

Front Lines

The Voice of Healthy Living for the Owners of Food Front Cooperative Grocery

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A Local Berry Festival!

Join us for berries, berries, and more berries

Saturday July 14

Owner Appreciation Days

Free samples, fun activities
and your owner discount both days!

Friday & Saturday

July 13 & 14

Front Lines

Front Lines is a quarterly publication of Food Front Cooperative, serving Portland since 1972.

Food Front is a consumer cooperative building a vibrant community and a healthier world by selling wholesome food and empowering people.

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GENERAL MANAGER

Holly Jarvis

Community Outreach & Marketing Director

Tom Mattox

Contributing Writer

Wendy Gordon

ORIGINAL ARTWORK

Jere Grimm

ADVERTISING

Judith Rose

EDITING & GRAPHIC DESIGN

Tom Mattox

For editorial or advertising information:

PHONE

(503) 222-5658, ext. 133

FAX

(503) 227-5140

E-MAIL

admin@foodfront.coop

The opinions expressed inside are the writers' own. They do not necessarily reflect Food Front's policies and practices.

Our hours are 8 a.m. to 10 p.m. every day.

Food Front is open to all.

MANAGER'S REPORT

By Holly Jarvis

It Doesn't Get More Local Than This

"Local is the new organic." Have you heard this phrase? There is a lot of attention being given to eating locally-produced foods and supporting locally-owned businesses these days. And that's a great thing because buying local is becoming increasingly important to creating a sustainable community.

Well, you just don't get more local than a community-owned food cooperative! When consumers put their own money into shares of the business, they literally own it. And Food Front has a huge commitment to source locally-produced products and support local businesses. Word has gotten out, if you want to get your new product introduced to the marketplace, Food Front is the first place you should go. Our buyers work hard to assist start-up local producers by providing advice, shelf space, and tasting opportunities. Food Front has been the first retailer for many of the local products on our shelves.

So, just what does "local" mean in a grocery store anyway? Have you seen the big, colorful pictures of farmers and produce hanging in national chain grocery stores, telling their story of the local produce they sell? There is authentic local and then there is manufactured local—"made to look like local." When you start looking more closely at the product signs and labels, you discover that the local items are few and far between!

When Food Front says local, we mean local. To us, locally-produced means that the products come from an easy day's round-trip drive from the store (approximately 200 miles). And for

produce, we mean grown by people who deliver their own crops directly to our store. Savvy consumers are going to start noticing that some retailers are stretching the meaning of local to include California and northern Washington.

Outside of your neighborhood co-op, the only way you could find more locally-grown produce in one place is by going to a farmers market. We have in-season, locally-grown produce all year—at the height of summer seventy percent of our produce is delivered direct from local growers. Our locally raised beef and lamb comes from just a few miles away (Malinowski's, Lonely Lane, Sudan farm). We have lotions, tinctures, herbs, and supplements produced right here in our area (Talulah, Wild Carrot, Camamu, Oregon Wild Harvest).

And don't miss our fantastic barbeque sauces (Moms, Ghetto Gourmet, and Upside Down), our Sensei sauce, and our Secret Aardvark sauce, all of which are locally-made in small batches. We also carry unique items like Kid's Central Kitchen mixes, Dragonfly Chai, Masala Maza curry sauces, Blossom vinegars, Fressen German-style artisan breads, Keana's Candyland gluten-free breads, Sweet Creek pickles, eight brands of local salsa, Paley bars, Mo Go bars, and... the list goes on and on.

Our buyers love developing personal relationships with our producers. If you look around the store, you will find signs on local products with the enthusiastic recommendations of employees who love these products. At Food Front, we don't have to manufacture or "make to look like local" because being locally-owned and supporting local producers comes to us naturally!

Care for our Community

In March, we raised \$600 for *Birch Community Services*, which provides food and other assistance to working poor families in the Portland metro area. This amount



was matched by an anonymous donor. In April, Food Front shoppers contributed \$150 to the *River District Gardens*, located on NW 16th, between Johnson and Kearney, and below the 405 freeway.

Here is an excerpt for a letter we received from a *River District Garden* volunteer: "Please thank everyone at Food Front. We are a small and all-volunteer group, receiving this donation can make a huge difference."

There will be a Community Gathering/Garden Party at the garden August 2, 6-9pm. Everyone is welcome.

And finally, in May, we raised \$120 to support the work of *Growing Gardens*. Thanks to everyone who donated!

