

FRONT LINES

Spring Issue 2010

The voice of healthy living

Spring Starts!

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FRONT LINES

The voice of healthy living

Front Lines is a quarterly publication of Food Front Cooperative Grocery.

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

Board of Directors

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Judith Rose

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503.222.5658, ext. 133

info@foodfront.coop

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

Open every day

8am - 9pm

Everyone Welcome!

Managers Report

Relationships are Key to Sustainable Community

By Holly Jarvis, General Manager

Walking into one of our stores, a customer might think, "Wow, what a great neighborhood grocery store, it has so many interesting products! It is true—on a daily basis—we deliver great food to our customers. Oh, but we do so much more than that!

Our mission, set by the Board of Directors, is no less than to build sustainable community. We strive to do that through the operation of our cooperatively owned, neighborhood grocery stores. On the most basic level, we build relationships—with people, with organizations, and between people and organizations.

You can see our sustainable community building in all of the locally produced products on the shelves. Through our relationships with local producers, farmers markets, and the Food Innovation Center, we have developed a reputation as the place to go for people bringing a new product to market for the first time. Because we are known for presenting fewer obstacles and for providing a lot of advice and support, we are the first store to carry newest, locally produced goods in Portland. We buy direct from local producers and growers as much as possible, which further supports the local economy.

Relationships also build sustainable community. We have relationships with groups such as Neighborhood House, Friendly House, Birch Community Services, Forest Park Conservancy,

Friends of Trees, NW Neighbors for Clean Air, Ecotrust, SOLV, Oregon Tilth, and Zenger Farm.

For example, one day last year we lost almost all of our perishable products at the Hillsdale store after an electrical outage. Although much of the product couldn't be sold, it was still safe to consume. Birch picked up and distributed a truckload to their clients. After Thanksgiving, Neighborhood House distributed unsold turkeys to their clients. We helped sponsor the EcoTrust Farmers Market, the Summer Concerts in the Park, the Slabtown Community Festival, and the Earth Day Festival last year.

“Our mission is no less than to build sustainable community.”

Food Front connects our owners and customers to our community through giving and outreach initiatives. Our Bean Bag program and monthly fundraisers at the cash registers raise funds for organizations that have missions in line with Food Front's. During the past year we supported: NW Coalition for Alternatives to Pesticides, Sisters of the Road Café, SW Community Health Center, Grauer Back to School Project, Oregon Tilth, Circus Project, PAW Team, and Rieke Middle School. We also participated in the annual SW Hope and NW Portland Ministries food drives.

We create deep relationships as we strive to become an integral part of our communities, supporting them to become sustainable. Not because it is profitable, not because it makes for a good marketing slogan, but because building sustainable community is our mission.

What's Happening at Food Front

► Owner Appreciation Days

*Friday, Saturday, and Sunday, April 16, 17, and 18
Both stores. All day!*

The next Owner Appreciation Days are Friday, Saturday, and Sunday, April 16, 17 and 18. Owner discounts will be applied as you check 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, fun, and some surprises.

► Care for Our Community

Each month Food Front helps raise money and visibility for organizations whose missions are aligned with ours.

In April, we'll be raising money for student reading programs at both Robert Gray Middle School (Hillsdale) and Chapman Elementary (Northwest). In May, we'll be raising funds at Hillsdale for the Rieke elementary Artist-in-Residence program, and at Northwest, we will be teaming up with other local businesses and congregations to raise money and collect food for the NW Emergency Food Box, which is run by Northwest Portland Ministries.

► Market Sundays at Hillsdale



*April 11th and 25th
Then, every Sunday
starting May 2!*

Each Market Sunday, come to Food Front Hillsdale for free samples, food events, a weekly contest, and special treats. Stop in before or after your trip to the Market!

► Second Saturdays at Northwest

Local Coffee Roasters

Saturday, April 10th, 11am-5pm

Sample a wide variety of locally roasted coffees from Portland's best!

Delicious Local Sauces

Saturday, May 8th, 11am-5pm

Come in for some yummy samples from our local vendors and ideas on how to spice your dinner!

Cool Local Beverages

Saturday, June 12, 11am-5pm

Join us and try some super cool and refreshing local drinks. Try something new and be ready for the summer heat!

► Wellness Wednesdays

Both Stores: April 21, May 19 & June 16

Enjoy our herbal teas, samples, and special guests. Supplements (that are not already on sale) are 5% off.

► Neighborhood Cleanups

Hillsdale: Every First Saturday, 9-10am

Northwest: Every Second Saturday, 9-10am

We gather in front of Food Front and pick up trash in the immediate neighborhood. Afterwards, we sit outside and have free coffee and treats, and get to know each other. Please join us!

