

Front Lines

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

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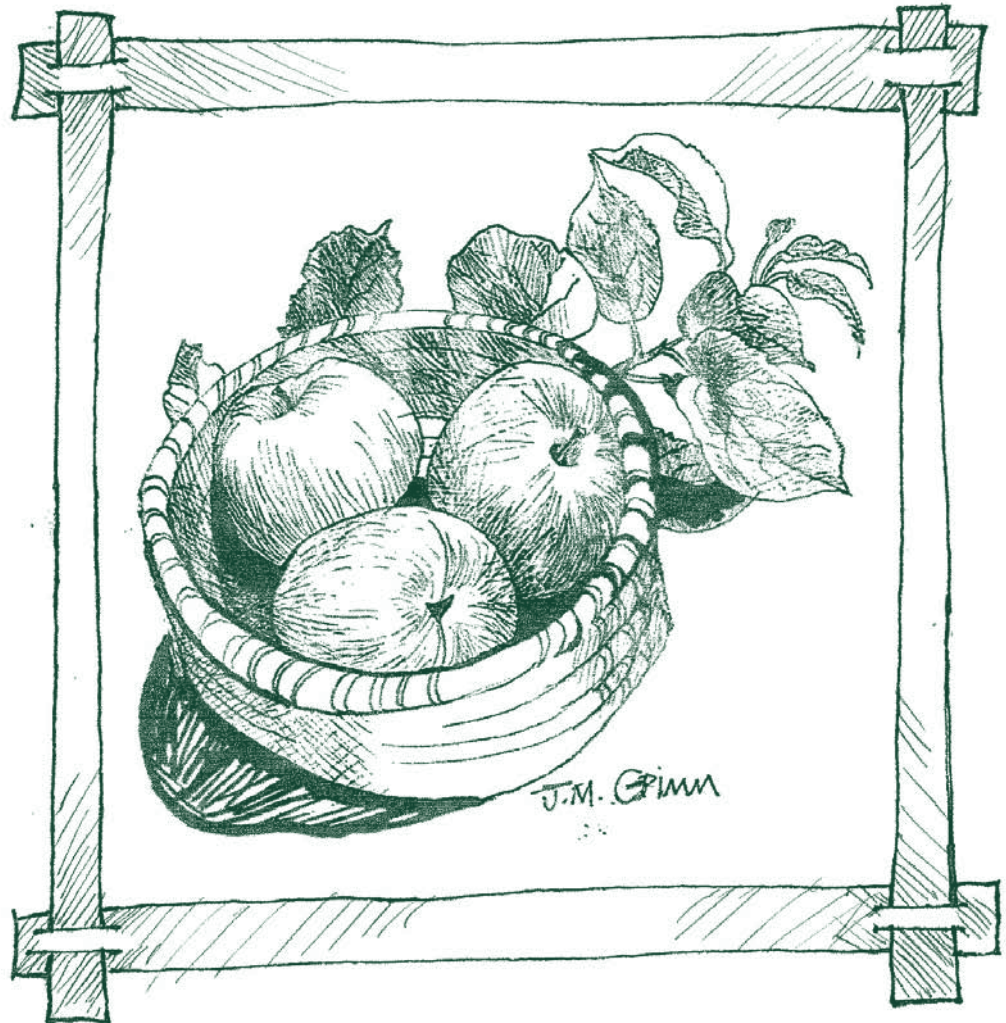
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A Local Apple Festival

Join us for apples galore!

Saturday, October 6

Owner Appreciation Days

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

Friday & Saturday

October 5 & 6

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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Christian Pich; *Pamela Sery*

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 9 p.m. every day.

Food Front is open to all.



By Holly Jarvis

Fiscal Year 2007: A Year of Growth Both Financially and in our Community

I'm pleased to report that Food Front had a successful Fiscal Year, both financially and in our impact on our community. We were fortunate to have strong sales growth over the prior year and our investment in a new cash register system provided the tools needed to finally achieve our gross margin goals, resulting in a surplus for the year.

Even though it is satisfying to distribute a patronage dividend again this year, the real value of the Co-op is in its democratic, local ownership structure and the services it provides to owners, customers, and the broader community.

