



Volume 1, Issue 4
November/December 2011

Points of Interest

Holiday Extravaganza

An event to celebrate Yelm Co-op Volunteers. 6-8 p.m. December 4, Gordon's Garden Center Gift Shop. Details on back page.

Gift of Gobble

Through November 30, donate at the Co-op to help feed families in need. Details on back page.

Store Closures

The store will be closed on one Sunday of each month for inventory. This process will continue until the new computerized cash register system is fully implemented and can take over the inventory role. As the transition occurs, the physical inventories will be reduced to bi-monthly and then quarterly.

The upcoming closure dates for inventory are November 27 and January 8.

Volunteer on the Grapevine

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

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

“Grape Things” Fundraiser Sells Out

Sandy Macaulay
Volunteer

A great group of volunteer organizers put together a fantastic evening of fun filled with laughter, humor, delicious wine and good food. All who attended enjoyed the selections of “Organic and Sustainable Vineyard” wines tasted at the event and had fun trying to guess the “mystery” wine in a brown paper bag that was one of our in store favorites “Seeing Red.”

The MC of the evening, Aaron Rodriguez, was fantastic at orchestrating the wine humor, delightful songs, mimes, sommelier, blind auction and everyone’s favorite sitcom “Less Than Half a Co-op.”

The sommelier provided great



Photo by Joe Wyman

From left: Vera Welch, Nancy Hillman, Aaron Rodriguez and Florence Vincent show off the Co-op’s “Beanstalk” fundraiser meter.

insight to the wines tasted, as well as some history of the vineyards and wineries. For example, Wente Vineyards of Livermore CA is the oldest, family-run winery in CA and still grows grapes from the original vine stock

brought from Italy in the 1800s.

The evening’s highlights included entertainment by Nancy Hillman’s troupe “The Not Ready for Prime Wine Players,” entertainment that goes best with wine,

See Grape Things, page 2

How Broad Is Our (Food) Awareness?

Danielle Graham
Co-op Member

Ask yourself these three questions to determine if your food choices are “aligned with nature”:

1.) Are you “addicted to food?”

Comfort foods are our favorite and most common way of choosing which foods we eat. Do you crave sweets? Salty foods? How about foods cooked with lots of butter or cream? Do those cravings dictate which foods you use to satisfy your hunger?

When we choose to “comfort”

our cravings with sweet, salty, or fat rich foods, we do so, for the most part, unconsciously. And why shouldn’t we? As hunter-gatherers, our taste buds evolved to desire foods that are the rarest found in nature, but easy to simulate in corporate laboratories!

The science of understanding our innate cravings has been rigorously studied by the processed foods industry, and menus from McDonalds to Chili’s, and even those frozen “heat and eat” meals that fill the frozen food areas in corporate and natural food stores

alike have been intentionally designed to appeal to our senses. Meaty-Cheesy Lasagna or Creamy Chicken Parmigiana? How about that pint of Hagen-Daz or drive-through salty French fries smothered in ketchup?

Whether it’s fast food or gourmet delicacies, if we compulsively make our food choices through taste only, we will rarely be concerned about the source of the foods themselves – we just want our comfort “fix!”

See Awareness, page 6



From left: Christina Maggio, Sandy Macaulay, and Andrea Levanti show off the Co-op's wine selection.

Grape Things

From page 1
starring some of our local talented youth. Each performance gave satirical look at some aspect of life at the Co-op, including its products, customers and small size. One of my personal favorites was the most delightful song "Favorite Foods" a take off of "The Sound of Music." Co-op shoppers could certainly relate

and found the skits and songs comical and entertaining.

Throughout the evening a sampling of foods was organized by Florence Vincent. Many of the hors d'oeuvres are available for purchase at the Co-op but some were purchased especially for the evening. The Not Ready for Prime Wine Players troupe did a great job of serving the food between acts.

The event concluded with a



Photo by Joe Wyman
Nancy Hillman (left) and Aaron Rodriguez (back) perform with the "Not Ready For Prime Wine Players," (from left) Xander Layden, Daniel Wyman, Vera Welch, Hannah Longshore, Drew Levanti and Avery Champagne.

"Blind Auction", where the bidders had no idea what they were bidding on, which made it both suspenseful and entertaining. The only clue bidders had was provided by hilarious clue containing riddles for each item written by Nancy Hillman, Aaron Rodriguez and Daniel Wyman. The Co-op would like to thank the donors of the auction items, JZ Rose, Giorda's, Trish Becerra, Amy Hewett, Prairie Lanes, Spiral Café, Florence Vincent, and Beverly Mitchell.

