

Front Lines

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

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Owner Appreciation Days

Free samples and your owner discount
Three days of fun; *both stores!*

Friday, Saturday, & Sunday

January 16, 17 & 18

Time Out for Tea

Take time to sample our refreshing teas and chai
Northwest: Saturday, January 10, 11am-5pm
Hillsdale: Saturday, January 11, 11am-5pm

Happy 2009 from all of us!

Front Lines

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

We are open every day
8am-9pm

Food Front is open to all.

MANAGER'S REPORT

Buying Locally Supports our Community

By Holly Jarvis, General Manager

There is no time when it is more important to support local companies than when our community is facing economic challenges. The fact that money spent locally stays in the community and is spent over and over again becomes very compelling.

We are all making choices about how to cope with the current economy, and choosing how we spend on our food is one of the most basic choices we make. Thankfully, over 1,000 people who became new owners at the co-op in support of our new Hillsdale store understood the importance of supporting a local, neighborhood grocery store.

Now that the Hillsdale store is open, we are asking our owners to show their further support by participating in our Owner Loan program by making an interest-bearing loan to the Co-op. The budget for the Hillsdale store project included financing directly from our owners in addition to using our own accumulated cash and the financing we obtained from a bank. Food cooperatives all over the country must depend on their owners for funds to finance their stores. Food Front has invested over \$750,000 to open the Hillsdale store and make improvements at the NW Thurman store.

We must raise a minimum of \$250,000, as we budgeted, to help pay for the

opening of the Hillsdale store. Hopefully, we will raise even more in loans to also provide working capital and reduce our bank debt. This financing from owners is critical to the co-op and our project. We are accepting loans between \$1,000 and \$40,000 for terms between 3 and 10 years.

Our Owner Loan program is open only to Food Front members. Your participation in the program is necessary to help us fulfill our commitment to provide a neighborhood grocery store to the Hillsdale neighborhood. Please consider participating now.

For further information, call Finance Manager Lee Lancaster at 503-222-5658, ext 132. We can mail you the Loan Program Summary and the Disclosure Document. If you have already reviewed these materials, please call to discuss the size and length of loan you would like to make.

Supporting the co-op by participating in the Owner Loan program will go a long way to supporting your community and keeping money circulating in the local economy. Supporting Food Front with a loan helps us be a strong asset to the Hillsdale neighborhood, the NW neighborhood, and all of our local vendors and community partners.

This is not an offer to sell or a solicitation of an offer to buy securities and that securities are offered only by the U-7 Disclosure document.

*Supporting
the co-op by
participating in the Owner
Loan program will go a
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circulating in the local
economy.*

WHAT'S HAPPENING AT FOOD FRONT

By Tom Mattox, Community Outreach & Marketing Director

Care for Our Community



Each month Food Front helps raise money and visibility for organizations whose missions are aligned with our Ends. This fall we raised a combined \$2000+ for Forest Park Conservancy, The Circus

Project, Sisters of the Road Cafe, and Neighborhood House. Thanks to all who contributed!

This winter we will be raising money for EcoTrust, Chapman School, and MLC School in Northwest, and Wilson High School, Robert Gray Middle School, and Rieke Elementary in Hillsdale. More information will be available in the store. If you have a suggestion for Hillsdale fundraisers, please contact Tom at 503-222-5658, x 133 or email tom@foodfront.coop

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 in Northwest and at the welcome tables in Hillsdale.

Staying in Touch with us

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

Food Front Northwest

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

Food Front Hillsdale

6344 SW Capitol Hwy
Portland, OR 97239
503-222-5658
fax: 503-517-8909

www.Foodfront.coop
info@Foodfront.coop

Owner Appreciation Days

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

The next Owner Appreciation Days are Friday, Saturday, and Sunday January 16, 17, and 18. 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:

\$1-49.995% 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. We hope to see you here!

