

Front Lines

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

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We Love Chocolate!

Join us for a delightful afternoon of all things chocolate.

Saturday, February 9, 11-5 pm

Owner Appreciation Days

Free samples and your owner discount both days!

Friday & Saturday, February 15 & 16

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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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 9 p.m. every day.

Food Front is open to all.

MANAGER'S REPORT

By Holly Jarvis

Food Front Studying the Feasibility of Opening a Second Store in the Hillsdale Neighborhood

What would you do if the grocery store in your neighborhood was closed down by the corporate chain? Would you find it disruptive and inconvenient? That is the situation facing residents of the Hillsdale neighborhood. Just weeks after Whole Foods completed their buyout of the Wild Oats chain, the inventory was liquidated and the doors were closed on the neighborhood store. I wasn't surprised by Whole Foods' actions—the facility is just too small to rebrand in the image of Whole Foods. Yet, this small grocery store has been serving the neighborhood continuously since the 1940s!

What they need is a food co-op! A store that is focused on serving the community and that won't sell out to a national chain or be controlled by corporate interests. Food Front is examining the site for a second location. We have received over 150 emails and many phone calls from Hillsdale residents encouraging us to locate there. Many of them are particularly interested in Food Front not just because we are a neighborhood natural foods store, but particularly because we are a community-owned co-op committed to local suppliers.

From the research we have done so far, Hillsdale appears to be well-suited to support a co-op—they have a strong neighborhood identity, have been

identified as a Town Center (with a concentration of transit lines and an emphasis on pedestrian and bicycle transportation), have established a successful farmers market, have three public schools and new senior housing, and the neighborhood is zoned for increased housing density.

Having a second store in such a vibrant, co-op friendly neighborhood could improve the long-term health and viability of our co-op.

Having a store in such a vibrant, co-op friendly neighborhood could improve the long-term health and viability of our co-op. With a second location we would also increase our impact on our local food suppliers and community partners. Around the country many communities have benefited from co-ops that have expanded to two or more locations. Food Front has been pursuing opportunities for growth for many years, including opening a second store, but have been unable to find a suitable site until now. We have begun studying the feasibility of a second store in Hillsdale by doing a market analysis to determine the sales potential of the site and preparing financial pro formas to project the operating costs and determine if the site can be operated profitably.

Does this sound exciting? Want to find out more or get involved? There will be a meeting for Food Front owners (*Wednesday, January 23, 7 pm, at Friendly House, 26th and NW Thurman*) to get an update on our progress and to answer questions. Please come!

Forum on Potential Hillsdale Store

Food Front is currently studying the feasibility of opening a second store in the Hillsdale neighborhood. Find out the latest information and let us know what you think. All are invited! Wednesday, January 23, 7 pm, at Friendly House, 26th and Thurman.

Care for our Community

Monthly Fundraisers

In September, Food Front shoppers expressed their care for our city treasure, Forest Park, by contributing almost \$900 to the Friends of Forest Park to plant new trees. And as Front Lines went to press, we were on track to raise almost \$1000 for Sisters of the Road Café. Food Front shoppers have been awesome this year, contributing



close to \$6000 to the following groups:

Ecotrust, MLC School, Birch Community Services, Northwest Gardens, Growing Gardens, DoveLewis, Friends of the Library/NW Library, Friendly House, Friends of Forest Park, Vancouver Food Co-op, and Sisters Of The Road Café.

Thanks to everyone who contributed this year!

This winter we will be raising money for:

- *Ecotrust*, a local organization that promotes seasonal products of local farmers and strives to foster a regional food system in the Pacific Northwest. Ecotrust also publishes the magazine *Edible Portland*. (ecotrust.org.)
- *MLC School*, MLC offers unique academic programs focused on experiential learning, character development, service to its community and the pleasures of life and learning.
- *Birch Community Services, Inc.* provides encouragement and support through the provision of food and other necessities to needy families. Food Front regularly donates surplus food to Birch Community Services. (birchcommunityservices.com.)

Bean Bag Program

This March, we will again be taking nominations for nonprofit organizations to participate in our Bean Bag Program. Food Front donates 5¢ every time you use your own grocery bag. Look for the nomination forms by the lunch counter in early March.