Overall, the event was a great

success and exceeded all expectations. The fundraiser raised close to \$4,000 towards the Co-op expansion. The Co-op greatly appreciates all who donated their time to make the event happen and in particular, would like to recognize Kellie Petersen of Gordon's for donating the evening's venue.

As many of you know, this event was sold out three days early! We will almost certainly do it again so stay tuned for the next one and be sure not to miss it as this one was just fabulous.

Wente Southern Hills Cabernet Sauvignon
 INVITE YOU TO
SAVE UP TO \$36.00
 WITH THE PURCHASE OF 12 BOTTLES OF ESTATE GROWN WINES
SAVE \$15.00 ON 6 BOTTLES
SAVE \$9.00 ON 3 BOTTLES
SAVE \$2.00 ON 1 BOTTLE
 EXPERIENCE THE LEGACY WENTE

Wente Southern Hills Cabernet Sauvignon
 (RRP Case \$131.99)
Special Price \$110.39

This was the most popular wine at the wine tasting. We sold close to thirty cases on the night and for good reason as it is just delicious. Our supplier has provided us with additional coupons for this amazing wine and the good news is that it works out below wholesale. We have limited supply of the coupons and will offer this until they run out. (The winery accepts only one per annum per household).

How Do I Order Through the Buy Club?

The buy club is now dealing with all of the leading distributors selling wine in the Washington area and now our members have access to majority of wines available in Washington State. i.e. If you are able to buy it elsewhere chances are, we can do it too, at buy-club prices.

The best process for ordering through the buy club is to fill out a Buy-Club order form in store, or email your case requests to wine@yelmfood.coop stating (your name/contact number/winery/variety/year if known and approximate purchase price). We will research your desired order and give you a call to confirm the buy club case price, and delivery day. If an order form hasn't already been filled in in-store we will send you one to drop back to us. The wine will be ordered through the supplier and once it arrives at the store a staff member will give you a call to come and collect your order. The payment is due on collection. It's that simple.

I look forward helping you find your own personal favorites at great prices.
 Best wishes, Sandy Macaulay

In-Store Wine Specials

Following the wine tasting event we have chosen a great selection of wines to feature for November/December. The top two were the undisputed favorites from the night.

Wente Southern Hills Cabernet Sauvignon
 (RRP \$ 10.99) **Special Price \$9.19**

From the oldest, continually running family owned winery in the country, this Cab delivers far beyond what the price suggests. Traditionally bold and complex, perfect for cold rainy nights.



Parducci Sustainable Red
 (RRP \$ 8.99) **Special Price \$6.69**

This sustainably-grown wine is a beautiful blend of Zinfandel, Syrah, Petite Sirah, Carignane, Merlot, Souzoa and Viognier. This wine is extremely tough to beat for this price!

Seeing Red Cabernet Sauvignon
 (RRP \$9.79) **Special Price \$8.39**

"Seeing Red" is the highest rated WA. Cabernet for \$12 or under in The Wine Advocate's Sept. review of over 800 Washington wines! Small-scale wine moguls Josh Klakring and Jason Baldwin have an unusual business model-you might call them modern-day "négociants." They buy left-over barrels and tanks of wine from established Washington wineries then do the blending themselves. The resulting wines are well-aged, balanced and extremely affordable.

Local Matters: Food Security for All

Andrea Levanti

Outreach Committee



After a year of active involvement on the Co-op's outreach committee, as well as in the visioning

process to determine how our Co-op can be a catalyst in building community, I've seen the truth behind the idea that food brings people together. It can even be a vehicle for social change.

The perfect example was how eager people were last Thanksgiving to contribute to Gift of Gobble to help families who weren't going to swing a proper holiday feast for themselves.

In these times when our food system is getting stretched thinner by the day because of rising fuel costs and a stressed economy that limits consumer buying power, food security has become a real issue for many

people who've never had to worry about where their next decent meal would come from. The reality here in Washington—and a staggering statistic in my book—is that one family in ten doesn't know how they'll get that next meal.

At the Olympia Food Summit on October 15, which five of us from the Co-op attended, we were given the challenge of creating a vision and solid action plan toward a strong food system that serves all the residents of our region. Represented were farmers, educators, government workers, social workers, co-op staff and volunteers, and many unaffiliated with an organization who simply care about a stable food economy.

An underlying theme of the Summit was how a food system must serve and build community in a truly holistic way, not just providing trendy and organic food to those who can afford it. Every conversation naturally included how to

help people who are struggling, financially or otherwise, by embedding in community life opportunities for them to participate and learn new skills and values.