Time Out for Tea

*Northwest: Saturday, January 10, 11am-5pm
Hillsdale: Sunday, January 11, 11am-5pm*

Take time to sample our refreshing teas and chai. You know you deserve some comfort!

We Love Chocolate!

*Hillsdale, Sunday, February 8, 11am-5pm
Northwest, Saturday, February 14, 11am-5pm*

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

Local Food Artisan Day

*Hillsdale, Sunday, March 8, 11am-5pm
Northwest, Saturday, March 14, 11am-5pm*

Food Front is on the front lines of new products—we are often the first store for many new items. Meet your local food innovator and taste their amazing creations!

Wellness Wednesdays

Both Stores: January 21, February 18 & March 18

Enjoy our herbal teas, samples, demos, discounts, and other special treats.

Northwest: Neighborhood Cleanups

January 10, February 14 & March 14, 9-10am

Every second Saturday at 9am, we gather in front of Food Front and pick up trash in the immediate neighborhood. Afterwards, we sit on the patio and have free coffee and treats, and get to know each other. Please join us!

Food Front Owner Phil Selinger Recognized for Clean-up Efforts



Phil Selinger

NW Thurman resident and Food Front Owner Phil Selinger was honored at the *NW Examiner's* annual Community Awards in November. For a year and a half Phil has organized monthly neighborhood cleanups in the Food Front neighborhood. Phil leads the clean up on the second Saturday of each

month (meeting in front of the store at 9 am). Afterward volunteers enjoy hot beverages and treats and have the opportunity to get to know one another. Congratulations Phil!

Board of Directors Invites Co-op Owners to Special Presentation by Food Front Buyers

Have you ever wondered how Front Front sources the many amazing local products that we sell? Now you have the opportunity to find out and get a taste too!

The Food Front Board of Directors is holding a presentation at the Watershed, 6388 SW Capitol on Monday February 23 at 7pm. Buyers for Grocery, Frozen Foods, Cheese, Produce, Deli, Meet, Merchantile, Wellness, and Bulk will be on hand to talk about their passion for local foods and give out samples, too.

This yearly event is always the most popular presentation sponsored by the Board. Seating is limited so please call Tom at 503-222-5658, x 133 to reserve your place.

***Special Presentation by Food Front Buyers
Monday, February 23, 2009, 7 pm
Watershed; 6388 SW Capitol Highway
503-222-5658, ext 133 (Please RSVP)***

Food Front Co-Sponsors Free Hillsdale Wellness Talks

Food Front is teaming up with Hillsdale-area natural health practitioners to bring you free talks on a variety of wellness topics.

Talks are held at The Portland Wellness Center and the Mittleman Jewish Community Center, Food Front will provide refreshments at each talk. Please RSVP and confirm classes directly with those listed below.

Wellness Talks with Shani Fox, N.D. at the Mittleman Jewish Community Center (MJCC)

6651 SW Capitol Hwy, Portland, OR
(503) 244-0111 / www.oregonjcc.org/

January 14, 1-2 pm

Five Keys to Radiant Health at Any Age

February 25, 7-8:30 pm

Heart Smarts: Achieving Cardiovascular
Health Naturally

Portland Wellness Center

6274 SW Capital Highway
503.245.6516 or www.portlandwellnessoffice.com

January 8, 7-8pm: Monica Mathews, L.Ac and Herbologist
Natural Remedies for Winter Time Coughs and Colds

January 22, 7-8 pm: Elaine Gillaspie, N.D.
S.A.D (Seasonal Affective Disorder) and Happy Foods

February 5, 7-8 pm; Elaine Gillaspie, N.D.
Specialty Diets and Foods (including Gluten-Free, Soy-Free, Dairy-Free, Sugar-Free)

February 19, 7-8pm; Monica Mathews, L.Ac / Herbologist
Solutions for Weight Loss with Traditional Chinese
Medicine

March 5, 7-8pm Monica Mathews, L.Ac and Herbologist
Want to Stop Smoking? How Traditional Chinese
Medicine Can Help You.

