinch of pepper

Directions

Cook the rice the way you normally would, and heat the vegetable broth. Cut off the top of each pepper but leave it thick enough to use as a top after the pepper is filled. Rinse and clean out the peppers to get rid of seeds and membrane, so that the inside is as clear as possible in order to make room for the filling.

Mix the quark with the 4 Tbsp of the tomato paste, 1 Tbsp of the oil and the salt and herb mixture. Mix the quark mixture with the rice and fill the peppers with it. Put the tops of the peppers back on the filled bottoms.

Heat the rest of the oil in a pot large enough to hold the peppers. Add the filled peppers. Add the hot broth, cover and simmer for 20 minutes.

When the peppers are done, remove them from the pot and keep them warm. Mix the rest of the ingredients in the pot, bring to a boil. Put the peppers on a dinner plate and pour the sauce over them. Enjoy!

Pumpkin Soup Kate Morgan



Ingredients

- 1 small to medium pumpkin
- 1 quart chicken or vegetable stock
- 1 onion
- 2 cloves garlic
- 2 tbs butter or coconut oil
- 1 tbs honey
- 1/2 cup half and half or coconut milk
- Salt and Pepper to taste
- 6 slices bacon crumbled
- 1/4 cup chopped parsley
- Croutons or toasted bread chunks

Directions

Preheat oven to 350 degrees.

Cut pumpkin in half and remove seeds and stem. Place face down in baking sheet with 1/4 cup water in bottom. Roast for about 45 minutes or until pumpkin is tender and easily pierced with a fork. Let cool

Meanwhile cook bacon and set aside. Reserve the bacon grease. Chop onion and garlic and sauté in reserved bacon grease

When pumpkin is cool, remove the flesh from the skin and mix with sautéed onion and garlic. Run the mixture through a blender until smooth.

Heat stock, pumpkin mixture, honey, butter, salt and pepper in pot. Let simmer for 10 minutes. Depending on size of pumpkin used, you may need to add a bit more broth to achieve desired consistency. Add half and half and mix well.

Serve with crumbled bacon, parsley, croutons and parmesan.

Vanillekipferl From page 1

Ingredients

100 g (3.1/2 oz.) raw organic almonds, unpeeled and ground

250g (8.8 oz.) organic flour 100g (3 ¹/₂ oz.) organic powdered sugar 200 g (7 oz.) organic butter

¹/₂ Tsp. Vanilla extract

Directions

Mix all ingredients into dough. Then take generous teaspoons of the dough (it will be slightly crumbly) and roll it into a small ball, about an inch in diameter, and then shape into a crescent shape.

Place onto parchment paper and bake at 350°F for 10 minutes or less until a light golden brown. They will seem soft at this point, but will harden as they cool.

After taking out of the oven, dust with additional powdered sugar.

Working-Members Needed

The following positions need to be filled by working-members and qualify for discounts and other fabulous benefits.

Cashiers Strong communication and customer service skills, initiative, understanding of the Co-op structure, and ability to multi-task. This position requires a strong knowledge of basic math functions, calculators, and computers or experience with Point of Sale systems.

Stockers Self-motivated, customer service skills, and the ability to lift up to 25 lbs. Will work the floor as needed under direction of the shift lead or manager.

Price Comparison Shopper Self motivated person who will conduct weekly price comparisons of YFC products with local Yelm and Olympia markets.

Graphic artist Experienced in computer graphics required. We need a person to create flyers, cinema ads, e-mail ads and announcements. This is sporadic but critical work and typically needs short turn around.

Event planner Must have above-average communication and organizational skills. Be able to multitask, think outside the box, and trouble-shoot problems. The planner must have the ability to work with all types of people and be able to visualize an event not only from start to finish, but also the steps he will take to accomplish it.

Grant Writer During these formative stages of the new Co-op vision the Co-op cannot pay for this work. The position can be reviewed every 90 days as the financial conditions of the organization change. This is a Pro Bono position.

Advertising/Promotion Director Plan and direct advertising policies and programs or produce collateral materials, such as posters, coupons, or giveaways, to create interest in the purchase of co-op store products or any other service for any part of the entire Yelm Cooperative organization. This is a Pro Bono position.

Communications/Public Relations Director He/she will produce and disseminate materials for communicating information about the Coop and its programs; coordinate the content of the Co-op website/ Facebook page and production of the Grapevine; develop and oversee the Co-op's branding and image; represent the Co-op with the media; and maintain an updated photo library and database of contacts. This is a Pro Bono position.





Yelm's Only Natural & Organic Market

Monday - Saturday 9 a.m. - 7 p.m.

Sunday 10 a.m. - 5:30 p.m.

308 Yelm Ave E, Yelm, WA 98597

Phone: 360-400-2210 Fax: 360-400-4021 E-mail: yelmfoodcoop@gmail.com

WWW.YELMFOOD.COOP

Like us on Facebook

Did you ever play "Store" as a kid?

If you did, your YELM FOOD CO-OP offers you the chance to do it for real!

If you would like to be part of a big dream and want to help people change to a healthier lifestyle, work with great motivated people, gain some valuable experience and earn some cool benefits, come into the store and pick up a working member application form or download it from:

http://yelmfood.coop/working-member-application-form-2/

If you have ever thought about volunteering for the good cause, this could be it! We are looking for self-motivated people to support our beautiful store by filling the shelves, cashing out our members and customers, keeping our store clean and many other tasks that need to be done. We are looking forward to meeting you!

Working Computers 360-458-7430

New and Used Laptop and Desktops

Prompt Repair Service Effective Internet Protection

Data Recovery Services Networking On Site Services Lessons Local References Available