At Yelm Food Co-op, we want to take action to help people in so many ways, as the Food Summit challenged us to do. Gift of Gobble is one small way we can do that again this Thanksgiving. But what we lack is the volunteer base to make all our great ideas happen. Having a big new store will be wonderful, but not yet having that store doesn't stop us from positively

affecting individual lives. For example, what if everyone who wanted to know how to grow a vegetable garden could come to the Co-op to learn? Wouldn't that go a long way toward solving food insecurity? The Co-op would love to facilitate every willing person's vegucation.

This is a call to action for anyone who has some expertise and just a bit of time to offer. So many kinds of knowledge are valuable in a community-focused enterprise. I urge you to consider what you have to offer, and if the spirit moves you, please let us know!

Manager's Corner

Jutta Dewell

Store Co-Manager

As many of you know, I started volunteering with the Co-op before the store even existed. I've seen it through all its growing pains, all its struggles and now its successes. There are many challenges, especially with the rapid growth we have been experiencing this year. But with the challenges come rewards as well.

What I've come to realize recently is that the greatest reward of my job is the pleasure of working with our great Working Members who are such an important part of our store. We have people of all ages (the youngest is fifteen—the oldest is a secret), from all walks of life and from a whole bunch of countries.

What is most satisfying is seeing this diverse group of people come together for the same thing—to build a strong, sustainable store that will support this community through good times and hard times, today and in an uncertain future. They all seem to share the same vision of a Co-op that is more than just another grocery store.

These people have all found

time in their often busy lives to spend 4-5 hours per week doing all the things we need to make the store operate. These people do this voluntarily. They are the cashiers; they are the stockers; they are the unseen group of people who check in orders as early as 8 a.m.; they are the people who help keep the store clean; they are the buyers of our wonderful wines and teas; they are the people that are backbone of the Co-op.

I love working with them. Their enthusiasm and dedication brings me back sometimes to what is important about this job. The Co-op is more than a grocery store. It is a part of a wonderful vision on the future that I want to be a part of. My dream is that we develop an environment that honors and utilizes all the skills that our Working Members bring to the table. They work here because they share the vision and want to make it happen.

Never forget that without them, our beautiful store would not exist. Never forget that without all the volunteers in the background (Board, Committees, Volunteer Buyers, Grapevine Editors etc.) this store would not exist.

Thank you to all of you!

RSE Annex temporarily closed

At the October Board meeting the Board voted unanimously to temporarily suspend RSE Annex operations until after the first of the year. Several reasons were discussed including inventory control and profitability but the main reason is that attendance at Fall follow-up events is expected to be small. The reasons for this are: the events can be streamed, Ramtha is not recommending travel for students, and days are optional. The Board decided to keep it closed for the Fall and have the Store Operations Committee use the winter to review, write and define new operational procedures prior to the Blue College event in February.

Although this may be inconvenient for some, the Board has to represent the best interests of the store, the staff and the membership at large. With that in mind, the Store Operations Committee is developing procedures for the Annex that compliment our daily business in the store including ordering, inventory, and staff work load. Right now the Annex is understaffed and does not have accurate inventory procedures. It is our goal to have the Annex running as an efficient sub-business of the Co-op by January 2012. As part of positioning ourselves to expand we are examining all lines of business that are unprofitable or do not have clear procedures in place to assist our staff. There was no discussion of permanently closing the Annex.

Buyer's bite: New Foods at the Co-op

Florence Vincent

Buyer

Over the last couple of months, our crack-team of volunteer-researchers have been combing other stores and trade shows to bring you the tasty, the unusual, and the holiday gift. Watch out for Journey Bars, a savory nutrition bar; for Stingers, NW honey with a kick; Brother Bru-Bru's two new hot and mild flavors; Rustic Crust, gluten free shelf stable Pizza Crusts; Asiago Rosemary cheese and British Coastal cheddar cheese; two new Three Twins organic ice creams; Holiday Gift Sets of assorted Real Salt; assorted Honeys; Boxes of Organic Pure Chocolates; Boxed

Soaps and last but not least; the Naturcolor™ hair coloring system. Great thanks to our tasting team Peggy Mauk, Gary Di Donato, Logan Mote and Rebecca Galbraith.

Specials

We spend a lot of time looking for deals for our members. Everything in the store that is priced with an Orange Price Tag is a reduced price. We do our best to keep those prices for as long as we can, but they will eventually revert back to the regular priced white tags. We are hoping to start putting cards under those special items for ease of purchasing.