March 19, 7-8pm; Elaine Gillaspie, N.D.
Diets for a Healthy Immune System and Allergy
Prevention

BOARD Notes

Are you a Locavore?

By Russ Nelson, Food Front Board Member

“Each food item in a typical U.S. meal has traveled an average of 1500 miles. In addition to direct transport, other fuel-thirsty steps include processing (drying, milling, cutting, sorting, baking), packaging, warehousing, and refrigeration. Energy calories consumed by production, packaging, and shipping far outweigh the energy calories we receive from the food.” Steven L. Hopp

Are you a Locavore? Would you like to be one? A Locavore is someone who eats locally produced food—co-op owner, CSA share subscriber, or farmers market shopper—to name a few.

This year, your Food Front Board of Directors added a “book club” format to our work in order to educate and enrich ourselves and better serve you. Our fall reading selection was *Animal, Vegetable, Miracle: A Year of Food Life* by Barbara Kingsolver, with contributions from her daughter Camille and her husband Steven L. Hopp. Kingsolver’s family undertook a yearlong experiment in which they escaped the modern urban paradigm and placed themselves on an agrarian adventure. Through much sacrifice they found great rewards in producing their own food. This work is an amazing inspiration and encourages the reader to reconnect with an awareness of where their food comes from.

Defining Local is relative. Food Front’s Produce Manager Sarah Kowal says “within a 200 mile radius” is a standard measure though Food Front’s circle is smaller. Kingsolver writes about Tod Murphy and Pam Van Deursen of central Vermont, the proprietors of the Farmer’s Diner, which serves food from local farms. Tod defines local as an hour’s drive from the diner. Whether or not a standard definition is established, the closer your food embarks on its journey to your plate, the better.

Each of us can take steps to increase our Locavore Quotient. Consider any or all of the following in your shopping and eating strategies:

- Join a food cooperative or buyer’s club.
- Participate in a CSA (Community Supported

Agriculture Farm) farm.

- Shop at farmer’s markets, food co-ops, or small ethnic/specialty grocers.
- Buy directly from U-pick farms and roadside produce stands.
- Purchase artisanal products
- Grow your own food where you live or establish a garden plot at a Community Garden.

All of these options are available to consumers in the greater Portland Metro area. There are four co-ops in the area (Food Front, Peoples, Alberta, and the Vancouver Food Co-op which is in its formative stages. Farmers markets are spread well across the Metro area. Although most Farmers markets are seasonal, with their peak in late summer to early fall, the Hillsdale Farmer’s Market operates year-round with access every other Sunday through winter.

I queried my fellow board members about eating locally. Arnold Panitch and Linda Jauron-Mills both shared their experiences with tending their community garden plots and enjoyed establishing them within walking distance from home. Pamela Sery and former board member Noah Jenkins each expressed how they enjoyed riding their bicycles to shop at local Farmer’s Markets.

So, how about you? What can you do...what *will* you do to eat more locally? I encourage you to unleash your inner Urban Agrarian and to become the Locavore you were always meant to be.



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The Joys of Tea



Editor's Note: Please join us for a tea tasting in January, featuring some of our refreshing teas and chai!

Saturday, January 10, 11am-5 pm in Northwest

Sunday, January 11, 11am-5 pm in Hillsdale

Personally, coffee is my hot beverage of choice. I've been starting my mornings with a steaming mug of coffee since I was eleven years old and I don't intend to stop. Yet I have to admit, in the wintertime the gentle pleasures of tea exert their appeal. There's a whole world of tea out there. In much of the world—most notably Asia, but also the Middle East, North Africa, South America, and Great Britain—tea is not only the most common beverage, but also a major source of spiritual replenishment and social interaction.

