



# ASHLAND FOOD COOPERATIVE

## *More Than Food*

January/February 2005 • Volume 8

**S T O R E H O U R S**  
Monday – Saturday 8 am - 9 pm  
S u n d a y 9 am - 9 pm

237 North First Street  
Call us at (541)482-2237  
[www.ashlandfood.coop](http://www.ashlandfood.coop)

Happy  
New Year  
from Your  
Ashland  
Food Co-op!

## *Co-ops & Community*

*By Annie Hoy, Outreach & Owner Services Manager*

**Cooperatives are committed to** the communities in which they do business. Every co-op, whether it's a credit union, an agricultural or farmer co-op, a utility co-op, or a food co-op, operates in ways that benefit not only its owners but also the whole community.

What is a co-op? The International Cooperative Alliance defines a co-op as 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." A shorter definition would be that a co-op is a type of business owned by and operated for the benefit of those who use its services.

Ashland Food Co-op is a consumer-owned co-op. We are a community enterprise that keeps economic benefits within our community. We operate on a not-for-profit basis and because our members are our owners, profit is not siphoned off by outside interests.

By spending your food dollars at the Co-op, you are putting money back into the community, through our Community Grants program, Donation program, and in other ways like Scan 4 Our Schools and Scan Against Hunger. When you patronize the Co-op, you're also patronizing lots of other small businesses: food and flower growers, animal farmers, small local manufacturers, artists and craftspeople, all of whom endorse the Co-op's world view that emphasizes local and organic agriculture, economic sustainability and environmental stewardship.

As a co-op owner, you too receive many benefits, including a discount on Owner Appreciation Days, \$5 Owner Only

Coupons and a Patronage Refund. The discount and the coupons are two ways that we share the profit with owners up front. The Patronage Refund is how we share a portion of the year's profit, based on your accumulated purchases over the full calendar year. The more you shop, the more you'll get back. The refund is figured after the books have closed, the audit has been performed, and the next year's budget has been approved. It typically represents a free bag of groceries for you and your family. Look for your refund check in May.

Becoming an active owner of Ashland Food Co-op is a great way to keep your money working locally and for the benefit of the community. You can strengthen this connection even more by encouraging your friends to also invest in our community by joining the Co-op in January and February to get a full year of the benefits of ownership. What an easy way to make a difference every time you shop.

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Board meetings are held the **second Wednesday** of each month unless otherwise posted. Members are encouraged to attend.

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## Our Co-op's Mission

Ashland Food Co-op exists to serve our owner/members and our community by:

- Operating a socially responsible business that provides a full selection of natural foods and quality products;
- Emphasizing locally produced, organically grown and ecologically sound products;
- Offering a variety of necessities at basic prices;
- Providing friendly, knowledgeable customer service;
- Promoting awareness about food, nutrition, and health;
- Providing a workplace that fosters opportunities for participation, empowerment and growth in an environment of mutual respect and cooperation.

## REPORT FROM THE BOARD

### *Thriving by Using a Systems Thinking Model*

By Gwen Bowman, Board Member

**Are you interested in the continued success of our Co-op?** Do you want to be involved in decisions for the future but are unsure of how you can have input?

If so, a potential solution is to consider a “systems thinking” approach. Systems thinking is one way to look at the complex nature of a complete organization. It focuses on the “whole organization” including its many linkages and interrelationships and also builds a shared vision among all stakeholders.

A systems approach enhances all working relationships because all entities feel a sense of belonging and accountability for the success of the organization. Problems are not solved in isolation but must be considered in the context of the interconnectedness of everyone involved. For a systems thinking approach to be successful, there must be collaborative decision-making!

Our co-op is becoming increasingly complex as we add more and more stakeholders. From our farmers and ranchers, who grow our organic produce and free range meat, to our community at large and our valued membership, staff and management, we need to bring together representatives of all areas involved to discuss key issues and concerns. When all participants can review each other's viewpoints it enables the group to apply multiple perspectives to

a problem. During decision-making, many of us rely on our personal internal assumptions regarding the issue and the world we live in. These assumptions may or may not be accurate. When building a shared vision we're able to objectively explore issues in an open atmosphere, but we must also be willing to have our ideas and assumptions explored for accuracy by other participants.

