Skagit Valley soil is rich. It supports an entire food network. Currently the collection includes creameries, breweries, produce farms, orchards, vineyards, berry fields, a few spirit distilleries, and shellfish harvests. From world-class organic produce to tasty farmstead cheese—these ingredients are a delight for a chef or home cook.

Fresh, local ingredients also supply the makings of a perfect picnic. Start at the Co-op and C•SQUARE, where you can pick up many regionally made and harvested goodies, as well as our house-made offerings. Come in for some juicy strawberries, a baguette from CRUST and CRUMBS, deli-made hummus, and, of course, Cured smoked meats and fish.

An adventurous branch of the Co-op’s new C•SQUARE Marketplace, CURED makes a number of smoke-enhanced products, including bacon, sausages, pastrami, jerky, pepperoni, sausage, smoked salmon, seafood, mustard and pickles. In addition, CURED offers a number of gourmet pates, salami, prosciutto, assorted local and international cheese, olives, ready-to-bake pizza, and fresh pasta.

The CURED staff sources high quality, hormone and antibiotic-free meats and wild caught seafood. Stay tuned for exciting new items, such as smoked cheeses.

Spreads and pickles compliment the rich flavor of cured meat, smoked salmon and cheese. Try adding some crunchy, tangy pickled cucumber or cabbage. Select some local condiments, such as our housemade Galen’s Gin Pickles, made with “spent” botanicals from Valley Shine Distillery, local honey, or raw, organic Firefly Kitchen’s Emerald City Kraut or Kimchi—now available in bulk on the Co-op’s Olive Bar.

Once you’ve stopped at the Co-op, venture out into the farmland. Follow the gentle path of scenic Chuckanut Drive, heading through Skagit Valley, and gather more treasures for a local picnic basket. Fill your bag with locally crafted goods that are harvested daily, including items at the many farmstands and U-Pick farms. And don’t miss two of the region’s most prominent artisan cheesemakers, located near the tidelands of the Samish Bay, at the foot of scenic Chuckanut Ridge.

Thank you to Mariana page 2

Father’s Day Treats page 8

Staff Profile: Jason Rodger of Potbelly page 13

The Beauty of Local Flowers page 16

Photo: B. Faxon

Skagit Valley’s fertile farms provide all you need for the perfect picnic.

Continued on page 6
Calcium in Context

by Karl Mincin

Dear Nutritionist: How much calcium do I really need and what is the best way to get it?

Dear Reader: Calcium is one of the most popular nutrients on the planet, but here, as with many nutrients, there can be too much of a good thing. How do you know how much supplemental calcium, if any, is necessary? What form is best absorbed and right for your particular needs? What ratio of magnesium and related minerals should you take along with, or separately from, calcium? How much is too much?

Remember that calcium supplements are just that. They should supplement your diet. Most people’s diet, even without any dairy products, will easily supply 500 milligrams (mg) of calcium. With each cup of dairy product 300 mg more is added. So when the doctor recommends that you get 1,800 mg of calcium, you may actually only need an additional 150 mg, with the rest coming from supplements. Excess calcium can cause joint calcification, which can aggravate arthritis, and interfere with other minerals, even weakening your bones. It also can deposit in the arteries contributing to their hardening.

If supplementation is actually needed, here again, individual needs must be considered before selecting the best form. For example, while it is true that calcium citrate is well absorbed, absorption isn’t everything—especially for everyone. If a person has healthy digestive function, including adequate stomach acid production, there may be no need for the citrate form of calcium. If that same person has poor bone density, however, because absorption, because of individual variations in metabolism, calcium citrate may be better for certain individuals.

Although dairy products are “Queen of Calcium”, they are not the best source of it. Dairy not only has very low magnesium levels, but is excessively high in phosphorus, which is an anti-calcium nutrient. It causes urinary excretion of calcium. Greens provide not only excellent amounts of calcium but are reasonably well absorbed and utilized. However, after absorption, because of individual variations in metabolism, calcium citrate may be better for certain individuals.

Colors and tints left in the tubes? Aluminum foils coated in chemicals? The hair under the chair in your favorite salon? Where does it all go?

Escape Salon in Mount Vernon, owned by Tara Young, has joined Green Circle Salons for more sustainable waste management.

Generally, chemicals used in hair salons just get dumped down the drain, where they can end up in the water system. Chemically coated aluminum waste and plastic perm bottles head to unprotected landfills where they may leach into soil. Hair clippings also head to landfills, where, if packed into plastic bags, the hair “mummifies” and has no chance to decompose.

Enter Green Circle, founded in 2009 in Canada by entrepreneur Shane Price, who was surprised by how much waste hair salons produced and how difficult it was to handle the waste sustainably and locally. Price made it his company’s mission to “make the North American salon industry sustainable by 2020.”

Escape Salon now has bins with the Green Circle logo: the bins collect hair clippings, aluminum foils, plastics (some of which are hard to recycle locally), paper and chemical waste. Stylist Sarah Fischer—passionate about the salon’s sustainability efforts—says that the salon found the project to be a “minimal investment but a lot of work to set up. Like any recycling, you have to get used to it and make sure your whole family is on board.”

Ads by Sarah, “My favorite thing about the recycling is the hair clippings—they can become oil boom—long sausages that can be used for oil spills.”

In its first year, Green Circle collected 1,000 pounds of hair. Green Circle estimates that hair from New York City could have “cleaned up the entire Exxon Valdez spill”.

The chemically coated aluminum foils can’t be recycled in most standard city recycling programs. But through Green Circle, the chemicals are dealt with and the foils can be recycled to make “new” aluminum—a much less energy intensive production method than making virgin aluminum. Recycling saves more than 90% of the energy required to produce aluminum.

When it comes to chemical waste, says Sarah, “We are very aware of only mixing what we need for each guest, but sometimes you have a little left over of the lighteners or the colors.”

Usually these discarded chemicals are just flushed down the drain and may receive inadequate treatment before reentering the water system. But at Escape Salon, they are double bagged and shipped off to Green Circle.

Amy Goei, regional director for Green Circle Salons, explains the process that’s used in the U.S. after they receive the chemicals: “The company we work with comes and collects the chemical waste material that salons are diverting. We would like to see the chemicals recycled...”

The remainder that cannot be broken down goes further to a lined landfill facility where it is properly housed. Or, the chemical goes through a process of incineration to create clean energy.

Sarah of Escape Salon has found the project to be inspiring on all fronts, “I’ve learned that I can do better with my family at home in terms of recycling. We also get to have a trickle down effect on our guests when they notice the changes we’re making to be more sustainable.”