All true tea derives from the *camellia sinensis* plant, an evergreen member of the *camellia* family. Different types of tea stem from the processing: black, green, oolong, and the less common white, red, and puer. Many other beverages derive from tea; chai, yerba mate, kombucha, and an endless variety of herbal brews (not technically tea, but tea-like infusions). Black tea is fermented, the oxidation producing a full, rich taste. Green is unprocessed, with a light, herbal taste. Oolong is partially fermented, with a taste lying somewhere between green and black. White tea is picked and harvested before the leaves open fully, while the buds are still covered by fine white hair. Its taste is vegetal, comparable to green tea, but even more delicate. Rooibos, or red tea, comes from a small shrub that only grows in South Africa. The tea has a distinctive red color and a strong, sweet, slightly nutty flavor. Puer is a fermented tea derived from a specific large-leaved plant. Unlike most teas, which should be drunk as fresh as possible, puer may be aged for many years, like wine.

Tea contains small amounts of the vitamins thiamin, riboflavin, B6, vitamin C, vitamin K, carotene, and folic acid and larger amounts of the minerals manganese, potassium, zinc, and fluoride. It is also an excellent source of antioxidant polyphenols. The antioxidants may fight cancer and heart disease as well as lower cholesterol and reduce dental plaque. Tea increases digestive enzymes, helping us process fat. It acts as a natural antibiotic and probably strengthens the immune system in other ways.

Food Front's Grocery Manager Gary Koppen uses three main criteria when sourcing the multitudinous teas on the store shelves: quality, organic/sustainable growing methods, and supporting local producers. Being a tropical plant, tea does not grow in the Pacific Northwest. However, Oregon is home to many tea importers and processors. The tea palette is big and always in flux. Prices of teas range from two to twenty-five dollars a pound depending on the rarity of the teas, the carefulness of their sourcing, the craft involved in their preparation, and the attractiveness of their packaging. Generally speaking, moderately priced teas meet most customer's needs, but just as the case is with coffee or wine, there will always be connoisseurs who settle for nothing less than hand-rolled, fermented tea harvested only from a heirloom bush in the Hunan Province and sold in a hand painted ceramic canister. Especially in the winter, medicinal teas are wildly popular, as are tea-based beverage with purported health benefits, like kombucha.

Powered by Tea, owned by Food Front member Jason Higbee, definitely occupies the high end of the market. Food Front sells three varieties of his very pretty, fragrant teas: African Bush (roobois); Spaniard's Calm (mint and orange flavored) ; and Green Dragon (green tea and ginger). An architect by training, Higbee presents his teas in canisters too beautiful to recycle. You pay for the privilege, though, as each canister sells in the \$14 range.

Tea Chai Te, which many customers may know from their tea shop on 23rd Avenue, imports bulk teas from all over the world. Currently, only one of their exquisite and high end teas (hand rolled green tea rosettes; 15 per attractive silver canister) is on sale at Food Front.

A Tea Cup Dropped is a Portland importer specializing in bulk oolong and green teas. Food Front carries several of their Taiwanese oolongs: Jin Xuan, Alishan and Lishan as well as organic green tea from Nantou. All of these teas come from a farmer who places consistently at the top of national tea competitions. Food Front also offers several of their Chinese teas, most interestingly a Silver Needle White, which has a gentle but deep herbal flavor.

Veerinder Chowla, owner of Portland-based *Tao of Tea*, became enamored of tea while travelling in the Himalayas. He works closely with growers in India, China, Taiwan, Japan, Sri Lanka and Vietnam, emphasizing hand-processed teas from wild or heirloom plants. Many, though not all of their teas are certified organic; all are fair-traded. Like *Tea Chai Te*, Chowla runs several local tea houses as well as wholesaling his teas. Sold in bulk or tea bags in attractive, reusable or recyclable containers, these teas are an excellent mid-priced choice (\$7-\$8 a canister). A few of the many varieties offered include roobois, Moroccan mint (green tea with peppermint); lychee (black tea with lychee essence); rose petal (black tea with rose petals); and jade flower (leaves lightly roasted in a wok then hand sewn into small rosettes that blossom into a flower when brewed).