What's Happening at Food Front Time Out for Tea

Saturday, January 12, 11am-5pm

Take time to sample our refreshing teas and chai. Special local guests include Tao of Tea, Dragonfly Chai, and Heartsong Chai, along with yummy local treats.

We Love Chocolate!

Saturday, February 9, 11am-5pm

Join us for our second annual local chocolate fest—a delightful afternoon of all things chocolate. Local chocolate-makers will be in the store to sample their delectable treats.

Owner Appreciation Days

Friday and Saturday, February 15 & 16, all day

The next owner appreciation days are Friday and Saturday, February 15 and 16. Food Front owners will receive their discounts at the register both days. Owner discounts will be applied as you check out at the register. Larger purchases mean more savings. The discounts are as follows:

\$1-49.99	5% of your total
\$50-99.99.....	7% of your total
\$100 or more.....	10% of your total

We hope to see you here!

National Chip & Dip Day

Sunday, March 23, 11-5

There's a National "Fill in the Blank" Day for almost everything! Why not chips and dip? Sample our local chips, dips, and salsas.

First Thursdays

January 3, February 7 & March 6, 5-7pm

Join us for delicious samples from our Deli and special guest food demos.

Wellness Wednesdays

January 16, February 20 & March 19

Enjoy our herbal teas, samples, demos, discounts, and other special surprises, including free chair massages (1-3pm) from the good folks at Crescent Moon Oasis.

Community Sustainability Awards

We had a wonderful turnout for our Annual Meeting at Ecotrust on in September. Everyone was treated to wine, fruit, and cheese, along with a plethora of special desserts, Nossa Familia Coffee, and Dragonfly Chai.



Janice and Larry Neilson
of Fraga Farms

We continued our tradition of presenting The Sustainable Community Awards. The awards honor individuals and business that promote, support, and create a sustainable, thriving community. This year's winners were:

- **Fraga Farms**, who supply us with award-winning organic goat cheese (which we served at the event.)
- **West Union Gardens**, our main supplier of seasonal berries (which we also served at the celebration.)
- **Nossa Familia Coffee** (which, you guessed it, we also served!)
- **The Sustainable Business Partnership of Portland's Local First Campaign.**
- **Highland Laboratories**, the makers of our Food Front brand supplements.

Food Front wins Front Lines of Sustainability Award

Last October at the Provender Conference in Vancouver, Food Front was recognized with the "The Front Lines of Sustainability Award."

We were recognized for "35 years of setting an example by confirming the principles of forward thinking and developing a holistic vision for a better community." We also got a standing ovation!

Provender is a non-profit membership organization providing networking, outreach, and education to natural foods and related companies doing business in the Northwest. The word "provender" means provisions or foodstuffs.

Edible Portland Features Food Front

Check out the winter edition of *Edible Portland* (available at the front of the store) for a wonderful article about Food Front and Portland area co-ops.

Food Front Owners Create Food Website *Culinate*

We're always excited to hear about the unique things our owners are doing, so we were particularly thrilled to hear about *Culinate*, a new food website. We recently caught up with one of the founders, Kim Carlson, both in person and via email, and asked her about *Culinate*. (Kim's husband, James Berry, along with Mark Douglas, Caroline Cummins, and Carrie Floyd all contributed to creating *Culinate*--several are Food Front owners.)

What is the vision behind *Culinate*? It's deceptively simple: We're trying to help people everywhere cultivate good food sense. We want to develop big-picture awareness about food, to make food a bigger priority in people's lives—not just what they're going to have for dinner but the back story too. More and more people are asking questions about what they eat—where their food comes from, whether it's healthy and safe, what to do with it when they get it home. We combine features, blogs, and recipes to do that now, and our hope is in coming months to add more online tools and fun features to get people excited about wholesome, unprocessed food. Real food. That said, we're not the food police. We eat a lot of store-bought ice cream and chips-and-salsa.