This summer we will be raising money for:

- *The Northwest Public Library*, our neighborhood beacon of knowledge and information: multcolib.org/agcy/nwl
- *Friendly House*, which provides back-to-school supplies to children in need, in August. friendlyhouseinc.org
- *Friends of Forest Park*, which advocates for our nearby city treasure, one of the largest urban forests in the nation. friendsofforestpark.org/



River District Garden

Magical Beans

Food Front created the Bean Bag program as a way of empowering shoppers to get involved in our community while saving bags and precious natural resources.

For every bag you choose not to use, Food Front will donate five cents to participating community organizations. Here's how you can participate:

- Bring your own bag
- Get bean from your cashier
- Drop bean in container
- Bean magically becomes a 5-cent donation

The beans are counted at the end of each year, and Food Front makes donations to the non-profits listed on each container. This year's Bean Bag recipients are:

Yellow Brick Road

A non-judgmental organization that provides immediate eye-to-eye advocacy, first-aid and hygiene supplies, community resources and referrals to Portland's diverse street dependent population.

Coalition for a Livable Future

CLF works to create and preserve affordable housing; ensure clean water; protect open space, wildlife habitat and farmland; create living wage jobs; provide real transportation choices; and end hunger in our community.

Forward Stride

Forward Stride provides therapeutic horseback riding programs for children and adults with disabilities.

Campaign for Safe Food

The mission of the project is to advance the establishment of an agricultural system and food supply in Oregon that does not use genetically engineered organisms.

Food Front Neighborhood Clean-ups

Want to meet some of your great neighbors while keeping our neighborhood clean? Every second Saturday we are meeting outside Food Front to pick up trash in the immediate neighborhood. Join us on July 14, August 11, and September 8, we'll have coffee and treats afterwards and everyone who helps will get an official Food Front hat. Call Phil at 503-224-5122 or Tom at Food Front, 503-222-5658, x 133.

Owner Appreciation Days

The next owner appreciation days are Friday and Saturday, July 13 and 14. Owner discounts will be applied as you cash out at the register. Larger purchases mean more savings. The discounts are as follows:

- \$1-49.995% of your total
- \$50-99.99.....7% of your total
- \$100 or more.....10% of your total

We'll also have free samples and prizes both days. Please join us!

Patronage Dividends are Coming

Patronage dividends are paid to the owners of Food Front when the store has a surplus (profit). Because we generated a profit, you will receive a patronage dividend based on how much you shopped in the last fiscal year. The Board of Directors was scheduled to vote on the amount to be distributed after Front Lines went to press. The dividends will be sent in the mail in early August. The sales total for each owner transaction is automatically recorded at the register when your Food Front card is scanned, so it's important to carry your card and present it to the cashier every time you shop.



Board Elections

Board of Director ballots will be sent out in August. Voting for the board is one of the benefits of being an owner of Food Front. Food Front is locally-owned and run democratically and this is one of the most important distinctions between us and other food stores. So be sure to exercise your voting privileges! If you are interested in serving on the board, call us at x133.

Annual Meeting and Celebration

As Front Lines went to press, we were in the midst of planning our Annual Meeting and Sustainable Community Awards. This year's celebration will be held in the latter part of September at EcoTrust. Look for further details in our Annual Report in late July.

The Food Front Bumper Sticker Contest!

People keep telling us we need a new bumper sticker, but coming up with a catchy slogan for a small piece of sticky paper is not as easy as you might think. Here are a few ideas that have already been proposed:

- Get Fresh at Food Front*
- We Put the Oh! in Organics*
- So fresh you'll want to slap us!*
- We put the oops in coops!*

If you think you can do better. Submit your entries to:
Food Front Bumper Sticker Contest
2375 NW Thurman
Portland, OR 97210

You can also email them to:
info@Foodfront.coop

Multiple submissions are welcome. And unlike other contests, employees of Food Front are welcome to participate. If we pick your entry, you'll win a \$50 Food Front gift card. We'll announce the winner in the next Front Lines. If, by chance, none of the entries makes it past our select Bumper Sticker Selection Panel, we'll draw one name at random for a \$25 gift card.

We're Vocal about Local!

One of the things we are most proud about here at Food Front is the awesome array of local produce and products. These days it seems everyone is talking about "Local." For over 35 years Food Front has been a pioneer in bringing local goods to shoppers. In May we unveiled our new local logo, and in June we began putting up our local "Staff Picks" on the shelves.