Stash Tea, founded in 1972, is nationally distributed but maintains their national retail office and a retail store in Tigard. *Stash* sells more than 200 premium bulk and bagged teas at reasonable prices (\$3-\$4 a package) albeit in plebian cardboard containers. My longtime favorite is Wild Sweet Orange, but some of their numerous other offerings include green tea with mango and ginger peach, English Breakfast, cascade mint, and crème caramel (with chocolate and dulce de leche flavors).

Oregon's Wild Harvest sells primarily herbal products but also markets two medicinal tea blends—immune booster and Rene's essiac-- made at their family farm near Mt. Hood.

Yogi Teas, based in Eugene, was founded in 1982 as an outgrowth of the Golden Temple Vegetarian Restaurant

in Hollywood, California. As one might surmise from the name, this line of teas is inspired by Kundalini yoga practice. They sell over fifty blends of bagged teas, emphasizing organic ingredients. You'll find a lot of medicinal teas here, ranging from "get regular" to "detox peach" as well as specialty flavors like licorice, vanilla, and hazelnut. These are among the lower-priced of teas, selling around \$3 a package.

Chai typically consists of rich black tea, milk, a combination of spices (most commonly cardamom, ginger, cinnamon, cloves, and pepper) and a sweetener. Long the most popular drink in India, chai has gained lots of popularity in the United States in recent years. That's not surprising, because it's a very accessible drink, warm and sweet, providing the heft of coffee without the caffeination.

Yogi and *Stash* teas both sell bagged chai, but *Dragonfly Chai* brews it fresh right here on NE Martin Luther King Boulevard. Like a micro-brewed beer, they handcraft four varieties of

chai in small batches using organic fair trade teas and organic spices and sweeteners. *Dragonfly Chai* is a robust, spicy beverage with a fresh taste that sets it apart from the bagged teas. Even their "sweet" variety carries a distinct clove bite. Both *Dragonfly* and the bagged teas require the addition of fresh milk.

Oregon Chai originated in our state and still bears its name, but is actually produced by the multinational Kerry Corp, based in Beloit, Wisconsin. They sell a variety of convenient chai bags and aseptically packaged concentrates that come with the milk added. While mass-produced *Oregon Chai* is blander in taste than the local artisan *Dragonfly*, it remains a pleasant tasting product. The pre-added milk makes it a good choice for camping trips.

Mate is not technically tea, but an infusion made from yerba mate, another type of evergreen that grows in South America. Latin American immigrants introduced the beverage to Lebanon and Syria where it's also become popular. Mate is higher in caffeine than tea, comparable to coffee, but of a different form. Scientific evidence appears to back up claims that mate provides the alertness boost of coffee, but not the accompanying jitters. It may even be a mild MAO inhibitor, or natural tranquilizer. Food Front sells loose yerba mate in the bulk tea section.



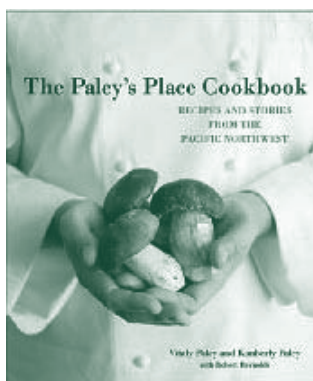
Buyers' Spotlight

Merchantile

The frost-kissed days of winter are upon us! It's a great time for curling up next to a crackling fire with a steamy cup of cocoa and a good book. Even a cookbook!

Start planning ahead to take advantage of the great local produce coming into abundance towards the spring months. We have a couple of amazing cookbooks in stock at Food Front written by local chefs.

The Paley's Place Cookbook written by Vitaly and Kimberly Paley with Robert Reynolds is simply beautiful! From



simple to extravagant these recipes call for many ingredients grown in the Pacific Northwest region. One of my favorites, *Cooking Beyond Measure* by Jean Johnson, is fun just to look at with a dare to cook what you love without tedious measuring and weighing.