In addition to offering a vibrant, neighborhood grocery store, the Co-op actively supports local producers and community organizations. We provide thousands of pounds of food to Birch Community Services food bank, direct donations from customers and the Co-op to local community groups (e.g. Dove Lewis Emergency Animal Hospital, Sisters of the Road Café, Friends of Forest Park), and participate in numerous community activities (e.g. Concerts in the Parks, neighborhood cleanups, Slabtown Community Festival).

The Co-op prioritizes buying directly from many local producers and growers (e.g. Mom's Barbeque Sauce, Wild

Things mushrooms, Malinowski's beef, Wild Carrot Herbals, Sweet Creek pickles), helping them to get established in the marketplace. There have been times in the peak produce growing season when almost every item in our refrigerated vegetable display has been purchased directly from a local

grower. That is something you just won't find at any chain grocery store in town!

It is hard to express just how important it is to our community that stores like Food

Front are dedicated to supporting our local producers.

The impact of our buying choices reverberate throughout the community when growers are convinced to convert to organic methods because there is now a market for their crops. There is a real impact on a community when money recirculates among people and local businesses rather than being spent with national stores which siphon operating costs and profits out of the community.

It makes a difference when you choose to shop at a co-op instead of a market which talks but doesn't walk when they say they support local producers. It makes a difference when consumers own their own grocery store and keep the surplus recirculating in their own community. Food Front's owners and customer make a difference in their community!

The real value of the Co-op is in its democratic, local ownership structure and the services it provides to owners, customers, and the broader community.

CO-OP/OWNER FOCUS

By Tom Mattox, Community Outreach & Marketing Director

Care for our Community

In June, we raised \$676 for the *DoveLewis* stray animal program. Food Front rounded this amount up to \$700. In July we raised \$261 for the Friends of the Library and our Northwest branch. Food Front rounded the amount up to \$300. And finally, in August, our fundraiser for back-to-school supplies was a great success; we raised over \$800! Thanks to everyone who contributed.



This October we will be supporting the start-up of a new co-op in Vancouver (vancouverfood.org). We can't think of a better way to celebrate National Co-op Month!

In November and December we will continue our tradition of fundraising for *Sisters of the Road Café*, which supports community-driven solutions to the calamities of homelessness and poverty (sistersoftheroadcafe.org).

Win a \$50 Gift Card for Food Front Kudos

Do you have something great to say about Food Front? What is it about Food Front that you most like and appreciate? We are compiling quotes for our outreach and marketing efforts and to display around the store and use on our website. Please send them to: tom@foodfront.coop or 2375 NW Thurman, 97210. Let us know if we can use your name and if you are open to having your photo taken too. Everyone who responds will be entered into a drawing for a \$50 gift card.

Bumper Sticker Contest: The Results are In

Thanks to everyone who participated in our bumper sticker contest. The winner is: *Keep Portland Local*, submitted by Julie Morris. We liked it because it presents a message about our values and is a play on the famous *Keep Portland Weird* slogan. Julie will receive a \$50 Food Front gift certificate and a free bumper sticker.



Owner Appreciation Days

The next owner appreciation days are Friday and Saturday, October 5 and 6. On Saturday afternoon we will have an Apple Fest featuring free great samples, local product demos, and prizes. Food Front owners will receive their discounts at the register both days. 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 hope to see you here!

Join us for a lively, stimulating evening of conversation about how Food Front can do even more to create a vibrant community.



World Café Conversations are an intentional way to create a living network of conversation around questions that matter.

A Café Conversation is a creative process for leading collaborative dialogue, sharing knowledge and creating possibilities for action in groups.

Monday, October 22
7-8:30 pm
Holiday Inn
2333 NW Vaughn

Refreshments provided
Limited seating



Call 503-222-5658, x 133
to reserve your seat.