All of us associated with the Co-op have a significant role in systems thinking! It is critically important to have input and involvement from every stakeholder group. Board members are your representatives, and we need to hear from our owners, managers, employees, vendors and shoppers! We also need your participation in our annual meetings, focus groups and discussion groups. Celebrate with us the completion of our survey. Results are posted on our Ashland Food Co-op web site, and we welcome your feedback and questions. Join us in our special activities such as our farm tours and our Community Oven culinary and wellness programs. Challenge us with your questions. Write to us or fill the suggestion box in the front of the store with your thoughts. ***We will get back to you!*** We need you to assert yourselves and be heard. Please be an active member in our efforts to make our co-op a dynamic and viable systems thinking organization.

## Bylaws Revision Election Results

Thanks to the 269 owners who voted during our election to revise the Co-op's bylaws. The issue passed with 259 yes votes and 10 no votes. The affected language in Article IV will now read:

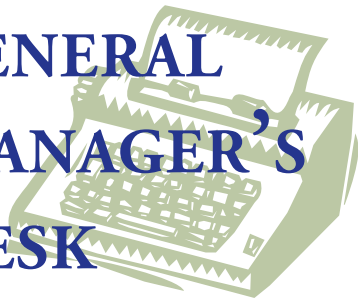
### Article IV Board of Directors

**Section 4.3** — Nominations, election and terms. Patron directors may be nominated by the Board, by a nominating committee appointed by the board, or by petition signed by at least fifty owners and submitted to the Co-op at least forty-five days before commencement of election of directors. Patron directors shall be elected by owners at the annual meeting or at a meeting in lieu thereof. The staff director shall be nominated and elected by the staff who are owners.

**For 2005 Elections** — Owners wanting to get on the ballot by petition must submit it by Feb. 22, 2005. Questions? Call Annie Hoy, 482-2237 ext. 234.

From the

# GENERAL MANAGER'S DESK



By Richard Katz



## Our owner survey results

have been compiled and the results are available on our website under the heading *Owners*. Out of nearly 2,700 surveys mailed, 835 have been returned — over 30%. We

are very grateful to our owners for taking the time to participate in this important input process. We're told by the survey consultants that the responses indicate that people seem to really like the co-op. Survey results include the following statistics:

- Sixty five percent buy more than half their groceries at the co-op.

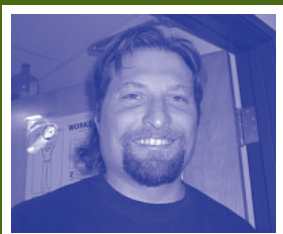
- The most important reasons for shopping at AFC are product quality and selection including organic foods and locally grown produce.
- The biggest barriers to shopping more at the Co-op are parking and prices.
- Owners rate the co-op highest for quality of products as well as staff friendliness and helpfulness, and lowest for prices and sale items.
- In making shopping choices products free of antibiotics, hormones, and GMO's are the most important features and the least important are the convenience of ready to eat and kid friendly products.
- 80% of owners are generally satisfied with benefits, and owner coupons offer the most satisfaction.
- 46% agree or strongly agree with the idea that seniors and/or owners with special needs should get a discount or other consideration.
- 33% agree that low income owners should receive a discount.
- 24% agreed that owners with a disability should get a discount.
- Owners feel we do pretty well in meeting the AFC mission especially

our product offerings, but 30% feel we do a poor or fair job of offering a variety of necessities at basic prices.

- Treatment of workers ranks highest in importance in meeting the co-op's mission and 85% feel it is quite important to pay a liveable wage.
- Very few agree with the idea that low prices are more important than environmental sustainability and social responsibility.

Focus group input from two sessions on owner benefits has also been gathered. We find some creative ideas but quite a diversity of opinion. Most of the process dealt with the senior/disability discount, which most participants did not fully understand. Currently all shoppers over 60 and those with disabilities (owners and non-owners) that request the 5% discount get it. It surprised some that no proof is required and a shopper does not have to be an owner. Many agreed with the idea to eliminate this discount and offer more low prices on whole foods. This could be for all customers, as is currently the case with "basic pricing" or perhaps for owners only. Others want to maintain the discount for owners only, perhaps with a low income requirement. Any low income benefit might require a "means test," which some saw as a problem to administer. There were ideas to offer the discount only at slow times which could relieve congestion at busy times, and to offer free classes in preparing inexpensive nutritious meals. Input on owner benefits including \$5 coupons, 10% owner appreciation days, and the patronage refund was generally positive.