A dash of mystery is always fun! Don't forget to grab a book for the kids too. One children's book you just can't miss is *Swiftly's Big Flight* by Lee Jackson. "It's a big adventure", says Chance, age 9. Or check out *Penguins on Pluto* written and illustrated by Brandon Ellis.

—Tyra Lynn, Merchantile Buyer

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Produce

To Seed or Not to Seed? That is the Question this Winter

By Sarah Kowal and Sarah Brown

Food Front Produce Manager Sarah Kowal says:

OK, so this is a little humbling to admit: I can't start a seed to save my life. Sure, in college I grew trays upon trays of vegetables, flowers, and perennials under professional greenhouse conditions. And I have some basil seed packets lying around with good intention...But in my experience, as an at-home project, starting seeds is bound to fail. And I have even bought those trays with clear plastic lids to mimic the warm, sunny greenhouse environment only to have leggy, chlorotic, doomed-to-death results. With that being said, with the economy the way it is *and* since I do actually enjoy getting my hands dirty, avoiding the whole seed-starting thing is the way to go! We are so blessed here at Food Front to work with Dean, the farmer at *Wildcat Mountain Farm*. His all-set-to-go, right-in-the-garden plant starts are here from early March to October. They are just perfect for someone like me. Here are some quick tips from Dean to get started this Spring:

- With a few exceptions (basil, cucumber, and squash) all of the starts we bring out will have been hardened off and are ready to be set out in the garden. Having said that, it is still a very good idea to keep some frost protection around for unseasonably cold snaps. I like to use floating row covers such as ReemayR but plastic or even something as simple as old bed sheets can make a big difference when the mercury dips below freezing.

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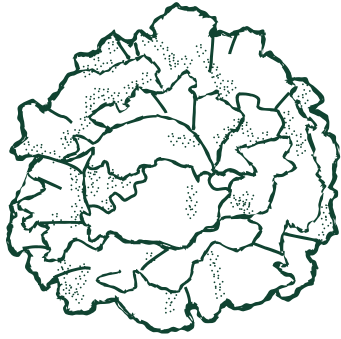
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- Expect to see the first plant starts around the first week of March. Lettuces, salad greens such as mustards, and chicories, cool season herbs like parsley and cilantro, kales, collards, broccoli, cauliflower, and cabbage starts.



- Look for tomato plants towards the end of April, followed by peppers and eggplants then basil, cucumbers and squash starts by the second week of May.

- Direct seed in March: peas, beets, carrot, radish.

You can also direct seed most of the cool season starts listed above if you're not in a hurry or do a combination of some starts and some direct seedlings to get the speed of using starts with the economy of growing from seed.

Assistant Produce Manager, Hillsdale Sarah Brown says:

While I do love Dean's plant starts, I find it much more rewarding and exciting to start my garden from seed. It **can** be a relatively simple and enjoyable process that saves money, lets you choose your own varieties, and puts you in touch with the entire cycle of your food. Last year, I grew my whole garden from seeds I'd started indoors without any fancy lights or widgets! With that being said, starting plants from seeds can seem a lot harder than it did with those beans in 2nd grade! There are so many fancy tools, varieties, potting mixes, and fancy gadgets that it can even be overwhelming. Basically, all you need to know is on the packet. Here are some simple guidelines to follow when planting seeds:

- Start your seeds according to temperature needs found on back of packet. If started when temperature is not ideal, poor germination and growth will occur. Often times we want to start tomatoes in February so that they are ready to be put out in June. February is a tough time to grow heat- and sun-loving plants. If you choose to attempt this challenging endeavor, be prepared to use lights and heating mats!