Good sales, effective controls make for a healthy financial year

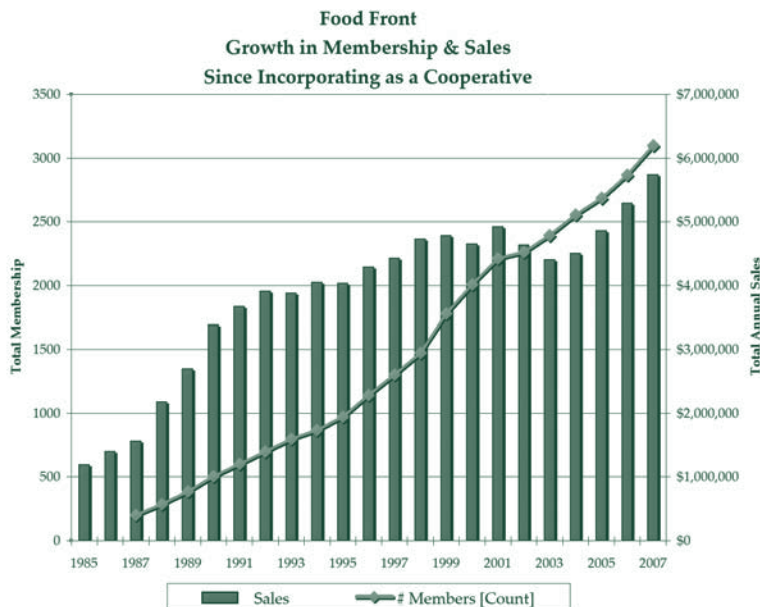
Lee Lancaster, Financial Manager

A co-op is a business that is owned by the people it serves. Well, fellow owners, we had a very good year financially and that means all owners get a share of the benefit. Typically we set prices and control costs so that at the end of the year there is a margin of 1% to 2% of total sales. This year, because of a good economy, good sales, and effective controls, the net margin was close to 3%.

This net margin is called profit in an investor-owned business or surplus in a cooperative. The co-op does not make a profit on sales to owners — our bylaws provide for 100% of the owner-generated surplus to be allocated to the co-op’s owners.

Half of this amount was distributed in August and the other half will be retained for future distribution. The retained amounts are kept in each owner’s name in a revolving capital account and provide a temporary but important source of financing from the current users of the co-op. The retained amounts can later be distributed provided that the oldest retains are distributed first. This year all the retains from fiscal year 2002 were distributed with the current payout.

IRS regulations require the co-op to pay taxes on our surplus from sales to non-owner shoppers. The co-op’s federal taxes on non-owner surplus were over \$23,000. If more of our shoppers were owners, we would have kept some of these tax dollars in our own community by allocating the surplus to owners and either distributing as patronage or re-investing the money in the co-op.



Included below for comparative purposes are the financial statements for the last five years.

Fiscal Years Ending in March

Balance Sheet	2007	2006	2005	2004	2003
ASSETS					
Current Assets	825,660	702,846	625,834	488,589	520,445
Fixed Assets	937,774	962,480	959,649	1,035,406	1,130,989
Other Assets	77,678	118,434	121,083	115,233	76,575
Total Assets	1,841,112	1,783,760	1,706,566	1,639,228	1,728,009

LIABILITIES & EQUITY	2007	2006	2005	2004	2003
Liabilities	814,229	879,502	849,944	839,769	880,704
Member Shares	313,444	295,115	282,232	262,836	247,385
Retained Earnings	713,439	609,143	574,390	536,623	599,920
Total Equity	1,026,883	904,258	856,622	799,459	847,305
Total Liabilities & Equity	1,841,112	1,783,760	1,706,566	1,639,228	1,728,009

Operating Statement	2007	2006	2005	2004	2003
Sales	5,732,921	5,285,934	4,857,636	4,499,309	4,399,196
Cost of Goods Sold	3,592,267	3,403,829	3,109,521	2,945,194	2,886,269
Wages & Benefits	1,365,541	1,301,909	1,212,314	1,121,778	1,133,567
Operating Expenses	557,550	474,742	418,166	453,262	456,919
Interest Expense	41,753	43,304	44,418	52,657	35,193
Taxes	23,498	800	10,930	(18,295)	(39,735)
Member Benefits	49,295	24,432	22,551	8,010	7,775
Reinvested in co-op	103,017	36,918	39,736	(63,297)	(80,791)
# Members	3,100	2,869	2,684	2,554	2,393

Notes: Fiscal years represent the twelve months ending the last Sunday in March each year. The figures for the most recent year are unaudited preliminary numbers. Reviewed figures will be published when the report is complete. Every year our financial statements are reviewed or audited by an independent Certified Public Accounting firm to assure that they comply with generally accepted accounting principles. The summary statements included above are an abridged version of that report. Any member wishing to see the complete report may request a copy from the Financial Manager.

Contact Lee Lancaster at (503) 222-5658x131 or lee@foodfront.coop.