Staying in Touch with us

We love to hear your thoughts and comments about Food Front. You can reach us at:

Northwest

2375 NW Thurman St.
Portland, OR 97210
503-222-5658
fax: 503-227-5140

Hillsdale

6344 SW Capitol Hwy
Portland, OR 97239
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fax: 503-517-8909

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info@Foodfront.coop

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Food Front News Briefs

Malinowski Farm Update



Greg Malinowski gives Food Front staff a tour of his farm. Some land near his farm has already been developed.

In February, both the Multnomah County Board and The Metro voted to give the land around Malinowski Farm the “Rural Reserve” designation.

(The Malinowski

Farm supplies Food Front with wonderful ground beef). This is a huge victory to help protect farmland from development. However, Greg Malinowski tells us that he believes there will be a serious effort to overturn the ruling. He expressed heartfelt thanks to Food Front for advocating on his behalf. He said hundreds of letters and emails from many supporters made the difference.

Wine Tastings: Fridays, 5-7pm

Start your weekends with Wine/Beer tastings! Find out what’s new and learn about some of our exceptional varieties of wine and beer. Both Stores: 5-7pm. Also from our wine department, this delightful news: we now have a 20% discount on all mixed cases of wine.

Board of Directors Election

As a cooperative business, Food Front is overseen by a Board of Directors elected by its owners. Voting for the board, as well as running for the board, are two owner benefits. The Board of Directors emphasizes future vision and strategic leadership. The next election for our Board of Directors will be in August. If you are a Food Front owner and would like more information, please email us at board@foodfront.coop or call 503-222-5658, x. 133. The deadline for applying is June 30.

WORLD FAIR TRADE DAY May 8, 2010

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Board of Directors Report

Local Producers Find a Home at Food Front

By Rupert Ayton, Board Member

During our lives, we have all said or thought, “Just give me a chance to prove myself.” At the same time, we have all heard that we consumers have “purchasing power,” yet we probably don’t really believe it. Food Front brings these two notions together in a unique value proposition: On our shelves, first-time local food producers have the chance to prove their goods to consumers, and consumers have the power to help the producer succeed and become a valuable part of our food system.

Food Front’s value proposition is a bottom-up sustainable economic system as opposed to the top down economic “Big Food” oligopoly that dominates our society today. Big Food conglomerates monopolize shelf space in mainstream supermarkets through a combination of high volumes and low costs. Those low costs do not account for externalities such as soil and water pollution, air pollution, and poverty wages. The foods themselves manipulate our taste buds with a concoction of animal fats and chemicals, yet often are just empty calories void of nutrition.

The void doesn’t stop there. The combination of food conglomerates and supermarkets pull dollars out of our local economy and move them into the hands of disinterested investors. Those dollars no longer circulate as purchases supporting local jobs, and rarely return as investments providing the nurturing capital that helps local businesses get started and keep running. Food Front’s value proposition actively counters this void. Take the example of local producer Keith Kulhberg and his Better Bean Company. Keith

realized that when it came to prepared beans, a staple of so many of today’s healthy and flavorful meals, the consumer’s only quick choice was the century old standard of tasteless canned beans. Food Front gave Keith the opportunity to put his fresh beans, prepared using old family recipes, in front of consumers.

Keith worked for nine months developing production, suppliers, branding, and packaging before shipping its first product to Food Front in early November. Beyond quality, Better Bean offers consumers local beans, central Oregon safflower oil, and Washington onions. Keith originally hoped to procure black beans from the Willamette Valley. However only a few farmers were trying to grow them and this year all harvests in the Valley failed except one small farmer. So at the last moment, Better Bean had to redesign their labels and switch to Oregon Snake River Valley beans.

The quality challenge of local and fresh didn’t stop in production. To keep the beans affordable, Better Bean carefully researched its packaging options. Of course, the packaging still needed to be appealing to consumers, so Better Bean focused on a creative logo and label design that pays tribute to the food history of the ancient Meso-American Moshe civilization.

Handling local producers such as Better Bean Company is expensive and time consuming. Yet Food Front knows that if it didn’t exist, Keith’s goal of supplying local, fresh, tasty beans would be immeasurably more difficult. Ultimately, giving consumers the opportunity to choose the foods that matter to them is worth it.