MV Salon Addresses Sustainability

by Beverly Faxon

Supporting Community

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Cascadia Skillshare & Barter Faire June 23

The Cascadia Skillshare and Barter Faire (formerly Whatcom Skillshare Faire) started out six years ago as an all-volunteer project of Transition Whatcom “to further local resilience, while manifesting a world less reliant on dirty and dangerous fossil fuels.” Building local networks to exchange food, goods, and knowledge and promoting the collective ability to produce and share what is needed is their approach. At the Faires, people give workshops on a large variety of old and new-timey skills, including beekeeping and fiber arts; permaculture and sustainable gardening practices; seed saving; making shoes, clothes and medicines; repairing and using tools; animal husbandry; food preservation; foraging; meditation; rocket stoves and much more.

In 2016, they moved their site to the Look Out Arts Quarry in northern Skagit County and collaborated with Chuckanut Transition and Transition Fidalgo to create a more regional event. In 2017, to insure their efforts be as inclusive as possible, they will subsidize this sharing of knowledge and resources by offering scholarship passes to deserving low-income families and individuals, distributed in partnership with Helping Hands Food Banks in Sedro Woolley, serving 14,000 annually, and the Whatcom Opportunity Council in Bellingham. Re-skilling and bartering is an excellent strategy in boosting personal and community empowerment, while making local organic food and sustainably crafted items affordable to all.

Brigid Collins Family Support Center
July 28

4% Friday Funds will be used to offer nourishment in the recently upgraded Children’s Advocacy Center. Specifically, funds will buy healthy drinks and snacks for families during forensic interviews, medical exams, and counseling support. This would allow the Center to provide added safety and convenience during a traumatic time that often lasts a few hours for children and their parents. Funds can also be used to purchase comfort toys and healing journals for quiet reflection during family members’ interviews with social workers.

Further promoting health and healing in the Skagit community, these funds will address a root cause of social problems like violent crime, homelessness, teen pregnancy, health problems, and substance abuse by aiding in the prevention of child abuse. Child abuse is likely the most prevalent health problem children face with the most serious array of consequences. States the Family Support Center, “Ending child abuse takes a cooperative, community effort, which Brigid Collins Family Support Center and Skagit Valley Food Co-op can strengthen by working together through the 2017 4% Friday program.”

Photos courtesy Cascadia Skillshare and Barter Faire and Brigid Collins Family Support Center.

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& Treasures Qigong ($15) Thursday, 6:30pm-7:30pm
Carnation Building, 117 N 1st St, Room 26, Mt Vernon, WA 98273
Lee Stuber and Luna Way @ 360-303-7964


What is it about interesting, multifaceted people that attracts them to be a part of the Co-op? The fact that they choose to include the Co-op as a part of their lives helps to define them. But the Co-op is only a part of who they are. Who they are includes the commitment to local farmers and food networks. It’s also a commitment to a galaxy far, far away. It’s the thoughtful selection of housemade specialties, organic produce, and mercantile goods. It’s also a thoughtful selection of a great punk guitar riff. We asked Jason Robert Rodger how he fits the pieces together.

Claire H. Garber: How did you find the Co-op?
Jason Rodger Robert: My wife called me at the job I hated and told me you guys were hiring. That’s how I ended up here. The same day I quit my job I came up here and had a new job.

[Laughter]

Claire: What is your job title?
Jason: I’m a line cook at the Third Street Café.

Claire: What do you like about your job?
Jason: I’ve been working in a restaurant for so long that part of me absolutely hates it. And the other half of me knows [Third Street Café] is a way better place than normal. I love the farm to table idea behind it. And everyone’s really cool. It’s a step up from normal restaurant work as far as personality.

Claire: How long have you worked in restaurants?
Jason: When I was 15 I got my first job in a restaurant and I’m going to be 40 in June, so, like a million years.

Claire: What do you like to do with your time outside of work?
Jason: Mainly the Potbelly band stuff. I hang out with my kid, my wife and I pet my cat, you know, like everybody else does. But I’m always hustling on the band stuff. I think I’ve done about 140 records in my life. Always trying to get the next tour set up. Always trying to figure out how I’m going to do it, between work and the band. It’s always kind of a struggle, but we’re on contract with our label to do six weeks of touring a year. I’d like to triple that time, but that by Claire Harlock Garber

I’d hate to see what would happen if I stopped playing music. I think I’d go nuts–it’s always kept me grounded.

Claire: What are your influences?
Jason: All early American hardcore from the late 1970s to early 80s has touched me in some way. A lot of the early thrash metal bands of the late 80s as well, and random stuff like Elton John or Black Sabbath.

Claire: What’s your favorite film in the Star Wars canon?
Jason: The Empire Strikes Back, always has and always will be. There’s a great movie coming but soon, it’s still all about Empire.

Claire: What are your hobbies?
Jason: I’m a nerd. I love science. I collect random minerals and fossils. Comic books. Tattooing. I hate the word appropriate. I’m not an appropriate person and so I keep my mouth shut 90% of the time I’m around humans. Here I’m on my best behavior.

Claire: What’s your favorite thing on the Third Street Café menu?
Jason: Well, I’m a vegetarian, so it’s hard. But there are a lot of things that smell great. Our garden burgers are awesome. All of our sauces are amazing. If you go for seafood, our crab cakes and the salmon are awesome… Everything is made from scratch. Even the buns, the bakery makes for us. There’s not a single thing that’s store bought, unless it’s bought from our store.
by nancylee bouscher

The stories. I got so many. Honestly, it’s what keeps me here. You. You’re quirky. Fun. Intense. Uniquely so. There’s no one else who makes me laugh or puzzles me in the same way. So I track all the Jasmine options. Probably shared before with readers, and carried Jasmine. This lovely woman came in—we also see her nice work clothes. It’s her one indulgence. I get it. I have those one little Co-op indulgences. Doesn’t everyone? My mom always buys the hard licorice candies. My younger kid loves the Tuxedo Cookies; the teenager likes the strongest ginger ale.

Meanwhile, I am picking up plastic bags and begging for a lone Jasmine vial— but I find all I have are Vanilla, Sandalwood, and so many Patchouli. I venture the truth, “I think we stopped getting it.”

Her face falls, slow motion. The air is leaking out of her balloon—but I haven’t popped it yet. I push deeper into the drawer where I see all the old testers, wondering if perhaps my dear coworker who keeps everything maybe kept a tester of the Jasmine. I work fast—she is deflating quickly. Her clothes are wraping her as I scramble. I search through the bag of half empties and find one perfectly full vial of Jasmine.

I pull it out like the treasure it is and slowly twist off the top. I sniff cautiously—I don’t know how long this thing has sat here—the sweet smell washes over me. All at once, I’m seven years old again in my bed with the window cracked open and the cool morning breeze is flooding my room with the scent of these blossoms. I hold it out to her as she leans in to take a whiff.

“Does this smell right?” I ask. She smiles the same way I am smiling, and relief blooms through her face. I can’t sell her this tester though. It’s not really allowed. Plus, I don’t know how old it is and I wouldn’t feel good about charging her for something that hardly cost us anything.