BOARD Notes

By Pamela Sery, Food Front Board Member

You are invited to the World Café

Last October, Food Front member/owners gathered for our first ever *World Café* to answer vital questions about the future of our co-op. The meeting room at the nearby Holiday Inn was transformed into a cozy cafe with delectable coffee and treats. What emerged from that evening were fresh ideas and dreams of what Food Front might look like in ten, fifteen years: expansion possibilities, new endeavors, innovative services.

The *World Café* format was born in 1995 during a two-day dialogue among a global, interdisciplinary group known as the Intellectual Capital Pioneers. In a nutshell, they had a face-to-face conversation that mattered greatly and impacted the future of the people at the table. Since then the *World Café* style of group interaction has been used by hundreds of groups including small non-profits, government offices, community-based organizations, and educational institutions.

The *World Café* is a forum in which to share your vision of the world with your neighbors and fellow Food Front owners. As a conversational process, the *World Café* is an innovative yet simple group dynamic that encourages participants to discuss questions that matter. These conversations link and build on each other as people physically move between groups (coffee and treats in hand!), cross-pollinate ideas, and discover new perspectives. As a process, the *World Café* can evoke and make visible the collective intelligence of any group, thus increasing people's capacity for effective action in pursuit of common aims.

Through the *World Café* discussion we become part of a global movement. Dynamic regional *World Café* networks continue to develop in many countries throughout the world, across the United States as well as in Asia, Latin America, Europe, Australia, New Zealand and the Middle East. The *World Café* is a living network of conversations that is continually co-evolving as we explore questions that matter with our family, friends,

colleagues, and community. The metaphor of the "*World as Café*" helps us notice these invisible webs of dialogue and personal relationships that enable us to share our cooperative values, and shape life-affirming futures.



On October 22, we will gather to discuss what it means for Food Front to *be* a community. Who makes up the Food Front Community anyway? How can Food Front build community in our changing neighborhood? What about folks who just come to Food Front mainly to shop—does community even matter? Should it?

Let's shape the future of our Food Front community. You are invited to attend an exciting World Café on **October 22**. Bring a friend!

What: *The World Café*

Who: Member/Owners of Food Front and interested Portlanders.

Where: Holiday Inn Express, 23rd and Vaughn St.

When: October 22, 7:00 to 8:30 p.m.

Why: To bring a collective vision of our community into focus, to learn more about your neighbor, to shape our healthy, happy future together.

How: Food Front refreshments provided. It wouldn't be a gathering of Food Front values if we didn't have treats. See you there! Seating is limited, so please call us at 503-222-5658, x. 133. *For further information about the World Café, see www.theworldcafe.com.*

Food Front Board Endorses Measure 49

The Food Front Board of Directors endorsed Measure 49 at it's August meeting. The board noted that Measure 49, on the ballot this fall, would help protect farmlands, forestlands, groundwater supplies, and, is in line with Food Front Ends Policies, specifically:

E2: *A sustainable community built by promoting and protecting the environment.*

E3: *A sustainable community built by exercising social responsibility through the activities of the cooperative.*

More info at www.yeson49.com/

A Sustainable Oregon

Eating Seasonally: Autumn

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. Autumn is truly Oregon's season with such specialties as sweet pears, freshly roasted hazelnuts, and golden chanterelles.

By WENDY GORDON

We've come around to fall, the last season in this cycle of articles on shopping seasonally. While spring brings a preponderance of leaves, and summer a preponderance of fruit, fall's bounty ranges all over the map. Many fruits reach their harvest peak, though they tend to be thicker skinned and harder than summer fruit. With the cooling temperatures, leafy greens such as chard and arugula return. Fall is also prime time for mushrooms and nuts. Because of our cool August, vegetables such as tomatoes, eggplant, zucchini and peppers are reaching their peak in early to mid-September, as I write this article. By the time Front Lines arrives at your door, these vegetables are likely to be merely a memory (or a line up of pickles and sauce in your pantry).

Autumn must truly be Oregon's season, though, because three Oregon "state foods" are prime fall crops. Pears are Oregon's state fruit. They are Oregon's number one tree fruit crop, ranking second in the US for total production. Pears grow so well in Oregon, especially in the Hood River and Medford areas, due to a fortuitous combination of rich volcanic soil, warm days, cool nights, and abundant rain. Enough pears grow in Oregon to supply every resident with 294 pears per year! Surprisingly few people take advantage though. The *Oregonian* reported recently that two out of three Americans do not eat pears at all. This is a shame, because a fresh pear tastes buttery and spicy, more subtle and sophisticated than an apple.