*continued on page 6*



## EMPLOYEE PROFILE

**Gary DiStefano**  
*Grocery Staff*

**Q: How long have you worked at the Co-op?**

A: Almost 2 and a half years.

**Q: What do you enjoy most about working at the Co-op?**

A: The positive, friendly atmosphere.

**Q: What are some important things you've learned while working here?**

A: How much natural food products have evolved over the years to meet a diversity of customer needs.

**Q: What do you enjoy doing when not at work?**

A: Being with family and friends, motorcycling, gardening and hiking.

**Q: What do you think is the best kept secret at the Co-op?**

A: It may be all the hard work off the sales floor that is not seen which makes the co-op run smoothly.

**Q: If you could describe the Co-op to someone who had never been here what would you say?**

A: Strongly supported, vibrant meeting place where quality products can be procured.

**Q: If you could direct some of the grant money given by the Co-op, what cause would it go to?**

A: Wilderness support and protection.



**Health Insurance  
Info Now  
on Web Site**

If you'd like to know more about health insurance available to co-op owners through Elements Health Plans, please visit our web site — [www.ashlandfood.coop](http://www.ashlandfood.coop). On the home page on the left hand side under "What Is New" you'll see a listing called "Health Insurance." When you click on it, you'll go to a page that will have a link to Elements Health Plans. There you'll find out how Ashland Food Co-op owners can have access to insurance options through our provider.

# Co-ops Helping Co-ops

## Internationally

By Annie Hoy with help from Chris Durkin

**Ashland Food Co-op is part** of a listserve with CGIN — Cooperative Grocers Information Network — where we post questions, share information, ask advice, and make our co-ops stronger by working together. Can you imagine the advantage of asking hundreds of people, who are running the same type of business, about their policies, experiences, and opinions on topics like employee handbooks, membership, equipment and organic food?

In mid November, there was a CGIN post from Jeanne Lakso, Marketing & Member Services Manager at Linden Hills Co-op in Minneapolis, Minnesota. She shared the story of their grocery coordinator Josi Hanson, who was delighted to go to Nicaragua last year as part of an Equal Exchange Fair Trade delegation. Her story echoed the experience of our staff member Anne Marie Caricato who went to Mexico with an Equal Exchange delegation. Like Josi, Anne Marie stayed with families that belonged to the local coffee growers' coop-



erative and learned first hand about the realities of coffee and cacao growing. Many employees from co-ops nationwide have been a part of these delegations and the stories they bring back make us all feel closer to the farmers who grow the coffee we enjoy each morning and the chocolate we love to eat.

Josi received a letter from Equal Exchange appealing for help on behalf of the CONACADO cacao cooperative in the Dominican Republic. The members of the CONACADO co-op are recovering from damage done by Hurricane Jeanne in September. Equal Exchange is attempting to raise \$10,000 in donations. Co-op manager Abel Fernandez says that CONACADO member families are likely to lose up to 30% of their income during the coming year, and the hurricane related flooding damaged at least 25% of the member farms displacing about 13,000 people.

CONACADO (Confederacion Nacional de Cacaocultores Dominicanos) is comprised of 9,000 small farmers. CONACADO was founded in 1988 as a response to low global cocoa prices, and in order to assist small-scale cocoa farmers in improving

their working and living conditions. Premiums from fair trade sales have directly helped improve production and quality of their cocoa. CONACADO Fair Trade cacao is used in Equal Exchange cocoa products and chocolate bars, Dagoba's Conacado bar and Rapunzel Organic Chocolates.

Linden Hills Co-op started the ball rolling by pledging \$100 towards this relief effort, and invited other consumer cooperatives to do the same. Ashland Food Co-op jumped in with a matching contribution, along with so many other co-ops doing the same that our mailboxes were flooded with responses. Just two days after the initial request, co-ops on the CGIN listserve had pledged over \$6,000.

As of December 1st, food co-ops and a few other co-op organizations from across the country had pledged \$9,000 to CONACADO and the money keeps rolling in. It makes me proud to be part of the co-op movement.

For more information on CONACADO and ways you can help with the Hurricane Relief effort, go to Equal Exchange's website at [www.equalexchange.com](http://www.equalexchange.com)



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email: ken@safeworld.com

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# Your Recycling Help is Needed!