Nutritional and Ordering

Gary Di Donato has been beating the bushes for the most effective yet reasonably priced winter tonics. His research on Food Based and Ayurvedic products has been extensive. Watch as he starts to give explanations under each product, or catch him on Thursday afternoons or the second Sunday of each month for an informative rundown of what's available. Gary is now ordering for the nutritional department. Peggy Mauk is ordering deli and dry goods and Chelsea Bunn is ordering Mountain Rose Herbs and non-food items.

Health & Wellness

Gary Di Donato

Volunteer

As we move from fall into winter, the nature of dealing with seasonal health support shifts in a big way. Over in the nutrition section of the store you will find a nice selection of seasonal support products. Source Naturals Wellness and Wellness Fizz are excellent, as are homeopathic formulas from Boiron like Oscillo and Coldcalm. Heel, another homeopathic company, has Engystol, which is very helpful "bug-beater". Elderberry syrup is great for all ages. EmergenC packets have always been popular, but not many people know that you can drink them hot, which feels great on a sore throat, and Quantum's Zinc Lozenges are also tasty and very effective. So stay well everyone!

Quinoa: The Superfood Survivor

Carolyn Fairley

Volunteer

Called "the mother grain" by the ancient Incas, Quinoa (pronounced "keen-wa") has been in cultivation in the highest farmed region on earth, the South American Andes, since before 3000 BC.

A suppression of that food culture, since the arrival of the Spanish conquistadores, had kept this crop unknown until the early 1980s. Thanks to the recognition and efforts of the Quinoa Corporation in Boulder, Colorado, the first North American small test crops were established in central Colorado, for the first time outside of South America.

Basic Quinoa Recipe
2 cups cooked
 1/2 cup rinsed quinoa
 1 cup boiling liquid :
 water or organic broth
 (with a bayleaf)
 Pinch of mineral salt
 Simmer for 10
 minutes with lid on pot,
 turn off heat and let sit
 for 5 minutes more or
 until liquid is absorbed

fodder (the leaves are in the goosefoot shape, same genus as our nutritious, volunteer weed, lambsquarters); the stalks are burned for fuel and the saponin filled wash water is used as a shampoo.

Gluten-free, Quinoa is an annual herb that grows on a stalk from three to six feet tall. Its seeds are in large clusters at the top of the stalk and may vary in color from near white, yellow, pink, orange, red, purple and black.

The seeds, as grown, are coated with a resin-like substance called saponin which is bitter tasting. This likely prevents bird and insect predation and thus negates the need for insecticides. The saponin is removed after harvesting. Rinsing in a sieve with running hot water is advisable to clean what is stored as a bulk seed and removes any remaining trace of bitterness.

Quinoa comes as close as any other single food in supplying essential life-sustaining nutrients for balance of proteins, fats, carbohydrates and fiber. It has a complete profile of essential

amino acids, calcium, magnesium, iron, B vitamins, vitamin E and more., in the perfect synergy only nature can create.

Wheat, barley, corn and rice generally have less than half the protein content and Quinoa is especially high in lysine (vital in calcium absorption), that is largely deficient in grains and vegetables. Other mini superseeds to read about are Chia (high in omega-3) and Amaranth, both also available at Yelm Co-op.

These are all sources of concentrated nutrition that don't require complicated storage space.

Quinoa cooks quickly, saving time and fuel. Its seed has a band around it which becomes obvious when it separates during cooking and appears as little white crescents in the soft consistency. Quinoa has a mild neutral flavor that combines well.

Now you can be creative with Quinoa in any combo, hot or cold. Cereal, soup, casseroles, pilafs, beans, hummus, salads. Add sautéed onions, garlic, mushrooms, herbs, toasted almonds, pecans, pinenuts, chopped greens, frozen peas (they'll thaw), etc. Try Quinoa flour for baking. Add some to rice as an intro for kids. They can try to pop the little balls with their teeth. And how about



Bill Wyman
Ph.D.

Geologist

Registered Geologist in WA & a Certified Professional Geologist. Land evaluation for underground shelter suitability, groundwater issues and mineral property appraisals and evaluation.

360-894-5906

Qushi, nori or lettuce leaf, quinoa, grated carrot, and avocado wrapped with turkey bacon in the middle. A dash of Bragg's Liquid Aminos, a light non GMO soy condiment really perks these up.

To quote Steve Gorad of the Quinoa Corp., "It's a basic food with a strong earth energy. Quinoa is so good nutritionally that its impact gets through to the body with the message. This stuff is good. I want more!"

Our Co-op stocks all these ingredients, so now you too can be a kitchen alchemist.