Pears are persnickety. They are best picked unripe, but are fragile once fully ripened, with only a narrow window when they are in their full bloom of flavor. Oregon farmers face considerable pressure from lower priced (and usually less flavorful and pesticide-laden) Asian imports. By buying local you keep Oregon farmland in production and eat much tastier fruit. Food Front produce buyer Dylan Gillis recommends several local pears. The Comice is soft, sweet, smooth textured and juicy, with its only flaw a granular and bitter skin that is best peeled. The Abate Fetel, named after the medieval French monk who first grew them, has a lumpy shape, a rosy blush on the sun facing side, and similarly sweet flavor but firmer texture than the Comice. The Concord, a new hybrid, combines the best features of both, with a soft mild skin and soft sweet flesh. The russet-colored Bosc's firm texture makes it ideal for cooking. All these pears also come in red varieties, a difference that is purely aesthetic, but very pleasing.

Hazelnuts are Oregon's state nut, which is no wonder, given that 99% of America's hazelnut supply is grown within Oregon borders. Hazelnuts are harvested after they fall to the ground,

in late September and October. They store well, but never taste as wonderful as they do freshly roasted. They mix beautifully with Oregon's state fruit, with perhaps the addition of some arugula and Rogue Valley bleu cheese.

Completing this trio, we have the Pacific golden chanterelle, Oregon's state mushroom. Chanterelles grow in Douglas fir and Sitka spruce forests, and are harvested from October through December. Sautéing them gently in butter and garlic brings out their delicate apricot flavor and they make an excellent addition to cream sauces. Hedgehogs, black trumpets, and morels also grow wild in Northwest rainforests in the fall.

Leaving the "state foods" behind, lots of other produce reaches prime production in the fall. The bland Red Delicious comprises two out of the three apples grown in the Pacific Northwest, but Food Front sells a lot more interesting choices. Gravensteins are a wonderful, versatile early apple that peaks around the same time as tomatoes and zucchini and disappears just as quickly. The Honeycrisp is a very crunchy and juicy, mildly tart apple whose demand currently outstrips its supply. The Winesap, a late apple, tends to the soft and spicy, making it a wise choice for pies. Spitzenbergs, also soft and spicy, are the best sauce apple I've ever encountered, dissolving seamlessly into a sauce that requires nothing but a dash of cinnamon. The Rubinet is another spicy one, tasting, according to produce staff member Joe Lamb, "like apple pie without all the other stuff."

Winter squash, which grow well in Oregon, are another seasonal classic. One of the tastiest is the yellowish, striped oblong Delicata, with a meaty flesh that resembles sweet potato. Kabocha, a round Japanese variety with a striated green rind, tastes exceptionally sweet and is delicious cubed and sautéed, mashed, or stuffed. The smaller Sweet Dumpling presents exceptionally well when stuffed, making it a regular sight on seasonally themed Portland restaurant menus.

Late summer and fall marks the limited season for organic local grapes. Reliance grapes, grown near the Dalles, are exceptionally sweet and seedless to boot. Lastly, fall in Oregon is a good time to try some more exotic fruit. This is the time for fresh figs, persimmons, and kiwis. Paw paws, the only member of the papaya family that grows in Northern climes, made its first appearance at Food Front last fall. They add a tropical accent to a meal, the better to recall those rapidly vanishing warm sunny days.

PEAR, BLEU CHEESE, AND ARUGULA PIZZA

(adapted from the Twin Cities Natural Food Co-ops website)

- 1 pizza crust, prebaked
- 2 cloves garlic, crushed
- 1 T. extra virgin olive oil
- 5 oz. arugula, washed and coarsely chopped
- 1 ripe pear, sliced (try Comice for a more buttery texture, Bosc for a firmer one)
- 2 fresh figs, chopped
- 3 oz. Oregon bleu cheese, crumbled
- 2 T hazelnuts, chopped

- 1) Preheat oven to 425, using a pizza stone if you have it.
- 2) In a large saucepan heat olive oil and garlic. Add the arugula and cook for a minute or so until wilted. Remove from heat.
- 3) Top pizza crust with arugula mixture, figs, bleu cheese and nuts. Bake for 12-15 minutes, until toppings are hot and melted.