So I give it to her. I hand it out to her and tell her she can have it. And she looks completely stunned. Like deer in the headlights after waking up from a nap where she dreamt she was Rudolph. Completely shocked. I assure her that it’s all right. It’s a gift. And I see the tears welling up in her eyes. All these years later, I don’t remember the exact words she said to me . . . but it was something like this: I have worked all my life. I take care of my whole family because I don’t do anything for me. This is the nicest thing anyone has ever done for me.

Now tears are welling up in my eyes too. I am both touched by her gratitude and deeply sad that such a small gesture is so huge for me. I am glad that I can lift her up, and I am angry that someone who knows her name—has not already done some grand kindness for her. I tell her that this is her kindness coming back to her—the universe saying “Thank You.”

We are both standing there, looking at each other with a small, small bottle of scent between us—with tears streaming down our face in a scene that must have looked incredibly strange next to the Vitamin D and deodorants.

She timidly asks, “Can I give you a hug? And, of course! I want to hug this woman, so I nod yes. If you have never given a heartfelt hug to a crying stranger in the aisle of the Food Co-op, I highly recommend it. We part and she asks, “What’s your name, sweetie?” I love when people call me Sweetie.

“My name is Nancy,” I say simply, pointing to my nametag that I always wear (except when I forget it on my desk or in my purse).

Her face lights up like a comet as she declares, “That’s my name too!”


I tell this story every time I co-teach the customer service training for Co-op staff alongside Todd, the Co-op’s general manager. He has heard this story at least twenty times I bet. But he doesn’t seem to get tired of hearing about it, and I will never grow tired of sharing it.

It encompasses the most important thing about the Co-op: You. Me. Us. What we bring to each other—what we bring to the world. It is kindness. It is warmth. It blooms and fills us up with gratitude and optimism for a day and place where we freely give each other treasures. Where we hug. And even if we don’t all smell the same or have the same names, we all find a place within us that is the same. I call this place hope.

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Upcoming Events:
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July 8 10am-4pm Open House (free admission)
July 29 noon-8pm Rockin’ the Park Music Festival

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Skagit Valley Food Coop. The Natural Emperor Story July 2017


**Events**

**FUND Raiser for Rexville Grange:** 1PM to 5PM Sunday July 16. Acoustic music jam, raffle. Dance, sing, blow bubbles, frolic! Enjoy our hidden amphitheater! $10 entry, kids free! 19299 Rexville Grange Road-off Best Rd @ Summers Drive between Conway and La Conner.

**The Dances of Universal Peace** are held the second Sunday of the month, 6-8 pm at the Skagit Unitarian Universalist Fellowship, 500 West Section Street, Mt. Vernon 98273. Live music, singing and moving meditations on sacred phrases from the world’s Spiritual Traditions. No experience necessary, come alone or bring a friend.

**Beyond Gluten Free Group.** Shambala Bistro & Bakery. 2nd & 4th Tuesday. Includes food & food for thought! Pre-Register 360-336-2016.

**Non-denominational Meditation.** 7:00-8:00 PM Thursday evenings. At The Middle Way Acupuncture Institute, CO-OP BUILDING, room 334-B. Please bring your own cushions or other sitting paraphernalia. This is not a class, but an opportunity for meditators to practice together on a regular basis. Call 360-293-5866 with questions.

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Diaper Bank of Skagit County. One in three families struggle to provide diapers for their babies. Called “diaper need”, this silent crisis keeps babies out of day care and parents out of work or school. Made to stay longer in diapers, babies suffer diaper rash and other health problems. The Diaper Bank of Skagit County asks you to help. We know that clean, loose diapers are being wasted, thrown away or are gathering dust somewhere. These opened packages of diapers and clean loose diapers can be collected and distributed to needy families. Diapers will be distributed by Community Action of Skagit County. Collection box locations are at Burlington Public Library, 820 E. Washington Ave., Burlington; Sedro Woolley Library, 802 Ball Ave., Sedro Woolley; Sprouts, 419 S. 1st St., Mount Vernon; Miss May’s Creative Learning Store, 403 S. 1st St., Mount Vernon.

**SERVICES**

**Elder Care Help.** Do you have a parent or loved one who needs help with: Paying monthly bills? Managing medical payments and insurance? Balancing their checkbook? Maintaining important records? Care you can trust? Annie Walker, BA, ATA Balanced Bookkeeping and Accounting Services 856-5474. balacctsvc@cnw.com. Professional References.

**Non-commercial classifieds are FREE for current (paid-to-date) Skagit Valley Foods Co-op members.**

Non-members and businesses pay $1 per line For display ad rates and sizes, contact The Natural Enquirer, bfaxon@mac.com or 360-336-5087, x 104. Or visit our website at www.skagitfoodcoop.com under Learn/ Co-op Newsletters. We offer discounts for prepayment. All first-time ads MUST be paid in advance.

The deadline for all ads for the August/September issue is June 30. We reserve the right to edit or refuse any ad.

**Ad Deadlines for 2017**

Aug/Sept 2017 issue
Friday, June 30, 2017
Oct./Nov. 2017 issue
Friday, Sept. 1, 2017
Dec./Jan. 2017 issue
Friday, November 3, 2017
The Real Beauty of Local Flowers

Know Where They Grow:

by Jay Williams

They gladden the heart. You’re surrounded by them when you exchange sacred vows, or depart this life. You can use them to say, “I’m sorry! [for your loss, for leaving the toilet seat up, for coming home late stinking of gin, whatever]” or the less awkward, “Get Well Soon.” Birthdays, anniversaries, Valentine’s Day, Mother’s Day, Secretary’s Day, Groundhog Day, Cinco de Mayo...there’s a flower for that.

From late fall to earliest spring, the cut flowers we sell at the Co-op aren’t very different from what you’ll find in other stores, and none are local. Bouquets are mostly from California, Fair Trade roses from Ecuador. March marks a transition as we sell field-fresh local daffodils, then “local” tulips in April that are grown here, sold to a warehouse in Seattle that then sells them to us for less money than we would pay if we bought directly from the grower just a few miles away. Did you get all that?

May through October-ish is a different matter. Local blooms start coming in and more interesting offerings start to appear in our black flower buckets, lovingly grown by people we actually know and want to support, and who want to support us. I work closely with them to coordinate who’s growing what, when, maintain quality control and negotiate prices.

All told we have four growers in rotation this season and have interest from a couple of others. Some make just a few deliveries to us in a season, but there are two who keep us supplied for months on end. Preparing for this season I got a chance to talk to them about their growing operations, what led them to it and what they love about it. It seems an idyllic life but farming is WORK on a level most people can’t imagine; you’re at the mercy of the elements, bugs, blights, competition, very long hours and your income isn’t assured. But, that’s just me being a dark I’ll cloud in your sunny daydream of a glamorous rural life. Talk to them for just a bit and you get the idea Beth and Amy wouldn’t trade places with anyone.

Beth Hailey needs no introduction to many of you, having grown a large variety of flowers, herbs and some heirloom vegetables since 1981 under her business name, Dona Flora. Weddings and special events are a huge part of the business and she’s locally famous for her beautiful arrangements. She works at the Co-op part time and we sell some of her herbal salves and creams – and fresh cut flowers, from spring sweet peas (probably her favorites) to summer sunflowers to summer and fall dahlias. Last year the weather was kind and the dahlias kept going into November.