In July, you'll start seeing local vendor profiles near some of your favorite products and produce. Buying local is a great way to vote with your dollar and create a thriving and abundant local food system.

35th Anniversary Celebration

This year Food Front will celebrate it's 35th anniversary. Do you have memories or photos or other archive material that you'd like to share? Please contact us at 503-222-5658, ext. 133 or ownership@foodfront.coop.

There Ain't No 'E' in THIS Board!

Let's play Rorschach test for a moment: What's the first thing that comes to mind when you hear the words "board meeting"?

Common responses can be summarized like this: "Ugh."

Board meetings have a long-standing ill reputation, calling to mind stuffed shirts, cigar smoke, and endless discussions of no import whatsoever—or of the "masters of war" variety—held over nasty factory-made donuts and copious amounts of Nescafe.

Co-ops, however, like to find unusual ways of doing things, and board meetings are no exception.

What's different at Food Front? Just everything. Let's start by putting those food-like crullers down the chute where they belong. Chase 'em with the Folger's. Thank goodness that's out of the way. Now, let's replace all that with something tasty and fresh from Food Front's deli. Barbequed tempeh, anyone? Mm-hm—I thought so. Okay—lose the cigars (the only thing smokin' here is that Q sauce!). And now, breathe. (We actually do take a breathing break during meetings—oxygen is a good thing.) Better?

Good. Now, let's tackle the content. Here, for the sake of reference, is a sentence one would NOT hear at a Food Front Board meeting: "I think what's mission-critical here is maximizing where we're advantageous by rightsizing our value-added impactfulness."

What you will hear—and be a part of—are great conversations about big questions that get at what a sustainable society might look like, and what Food Front's role in getting there should be. You'll see presentations on topics like transportation for the 21st century, local food systems, global climate change, peak oil...things that matter. Since beginning to wrestle with sustainability a couple of years ago, your Board of Directors has learned a lot about "the issues"; the more we learned, the more we felt we needed to know. So, we

started setting up meetings that allow us to learn about a new topic each month, all connected to the theme of sustainability. Meetings are juicy, we explore new ideas, and Food Front improves. Good deal.

Lest things get too heady, however, we keep it light by mandating fun. It's in the policy register: Governance policy 5.1.8 (okay, we're still a little geeky).

Being a Board member is an exciting way to serve your co-op; it's also a great way to have fun, learn, and make a difference. Come check us out! If nothing else, you get fed. That's the only kind of stuffed shirt we're into.

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Board News: The Food Front Board of Directors endorsed a campaign lead by OSPIRG (Oregon State Public Interest Research Group) to support the Oregon Renewable Energy Act SB 838—which calls for twenty-five percent of the state's electricity to be generated by renewable energy sources. Food Front recognizes the importance of a healthy environment for a sustainable food production. This bill was signed into law on June 6. For more information on the bill see <http://www.poweringoregonsfuture.org/>.



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A Sustainable Oregon

Eating Seasonally: Summer

By eating seasonally, we can regain a connection between the food we eat and how it was grown, and an appreciation of the cyclical changes of the seasons. This greater awareness brings more pleasure to our lives. Summer's bounty includes vegetables and fruit that exhibit an intensity and complexity of flavors only in the summer, such as berries, tomatoes, zucchini, melons, and peaches.

BY WENDY GORDON

This is a very easy column to write! Summer is a time of abundance in the Pacific Northwest. Save an irresistible craving for a pineapple, shopping locally is never easier. Market bins overflow with just about any fruit or vegetable your heart desires. Spring is the season for shoots and leaves; summer is the season of lush, ripe fruit.

To make the most of this wonderful season, take advantage of produce only available in the summer: ripe peaches; sweet and fragile Oregon strawberries; just-picked sweet corn; the blueberries and blackberries that thrive in the Northwest's long summer days. When you've stuffed yourself with all you can hold of these short-lived pleasures, preserve some for later. When my youngest son was six, he referred to the Oregon strawberry season as the "time of first jam" (talk about a child raised on seasonal eating!) In our family, we have three major jam times. First come the strawberries, in early to mid-June, followed by a profusion of berries in mid-July (raspberries, Marion berries, blackberries, ollalaberries) and stone fruit (apricots, peaches, pluots, apriums) in August. You can also freeze berries intact by placing them on a cookie sheet, placing them in the freezer for a couple hours, and then, when they are frozen solid, transferring them to Ziploc bags. Personally, I think defrosted berries lose a lot of their luster, and don't taste that great eaten plain, but they make excellent additions to fruit smoothies (raspberries and yogurt are a popular combination in our house). Cherries are another short-lived summer delight, especially the light-skinner Rainier cherries that grow exclusively in the Northwest. To savor their unique flavor in winter you can always make preserves or a cherry pie, but I especially like a mildly spicy cherry chutney that tastes great over sandwiches, as a garnishes for curries, or a topping for chicken.