What will we find on the website? News and features (updated daily), cookbook reviews and excerpts, columns by some terrific writers including the cookbook author Deborah Madison, and a blog (with various writers). Soon we'll have a feature, Fritter, which is a place to give and get immediate ideas about what to cook; eventually we'll add individual user pages, too, so you can stash your favorite recipes, and so forth. (This should be going up in January.)

What are you eating these days? In the winter months, we eat a lot of soup at our house. On our website we have a recipe for an uncomplicated butternut squash soup that I love; we float crostini spread with goat cheese on top. I also make French lentil soup often, full of greens and potatoes and little rounds of sausage. Also, we eat roasted vegetables -- squash, sweet potatoes, yams, beets sometimes. Lots of those! We love Food Front; I really appreciate the array of items for such a relatively small store, and the tags that tell where all the produce is from. In fact, I love the produce!

Editor's note: You can visit Culinate at culinate.com.

Expansion and Your Board

Food Front is currently investigating the feasibility of opening a second store in the Hillsdale neighborhood of Southwest Portland (see article, page three). What is the Board's process when it comes to expansion and growth?

First, we'll be looking at a feasibility report to show how a new store can be successful. Emails from the Hillsdale community to the Board of Directors show strong support for Food Front opening a new store in their neighborhood. At the same time we have to make sure that opening a second store will not put our Northwest store into financial danger.

Another question we will answer: What are the benefits for the owners of Food Front? Since opening a second store would be a big change for Food Front, an owner forum will be held (January 23, 7pm, in the conference room at Friendly House, 26th and NW Thurman) to inform owners about the latest details of our feasibility study and give them a chance to voice their opinion. The Board of Directors is excited about the new opportunity to expand Food Front's owner base and provide cooperative service to a new neighborhood.

Board of Directors Election

This year two incumbent directors, Linda Jauron-Mills and Sasha Nichelson were re-elected. 196 owners voted for Linda and 173 voted for Sasha, exceeding the 5% quorum (of 2284 total owners) required by the bylaws. Congratulations!

On the same ballot, 175 owners approved (22 declined) a change of board member's compensation from a 10% discount to a stipend that pays the president \$100 and all other board members \$50 per month. Most mid-size and large food cooperatives use this system of compensation. Also, we hope this change will attract more people to join the board. If you feel strongly about steering the co-op to the next phase of development please consider becoming a board member. It is a rewarding job, educational in many ways, and fun.

Dinner with the Board

Meet your Board of Directors
Enjoy great food from our deli!



Monday, February 25, 6-7
Holiday Inn, 2333 NW Vaughn

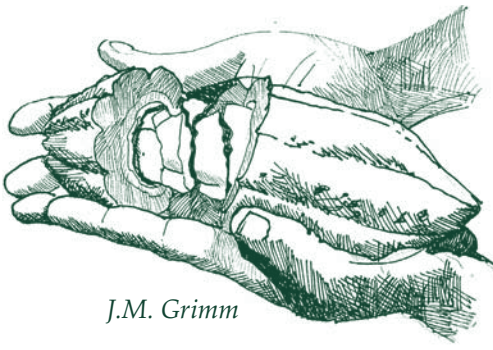
Seating is limited, to reserve your place
please call 503-222-5658, ext. 133.

Open Seats for Board of Directors

There are currently open seats on Food Front's Board of Directors. The Board sets long-range goals and makes strategic decisions about the co-op's future. It also ensures sound management of the co-ops' resources and safeguards the interests of our owners.

Specifically, Food Front Board Members are responsible for hiring, supervising, and evaluating the co-op's general manager; setting acceptable guidelines for store operations and monitoring the results (through a policy governance process); planning for the co-op's future; approving capital and operating budgets; and recruiting new directors to ensure a well-qualified Board. The Board is not involved in the daily operations of the store.

Monthly Board meetings are open to owners of Food Front and are generally held from 5:30-8:00 pm on the fourth Monday of the month at the Holiday Inn, 2333 NW Vaughn Street. Call 503-222-5658, ext. 133 or send an email to info@foodfront.coop to confirm dates, times, and locations of upcoming meetings.