PERSIMMON AND HAZELNUT SALAD

(adapted from Vegetarian Cooking for Everyone, by Deborah Madison)

- One-quarter cup hazelnuts, roasted and coarsely chopped
- 3 Fuyu persimmons, thinly sliced crosswise
- 5 oz. salad greens (something with bite, like arugula or watercress, works well)
- One-half cup extra virgin olive oil
- One-quarter cup balsamic vinegar
- 1 heaping teaspoon Dijon mustard
- 1 tsp tarragon (ideally fresh). minced
- Salt and pepper to taste

- 1) Combine olive oil, vinegar, tarragon, mustard, salt and pepper in a small jar.
- 2) Toss the nuts, persimmons, and salad greens in a large bowl.
- 3) Toss with enough vinaigrette to coat lightly.
- 4) Distribute attractively on individual plates and serve.

PRODUCT Spotlight

Beer & Wine

A chill is in the air, the leaves are falling, a fire warms the hearth...gone are the days of simple patio wines & easy drinking lagers...now is the time for something heartier.



Check out our seasonal beers! Anchor Xmas, Jubelale, and Sierra Nevada Celebration are always good times! And don't forget the eclectic imports we get year after year. A perfect stocking stuffer!

'Tis the season to drink great wine! It is also the season for parties and good company! Why not stock up and save! Buy any 12 or more mixed bottles of wine and get 10% off!

—Arabee Koch, Wine Steward

Grocery

The recipe for Jill Reynold's Barbecue Sauce comes from her great aunt Elizabeth (whom she never met.) She adjusted a few of the seasonings and it became "Mom's World Famous Barbecue Sauce." The name was born when people would ask her children what their mom was making, because whatever it was, it smelled delicious.



Everyone loved the sauce! Her mechanic requested that she pay for services with Barbecue sauce instead of cash. She began selling it in 1993. Food Front was one of her first stores. In the beginning, her neighbors, sister and daughters all helped in the production of the sauce. Jill educated herself on how to start a business. She even designed the label using the bear image from her mother's sketch book. Jill uses all natural ingredients in both her barbecue and cocktail sauces. Now in her 14th year, her daughter helps quite a bit with the production of the sauce.

Jill Reynolds and her demo crew

—Ron Fenton, Stephanie Hawkins

Flu spreads fast. Shouldn't you be prepared?

Oscillococcinum (3-dose & 6-dose) 35% off



At the first sign of flu, fight back with Oscillo. Clinical studies show Oscillococcinum reduces both the duration and severity of flu symptoms. It works safely and naturally without side effects like drowsiness, and it won't interact with other medicine.

Does to colds what Oscillococcinum does to flu.



Coldcalm (60 tablets) 35% off

Coldcalm is a safe, multi-symptom, complete homeopathic cold formula medicine. Coldcalms quick dissolving tablets treat sneezing, runny nose, nasal congestion and minor sore throat pain. No side effects. No interactions.



Wellness

Join us every third Wednesday at Food Front for *Wellness Wednesday*. We'll have herbal tea, sampling, demos, and other special surprises available for your enjoyment. At the time of this writing, we are working on finding someone to do chair massages—for people, that is! See our *Wellness Wednesday* flyer in the store in early October.

And be sure to take advantage of our righteous sales in October, November, and December!

October promises to be an exciting month with many treats! Nordic Naturals: all products are 20% off. Traditional medicinals, cough syrups and throat pastilles are all on sale. All Aura Cacia foaming bath packets are \$1.99 and large size foam baths are \$7.49. Borion Oscillococcinum and cold products are on sale through December. That's right, three months of savings!

November brings the rustling of the leaves and many great bargains at your favorite co-op. All Oshadhi essential oils: 20% off. Nordic Naturals Cod Liver Oils, all flavors: 20% off. Herb Pharm Echinacea products are on sale, 25% off our already low prices! Herbs Ect. Deep Sleep products, all varieties on sale, 25% off. And you'll find many other cold & flu remedies also on sale.

December doesn't have to be the darkest month of the year, let these sales gems shine on you! All Herb Pharm Echinacea products will be on sale. Borion Oscillococcinum and cold products will still be on sale. Herbs Ect. Lung Tonic and Phytocillin will also offer super discounts!