An early love for plants but especially herbs, flowers and vegetables became a productive home garden that soon ran out of room and spread to a friend’s backyard. In 1986 she started farming a full acre and began wholesaling to Seattle. Her patchwork farm empire maxed out at three acres total and she soon became a fixture at farmer’s markets in the Valley and Bellingham.

“I have been doing weddings since the ’80s and discovered how much I love arranging in all its forms. As far as growing flowers, it satisfies my love for being outside, for plants of all sorts, flowers and herbs, frogs and snakes, creating with live plants in all their beauty, fragrance and vitality. I love it still!”

She didn’t mention the hard work or other not-so-great aspects of this line of work. For the most part, neither did Amy. Amy Frye approached me in 2015 about testing the water in 2016 for flower sales. She and her husband Jacob Slosberg run Boldly Grown Farm on four acres near Burlington. They’re certified organic— their main focus is on vegetable farming and their produce is available at the Co-op. She sold us bunches of ranunculuses (ranunculi?), zinnias, sunflowers and beautiful, eclectic mixed bouquets. It all went very well and she’s back with even more for 2017.

“Growing flowers was something I did on a whim for my own personal learning,” she says. “Jacob knew a lot about vegetable production and I wanted a little project of my own to focus on, and I figured that flowers are beautiful and also good pollinator habitat. I connected up with some other local flower farmers and started learning more about the floral industry. I realized we happened to be right in the midst of this huge explosion in flower farming and locally grown flowers.

“Living in Skagit Valley — tulip central — it’s evident to a lot of people that flowers are an important agricultural product, but overall, many consumers don’t give their flower purchases the same scrutiny they might give to their food purchases. Eighty percent of flowers are imported, and most consumers don’t know where their flowers come from. Flowers have lagged behind the organic/local/sustainable food movement but are catching up fast in terms of awareness. It’s exciting to see a resurgence in U.S. flower farms and a focus on local and sustainable blooms.”

Why are we so fussed with that “local” label here, anyway? Amy puts it pretty well.

“The reasons to buy local flowers are the same reasons to buy local food — you can get to know the farmer behind the flowers; you keep your money in the local economy and support local businesses; help keep farmland in production; reduce the enormous transportation footprint of the floral industry, and can support farmers who use sustainable practices. As with the local food movement, you can get to know what flowers are in season at different times of year, getting more connected with the natural rhythms of your environment.”

Amy’s favorite flower(s)? Tough call. “I really didn’t think so much of sunflowers or zinnias before I started growing them, but now I love them. They’re just so damn cheery and the bees love them.”

“Though the flowers are a small part of our farm overall, we feel like they add a lot.”

We agree, and feel lucky to have Amy, Beth and our other growers in our orbit. You can learn more about them and their businesses at www.donafloralherbs.com and https://www.boldlygrowfarm.com/
Board Election Results: Mike Hackett was elected and Casey Schoenberger was re-elected to the Board. Board ballots were counted and announced at the May General Meeting. Congratulations to both Mike & Casey.

Thank You, Mariana

Mariana was an original Board Member on the first Board of Trustees in 1984. She served consistently as Board Secretary. As former Board President Frances Ambrose says, “When I joined the Board in the early 1990’s Mariana was the Secretary and when I left the Board in the mid 2000’s, after serving for many years as President, Mariana was the Secretary.”

Adds Frances, “It was such an honor to serve with her and to learn so much from her about the history of the Co-op and how the Board functioned to support the general manager, the staff, and the member/owners. She paid close attention to all the reports and discussions and then produced meeting minutes that were clear and concise. She was an effective Board member. Her historical perspective is added value that I—and I believe the rest of the Board would agree with this—will sorely miss. And, while she is no longer serving in a formal capacity, the Board is hoping that Mariana will continue to keep an interest in our efforts and contribute in ways we have yet to discover. It is hard to thank Mariana enough for her long term commitment to the Co-op.”

General Manager Todd Wood points out, “Mariana seems to have held on to all archival information. When questions come up she comes back with copies of minutes, policies, and whatever else is referenced. I can hardly think of a committee that she has not volunteered to be a part of. She has always liked to be involved, but not in any controlling way.”

Mariana, who won the Swan (Skagit Women’s Alliance and Network) Lifetime Achievement award last fall, has a myriad of interests that keep her busy. Todd calls her “A busy woman, marching through life to the beat of her own drum.”

He adds, “Mariana has always been good for a surprise. She might show up and show you a beautiful piece of jewelry she has just made. Or, you see the picture of the quilt she has given someone that she made with her quilting guild.”

“She loves good wine, challenging books, and spirited conversation. I feel so fortunate to have served on the Board with her and then to have developed a lovely friendship with such a steadfast, multi-talented woman,” says Frances.

And Tom has a last lament, “Oh, and one last thing, Mariana has a great knowledge of wines and has been the Board’s in-house Sommelier for many years. Who takes over?”

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Thank you Mariana from the bottom of our cooperative hearts for all you’ve done for the Co-op.

Supporting Community

In this issue, we feature three articles about local organizations or businesses that are taking positive steps to strengthen some aspect of our local or global community, whether through environmental sustainability or by encouraging support for community members. Look for “Supporting Community” to find these articles.

It Takes a Village

by Beverly Faxon

“A breaks my heart to see these little ladies dragging their garbage cans to the street with their walkers—in residential neighborhoods with neighbors all around,” says Sandra Hawkinson, a retired hospice and home health care nurse.

“As a home health care nurse, you knock on a door and they know you’re coming. The door opens immediately because they aren’t driving anymore and they are so lonely. Often their eyesight is poor—they can’t read or ask. All they have is T.V. A lot of people are just marginally staying in their homes, and if anything goes wrong, they can’t manage. Or they stop driving and become shut-ins.”

Studies show that, as they age, people want to stay in their own homes, and they stay healthier if they do. They also stay healthier if there is a social component in their lives. Yet staying home can become isolating as well as difficult. According to the Village to Village network, 10,000 people turn 65 daily in the U.S., and one third of those over 65 alone. By the time they are 85, half of the population is living alone. Loneliness is a major public health problem.

Says Sandra, “There are services for those who are low income, and the wealthy can afford to meet their needs, but for people in the middle, there is not a lot available for socialization and services.”

Sandra and other Skagit Valley residents are working to bring the worldwide Village to Village concept to Skagit Valley, allowing people to remain in their own homes as they age with independence, dignity and quality of life. Villages are not government agencies; they are grassroots, member-based, not-for-profit organizations resilient enough, and sometimes exclusively, on volunteers.

The Village to Village concept has three prongs:

• Volunteers to help people stay in their homes. Volunteers might build a ramp, take the garbage out, climb on a step ladder to change a light bulb, or check in daily by phone. They drive to errands and appointments; transportation is the number one need.