Also, take advantage of vegetables and fruit that exhibit an intensity and complexity of flavors only in the summer. Tomatoes are a prime example of this. Halfway decent organic tomatoes are sold most of the year, albeit shipped from faraway places like Baja or even Israel. But only in summer do you find tomatoes grown in Oregon, and only in summer do you find intoxicating ripe red juicy fruits delicious enough to eat straight off the vine. Heirloom tomatoes—the thin skinned, wrinkled, funny shaped, multicolored breeds—are bred for flavor rather than appearance or ability to ship. Because of their fragility, they are only available in the summer. Plum tomatoes, which are meatier and lower in seeds, are best for preserving. In addition to the obvious tomato sauce, tomato jam is a wonderful way of concentrating summer tomato flavor for enjoyment in colder seasons.

Summer is the optimal time to patronize small local growers, who sell to Food Front as well as at the Portland metro area's many farmers markets. "Local growers value quality and uniqueness over how many pounds produced per acre," states Food Front's produce manager, Dylan Gillis. One interesting product they sell exclusively in the summer is hardneck garlic. The traditional garlic we've grown up on, is softneck, where the capacity to flower is bred out of the plant. That way the plant channels its energy into bulb production, producing larger, heavier garlic bulbs. Hardneck garlic produce shoots, known as "scapes", which taste according to Gillis, like "garlic flavored asparagus.". Elephant garlic, a large, milder-flavored hardneck variety, also produces tasty spears. Another advantage of hardneck garlic is that it is easier to peel: no picking at flimsy skin with your fingernail.

As a home gardener, I distinguish between two distinct mini-seasons within summer. One comprises June through mid-July, when cool rainy weather is still a fairly common occurrence, and the other comprises late July through mid-September, when the weather turns almost exclusively hot and sunny. Leafy greens and peas grow profusely in the first half, but bolt by the second half, when hot weather-loving vegetables like zucchini, tomatoes, and green beans predominate. Professional farmers handle the vagaries of weather more smoothly, so Food Front is usually able to sell high quality fresh local salad greens throughout the summer. Sugar snap peas can't take the hot weather under any circumstance, though, and don't freeze especially well, so eat these delicious vegetables as often as you can during the early summer. Spinach, rapini, and baby bok choy also wither under the hot midsummer sun. Overenthusiastic zucchini plants are a well-known joke, but there are lots of yummy ways of preserving the excess, such as soup, breads, and my favorite, zucchini pickles. Green beans freeze very well. Just blanch them for a minute or two, then freeze them in plastic containers. Local melons, generally grown in the Southern and Eastern regions of our state, reach their prime harvest and flavor peak in late summer.

Perhaps one of the most important things to keep in mind during this abundant season is what NOT to buy. Apples, pears, root vegetables and citrus fruit are great options, often the only options, during cold weather. Local varieties aren't readily available in the summer, and even when they are sold, they've been stored for months and have lost a lot of flavor, texture, and nutritional value. With so many luscious, summer-only choices why waste your money and taste buds on these poor substitutes?

Most fresh summer fruits and vegetables don't require much adornment. Here's a couple of my favorite recipes for preserving the essence of summer. Both these recipes can be doubled or tripled.

CHERRY CHUTNEY

1 pound sweet cherries, pitted and chopped
1 cup brown sugar
1 apple, peeled and finely chopped
One-half cup onion, finely chopped
One-third cup apple cider vinegar
One-fourth tsp allspice
One-fourth tsp cinnamon
One-half tsp salt

Cook for 45-50 minutes over low heat until thickened.

SPICY TOMATO JAM

6 allspice berries
7 whole cloves
One-half tsp dried red pepper flakes
One-fourth tsp black mustard seeds
One and one half pounds ripe roma tomatoes
1 cup sugar
One-half cup apple cider vinegar
1 tsp salt
One-half tsp fresh ground black pepper

1) Place the allspice, cloves, and mustard seeds in a piece of cheesecloth; tie securely.