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Local Product Spotlight: Nonna's Noodles

By **Cristin Couzens**

Four years ago, Sarah-Beth Censoni-Johnson brought her first batch of Nonna's Noodles to the Hillsdale Farmers' Market and sold out in an hour and a half. Working out of her brother's kitchen between cleaning houses, she



could make sixteen bags of noodles at a time using the techniques she'd learned as a girl at her Grandmother's side. Now, when she tells her ninety-year old 'Nonna' she had a 'six-hundred egg' week, her Nonna knows that Sarah-Beth has outgrown the local farmers' markets.

Nonna's Noodles are sold in several stores in the Portland area, but Sarah-Beth was especially excited to introduce her pasta to the Hillsdale Food Front. A Hillsdale resident for six-years, she strongly supported the store's opening, and is a Food Front owner. "To sell there gives me a sense of pride. They're so involved in

the community, locally-minded and willing to support small businesses. I feel a lot of kinship with them."

Additionally, Food Front assists new local producers by creating UPC codes in their system so that products like Nonna's Noodles can be scanned at check-out. "This is very expensive for someone like me. Food Front does it to make it easier for local businesses to get off the ground. I think this is really incredible."

Not incurring the expense of a UPC code means a continued focus on high-quality ingredients and hand-rolling and cutting the pasta herself each week, a process passed down through generations in Sarah-Beth's family. Her Northern Italian roots means local free-pasture eggs are a main ingredient. But what really sets her noodles apart is the soft, finely-ground, unbleached wheat flour and the rolling process used to flatten the mixed dough. Typical pasta found in stores is made with durum wheat, a harder wheat, and is pressed under high pressure through an extruder with a cutting die, making a harder pasta. Dough for Nonna's noodles is fed into rollers, forming a sheet that can be run through multiple times, each time reducing the thickness of the pasta. A thin, delicate, translucent noodle that takes just a few minutes to cook, is the result. The sheeting process is well-suited to the incorporation of gourmet ingredients, as each pass through the roller melds additions like spinach and lemon zest seamlessly into the dough.

Although she no longer mixes her dough by hand, there is one thing Sarah-Beth won't do in the name of growth. "I never want to go to canned or frozen ingredients. I use fresh organic baby spinach for my spinach pasta, I zest and juice the lemons myself for the lemon pasta. It's a huge time effort, but that's what makes the product so good."

Cristin Couzens is the author of the blog:
www.theweeklyveggie.com

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Heritage Grains Making a Resurgence

© René Featherstone, Lentz Spelt Farms

Editors note: Food Front carries Emmer Farro and Spelt grains from Lentz Spelt Farm. The opinions expressed in this article are those of the author.



When Michael Pollan ate a McDonald's hamburger—in Chapter Seven of *The Omnivore's Dilemma*—it was his last act of investigating the industrial food chain of corn

run amok. His reporting moved on to grass-fed beef, leaving behind the industrial wheat in the hamburger bun. Here in the Northwest wheat is by far the biggest crop, supported by your tax dollars that subsidize the commodity. Industry pays the farmer eight cents per pound of grain that miller and baker use per loaf of bread—this a perfect example of the cheap food system that empowers an economy of run-away consumerism.

The Omnivore's Dilemma doesn't say much about crop plant genetics before biotechnology. The fact is that industrialization has denied us over 75 percent of traditional food crops, while crops such as wheat that did fit industrial streamlining were changed beyond recognition long before GMOs blind-sided America.

It's rather sad, because traditional food plants were once our co-evolutionary partners. In the case of cereals, Triticum grains of the hulled type nourished peoples of the Fertile Crescent millennia before free-threshing wheat occurred, long before agriculture. Later, the spread of farming was a journey of the hulled grains that continued to be raised as important food crops alongside wheat. They came to be known collectively as Farro in Italy, as Urgetreide in Central Europe: Spelt (*Triticum spelta*), Emmer (*Triticum dicoccum*), and Einkorn (*Triticum monococcum*). Industrialization suppressed Farro grains because wheat took to mechanization much better. In other words, crop selection and plant breeding were undertaken for the benefit of machines.

In the same era, from the 1880s on, food processing grew into an enormous industry, which had breeders focusing on crops most easily refined; wheat, for example, was genetically adapted to white flour/white bread production. After the military-industrial complex pushed World War Two nitrate stockpiles on growers as fertilizer, breeders had to manipulate wheat genetics for chemical farming systems. They did so by dwarfing the wheat plant.

Monoculture increased pest pressure, to which industry responded with a cascade of pesticides that, again, influenced plant breeding. But there is a silver lining: Precisely because industrialization ignored traditional crops, their resurgence now is genetically pure. Yes, Farro grains are back, along with other heritage crops such as kamut, ancient barleys, amaranth, quinoa, and others. If European trends are an indication, we'll see a lot more of them – in Germany, for example, organic bread grain production now consists of 40 percent spelt. Up with heritage grains!