Report: 2011 Annual Group Meeting

Daniel Wyman
Grapevine Staff

Store expansion was the topic of the day at the Yelm Food Co-op's 2011 Annual Group Meeting. The Co-op hosts a meeting each year for member-owners to elect members of the Board of Directors and vote on proposed changes to the Co-op's bylaws.

This year, the task before the membership was the election of three board members, all running unopposed. Additionally, members were shown a presentation on the Co-op's current state, and treated to a selection of organic snacks, a raffle, and silent auction.

Board president Bill Wyman began by explaining new rules that have been set forward for Board Member selection. The process includes a selection committee, skill assessment and interview process. Wyman then introduced the three candidates, and let each address the gathered members.

New candidate Marilyn Rear-don began by recognizing the Co-op founders for getting the store running, and shared her vision of a strong community and healthy food supply.

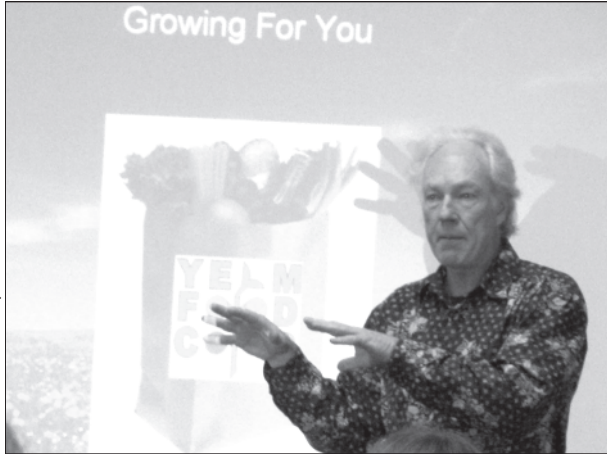


Photo by Daniel Wyman

Board President Bill Wyman at the 2011 annual meeting.

Up for reelection, Debbie Burgan was with the Co-op when it was founded in 2005.

"We got it open on a wing and a prayer and we're still here," she said.

Finally, Aaron Rodriguez greeted the membership with a plug for the other candidates. Rodriguez was initially hired as Store Manager in 2010, but resigned in July, feeling that he could serve the store better in other areas. He was appointed to fill a vacant position on the Board—and the position of Vice-President—by a unanimous vote of the other directors, but required membership approval to continue to hold the position.

The floor was then returned to Wyman, who was elected to the Board in 2010 after laying out a vision of the Co-op growing into a strong community force. He explained how he sees the Co-op growing, describing it as a seed has sprouted.

"It has to find a new home," he said. "I hope it will grow into a giant sequoia."

Future goals for the Co-op include a larger location for the store, more local food and improving the shopping experience for costumers by adding features such as a deli and café.

Rodriguez then presented the accomplishments of the last year, saying the store has grown in

membership and sales. Additionally, the Co-op has actually increased paid staff despite the economic downturn suffered by the rest of the country.

Tom Dewell, from the Strategic Planning Committee, commented, "History shows that the businesses that are the most

successful are the ones that are pushing ahead while everyone else is retreating."

At the end, Wyman said, it all comes down to why, explaining the importance of finding the reason the store needed to expand. He said that for him, the answer was to see the community be sustainable.

Rodriguez took the opportunity to ask the members if anyone did not want the Co-op to expand. There were no objections, though several members were concerned about the Co-op maintaining its identity and community environment.

Nancy Hillman commented that the Co-op "is as popular for itself as it is for its product."

Wyman and Rodriguez assured membership that community would be a priority in the expansion project.

Because the election required a quorum of votes, the results were not officially finalized until several days after the meeting, when member-owners who were unable to attend voted in the store. All three candidates were overwhelmingly approved.

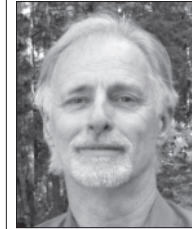
And the night ended on a light note when Co-op buyer Florence Vincent won the raffle that she'd helped prepare.

The entire presentation can be found on the Yelm Co-op website: yelmcoop.com

New Store Location?

Tom Dewell

Strategic Planning Committee



Part of our expansion work has been to find a great site for the new, expanded store. Back in August,

the Board agreed to enter into a Purchase-and-Sale agreement with the owner of a two-acre parcel on Vancil Road behind Rite Aid. This parcel, besides being a prime location with regards to shopper traffic flow in Yelm, borders a two-acre property owned by the Our Redeemer Lutheran Church who tentatively agreed to explore the idea of having a Farmer's Market and a Community Garden on their property, but under our management. Since both of these ideas are central to our future vision, this is an exciting development.