2) Skin tomatoes by plunging them into a large saucepan of boiling water until their skins split. Then plunge them into a bowl of cold water to stop the cooking, pat the tomatoes dry, and peel off the skin. Dice.

3) Place the tomatoes and all the remaining ingredients in a heavy saucepan. Add the spice bag, and, at medium-low heat, slowly bring the mixture to a boil. Reduce the heat and simmer for 30 minutes or until thick, stirring occasionally.

4) Remove the pan from the heat and discard the spice bag. Let the jam cool and refrigerate or freeze. Makes one and one-fourth cups.

PRODUCT Spotlight

Salsa Infierno

by Benjamin Sandoval, founder

It all started by watching my grandmother making salsa using her Mortar and Pestle (Molcajete). After fire roasting the peppers, she would add just the right spices



to enhance the authentic flavors of her fragrant and flavorful salsa. I was always amazed at how delicious the salsa tasted. Unlike the salsa products on the shelves, her salsa was never just a hot salsa; it was a salsa full of flavor. Once I expressed an

interest to learn, she taught me her recipe. After many attempts, I finally came up with my own favorite blend. I enjoyed entering my salsa in salsa competitions and was always very happy with the outcome.

With encouragement from salsa connoisseurs, I decided to market my recipe. I was uncertain about a marketing image until one evening when I was listening to Jimi Hendrix's Voodoo Chile really loudly while making a batch of salsa for dinner. With the heat and aroma of the roasting chilies blazing on my face like fire, the design image came to me inspired by rock n' roll. I thought it would be cool to create a label with that same experience I felt listening to the music and making salsa. On that day, Salsa Infierno emerged.

Beer & Wine

Pairs Well with Patios

Hello summertime! Get your drink on with these tasty beverages...

St. Peyre Picpoul de Pinet 2006

France \$8.99

One of my favorite summer time wines. The grape, Picpoul, is a native of southern France and is locally known as the lipstinger because of its racy acidity. Crisp, zingy, and refreshing!

Alianca Vinho Verde NV

Portugal \$7.99

Clean, crisp, low in alcohol with a slight effervescence. A great white wine for beginners, easy, simple, drinkable. No need to ponder its complexity. It is what it is and it's just plain delicious.

Wandering Angus Hard Cider

Oregon \$11.99 - \$17.99

Organic local heirloom apples – available in dry, medium dry and medium sweet varieties to suit your mood. (Available in the wine department...atop the cheese case)

Caldera Pale Ale

Oregon \$7.99

Can you believe it, GREAT beer in a can! If you haven't tried Caldera beer at your local pub, you are missing out! But hey, all that great taste is now available in a can! Take it to the river! Take it camping! Sneak it into the movies! Mmmm delicious beer!!

—Arabee of Beer, Wine & Cheese

Deli: Celebrate National Picnic Month

July is National Picnic Month. Seriously. I don't know who came up with this and I don't really care. Let's just celebrate the fact that the entire nation should spend thirty-one days in a row sitting on a blanket in a park sharing great food with good friends.

Now trying to fill your basket for this month-long picnic binge may seem a little daunting but remember, Food Front's deli creates a fabulous array of entrees, sandwiches, soups, fresh salads, and sides—all made from scratch every day. You could wrap up your month long celebration on July 31st without having had the same meal twice!

Even better, our deli specializes in using as many local products in our recipes as possible. We use local meats, produce, sauces, black beans, tempeh, and more. Every delicious bite supports our neighbors who have raised, grown, and created these wonderful products.

Support your local growers and help build a strong local community while fulfilling your civic duty to relax, eat, and daydream on a warm summer day. How cool is that? So, come on in to our deli, check out the abundant choice of great food and pack yourself a fantastic picnic lunch or dinner. The good friends are on you.

—Ron Fenton, Deli Manager

Wellness

A New look for a Great Line of Vitamins

Say good-bye to the old Food Front Apothecary Label. We have upgraded to a new, elegant look. Rest assured the supplement ingredients remain the same, but after a decade of the old label it was definitely time for a change! We love our private label company Highland Labs! Why you ask? First, they are locally-owned and operated so the revenue goes back to our local economy. Second, they are leading the way in the supplement industry by ensuring that their business practices honor the environment. Third, Highland Labs won the Environmental Business Journal's business achievement award for clean energy and consumer products. (We knew they would!)