Heritage Grains Lecture: April 21, 6pm

Learn how the resurgence of heritage grains is affecting the environment in the Inland Northwest, in a lecture by René Featherstone, journalist and partner in Lentz Spelt Farms. *Wednesday, April 21, 6 p.m. at the NW Library, 2300 NW Thurman.* This talk will cover Inland Northwest agricultural history; Conservation Districts and the Conservation Reserve Program; direct-marketing challenges; the European model of urban support for healthy rural ecosystems.



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Spring Salads All Dressed Up

By Wendy Gordon

Spring brings fresh tender greens, putting people in the mind for salad. While I could eat a standard lettuce and tomato salad any day of the week, there's no need to be that limiting. You can define salad as any combination of fruits, vegetables, savory items like olives, proteins such as cheese, tofu, or turkey, and/or grains like bulgur or pasta, tossed with a dressing and served room temperature or colder.

Here are two salad recipes based on citrus fruits, as well as a standard outline for a grain salad. I am also including two recipes for salad dressing. Too many people assume salad dressing has to come out of a bottle, when it can be made from scratch in a few minutes.

GRAPEFRUIT SALAD

Adapted from "Hot sour Salty Sweet", by Jeffrey Alford and Naomi Duguid

- 3 T nam pla (fish sauce)
- Juice from 2 limes
- 1 T brown sugar
- 1 large grapefruit
- 2 T coarsely chopped peanuts
- 1 T shallots, finely chopped
- 1 cup mint leaves, coarsely chopped
- 2 jalapeno chiles, seeded and finely chopped
- Butter lettuce leaves, washed and dried

1) In a small bowl, mix together the fish sauce, lime, and sugar, stirring well. Set aside.

2) Peel the grapefruit and separate into segments. To remove the membrane, cut off the inside seam of each segment and run your thumb between the membrane and the fruit to free it. Reserve any excess juice that drips out for another use.

3) Add the peanuts, shallots, mint and chiles to the grapefruit; toss to combine.

4) Taste, adding more fish sauce, sugar, or lime juice if desired.

5) Serve immediately in individual portions on lettuce leaves.

FENNEL ORANGE SALAD WITH GREEN OLIVES

Adapted from Sunset magazine

- 4 navel oranges
- 1 head fennel (reserve stalks for another use)
- 2 T extra virgin olive oil
- One-half cup pitted green olives, halved

1) Peel oranges, removing outer membrane (see grapefruit salad for directions) Slice fruit crosswise one half inch thick and arrange slices on a large plate.

2) Slice fennel thinly crosswise and arrange slices over oranges.

3) Drizzle olive oil evenly over fennel and sprinkle with salt and pepper to taste. Scatter olives over salad.

BASIC GRAIN SALAD

- 2 cups cooked grains (bulgur, Israeli couscous, barley all work well)
- Your choice of: chopped olives, artichoke hearts, sun dried tomatoes, cherry tomatoes, fresh or roasted peppers, feta cheese, roasted vegetables such as zucchini or eggplant, scallions, chopped fresh basil, parsley and/or mint.
- One-half cup (or to taste) Wendy's Basic Salad
- Dressing, see next page

1) Combine ingredients in a large bowl. This makes an excellent potluck dish and is best served at room temperature.



Dressings

WENDY'S BASIC SALAD DRESSING

- Two-thirds cup extra virgin olive oil
- One-third cup vinegar (red, white, seasoned with Italian herbs, balsamic, or a combination)
- 1 heaping teaspoon Dijon mustard
- Healthy dash garlic salt
- Freshly ground black pepper to taste

Shake to combine in a glass jar. This dressing will keep for several weeks.

CREAMY WATERCRESS DRESSING

This is a good dressing when you want a heartier, stronger flavor (good with iceberg lettuce, pasta, or tuna, as well as a dip for roasted vegetables)

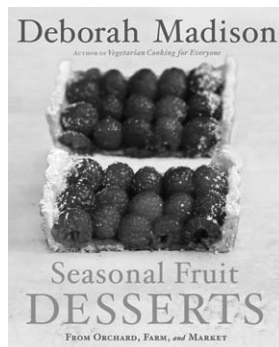
- 4 ounces watercress
- 1 cup mayonnaise
- Juice of one lemon
- 2 tsp anchovy paste
- 1 clove garlic
- Salt and pepper to taste

1) Rinse watercress and drain well; pat dry with towels and coarsely chop.