J.M. Grimm

Simple Pleasures: Chocolate

Now we can enjoy dark chocolate without the guilt. It turns out that chocolate is as potentially good for you as it is delicious.

by Wendy Gordon

Perhaps because of our nation's Puritan history, Americans seem intent on believing that whatever tastes good must be bad for you. So it's a pleasure to see chocolate gaining a reputation as a healthy food.

To understand its potential health benefits, we need to stop thinking of chocolate as a candy, and instead trace back to its origin as a cacao bean. Cacao, which grows in a pod similar to coffee, probably originated in the Amazon and then spread throughout Mesoamerica. Spanish explorers were introduced to hot chocolate (then a savory beverage prepared with chiles) and brought cacao back to Europe. There it was mixed with sugar, cinnamon, milk, and vanilla, and by the 1800's became the chocolate confection we know today. Cacao now grows in such far flung places as West Africa, Venezuela, and Indonesia, but it remains an exclusively tropical plant, thriving only in moist regions no more than twenty degrees from the Equator. To survive in such a competitive rainforest environment the cacao plant requires lots of chemical defenses—no doubt the root of the 300—some active compounds found in each little bean.

Lots of these compounds may exert beneficial effects. The antioxidants known as flavonoids protect the body against free radical damage. One substance helps the body process nitric oxide, a compound critical for healthy blood flow and blood pressure. Other flavonoids prevent fatty substances in the bloodstream from oxidizing and clogging arteries and make platelets less likely to form clots. Theobromine, caffeine, tyramine, and phenylethamine, all stimulants, increase alertness, lessen pain, and promote a general feeling of well-being. The compound ardamide acts like a cannabinoid to promote relaxation. Another compound appears to trigger brain production of endorphins, the body's natural opiates.

The tricky issue is that these compounds are found in miniscule quantities. For example, despite the presence of the cannabinoid ardamide, you'd have to eat twenty-five pounds of chocolate, according to Christian Felder of The National Institute of Mental Health (NIMH), to obtain a marijuana-like high. Groups of compounds acting in concert with one another may indeed exert many of these beneficial effects, but so far very few studies have demonstrated definitive links between specific chemicals and specific physiological reactions. One interesting study involved the Kuna Indians in Panama. This tribe traditionally drinks three to four cups of cocoa per day and has very low rates of hypertension and cardiovascular disease. When the Kuna leave their home villages and decrease their cocoa consumption, both their blood pressure and rates of heart disease increase. Tests show that Kuna living a traditional lifestyle have high blood levels of nitric oxide and epicatechin, a flavonoid linked to increased blood flow.

Cocoa butter, the fatty component of cocoa, is healthier than previously assumed. Cocoa butter is comprised of equal amounts of oleic acid (monounsaturated) and stearic and palmitic acids (saturated). Stearic acid, despite being saturated, has a neutral effect on cholesterol. Palmitic acid raises cholesterol slightly, but it comprises only one-third of the cocoa butter. The carbohydrates in chocolate raise blood serotonin levels, contributing to a sense of well-being. The scent of chocolate alone may trigger relaxing theta brain waves. Cacao is a decent source of potassium, magnesium, thiamin, riboflavin, vitamins D and E. Stripped of fattening additions like caramel and nuts, chocolate is not unduly high in calories.

Chocolate is innocent of some other sins it is frequently accused of. It does not cause acne (generally speaking, diet is pretty irrelevant to acne) or cause cavities. Cocoa butter actually coats the teeth, protecting against plaque formation. Researchers at Eastman Dental Center in Rochester, New York concluded that chocolate is one of the candies least likely to cause tooth decay. Chocolate is psychologically appealing, but not physically addictive. Some people are allergic to chocolate, and it can trigger migraine headaches in sensitive individuals. Some chronic fatigue syndrome sufferers find chocolate aggravates their symptoms. Because of the presence of the stimulant theobromine, chocolate can be dangerous for pets, especially dogs.

The type of chocolate you eat affects the health benefits you get. Not only does milk dilute the concentration of cacao in a sweet or beverage, it may actually interfere with the absorption of antioxidants from the cacao, according to Mauro Seralini, PhD, of Italy's National Institute for food and Nutrition Research. Dark chocolate, ideally at 70% cacao or above, is the best choice. All forms of processing (fermentation, roasting, alkalizing) destroy flavonoids, so the less processed the chocolate the better. In the United States we are accustomed to highly processed chocolate but more "primitive" versions—processed cold, on a manual wheel, with a grainy texture and discernible cacao nibs—are slowly coming on the market (including at Food Front) and are amazingly tasty.