Also, this summer we had a pre-submission meeting with the Yelm Community Development Department so that we can know all the hoops we'll have to jump through if we want to build a new Co-op store. However, moving forward on this property requires that the Co-op finalize the purchase by January 10, 2012. Financing and final decisions are up to the Board and unless the Feasibility Study and Market Analysis are completed prior to that time we will have to ask for an extension or be forced to back out of the agreement.

Meanwhile, fundraising is continuing with the goal of having a Market Analysis done this fall to determine what size store fits the Yelm area market for natural foods and to see if the above site, or any other site, makes sense from professional Co-op

See Location, page 6

PURE
THERAPEUTIC GRADE
Essential Oils
by Young Living

Christina Maggio
member #874033
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Awareness

From page 1

2. Are you a philosophical eater?

People everywhere are re-examining their diets: Are the foods we eat nutritious? Are there residues of chemical pesticides and herbicides on our foods? What about all those horrible factory animal farms?

Addressing these questions usually results in some kind of radical change in our food choices: Vegetarian, vegan, raw foods, organic foods, macrobiotics, or supplementing with vitamins, minerals, superfoods, or laboratory-created food-like substances such as meal-replacement bars and shakes. When the issues are obesity, we take on therapeutic systems like Weight-watchers, Nutri-system, HCG, metabolic typing, the Ornish or McDougall plans, etc. What all philosophical eaters have in common are that the food choices are severely restrictive, and in most instances, it is more important to have access to the required foods than to consider the environmental impact of getting those foods into your stomach.

3.) Are your food choices "aligned with nature?"

This last category is a radical departure from both choosing foods for pleasure or philosophical rationale. It requires a thoughtful examination of the foods that are currently produced in any given bioregion. For instance, the Yelm Food Coop is situated in one of the most abundant in the world – the Pacific Northwest Cascadia Bioregion.

The climate west of the Cascades provides us with an abundance garden fruits and vegetables as well as small farm produced meat and dairy. The oceans are abundant with health-giving oily

fish, and the kelp and other seaweeds ground and integrated into our gardens help to build mineral rich soils. On the eastern side of the cascades, the high plains provide us with an abundance of grains and legumes such as soft wheat, rye, barley, lentils, garbanzo beans, as well as wine grapes, and orchard fruits.

By broadening our awareness to the rich diversity that exists in our own backyard, and supporting the small-scale producers who diligently work to provide toxic-free plant foods as well as meat and dairy products that honor the animal's lives, we begin the process of freeing ourselves from the servitude of factory farm produced agriculture, restrictive diets, and food addiction.

Broadening our awareness and eating locally grown foods is more than just a philosophy. When we develop and stock our pantries with regionally grown grains and beans, incorporate home or community gardening into our lifestyles, and support local producers for what we don't provide for ourselves, we not only create the foundations for a healthier lifestyle, but we help to lessen the environmental toll created by grocery food corporations that ship food from all over the world; we become much more aligned with nature.

Think about it!

In 1989, Danielle Graham created Yelm's first organic food store, Good Food-stuffs, and has founded and participated with food co-ops for 40 years. She is a mother, farmer, research scientist, writer, and visionary. She is recognized as one of the foremost authorities of home-based food storage and pantry rotation, and is an inspired voice promoting healthy, environmentally responsible, and regionally organized farmer-direct food access. She can be reached for consultations at 360-458-9446 or through her new website: www.goodfoodstuffs.com



Artwork by Christina Maggio
Daniel Wyman Editor
Bret Kenney Reporter
Be part of The Grapevine!

The Grapevine accepts advertisements, articles, and recipe submissions from all Yelm Co-op members. The Grapevine reserves the right to reject any submission and to edit submissions for content and length if necessary. We appreciate your comments and suggestions. Contact us by email at grapevine@yelmcoop.com

Vegan Corner

Lee & Eleanor Israel
 Volunteers

GELATIN from boiled
 hooves and sinews

ALBUMEN from
 egg whites

CASEIN from milk.
 Additionally some
 beer flavors may in-
 clude honey.

What makes wine
 vegan? Vegan wine

Welcome back to Vegan Corner. We have chosen to talk about wine in this issue of The Grapevine as the Yelm Co-op now has a fine selection of wines in stock, eagerly awaited for some time.



Now I'm sure you are wondering, "surely wine is vegan, it's just made from grapes isn't it?"

It may come as surprise to you that most wines and some beer are not suitable for vegans. They are made using animal-derived ingredients to assist in processing wine and beer, particularly in the "fining" phase (also called clarifying or filtering).