2) In a food processor or with an immersion blender, puree watercress, half the mayonnaise, lemon juice, anchovy paste, and garlic until smooth.

3) Pour into a bowl and whisk in remaining mayonnaise until smooth. Season with salt and pepper to taste.

Author Deborah Madison visits Food Front NW April 23, 4pm



Join us at Food Front Northwest on Friday, April 23, 4pm to meet one of our favorite cookbook authors, Deborah Madison. Her new book is *Seasonal Fruit Desserts from Orchard, Farm, and Market*. The desserts in this book

make use of dried as well as fresh fruits and also nuts which makes it a book to use year around. See you there!

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June 6: Spring Co-op Farm Tour

Last September, we joined with People's Co-op to take our first annual Farm Tour. On June 6th, Alberta, People's and Food Front Co-ops are joining together to offer a



daylong farm tour. This is a delightful opportunity for co-op member/owners and shoppers from the tri-co-op neighborhoods to enjoy a relaxing

day in the rural farmlands of Oregon. Departing at 8am, we will set off for our first stop at Sunbow Farms in Corvallis to meet "the father of organic farming", Harry McCormack. Next is Wandering Aengus Ciderworks, who will host us for a delicious, local lunch (by the Food Front deli—included in the cost) and cider tasting on

their 280 acres of land. Last, but not least, is Farmer Brown and his wife Nancy at Mustard Seed Organics; a diversified vegetable farm that supplies our stores with beautiful, year-round nutrition. Along the way, we'll relax, chat, and enjoy refreshments and raffles with prizes from each co-op. See a cashier to register.

When: Sunday, June 6, 8am-5:30pm (may be later depending on traffic.)

Route: Sunbow Farms, Wandering Aengus, and Mustard Seed Organics.

Cost: Adults: \$25, Youth: \$15, Low-Income*: \$15
 *We have limited, self-selected low income tickets.
 Price includes lunch.

Registration Dates: until May 15, payment due upon registration. Pick up your registration form at Food Front, People's, or Alberta Co-ops.

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Store Updates

► Hillsdale Store Updates

The Wilson Sandwich

The entries are in, now the fun part begins. On Market Sundays in April (11th and 25th), we will be sampling the sandwich finalists for The Wilson. You can have a taste and vote for your favorites 1-3pm.

Gluten Free Section

“Gluten-free” is one of the fastest growing food categories these days. Have you noticed the gluten free section in Aisle 5? Kudos to Khy Griffin, our assistant Grocery Manager for creating the section.

Local Business Support

As we move through the second half of Year Two in Hillsdale, we'd like to extend a special “Thank You” to our friends at Paloma, Baker & Spice/Sweetwares, and the Hillsdale Farmers Market. They have given us constant and enthusiastic support. You are all stars in our book!

► Northwest Store Updates

New Thursday Farmers Market

A new Portland Farmers Market will be opening Thursday, June 3 at NW Savier and 23rd Avenue. The market will replace the EcoTrust Market. Food Front is a proud sponsor of the market. Look for us there!

Earth Day Event: Saturday, Apr. 24, 11am-5pm


Join us to celebrate Earth Day on Food Front's Patio. April 24th, 11am-5pm. Learn about and support “Neighbors For Clean Air”. Fun for kids and adults!

Film Series at NW Library

Our monthly film series at the NW Library, 23rd and Thurman, continues this spring with *Fresh* on April 7, *Ingredients* on May 19, and *Good Food*, June 16. The film series is free and includes refreshments. See our web site for further information. See you at the movies!

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Food Front Calendar

Board Meetings

Monday, April 26, 5:30-8:30 pm

Holiday Inn, 2333 NW Vaughn

Monday, May 24, 5:30-8:30 pm

Watershed, 6388 SW Capitol Hwy.

Monday, June 28, 5:30-8:30 pm

Holiday Inn, 2333 NW Vaughn

*Call 503-222-5658, ext. 133,
if you would like to attend.
A light dinner is provided.*

Store Special Events

2nd Saturdays at Northwest

Special food events, 11am-5pm

April 10: Local Coffee Roasters

May 8: Local Sauces!

June 12: Local Cool Beverages

Market Sundays at Hillsdale

Stop in on Hillsdale Market Days
for local food events, the weekly
contest, and special treats.

Wellness Wednesdays

April 21, May 19

& June 16, Both Stores

Enjoy our herbal teas, samples,
demos, and other special treats.
5% discount on supplements
that are not already on sale.

Owner Appreciation Days

Free samples and your owner discount.
Three days of fun; **both stores, all day!**

Friday - Sunday
April 16th-18th

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FoodFront.coop