Sadly, none of this constitutes a blank check to gobble tons of chocolate. Chocolate candies usually carry with them plenty of extra sugar, fat, and calories. There's no great nutritional value to some gooey caramel-marshmallow-milk chocolate confection. Nor would I rush out and dutifully nibble bags of cacao nibs, like you were taking your daily vitamins. Instead, if you, like the majority of people, enjoy chocolate, I would give yourself license to enjoy this simple pleasure without guilt.

Food Front sells a broad variety of chocolates. Some are widely commercially distributed such as England's Green and Black and Oregon's own Dagoba (now owned by Hershey) while others exemplify tiny and local. All have environmental and/or nutritional facets that set them apart from the mainstream.

Lulu's, distributed in Portland, Eugene, Ashland, Hawaii, and San Diego, produces a "dark, creamy, spreadable raw chocolate" made with fair traded ingredients. These ingredients include maca root, a Peruvian vegetable and medicinal herb believed to enhance endurance and act

as an aphrodisiac. Portlander Lulu Sharpe makes all the chocolates herself. She started making spreadable chocolate because she used to live in Hawaii where chocolate tends to melt! So she thought—why not start with an already melted variety? Also, coconut oil and agave nectar, both used in her chocolates, work best in a soft medium. The chocolate is sweetened with agave nectar, a honey-like substance produced from the same agave cactus that gives us tequila. Agave nectar consists primarily of a complex form of fructose often known as inulin, and does not raise blood sugar levels as high as other natural sweeteners. The result is a delicious and different mildly sweet concoction that tastes great spread on fruit, or even eaten directly from the spoon. *Lulu's* chocolate comes in many intriguing flavors—velvet, peppermint crunch, hazelnut, cayenne, orange, vanilla rose, and lavender blueberry. Look for the cute little jars (decorated with hearts) in the refrigerated section.

Southeast Portland resident David Beer, a former pastry chef, manufactures *Wingnut* chocolates in his own home, and delivers them to market personally by bicycle. His longest trip is to Tryon Creek, a fourteen mile round trip. His truffles are made with Belgian bittersweet chocolate and organic palm oil, and again, come in a plethora of assertive, but never overwhelming, flavors: Earl Grey, peppermint, marionberry, Thai chili, hazelnut, habanero, quince, and brandy. You can taste the love and craftsmanship in these wonderful confections. Perhaps even better than the truffles are the bittersweet clusters studded with nuts and dried cherries.

Stirs the Soul Chocolate might best approximate the essence of pure cacao. Portlander Darren Hayes make "raw chocolate bars". Normally, cacao beans heat up to 250-300 degrees in the roasting process. Hayes roasts the beans at a temperature under 110, preserving beneficial antioxidants. He then grinds his own cacao nibs on a black granite wheel, in a process similar to that used by many artisan coffee roasters, judging readiness by aroma. Like *Lulu's*, he sweetens his chocolates with agave. Roasting cacao adds flavor so the plain chocolate can taste a little flat (though it would work great in a mole sauce). Added flavors, such as orange and ginger, bring out the natural taste of the cacao. Hayes sells his chocolates to all three Portland co-ops as well as at the Pearl District store Sweet Masterpiece.

Join us for an afternoon of chocolate tasting and fun on Saturday, February 9, 11-5. David Beer, Darren Hayes, and others will be on hand to sample their chocolates.

PRODUCT Spotlight

Produce

The Confusing, but Delightful World of Citrus!



Citrus season is one of the most exciting for produce. Though citrus doesn't grow well in the Pacific Northwest, it is one of the healthiest fruits you can eat during the cold, wet season, and its taste is an exciting adventure.

For these reasons, many smart produce buyers have made connections to small, quality citrus growers who grow responsibly and cater to thrill-seeking food lovers. Here at Food Front we are proud of our ability to provide shoppers with fruit grown by Valley Cove, Rising "C" Ranches, Moore Ranch, Cunningham Citrus, Johannsen, and many others.