What might inspire someone to become a Village volunteer? Sandra puts out, “Often volunteers are those who are beginning to age themselves and see the needs they will have in the future. Or sometimes, they have experienced the difficulties of caring for a family member.

• Social and educational opportunities to reduce that loneliness factor. Villages have incorporated all kinds of activities into their programs, everything from hikes to dinner out to classes and trips to the symphony. Says Sandra, “We act as a sorting house. Do you want to join a book club? We will know where they are, or maybe the Village will start one of their own.”

• A list of professionals, vetted by Village to Village, to provide support services, hopefully at a discount.

How might this work practically? A member who is hard of hearing and has a sudden famine problem, could call the volunteer service. A volunteer will arrange for a professional who has been vetted to do the repair. The volunteer will be there when the repair person shows up and facilitate the member’s payment for the service. Says Sandra, “It’s like having a daughter who comes to help.”

According to Sandra, Skagit River Village is in its “infancy”. It takes an average of two years to get a Village up and running. The Skagit River group went out the readings and conversations of a local book club, says Development Committee member Kathy Kuba, and first committed to Village development in Summer of 2016.

Although it is just beginning, it is not beginning from scratch. The Village to Village concept is well established, with 200 villages in the U.S., Australia, Canada, Japan, New Zealand and Europe, and another 150 in the development stage. Washington State has seven villages up and running (the closest are in Bellingham and South Whidbey) and Continued on page 3
Supporting the immigrant community.

SIRC members agree that simple acknowledgement is one of the best ways to support the immigrant community.

When asked "What do you want the community to know about the Skagit Immigrant Rights Council continues to provide support, as they have for over a decade. Board and former board members recently gathered to discuss SIRC’s work and the impact of current deportation and immigration actions on local residents, including farmworkers.

Juan Farías, a former board member, states, "What I’ve heard is that it is a lot more stressful to step out of the house. Before it was okay to go to work and now, for some, it is ‘if I go to work, I might not come back’.”

According to their website, SIRC "provides advocacy, community and services in Skagit County to guarantee the human rights of immigrants and their families." Much of their focus is on education and they have put on DACA (Deferred Action for Childhood Arrivals) clinics at Skagit Valley College, as well as doing education with community authorities. They have neither an office nor a paid staff.

SIRC began after board chair Jim Justice and her partner Dave travelled to Chapas, Mexico after the 2004 elections, “We were seeing people who were planning on moving north. I worked in the states as a teacher with immigrant students, and I could see that we needed to start a human rights group to help those who planned to come here.”

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Juan has entered the U.S. legally as a DACA recipient, but is not yet a legal resident. Every two years he needs to renew DACA, but in the current climate, doing so is an uncertain possibility. Says Juan, “It has changed my life quite a bit. You never know what will happen because you never know when [Trump] will sign an Executive Action. There is no clear path to go.”

Juan works for the city governments of both Burlington and Mount Vernon and at the Burlington library. He is also a Spanish/English interpreter. He is also a Spanish/English interpreter.

Asked "What do you want the community to know about the Skagit Immigration Rights Council?", Josefina replies, “I guess that would be our bumper sticker: ‘Immigrant rights are human rights’.”

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Supporting Community

Both Sides Reaching Out

by Beverly Faxon

The Skagit Valley Herald recently ran an article discussing the impacts of the administration’s immigration policies. Local farm operations were quoted as saying that farmworkers “fear they will be detained and deported even if they are here legally.”

As a result, the Herald says, farmers report a drop in available farmworkers, and a lack of sign-ups on the lists they keep of workers they can call.

In a time of uncertainty for many immigrant Valley residents, the non-profit Skagit Immigrant Rights Council continues to provide support, as they have for over a decade. Board and former board members recently gathered to discuss SIRC’s work and the impact of current deportation and immigration actions on local residents, including farmworkers.

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The whole process cost between eight and ten thousand dollars and took six years. She became a legal resident through DACA’s advanced parole (where immigrants (seated), and Juan Farías

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Summer Workshops

Co-op Workshops

The Co-op welcomes community use of its classroom space. While we do choose which workshops to host with discretion, the Co-op enjoys hosting a diverse selection of wellness, nutrition, and holistic living classes. Classes hosted on the Co-op do not necessarily reflect the beliefs or opinions of Co-op Board members, staff, and/or all owner-members.

**Wildcrafter’s Herb to Know: St. John’s Wort**

**Tuesday, June 13 6:30pm Room 309**

Wildcrafting is the harvest of wild plants for food and medicine. This class focuses on Hypericum perforatum, or St. John’s Wort, as an example to explore the ethical harvest of wild herbs: how to find your herbs, what tools to use and how to choose your harvest without harming the plant’s habitat. St. John’s Wort is readily available, safe to use and has a versatile application, both internal and external (for among others) nerve related pain. Erin will bring some freshly harvested St. John’s Wort and you will learn to correctly identify the plant, know what parts of the plant to use, contraindications for use and how to craft it into medicine.

Erin is a wildcrafter, herbalist and Lomi practitioner with a clinic in Sedro Woolley. She teaches an Herbal Apprenticeship and Integrated Bodywork program. www.erinvanehne.net

**Own Your Power... Go Solar!**

**With Banner Power Solutions**

**Thursday, June 15 6:30pm Room 309**

As Northwest Power Solutions Experts, the Banner Power Solutions team will be on-hand to answer questions about solar for the home, business, or farm. Learn how solar power, generators, and retrofit lighting work and how these tools can help save money on your energy bill. You will also learn how to lower the cost of your solar project through multiple incentives at the State and Federal level. Decrease your footprint by increasing your energy production. Go Solar!

**Cultivating Compassion: The Basics of Discovering Peace of Mind**

**With Amy Pattee Colvin**

**Monday, June 19 6:30pm Room 309**

Looking for tools to help you cultivate acceptance and compassion for self and others? Join local author Amy Pattee Colvin for a lively presentation and discussion on compassion meditation. Explore techniques to help you comfortably and confidently transition from feeling stressed, overwhelmed, and filled with self-doubt to comfortably and authentically saying in all circumstances, “I am enough.”

Amy Pattee Colvin has practiced compassion meditation since the mid-1990s. She is certified by the Stanford Center for Compassion and Altruism Research and Education as a facilitator of Compassion Cultivation Training, and offers multi-week and weekend meditation courses both in-person and online. She is the author of the Amazon Bestseller, Cultivating Compassion: Simple Everyday Practices for Discovering Peace of Mind and Resilience; and has created the Compassion Cultivation Club, a group that meets weekly to discuss successes and challenges that arise while practicing compassion meditation. More information at www.compassioncultelance.com

**Essential Remedies: Summer Skincare & UV Protection**

**With Michelle Mahler**

**Tuesday, June 20 6:30pm Room 309 Free, Optional $10 Supply Fee**

Learn to blend Organic Aromatherapy treatments that smell subtle and fresh and have powerful healing and beautifying effects. We will discuss many essential oils used around the world for preventing and even reversing sun damage and skin cancer. We will also discuss treatments for eczema, psoriasis, rashes, skin allergies, foot fungus issues & warts. Frankincense, rose, roshpeh, carrot root, and lavender are a few of the oils we will be learning about. Everyone will take home notes on how to use each essential oil in a sun protection oil or on-the-spot therapy oil. Be prepared to have fun, be enlightened, and smell amazing! Free Class $10 optional supply fee 1/6 oz. sunscreen blend.