Of course, this is just a sampling of the stellar offers that will be available to you all season long. And please feel free to stop by, call (503-222-5658, x121) or e-mail (Rachel@foodfront.coop) with any winter wellness questions you may have. I never get tired of talking to you about your wellness needs! —Rachel Knapp, Herbalist



November Special!
SAVE 20%
on these Nordic Naturals
Arctic Cod Liver Oil
products.

NORDIC NATURALS
Pure and Great Tasting Omega Oils

Unflavored, Orange, and Lemon

Deli

One of the best parts of Food Front is our fabulous deli—you get so many awesome foods without all the cooking! We make all our entrees from scratch using mostly organic and local ingredients. There is always something exciting and new to try. Of course, we have our great menu favorites, but we are constantly introducing new and tasty items to add to the anticipation and thrill of your next meal. To make it easier and quicker for you, we now have a wonderful selection of freshly made salads and sandwiches in our Grag and Go section. There's no ordering, no waiting—just grabbing and going.

And while you are shopping, take time to become a Food Front owner if you are not already. It's only five bucks a month (until you reach the full share of \$150.) That's one latte a month. Really. For the price of one half-caff frapamochachino with low fat and no whip you can own your own grocery store. Becoming an owner is so easy—ask any Food Front cashier.

Anyone can shop at Food Front. And we hope everyone is lucky enough to enjoy all the great food in our deli. But, wouldn't it be cool to tell your barista, "Yeah, I own a grocery store."
—Deli Ron



ENZYMEDICA
The Enzyme Experts

Line Drive!!
20% OFF in October

What can enzymes
do for you?

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) 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

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



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**

*Plus Many More
Unique & Attractive
Fruits & Ornamentals*

**Free Color
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.

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.

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October

Wednesday, October 3, 11am to 5pm,
Green Skyline

Tour the future of commercial buildings. Take a walk through the buildings that make Portland's skyline green. Five of the most innovative buildings in the world will open their doors to show the public what smart design, construction, and operations look like. Tour from 11am to 5pm. Reception at 5:30 pm. For more information visit: cascadiagbc.org/events/green-skyline.

Thursday, October 4, 5-7 pm
First Thursday at Food Front. Special samples, tastings.

Friday & Saturday, October 5 & 6
Owner Appreciation Days. Owner discounts all day, special events, and activities, tastings, and samples. Apple Fest on Saturday, the 6th!

Wednesday, October 17
Wellness Wednesday. Join us for herbal tea, sampling, demos, and other special surprises in the Wellness section.

Saturday, October 20, 5:30-7:30pm
DoveLewis Wet Nose Soirée®
 A benefit for the DoveLewis Emergency Animal Hospital. Masquerade ball, dinner, music, and auction. The Governor Hotel 614 SW 11th Av. See dovelewis.org.

Monday, October 22, 5:30-7 pm
Board of Directors Meeting
 Holiday Inn, 2333 NW Vaughn.
World Café Discussion, 7-8:30 pm.
 Discuss what it means for Food Front to be a community. We will use the innovative World Cafe format. (See page 5 for further information.) Refreshments will be provided. Seating is limited. Please call 503-222-5658, x 133 if you'd like to attend.

Wednesday, October 24, 7-8 pm
Verse in Person: Poetry Readings.
 Listen to Oregon poets read from their works. Northwest Library, 23rd and Thurman.

November

Thursday, November 1, 5-7 pm
First Thursday at Food Front. Special samples, tastings.

Monday, November 5, 5:30-7:30 pm
Author Ann Vileisis: "Kitchen Literacy: How we lost knowledge of where food comes from and why we need to get it back." Vileisis explores ideas of food throughout American history, from the rise of "natural foods" in the late 1800s to how "convenience foods" lost

their stigma and received the Good Housekeeping seal of approval in the 1950s. Throughout, Kitchen Literacy offers a lens for us to consider our modern food system with new insight. Ecotrust, Billy Frank, Jr. Conference Center, 721 NW 9th Avenue. See ecotrust.org.

Wednesday, November 14.
Wellness Wednesday. Join us for herbal tea, sampling, demos, and other special surprises in the Wellness section.

December

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

Monday, December 10, 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, December 19.
Wellness Wednesday. Join us for herbal tea, sampling, demos, and other special surprises in the Wellness section.

Food Front Holiday Hours

Thanksgiving	8 am-3 pm
Christmas Eve	8 am-7 pm
Christmas	Closed
New Year's Eve	8 am-9 pm
New Year's Day	9 am-8 pm