Unfortunately, the great diversity of citrus brings with it a strong dose of confusion. Add to this the fact that citrus is, by its very nature, pretty mixed up and you have a recipe for complete bewilderment. I like to think of the world of citrus as being like a rainbow with distinct colors blending to form every hue we can imagine.

With citrus you start with four species which originated in the wild, primarily in various parts of Asia: limes, tangerines, citrons, and pummelos. Most of the citrus we buy for fresh eating is either one of these species or some sort of cross of the four.

To simplify: oranges and grapefruits are both varieties of pummelo-tangerine crosses. Tangerine-orange crosses are called Tangors (Royal mandarins, temple oranges, and I believe some of the tangerine-like fruit sold as honey tangerines). Grapefruit-tangerine crosses are called Tangelos (Honeybell, Minneola, Orlando, etc.) Oro Blancos are a grapefruit-pummelo cross, while cocktail citrus came from crossing an orange with a grapefruit. Meyer lemons are a cross of an orange with a lemon. Often tangors and tangelos are crossed a third time with tangerines but, fortunately, they often look mostly like tangerines and generally get sold as such.

The next hurdle to jump is the name-game: Tangerines and mandarins are the same thing "citrus reticulata" from the original species in the wild. But often tangelos

or tangors get called either mandarins, tangerines or oranges when technically they are not.

Honey tangerines can either be a variety of tangerine exclusively known as honey, a variety also known as murcott or honey murcott or actually be a variety of tangor. To further complicate things it appears that the actual characteristics of a given variety changes when grown in California or Florida. This leads to them having two different names or being confused with a different variety which displays similar qualities when grown somewhere else.

Kaffir limes are their own unique species, not the same as true limes, and in the same way, Bergamot oranges are not oranges. Most of the other more exotic citrus (rangpurs, calamondins, kumquats etc.) are unique species or some cross with other exotic citrus. Finally we come to the oddest group; the mutants! Buddha hands and pink lemons are mutations from the more pedestrian versions of citrons and lemons respectively.

However the real point is not the name, but how it tastes and that's where the adventure and all the fun is, so enjoy! And call it whatever you like.

—Dylan Gillis

Wellness

Five Percent Discount on all Supplements on Wellness Wednesdays

Happy New Year! Please join us for Wellness Wednesday, the third Wednesday of every month. We will be offering a delectable array of body care and supplement samples, as well as hot tea and a free 10-minute massages by Crescent Moon Oasis (from 1-3 pm). So mark your calendar (January 16, February 20 & March 19) for extra savings on all your vitamins, herbs or homeopathic remedies.

Be sure to check out our website www.foodfront.coop for updates on sales going on in the wellness department. In January all Jarrow products are 20% off our already low prices! Stop by and check out our great selection of cleansing programs to get you started on your New Year's resolution.

I would just like to take a moment to tell you that I am so grateful for the relationships I have made with the wonderful customers we have, the local producers that deliver goods directly to our store, and with my fellow co-workers. Thank you for making my job great!

—Rachel Knapp, Herbalist

Cheese & Wine

A Match Made in Food Front

The winter season is here! Time to bring in the New Year, take out the old, read a book, smile at your neighbor, humor your friends...or whatever you do!

Most importantly it is the time to eat and drink. The big question that I have tried to answer for people here at Food Front is what to eat and what to drink with it? I have good news; pairing wine and cheese is not the arduous task it has been made out to be.

There is a misconception that cheese and wine can easily be mismatched, thus designating you as the cultural flop of the dinner party. I can guarantee you that if you bring wine and cheese to a gathering you will be a hit, and not ostracized by your in-laws. There are a few rules that can help you find flavors that work well together.

Start with what you like. There is no point in eating or drinking something sub-par just because they are supposed to pair well together.

Blue with sweet. Blue Cheeses tend to have strong and complex flavors. It is always a good bet to pair them with light bodied, sweet or lightly sweet wines like Riesling or Gewurtstraminer.