**Love Like This Part 1: Teaching Your Children about Healthy Relationships**

**With Julia Rowland**

**Thursday, June 22 6:30pm Room 309**

Join advocates from Skagit Domestic Violence and Sexual Assault Services and other parents and caregivers for a lively and informative discussion on how to teach your adolescent children about healthy relationships. Throughout adolescence, young people become involved in romantic experiences including dating. For some teens this will start as young as 13. For parents this can be a stressful and unsure time. During this workshop you will cover topics including identifying red flags for dating abuse, identifying red flags for bullying, and communication—both communicating with your teens about these topics and teaching them about good relationships.

Julia Rowland is the Outreach and Awareness Advocate for Skagit Domestic Violence and Sexual Assault Services and has been affiliated with the agency since 2008. She works with community groups, schools, service providers, and individuals to promote social norms that protect against violence and teach skills that promote healthy relationships and healthy sexuality.

**From Fatigued to Fantastic!**

**With Regina Zwillinger**

**Tuesday, June 27 6:00pm Room 309**

In this workshop, Regina will share with you how your adrenals get drained and your hormones get out of balance, and how this leads to weight gain and zaps your energy. You will leave with a plan to restore your adrenal health, balance your hormones and learn how to feel great again.

**Beautifully Delivered; Creating a Healthy Pregnancy & Beautiful Delivery**

**With Cheryl Schmitt**

**Wednesday, June 28 6:30pm Room 309**

Are you expecting a baby? Are you curious about creating an amazing birth and a healthy family? Dr. Cheryl Schmitt, chiropractor, doula and member of the Holistic Midwifery Alliance, will cover the latest research and findings on creating a healthy pregnancy, delivery and postpartum period. Dr. Schmitt hopes to inspire participants to educate, empower and enable themselves to achieve the pregnancy, birth and postpartum period they seek.

Dr. Cheryl graduated from Palmer College of Chiropractic in 2000. In 2003, Dr. Cheryl earned her Pediatric Certificate of Proficiency and became Webster Technique Certified. She also completed certification to become a doula in the same year. She has focused a large portion of her practice on working with pregnant women, children and families. Dr. Cheryl is an outspoken advocate for natural, drug-free birth and life, and speaks to empower women on their birth choices. She also provides classes and workshops on causes of birth trauma and chiropractic’s role in restoring and maintaining a healthier life for both mother and child.

**Intro to Reiki with Yvonne Bowman**

**Thursday, June 29 6:30pm Room 309**

In this workshop you will learn about Reiki (ray-key), and the many ways it can treat the whole person including body, emotions, mind and spirit with beneficial effects like relaxation and feelings of peace, security and wellbeing. Many people find that using Reiki puts them more in touch with the experience of their religion rather than just the intellectual concept of it. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive.

Yvonne Bowman has been practicing Reiki for a little over three years and practices at the Vera Wellness Center in Mount Vernon. Yvonne is Usui Reiki I & II, Usui Advanced Reiki Training, and Usui Holy Fire I and II certified. She has lived in Skagit Valley for the last 15 years. Contact Yvonne with any questions at 360-391-3811.
Simple Tools for Lasting Change
With Hal Pullin and Denis Miller
Saturday, July 22 10am Room 309
Learn some simple tools to help you make lasting positive personal changes. Whether you’re looking to make a simple change like learning to remember where you put your keys, or something as complex as overcoming an addiction or co-dependency or becoming physically fit, the same tools and principles apply. In this workshop you’ll gain a better understanding of how the mind works and hone personal development skills that fit your life. Follow-up classes and support will be offered with a group check-in process and relevant discussions on topics including weight loss, addictions, anxieties, depression and relationships. Hal Pullin and Denis Miller are both licensed mental health counselors.

Happy Guts = Healthy Kids
With Regina Zwillin
Tuesday, July 25 4:30pm Room 309
Happy guts = Healthy kids! In this workshop you will learn about how the health of your child’s gut microbiome influences their immunity and health. You will learn nutrition and lifestyle strategies so they can be their happiest, healthiest selves.

Craniosacral Therapy
With Jean Christensen
Monday, August 7 6:30pm Room 309
In this discussion, we will explore what Craniosacral Therapy is and how it can help you in achieving graceful living as time passes. We will discuss how the cranial bones and the sacrum move in relation to one another and why dysfunction in this system and the surrounding structures can have profound effects throughout the body. Questions are encouraged and welcomed.

Cherishing Others
Meditation & Modern Buddhism Workshop:
Thursday, August 10 6:30pm Room 309
Learn about meditation from the Buddhist point of view. In particular, the function of meditation is to make the mind calm and peaceful, the practice of meditation will allow the mind to gradually become more and more peaceful, leading you to experience a purer and purer form of happiness. Eventually, the goal is to be able to stay happy all the time, even in the most difficult circumstances.

The instructor, James Lane, has been a student, practitioner and teacher in the New Kadampa Tradition for over 6 years. James is also a long time resident of Finney Farm where he works extensively with the seed distribution program, distributing over 8000 packages of organic seed each year at no charge to schools and food banks.

Intro to Pickling & Fermentation
Wednesday, August 9 6:30pm Free
Learn about fermentation and pickling techniques. WSU Extension Food Preservation Specialist Jennie Bryan-Goforth will demonstrate the process, explain food safety protocols, offer recipes, and answer questions. The water bath method is the easiest and safest type of canning, and can often be accomplished without special equipment. This is a great class for beginners or those who could use a refresher course. Jennie Bryan-Goforth works with WSU Extension in the Family and Consumer Sciences department, offering a range of classes and workshops relating to health and nutrition, food access, gardening, food preservation, and more. She is also a long time resident of Finney Farm where she works extensively with the seed distribution program, distributing over 8000 packages of organic seed each year at no charge to schools and food banks.

Canning Workshops
With Jennie Bryan-Goforth of WSU Extension
Jams & Jellies: An Intro to Water Bath Canning
Tuesday, July 11 6:30pm Room 309
Free
Learn the basics of safe water bath canning and make your own jams and jellies! WSU Extension Food Preservation Specialist Jennie Bryan-Goforth will demonstrate the process, explain food safety protocols, offer recipes, and answer questions. The water bath method is the easiest and safest type of canning, and can often be accomplished without special equipment. This is a great class for beginners or those who could use a refresher course.