- Seeds need to be kept consistently moist until germination. Without roots to suck up water, you are responsible for supplying the seed/plant with water. Roots and seeds also need air so keeping them moist without drowning them is key. Use a mister or gentle nozzle and water everyday until sprouted. At that point, follow directions on packet.

- Make sure there is a good source of light once the seedling emerges. To avoid spindly growth, having seeds by a South facing window, in a cold frame—or under lights—is a must!

- Start with something easy. Try lettuce or mustards first. They are some of the least finicky seeds and are quickly ready to be put out in the garden. Their success will boost your confidence.

- Ask for help!!! You can email me at sarahb@foodfront.coop or check out some of these great local resources for classes and seeds selected especially for our area:

- *The Maritime Northwest Gardening Guide*, produced by Seattle Tilth has great seed starting information, monthly recommendation for appropriate varieties, and is available in our store!

- *Territorial Seed* (www.territorialseed.com) offers seeds specially suited to our growing climate, a great blog and gardening tips, and seeds available at our store!

- *Wild Garden Seed* (www.wildgardenseed.com) offers a wealth of organic seeds all grown out on Gathering Together Farm (Philomath, OR) that are open-pollinated, untreated, and are a great way to support a local farm!

- Oregon Tilth www.tilth.org Offers a wide variety of community gardening workshops and courses.

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Winter Vegetables: Easy and Enjoyable

by Gretchen D. Westlight, Special Project Assistant

It can be a challenge in winter to get as much vegetable variety as we are used to in summer, especially when we try to eat locally and seasonally. Most winter vegetables need to be cooked, which can burden already busy schedules. I love variety but am a lazy home cook, and I used to get into a real rut that had me hating broccoli by December. Working as a professional cook in a variety of settings expanded my repertoire, and here are some of my favorite tasty shortcuts.

In my home, we have developed cooking habits which simplify tasks and keep variety alive while taking advantage of inexpensive local seasonal produce. My "secret" method is to cook vegetables plainly, to make large batches so there are plenty of leftovers, and to use sauces and dressings for

flavor variety. I especially like to do this with greens and beets, although it works as well with other seasonal root vegetables, all the brassicas, and winter squash.



The same sauces and dressings can be used on both beets and greens, and will enhance the flavors differently. Another advantage of cooking things simply is that they can be used as ingredients in other dishes. For instance, diced beets are a nice addition to salads, or pre-cooked greens can be added to soups just before serving, or to casseroles.

Greens

I used to find cooking greens depressing because they decrease in volume so much, and because washing them can seem like a real hassle in a small kitchen. Being generous in portions and having the right equipment at hand has made a big difference! These are the kitchen tools that I



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find essential for cooking greens in quantity:

- 2 huge metal bowls (one for washing, one for the chopped greens)
- large sharp knife
- large cutting board
- large pot with lid and steamer basket
- large sauté pan for finishing (optional)

Once you have these, all you have to do is select your greens. I like to rotate through the different kinds of kale, as the flavors and textures vary tremendously; I also enjoy chard and collards. Plan on 1 bunch of greens per person, which will allow at least one serving of leftovers each (we like big portions).

Cooking Times for Greens

Kale Steam for 6 minutes

Chard Steam stems for 10 minutes, leaves for six minutes

Collards Boil for 8-15 minutes, depending on the age/thickness of the leaves

Once the greens are cooked you can add any dressing or sauce you like, or sauté them in olive oil with garlic, chili flakes and lemon juice. Any of the locally made Oregon Dukkah mixtures, “an addictive dry dip of hazelnuts and exotic spices,” are delicious sprinkled on steamed greens (you’ll find them in the ethnic grocery section).