(Editor's note: *The new labels were designed by our wonderful free-lance graphic artist, Julie Morris. Julie also designed our stunning new sandwich board that sits outside the co-op.*)

Be beautiful, get muddy with skin rejuvenating mud masks! We are excited to offer Muddy Water face and body masks. These masks are a real treat. We carry the French Clay Plus and Chocolate Blueberry. Because they are powder, you can easily customize for your skin type. I love to mix it with raw honey! You won't believe how soft your skin is after one of these treatments and it's easy to use on a weekly basis. Added bonus: they are a local company based in Vancouver, WA. You know how we are loco about local!

—Rachel Knapp, Herbalist

Grocery

We have a new, excellent albacore tuna in our Grocery Department. This is tuna from the Fishing Vessel *Pisces*, owned and operated by Daryl and Sally Bogardus, located out of Coos Bay, Oregon.

The tuna are line-caught from their 50-foot wooden boat. No dolphins are harmed; in fact they play at the bow of the *Pisces* as Daryl fishes.

The tuna is filleted fresh, never frozen and hand packed at a family-owned micro cannery with only a small amount of sea salt, then cooked only once when canned. This retains the healthy omega-3 fatty acids. Taste the difference. Their commitment to quality makes for enhancement of your dining pleasure. Have a great summer.

—Gary Koppen, your Grocery Manager

The Master of all Sauces: Sensei Sauce

by Tracy Edmondson and Travis Michalson

Sensei (sen-say) means Teacher in Japanese and is a term of respect used in martial arts, such as judo. Jason Luedtke, a black belt judo was mentored in the art of Korean cooking while living in Seattle. After a move to Portland to teach judo fulltime at the Sellwood Community Center, Jason began work on his passion: to develop and market a natural, healthy sauce made with local, wholesome ingredients.

Jason created the first batch using organic garlic, ginger, oranges, lemons, brown sugar, and tomato puree, with naturally brewed soy sauce, organic apple cider, and sake. Sensei Sauce was born! At a fundraiser for the Sellwood Community Center, Jason



sold his first bottles of Sensei Sauce. After purchasing and experiencing the unique tasting citrus sauce, Renee Ware and Will Moye knew the sauce was something special that needed to be shared, in volume. They formed a partnership with Jason under the company name of Sei-Ki-Kan to manufacture and distribute their sauce.

Sensei Sauce can be used in marinades, stir-fries, toppings, and dipping sauces. It can compliment any seafood, meat, vegetable, rice, noodle dish, and even salad. Jason explains, "You can count on the sauce's versatility and flavor; if you have a bottle in your cupboard, you'll never be at a loss for tonight's dinner. Sensei Sauce will bring out the best in your food, without overpowering the true flavor."

Jason describes his relationship with the co-op as "a marriage made in heaven. Our company's values of supporting local, providing a healthy, natural product, and caring for the community are directly in line with Food Front Co-op".

Jason, Renee, and Will are often found in the aisles of Food Front giving away samples of Sensei Sauce. Bottles are selling steadily and Sensei's popularity is spreading throughout the Portland-Metro area. They are in the planning stages of a Sensei Snack (nuts roasted in Sensei Sauce) and Sensei Spice (siphoned and dried by-product of the Sensei Sauce).

OWNER Benefits

Great Benefits for Food Front Owners

For more information about current benefits contact each person or business directly.

New Partners

TerraClean; offers cleaning for work and home.

503-293-5355; www.terracecleanworld.com

\$50 off all services with \$300 minimum.

Forest Park Federal Credit Union; 2465 NW Thurman

\$5 membership fee is waived for Food Front owners.

Food Front owners can also park in the credit union parking lot on weekends while shopping at Food Front.

Local Partners

Oliver Leonetti, LAC, Inner Gate Acupuncture

(503) 502-5254

Heather Lewis, Aletheia Holistic Teaching Institute

(503) 429-4677

Matthew Gray & Melisa Richardson, Esalen Massage,

CranioSacral Therapy, Lymphatic Drainage Therapy

and Visceral Manipulation Therapy

(503) 998-6364

Cameron Reinlasader, Massage Therapist,

Naturopathic Bodyworks

(503) 233-0388

Dr. Steven Bailey, ND, Northwest Naturopathic Clinic

(503) 224-8083

Jane Brodie, Le Salon Du Visage

(503) 827-4518

Brook Bullock, Massage Therapist

(503) 490-5477

Heather Niva, Massage Therapist

(503) 984-6580

The Dragontree Holistic Day Spa

(503) 221-4123

Anna Abraham, Master Energy Practitioner

(503) 422-7744



CLASSIFIED Listings

Natural Cedar Soaking Tubs and Japanese Baths From Alaska. Unique and natural Japanese Bathtubs and Hot Tubs hand-crafted from traditional woods. Quiet soaking tubs made with skill and precision. Custom work is our specialty. Check our website at www.woodentubs.com or call toll-free: (888) 810-7717.