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Find from Produce

Find Your Favorite Summer Berries at the Co-op

by Nicole Vander Meulen

Berry season. It’s what we live for around here. We anticipate their return as a sure-sign of summer, and when they finally arrive, we eat them every day till our fingertips are stained red. The Skagit Valley is berry paradise, where you roll down the windows and the summer air smells like candy, sweetened by ripe fruit—a scent so irresistible, you can’t help but make an illegal U-turn on a country road to pick up a flat from the roadside stand you just passed. One bite and you know: this is what a berry is supposed to taste like, and the impulse U-turn was entirely worth it.

U-turns and U-pick, we tend to forget how special that is. But Skagit-grown berries aren’t ordinary; they’re the gold standard of berries everywhere. We simply live in a place where there’s an abundance of fresh, local berries. The strawberries share names with our favorite places—Rainier, Shuksan, Puget—and the blueberries are rooted in the equally adored Bow Hill.

At the Co-op, we’ve partnered with local farmers whose devotion to producing delicious, organic fruit is unraveled, to bring you the highest quality berries with that big, roadside-fresh flavor we’ve all been waiting for.

Hedlin’s Family Farms Strawberries

The darling of summer, locally grown strawberries are delightfully sweet and juicy. You can find these ruby red beauties in the Co-op, fresh from our friends at Hedlin Family Farms in La Conner. Hedlin Farms is a third and fourth generation farm, founded in 1906 by Rasmus Koudal, a Danish immigrant. When Rasmus arrived in the Skagit Valley, the likeness to Denmark was enough for him to call it home, so he stayed, and Hedlin Farms has existed ever since.

We love strawberries because they’re versatile and a vibrant addition to summer cobbler, pies, and sauces, but this time of year, their flavor is probably best appreciated eaten as is, no sweetener required. Look for these June-bearing varieties from Hedlin’s in the Co-op: Rainier, Shuksan, & Puget. These organic varieties all have excellent flavor, but our produce department will tell you, Shuksans are the standout.

Not only are strawberries sweet and delicious, they’re packed with antioxidants and vitamin C. They’re also commonly found on the Dirty Dozen, the list of produce that contains the most pesticide residue when grown conventionally, which is just one more reason we place an emphasis on sourcing local, organic strawberries from Hedlin Family Farms.

Bow Hill Blueberries

Another summer favorite, local blueberries lend flavor to almost anything you can think of: atop fresh vanilla ice cream, blended into a breakfast smoothie, a bright addition to a salmon salad, and of course, in pancakes. And we can’t imagine summer without popping handfuls of these pretty, blue orbs right into our mouths.

At the Co-op, we get the bulk of our summer blueberries from Bow Hill Blueberries, and if you haven’t heard of Bow Hill Blueberries or seen their handcrafted products in the Co-op yet, you’re going to wish you had.

Bow Hill Blueberries is the oldest blueberry farm in Skagit Valley, and the Soltes family is berry-obsessed. Certified organic, they specialize in heirloom berries and have over 4500 bushes—a mix of Stanley, Rubel, Jersey, and Blue Crop. They produce pickled blueberries and dried blueberries along with blueberry jams, vinegars, and sauces, all in small batches, and all on the farm.

Fresh blueberries should be arriving from Bow Hill Blueberries in late-June and early-July.

Did You Know?

The silvery film that covers a blueberry is a natural wax coating called bloom—it’s a sign of freshness and serves as a shield for the berry.

Berry season. It’s what we live for around here. We anticipate their return as a sure-sign of summer, and when they finally arrive, we eat them every day till our fingertips are stained red. The Skagit Valley is berry paradise, where you roll down the windows and the summer air smells like candy, sweetened by ripe fruit—a scent so irresistible, you can’t help but make an illegal U-turn on a country road to pick up a flat from the roadside stand you just passed. One bite and you know: this is what a berry is supposed to taste like, and the impulse U-turn was entirely worth it.

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Questions and Suggestions

Q. Please invest in an electric car charging port. Thank you.
A. We wish we could, but everyday our parking lot is full, so we can’t really justify space for a spot where people would leave a car charging. We have gotten a few requests for this, but not many, and so the combination of cost and lack of space makes this not feasible right now.

Q. More small shopping carts please. I’m having to consistently wait for one to come free.
A. You’ve got it—they are on their way, if not already here.

Q. Currently we don’t have raw and local honey. . . we have local, but not raw, and raw but not local. . . The purpose of raw honey is to preserve, among other things, local pollens, the ones we live with, not from New York.
A. We DO carry raw, local, honey. Our bulk honey comes raw from local suppliers. The heater only raises the temperature to 105 degrees for fluidity. The dominant expert opinion is that raw honey not heated above 118 degrees is raw.

Q. Is the flour in the bread at C Square raw.
A. We DO carry raw, local, honey. Service animals are not allowed in store! For people!
A. Our store policy is in compliance with Washington State law, which states that service animals (those used for physical support for “the benefit of an individual with a disability”) be allowed in food establishments. This does not include animals that “provide emotional support, well being, comfort or companionship.”

The two types of trained service animals that are allowed in food establishments are dogs and miniature horses (yes, you read that correctly). Washington State points out that service animals may “lead blind people or serve as the ears of a deaf person . . . they may provide warnings of impending seizures or low blood sugar.” Service animals should not create sanitary problems or make loud noises. Service animals are not allowed in grocery carts.

Scleroderma Foundation Washington Evergreen Chapter

Scleroderma, or systemic sclerosis, is a chronic connective tissue disease generally classified as one of the autoimmune rheumatic diseases. The symptoms of scleroderma vary greatly for each person, and the effects of scleroderma can range from very mild to life threatening. The Washington Evergreen Chapter has five support groups in the state that focus on offering resources and education for patients. Their mission is three-fold:

Support: To help patients and their families cope with scleroderma

Education: To promote public awareness and education

Research: To stimulate and support research to improve treatment and ultimately find the cause of and cure for scleroderma and related diseases.

www.scleroderma.org/washington

NAMI

NAMI Skagit is an organization that offers understanding to anyone concerned about mental illnesses and the treatment of mental illness. NAMI is dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy. Their goal is to advocate at the county, state and national levels for non-discriminatory access to quality healthcare, housing, education and employment for people with mental illness, as well as for increased funding for research into the causes and treatment of mental illness. They work to educate the public about mental illness and to eliminate the stigma of mental illness. namiskagit.org

Local Planned Parenthood (Mt. Baker Chapter)

Mt. Baker Planned Parenthood is a non-profit family planning organization that has been helping women, men and teens make responsible choices about their sexual health since 1969. Dedicated to delivering the highest quality reproductive health care services, MBPP is also committed to providing responsible, age-appropriate sexuality education since 1969. Dedicated to delivering the highest quality reproductive health care services, MBPP is also committed to providing responsible, age-appropriate sexuality education. In 2014, 12,000 women, men and youth received a medical or educational service from Planned Parenthood in the three counties they serve: Whatcom, Skagit, and San Juan.