The most common animal ingredients are:

ISINGLASS from fish bladders

and beer commonly use bentonite (a natural inert clay) for filtration. There are even some patient vintners who let their wines sediment naturally. Unfiltered beer (white or weiss beer, for example) is usually vegan. Some really ethical vintners do not buy from breweries and vineyards that give their sediment to ranches as food for slaughterhouse destined animals.

So we do have ethical choices with our wine and beer as well as our food. The Yelm Co-op does carry vegan wine which is excellent. We have tried it!

Location

From page 5

grocery store consultant's point of view.

In other developments: We are researching the idea of changing the focus of the Co-ops expanded store/vision. The potential change would focus the vision on education as it relates to food production and preparation. The focus would be on regionally sustainable food and how to prepare it. The Co-op store will still contain a grocery store with a wide selection of packaged goods but would also lean strongly to a store more oriented towards food components and how to use them. A commercial kitchen will become the center focus point in the store and will be able to produce fresh products (soups, salads, breads, crackers, etc) for sale in the store, as well as being the cornerstone of the

educational program. This concept will reconnect member-owners and customers with the basic idea of food preparation as a means of providing healthy food to their families. The state-certified kitchen could also be rented by local growers, bakers, etc to produce products that can be sold commercially both in the store and elsewhere, supporting both them and the Co-op.

Much more emphasis would be put on bulk food components, especially local Northwest items, and building permanent strong relationships with regional farmers for large bulk purchases. This concept will reduce our dependency on the long supply lines that bring in many bulk and packaged goods. This concept would be supported by local sourcing of produce, meats and other products.

Stay tuned—your Co-op is growing! Go Co-op!

What's Cookin' at the Co-op?

Pumpkin Chiffon Pie

Iris Moore

Co-op Member

Prepare and bake crust for 9" pie. Best with Graham Cracker Crust



Mix together in a non-metal pan: (All Organic ingredients)

1/2 cup Firmly packed Raw brown sugar

1-1/2 cup (small can) mashed pumpkin

1/2 teas. "Real Salt"

1/4 teas. ground Cinnamon

1/8 teas EACH of ground Nutmeg

Ginger, Cloves and Allspice

Separate yolk and whites of 3 eggs. Add the egg yolks to pumpkin mixture and stir well. Put whites in refrigerator. Add 1/2 cup Milk to pumpkin mixture. Mix well and cook over medium heat, stirring often until mixture bubbles.

Have ready to add and mix:

1 T. or envelope of unflavored gelatin and 1/4 cup cold water in bowl. Mix gelatin in water until "thick" and add to boiling pumpkin mixture. Mix well. Remove pan and let mixture cool.

Stir the cooling mixture 1-2 times after it starts cooling. When most

of heat is gone, add whipped egg whites (very stiff) to which 1/4 cup fructose or fine sugar has been added.

Fold GENTLY into mixture, using 1/3 of the egg whites each time. Pour into baked pie crust and Refrigerate. Let sit over night or at least 4 hours before serving.

Before serving, add cream that has been whipped. Stir in 1 teas. vanilla. Add sugar if wanted. It really doesn't need it. SERVES 6 people who will want more!

Graham Cracker Crust (for 9" pie plate)

1-1/2 cups crushed Graham Crackers.

1 T. fructose or sugar. Mix well with crumbs, then add:

1/2 cube (4 Tbsp) butter (mix in with fork).

Press firmly into bottom and sides of pie plate. BAKE at 375 for 8 minutes. Remove and cool.

Carrot Soup

Brenda Surerus

Co-op Member

Directions:

1. Heat the butter in a large saucepan over medium-low heat. Add the onion, and cook until translucent, about five minutes. Add the carrot juice, stock, cumin, honey, salt, and white pepper. Bring to a simmer, and cook until vegetables are very soft, about 30 minutes.

2. Remove from heat, and cool slightly. Puree in batches in a blender or food processor, filling no more than halfway. Return to pan, and warm over low heat, thinning with stock or water if needed. Stir in half-and-half, if using Garnish with chives and cayenne, and serve.

Ingredients:

1 tablespoon unsalted butter
1 onion, coarsely chopped
1 pound carrots, peeled and chopped

2 cups (16oz) freshly made or store bought carrot juice

1 14.5 ounce can low-sodium canned chicken stock, skimmed of fat, plus more for thinning.