Panoromic Ocean Views at Road's End, Lincoln City.

Passive solar ecologically friendly beach house with hot tub. Info/Pictures at <http://www.vrbo.com/99587> \$275/nt.

Linda at 503-646-9438.

Classifieds rates are \$15 (\$10 for Food Front Owners) for up to 25 words. Each word over 25 is \$0.10 (\$0.05 for Food Front Owners.) To reserve your ad, call Judith Rose at 503-228-5418.

It Pays to Advertise in Front Lines

Front Lines provides a unique opportunity to reach a specific demographic segment of Portland. We offer several different advertising options. You can place an ad by contacting Judith Rose at (503) 228-5418.

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July

Thursday, July 5, 5-7 pm
First Thursday at Food Front. Special samples, tastings. Also check out Spring Box, the art gallery across the street.

Friday and Saturday, July 13-14
Owner Appreciation Days. Owner discounts all day, special events, and activities, tastings, and samples. Berry Fest on Saturday, the 14th!

Saturday, July 21
Forest Park Trailwork Party. Friends of Forest Park leads volunteer trail crews to improve Forest Park's impressive trail system. All are welcome. For further information: trails@friendsofforestpark.org. Co-sponsored by Food Front.

Monday, July 23, 5:30-8:30 pm
Board of Directors Meeting
Holiday Inn, 2333 NW Vaughn. Refreshments will be provided. Please call 503-222-5658, ext. 133, if you'd like to attend.

Wednesday, July 25, 7-8 pm
Verse in Person: Poetry Readings. Listen to Oregon poets read from their works. Northwest Library, 23rd and Thurman.

August

Thursday, August 2, 5-7 pm
First Thursday at Food Front. Special samples, tastings. Also check out the Spring Box, art gallery across the street.

Thursday, August 2, 6-9 pm
River District Gardens. Community Gathering/Garden Party. NW 16th, between Johnson and Kearney.

Monday, August 27, 5:30-8:30 pm
Board of Directors Meeting
Holiday Inn, 2333 NW Vaughn. Refreshments will be provided. Please call 503-222-5658, ext. 133, if you'd like to attend.

September

Thursday, June 7, 5-7 pm
First Thursday at Food Front. Special samples, tastings. Also check out the Spring Box, art gallery across the street.

Saturday, September 15
Forest Park Trailwork Party. Friends of Forest Park leads volunteer trail crews to improve Forest Park's impressive trail system. All are welcome. For further information: trails@friendsofforestpark.org. Co-sponsored by Food Front.

Saturday, September 15, 11am-8pm
Slabtown Days

This event will draw attention to and celebrate the history of our part of the neighborhood. Food, beverages, music and games. Held at the Conway parking lot, 23rd and Savier. Co-sponsored by Food Front.

Saturday, September 15, all day
Nob Hill Block Party
Irving Street between 21st and 23rd. Food, booths, entertainment. Co-sponsored by Food Front.

Monday, September 24, 5:30-8:30 pm
Board of Directors Meeting
Holiday Inn, 2333 NW Vaughn. Refreshments will be provided. Please call 503-222-5658, ext. 133, if you'd like to attend..

Saturday, September 22, 11 am-5 pm
DoveLewis Dogtoberfest
Pack up the pooches and head on down to the Lucky Labrador Brew Pub, 915 SE Hawthorne! \$5 suggested donation to scrub up and dry off each dog. Proceeds support the DoveLewis Blood Bank, which is one of the largest volunteer-based blood banks in America. More info at dovelewis.org/events/Dogtoberfest.

Summer Concerts in the Park

Food Front is co-sponsoring Summer Concerts in Portland Parks. The concerts will be held on Thursdays, (July 12, 19, 26) from 6:30-8 pm at Wallace Park, NW 25th and Raleigh; and on Thursdays (August 2, 9, 16) at Couch Park, NW 18th and Glisan. There will be hands-on art activities for kids starting at 6 pm.