Diaper Bank of Skagit County

Diaper Need is a “gap”, the difference between the number of diapers infants need to stay clean and comfortable, and the number of diapers a family can afford without cutting back on other basic essentials. National surveys report that one in three mothers experience diaper need at some time while their children are less than three years of age. Diapers are expensive and neither WIC vouchers nor Food Stamps can be used for diapers.

On January 11, 2017, the program called Diaper Need Awareness became Diaper Bank of Skagit County. Since January 2016, more than 36,000 diapers have been collected or distributed by WIC, Community Action of Skagit County.
Father’s Day Treats for Every Dad

Wow Him with Food from C•SQUARE & Third Street Cafe

by Nicole Vander Meulen

What does Dad really want for Father’s Day? It’s a headscratcher, because the man will probably tell you he’s already got everything he needs, and he would prefer just to spend time with you (or alone outside with his fishing rod/golf clubs/dog/tractor/insert other dad hobby here). While quality time might be enough for him, most of us would still like to show dad a little extra love on his special day. Gift ideas can be tricky for the man who has everything, but there’s one way you can never go wrong with dad: food.

C•SQUARE and Third Street Cafe have the best edible gift ideas to satisfy food-loving dads. We’re not talking about a premade cheese tray from the nearest chain grocer; we’re talking about handmade artisanal ingredients, so your dad has everything he needs to create gourmet meals at home. Extra virgin olive oil and Fresh Gorgonzola & Pear Ravioli from Cucina Fresca in Seattle make an excellent pair.

For the Grill Master...

If your dad is on a steady summer diet of burgers and brats, you’ll knock it out of the park with CURED handmade smoked sausages: Kielbasa, Andouille, and cheese-stuffed dogs. Snag a house blended meat rub too, so he can add extra flavor to any meat he throws on the BBQ.

For the Craft Beer Enthusiast...

This one is easy. Fill up a growler of your dad’s favorite beer at Third Street Cafe from one of our 14 rotating taps, or pull up a seat and spend Happy Hour with him.

For the Bacon-Obsessed...

Does your dad eat entire pints of ice cream for breakfast? All CONES ice cream is handmade at the Co-op using fresh, organic milk from Northwest dairies. Bring him in for a double scoop or fill the freezer with our pints to go and an assortment of hand-dipped ice cream bars and ice cream cookie sandwiches. (We recommend the Cinnamon Tuxedo Sandwich, creamy chocolate ice cream between two cinnamon chocolate tuxedo cookies.)

For the Cookie Monster...

For the Aspiring Chef...

For the Morning Coffee Drinker...

For the Ice Cream King...

For the Craft Beer Connoisseur...

Okay, maybe every Dad doesn’t like bacon... but those that do tend to like it a lot.

First Father’s Day for Henry and son Arthur. Henry and mom Willow used to work at the Co-op.

Photo: B. Faxon

Okay, maybe every Dad doesn’t like bacon... but those that do tend to like it a lot.

Take him some ice cream, Maybe he’ll share.

The gift of food is great to give, but even better to share. For something extra special, turn your C•SQUARE gifts into an experience, a Father’s Day food adventure. Take your dad out for a bike ride and an artisanal picnic with our CURED meats and cheeses (we’ve got even more ideas on how to picnic in the Pacific Northwest on pages 1 and 6).

Have your heart set on CURED peppered bacon? Make dad’s morning sizzle by cooking it for him, or put him in charge of the bacon while you flip the pancakes. If neither of you feel like cooking, you can always treat him to a Father’s Day Brunch at Third Street Cafe. We’ll pour the Bloody Marys that accompany our dad-approved Pork Belly Hash: two fried eggs, CURED smoked pork belly, poblan and red bell peppers, served with home fries and a fresh CRUST & CRUMBBS biscuit. Round out the morning with our Cinnamon Cruller and a special dipping sauce.

And if all else fails, give him a C•SQUARE gift card, complete with a Father’s Day poem:

Roses are red, violets are blue.
Poems are hard.
Bacon.

Photo: Emily Zimmerman
Where are you headed this summer? I’ve got a bicycle and a pair of running shoes that carry me over many rolling and rocky trails year round. This summer I’m looking forward to adding in some late evening rides at Little Mountain Park, some lazy loops around Lake Padden followed by a relaxed swim, and a few weekend trips into the North Cascade Mountains to visit my favorite places with my favorite people.

This is the time of year when I start stocking up on snacks for my pack. Leaving work for an evening ride means packing in enough protein to fuel me through the ride and then get me home for dinner before I bonk. An all day hike in the mountains means planning a more balanced set of food choices. I rarely go for overnighters anymore, but the days of cooking at a high mountain camp aren’t far from my memory. Pack food can get boring, so I’m always looking for what’s new and what’s got great flavor.

**After Work Adventures**

**Protein:** Tierra Farm Curry Cashews and Thai Spice Cashews. I’ve been really impressed with the quality and freshness of all the fruits and nuts I’ve tried. Not only does this small company source certified organic nuts, they fresh roast and pack when we order. I have a hard time not chowing down the whole package in the short seven minute drive from the Co-op to Little Mountain Park.

**Caffeine:** My new favorite is Califia Nitro Cold Brew. Made with almond & macadamia milk, slightly sweetened and infused with nitrogen for a smooth, creamy, fresh caffeine pick-up. There are three flavors: Latte, Mocha, and my favorite this week, New Orleans with an extra bitter chicory bump.

**Day Tripp’n**

**Protein & carb & fiber:** Nutzo Power Fuel Nut Butter smeared over a fresh Salted Bagel from Crust & Crumb and topped with fresh fruit: sliced bananas, fresh strawberries, or a juicy peach. Yummy, yummy. Need I say more?

**Hydration:** Nuun Electrolyte Supplements. Pack-worthy tubes of effervescent tabs you drop in water to add sweetness to your water. The flavors are surprisingly intense. Cherry Limeade Energy is at the top of my list!

**Overnight Pack-in**

**Real food for dinner:** Patagonia Provisions is the latest venture by the well-respected and well known company that makes outdoor wear to last. They have developed a line of nutritious, flavorful, and convenient foods to satisfy your mountainside hunger. From creamy breakfast cereal to savory grain dishes and salmon sourced from the cold clear waters off Lummi Island. All sustainably harvested and benefiting 1% for the Planet.

**Spice it up!** Spice in a tube is where it’s at . . . Expedition Hot Sauce, Olo’s Chipotle, Enabe Harissa Paste. If you are assembling a meal from quick cooking, nutritious, (but, let’s face it) bland ingredients like lentils and rice, then a squeeze of hot sauce paste is going to save your taste buds. They work great for scrambled eggs, chili, and sandwiches, too.

Hey! Have fun, play safe, and stay fed this summer.

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Photos: Jenny Sandbo

**From Spring 2015 to Spring 2016, 44.11 million people went backpacking or hiking in the United States. The U.S. had 66.5 million cyclists in 2016.**

From Statista