1/2 teaspoon ground cumin

1 tablespoon honey

2 teaspoons coarse salt

1/4 teaspoon ground white pepper

2 tablespoons half-and-half (optional)

Chopped fresh chives, for garnish
Ground cayenne pepper, for garnish



Harvest Time Raw Applesauce

Iris Moore

Co-op Member

Put into a blender:

1 Raw apple, cut in pieces (2 if for 2 people)

Sprinkle with small amounts of Cinnamon, Nutmeg and a tiny bit of Ginger

Add a bit of sweetener if apples are sour.

Add 1/4 cup or more of hot or cold water (depending on how thick you want it). Blend on "Chop" or "Shred" settings for only a few seconds until mixture is blended like applesauce.

Uses: Great just like it is. Add to cut up banana and stir. Add to any berries: raw, frozen or canned. Great on pancakes or with your favorite toast, or over cold cereal.

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Mark Your Calendar!

A Yelm Food Co-op Holiday Extravaganza

Members' event celebrating our Volunteers!

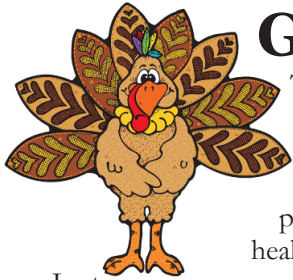
We could not do it without them!

Sunday, December 4, 2011 6:00 p.m. – 8:00 p.m.
Gordon's Garden Center Gift Shop 308 Yelm Avenue East

Please join us at Gordon's Gift Shop for this delightful holiday evening out and a chance to say "Thank You" to those who do so much for our Co-op!

For this evening only, special arrangements have generously been made by Gordon's for members' discount holiday shopping - Spin the Wheel gives special holiday discounts; Gifts from Gordon's will be awarded every half hour.

Holiday décor, music, hors d'oeuvres and merriment await you. Don't miss it!



Give the Gift of Gobble!

This Thanksgiving, the Yelm Food Co-op will again contribute to our community's ongoing work of nourishing families in need with our "Feed a Family: Give the Gift of Gobble" project. The goal is to provide as many needy families as possible, in the Yelm area, with a bag full of all the plentiful, healthy ingredients for a full Thanksgiving feast.

Last year, our generous Co-op shoppers donated enough money in just three weeks to feed 14 families. As contributions flooded in and enthusiasm mounted, an anonymous community member was inspired to make a donation of \$1,000, allowing the Co-op to provide meals to an additional 22 families, that's 36 families in all!

Gift of Gobble meals include a frozen free-range turkey, fresh organic potatoes and vegetables, pumpkin pie and all the trimmings. Donations of any dollar amount are being accepted at the Co-op until November 30, 2011.

What is the Yelm Food Co-op?

Co-op is short for cooperative, and a food co-op is basically a grocery store that is owned by its members. The goal of a co-op is to make natural products affordable to its member-owners. There are several different types of food co-ops, but they all share the common values of social responsibility, equality, group management and decision making.

The Yelm Food Co-op is an open co-op, meaning that anyone may shop at the store, but only members receive discounted prices. Anyone may join the Co-op and begin receiving membership benefits immediately. Members may vote on issues which are relevant for the Co-op, such as selecting board members or approving changes to the organization's by-laws. Because coordinating a large and diverse membership can be challenging, a food co-op encourages cooperation, support, and honesty.

The Yelm Food Co-op is also proud to offer member pricing to members of the military who present ID or shop in uniform, to members of other food co-ops who present their membership cards, and to shoppers with EBT cards. Additionally, the Yelm Food Co-op offers many volunteer opportunities, and volunteers are eligible for additional discounts and benefits.

Ultimately, the goal of the Yelm Food Co-op is to create a community grocery store based upon a cooperative ethic.



**Yelm's Only Natural
& Organic Market**

**404 First St. SE
Yelm, WA. 98597**

**Monday - Saturday 10 a.m. - 7 p.m.
Sunday 12 p.m. - 5 p.m.**

Phone: 360-400-2210

Fax: 360-400-4021

E-mail: store@yelmfood.coop

WWW.YELMFOOD.COOP

Volunteers needed

The following positions need to be filled by volunteers and qualify for volunteer 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.

Buyers Assistant: This person will assist Florence and ultimately take over certain aspects of the weekly and monthly ordering.

Assistant Outreach/Grapevine Marketing Coordinator: Developing relationships with local businesses, identify and collaborate with businesses interested in supporting YFC through working member incentives and distributing and advertising in the Grapevine newsletter.

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

Attorney: The Co-op is seeking an attorney who can review contracts, assist with upgrading Bi-laws and Policy and provide general legal advice pro bono as the expansion project moves forward.

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Rainier Chiropractic Clinic offers a 10% discount to Yelm Food Co-op members with their membership card.



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