Find similarities. Bold wines go well with bold cheeses. Lighter wines go well with mild cheeses. Try a pungent, washed-rind cheese with a Cabernet or Merlot, or a mild sheep cheese with a Pinot Noir.

Try my favorites! Port goes well with Stilton, triple crème (like St. Andre) will go very nicely with sparkling wine, and goat chevre is great with Sauvignon Blanc.

Ask for help. We love helping our customers. We're always happy to educate you about our great products and help you make a decision. —Travis Mickalson

General Merchandise

Local Candles

We have wonderful local candles to light up your new year. Casper Candles are handmade in Eugene using local beeswax and natural wicks. They are available in aisle three right next to more local candles by Modern Alchemist, which also features Oregon beeswax and recycled parafin. Modern Alchemist candles, by the way, are made by our very own Rachel Knapp!

—Laura Nothern

Deli

Western Co-ops Share Deli Recipes

Now is the season to share with your family and celebrate the excitement a new year brings. We hope you spend some extra time with your Food Front family too. Every visit to our deli offers the possibility of finding something new and flavorful to try.

To celebrate the New Year, the Food Front deli is getting together with its family of co-ops and trading recipes. Each month the deli will feature two dishes created by another co-op from the western states. Savory Bread Pudding from Washington; Udon With Garlic Sauce from California; Roasted Root Vegetables from Idaho; these are just a few of the delicious entrees from our co-op siblings we'll get to showcase in the coming months.

So come on in and check out what's new in the deli. It's like the perfect family get together—lots of great food (but without your embarrassing uncle and the sing-a-longs). Happy New Year everyone! —Deli Ron

Grocery

New Local Honey is Here



We are pleased to have on our shelves Oregon Wetlands Wildflower Honey, which is run by Food Front owner Scott Daudert. His apiary is located adjacent to protected wetlands in Hillsboro.

His hives are never moved or used in any commercial pollination work. Scott adheres to organic techniques (although not certified) and uses absolutely no toxins, antibiotics, insecticides, pesticides, radiation, or GMOs in the nurturing of his hives and in the production of *really* raw (never heated), unfiltered naturally pure honey.

This is real wildflower honey and is sold by the month harvested. We currently have August and September honeys on our shelves. Notice the different colors of the two varieties, as different wildflowers are in bloom each month.

Give this truly local pure honey a try, and I am sure you will enjoy it as much as I have. And you can check out his website at: archangelapiaries.com.

—You're Grocery Manager, Gary Koppen

OWNER Benefits

Great Benefits for Food Front Owners

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

Local Partners

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.

Oliver Leonetti, LAC, Inner Gate Acupuncture (503) 284-6996.

Heather Lewis, Aletheia Holistic Teaching Institute (503) 429-4677.

Matthew Gray & Melisa Richardson, Esalen Massage, CranioSacral Therapy, Lymphatic Drainage Therapy, Visceral Manipulation Therapy, and T'ai Chi Easy instruction. (503) 998-6364

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

The Dragontree Holistic Day Spa (503) 221-4123

Anna Abraham, Master Energy Practitioner (503) 422-7744

TerraClean; offers cleaning for work and home. 503-293-5355; www.terracecleanworld.com \$50 off all services with \$300 minimum.

If you are interested in being listed here, please call Tom at 503-222-5658, ext. 133.



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.

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.

GROW YOUR OWN DELICIOUS FRUIT!

In the City or Country

Space Saving
COLUMNAR APPLES
*Great for your garden,
patio or deck!*

Pawpaws • Quince
Hardy Kiwis • Mulberry
Olives • Hardy Figs
Sea Berry • Honeyberry

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Unique & Attractive
Fruits & Ornamentals

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Catalog!



28696 S. Cramer Rd. - Dept. FF
Molalla, OR 97038-8576
503-651-3005

e-mail: info@onegreenworld.com
www.onegreenworld.com

The Seven Cooperative Principles

1. Ownership is voluntary and open to all, without discrimination.
2. Cooperatives are democratically run—one owner=one vote.
3. Money invested in a cooperative may receive a limited rate of interest and does not buy control.
4. Cooperatives are autonomous organizations controlled by their owners.
5. Cooperatives educate their owners, elected representatives, managers, and employees to benefit the organization's development.
6. Cooperatives cooperate with each other.
7. Cooperatives work for sustainable community development through policies accepted by their members.