Beets

Roasted beets taste fantastic, but I find roasting rather fussy, time-consuming and wasteful (all that tinfoil!), so I boil them. I usually buy the bulk beets, selecting ones that are similar in size. At home, put them directly in a large pot with enough water to cover by one inch. Bring the water to a boil and then turn it down to simmer for 30-45 minutes, depending on the size of the beets. When they are tender, drain in a colander and let stand until they’re cool enough to handle, about ½ hour. Then trim the stem and root ends, slip the skins off, and cut them in whatever way you like: slices, cubes, or wedges. Once again, it’s on to the dressings or sauces. Beets take well to balsamic vinegar and to ginger (not necessarily together), and they are phenomenal with locally made Jorinji Soy Bean Goma Miso sauce (you’ll find it near the miso in the cold case.)

With this approach, even my daughter has found that she enjoys more vegetables, as long as she can control the flavoring! I hope these ideas will inspire you to experiment with winter vegetables. Check in with our knowledgeable Produce staff for the freshest selections and ideas for preparing something new to you.



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Hillsdale Photo Gallery



Above: The Hillsdale Chili Feed in December featured local students singing and playing their instruments on the Food Front patio

Above right: Donna Dockins and her Oregon Dukkah table attracted a crowd at the Grand Opening

Right: Malden Meehan captures the spirit of the Grand Opening with Irish Step Dancing all three days!

Photos by Andrea Uehara



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Thanks for all our Prize Sponsors for our Successful Hillsdale Grand Opening

Food Front is proud and excited to be a part of the Hillsdale Community and we were overwhelmed with kindness as local businesses responded to a call for raffle prizes for our Grand Opening Celebration in October. Special thanks to Leigh Milander who called on Hillsdale and Multnomah businesses for donations.

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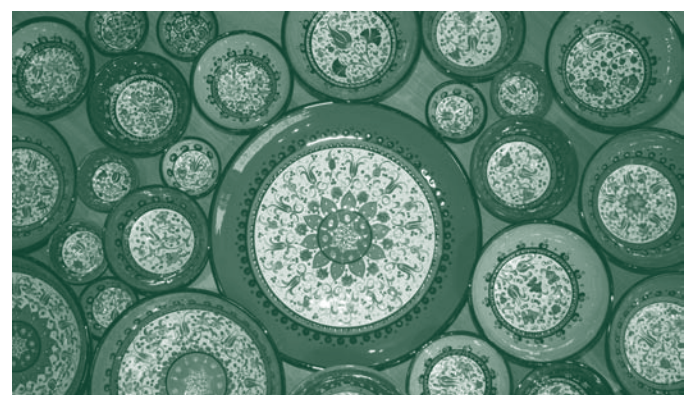
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Forest Park Federal Credit Union; 2465 NW Thurman \$5 membership fee is waived for Food Front owners.

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A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

The seven cooperative principles as stated by the International Cooperative Alliance are:

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 benefits 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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Food Front Board Meetings

January 26, February 23, March 23
5:30-8:30 pm

We alternate between the Holiday Inn, 2333 NW Vaughn. (January and March) and the Watershed, 6388 SW Capitol Highway (February) Please call 503-222-5658, ext. 133, if you'd like to attend and to verify venue. A light dinner is provided.

Time Out for Tea

Northwest: Sat., January 10, 11am-5pm
Hillsdale: Sun., January 11, 11am-5pm

Take time to sample our refreshing teas and chai. You know you deserve some comfort!

We Love Chocolate!

Hillsdale, Sun., February 8, 11am-5pm
Northwest, Sat., February 14, 11am-5pm

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

Local Food Artisan Day

Hillsdale, Sun., March 8, 11am-5pm
Northwest, Sat., March 14, 11am-5pm

Food Front is on the front lines of new products. Meet your local food innovator and taste their delectable creations!

Owner Appreciation Days

Free samples and your owner discount.

Three days of fun; *both stores!*

Friday, Saturday, & Sunday

January 16, 17 & 18

Meet your Food Front Buyers

Learn how we source our amazing local produce and products. Enjoy delicious samples of our local foods (including wine!) Seating is limited. Please call to reserve your seat.

Monday, February 23, 2009, 7 pm
Watershed; 6388 SW Capitol Highway
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