Check out our new
Zen Garden-Home Decor Area
Upstairs



We have the perfect items to enhance your sacred space!

New Renaissance Bookshop

1338 NW 23rd Av. at Pettygrove

(503) 224-4929

www.newrenbooks.com



Mon-Thurs & Sat 10-9 • Fri 10-9:30 • Sun 10-6

Become a Food Front Owner!

- Own the store. Anyone can buy one share in the business to become a co-owner of the store. Food Front is a democratic organization, because a person can buy only one share—one owner, one vote.
- Support the community. We buy our products from as many local producers as possible, and we keep your money working locally. You also have the opportunity as a volunteer owner to join with other owners in community and co-op activities.
- Help Food Front remain strong and healthy. When you become an owner, your owner share goes to work in a locally-owned business. Co-op ownership keeps our store local and community-owned. You'll have a direct influence on the direction and values of Food Front by voting on referenda, electing the board of directors, serving on the board, or getting involved in co-op community functions.
- Enjoy Owner Appreciation Day savings of five to 10 percent, and save through the Owner Coupon Book. At the co-op, if there is a surplus on sales to owners, it is returned to owners in the form of a patronage dividend.

To Purchase Your Owner Share:

Just ask a cashier for an "Owner Application" form. Owner privileges start immediately upon receipt of your initial payment as described below.

- Owner shares may be purchased with cash, check, credit, or debit card. You can even join as you check out with groceries and begin receiving your owner pricing right away!
- The full value of the owner share is refundable.

Payment Plans: Owner share is \$150. You may pay in full or make payments of \$5 per month until your total is paid. As long as your payments are up to date, you are entitled to all owner privileges.

GladRags
cloth pads and menstrual cups



Visit us online at www.gladrags.com and in the health and beauty product section of Food Front Coop!



Food Front Cooperative Grocery
 2375 NW Thurman St.
 Portland, OR 97210-2572

ADDRESS SERVICE REQUESTED

Presorted Standard
 US Postage
 PAID
 Portland OR
 Permit 192



January

Thursday, January 3, 5-7 pm
First Thursday at Food Front.
 Special samples, tastings.

Saturday, January 12, 11am-5pm
Time Out for Tea. Sample our
 refreshing teas and chai. (See page 3)

Wednesday, January 16
Wellness Wednesday. Join us
 for herbal tea, sampling, demos,
 discounts, and other special
 surprises in the Wellness section.

Monday, January 28, 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.

February

Thursday, February 7, 5-7 pm
First Thursday at Food Front.

Saturday, February 9, 11am-5pm.
We Love Chocolate!
 Join us for our second annual local
 chocolate fest. (See page 3)

Friday & Saturday, February 15 & 16
Owner Appreciation Days. Owner
 discounts all day, free samples.

Wednesday, February 20.
Wellness Wednesday. See January.

Monday, February 25, 5:30-8:30 pm
Board of Directors Meeting
 Holiday Inn, 2333 NW Vaughn.

**Member Owner Forum:
 What's Happening in Hillsdale**

Wednesday, January 23, 7 pm
Friendly House, 26th and NW Thurman

Food Front is currently studying the feasibility of opening a second store in the Hillsdale neighborhood. (See pages 2 and 5). Find out the latest information and let us know what your think. All are invited!

Call 503-222-5658, ext. 133 for further information.

March

Thursday, March 6, 5-7 pm
First Thursday at Food Front.
 Special samples, tastings.

Thursday, March 13, 5pm
**Boutiques Unleashed:
 Fashion for Both Ends of the Leash**
 DoveLewis Benefit: a fun and
 sometimes hilarious look at the
 latest styles from local boutiques
 for people and pets. Held at Staver
 Locomotive 2537 NW 29th Ave. For
 further details, see dovelewis.org

Wednesday, March 19.
Wellness Wednesday. See January.

Sunday, March 23, 11-5
National Chip & Dip Day
 Sample our local chips, dips, and
 salsas. (See page 3)

Monday, March 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.