We as a community are increasingly conscientious about practicing the habit of reducing the waste we produce, reusing as much as we can and recycling eligible items. It is a pleasure for the Co-op to be part of this process. Our owners and other shoppers are so on top of it that I've noticed people holding onto their receipts from other stores until they can find a place to recycle them at the Co-op. Now that's dedication!

I've also noticed a growing number of anonymous "donations" left out in front of the store, like food, clothing and miscellaneous articles. Unfortunately, we end up throwing these items away when they go unclaimed. I would like to take this opportunity to offer some helpful hints on alternate drop-off locations for these sorts of things.

We do provide recycle bins in front of the Co-op, but these are reserved for items purchased and consumed here at the store. We'd like you to take your household recycling over to the Ashland Recycling Center on the corner of Water Street and Van Ness. The center also has a Free Box for clothing and other household castoffs

and is open everyday except Tuesday from 9 a.m. to 5 p.m. You can contact the center at 482-0759.

In terms of non-perishable food items, the Ashland Food Bank would be more than happy to receive your donations. They are



By Angel Roy,  
Front End Assistant Manager

located behind the Inter-faith Care Community of Ashland (ICCA) at 144 North Second Street. You can reach them by phone at 488-3441. They accept donations Monday through Thursday from 9 a.m. to 1 p.m. They especially appreciate receiving organic and natural food products. So if you're cleaning out the cupboards or moving and you've got extra canned

goods and other non-perishables like cereal or pasta, please take them to the food bank.

If you really want to do your part and help the Co-op, bring us your paper grocery bags! We can always use those. It's best if you bring them flattened neatly and not folded. Every bag you bring us to reuse is one less bag we have to buy.

Thank you for your continued efforts toward a more sustainable world.

## Proposals Sought for Community Grants

It's time to submit applications for a Co-op Community Grant. We will consider any project that meets all of our requirements, is aligned with our Mission Statement, and provides enough documentation to demonstrate the likelihood of success. We give priority consideration to organizations and projects that:

- Provide food for people in need.
- Educate people to produce self-sufficiency and improved lifestyles.
- Educate people on environmental issues and concerns.
- Support educational programs for children.
- Provide supportive services or emergency shelter of those in need.
- Promote social change in the areas of peace, human rights, and human needs.

Requests are considered for up to \$1,000. Organizations must have documented tax exempt status. Because our funds are limited, we will only consider applications from groups, not individuals.

All applications should be typewritten and **no longer than eight pages**. Additional supporting material may be included.

Application packets will be available at the Information Desk. Please submit **three** copies of your application materials to Annie Hoy, Ashland Food Cooperative, 237 N. First St., Ashland, OR 97520.

To be considered, application materials must be received by **March 25, 2005**. Funds will be distributed at an Award Dinner in May.

Questions regarding Co-op Community Grants can be directed to **Annie Hoy**, 482-2237 ext. 234.

### Andy Bayliss

541-482-4324

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## Natural Food Business FOR SALE

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**Or call 541/488-4826**

*Uncaria tomentosa*  
(cat's claw)



## New Remedy for an Ancient Disease: *Lyme Disease*

**Lyme disease was first recognized** around 1975, when a mysterious outbreak of juvenile rheumatoid arthritis occurred around Lyme, Connecticut. Lyme disease may be a hidden epidemic, affecting as much as one-sixth of the human race, if not more. By 1994, Lyme disease experts Brian Fallon and Jennifer Niels state, "Now the most common vector-borne (spread by ticks and insects) infection in the United States, Lyme disease is increasing in incidence and geographic spread."

There may be few initial symptoms other than a flu-like syndrome, yet within weeks to years a diversity of symptoms may occur. These may include fatigue, low grade fevers, night sweats, migrating joint pains or arthritis, muscle pains, sleep disturbances, frequent and/or severe headaches, numbness or tingling in hands or feet, nerve pains, brain fog, hypersensitivity to lights, sound, tastes or smells, memory and concentration problems, speech difficulties, depression, irritability, mood swings, heart, eye, respiratory and gastrointestinal problems, to name just a few. Symptoms may come and go, varying in intensity.

When Lyme disease is diagnosed, it is normally treated with antibiotics, but not everyone approves of massive antibiotic treatment for Lyme disease. Given the

recognized difficulty of successfully treating Lyme disease with standard antibiotic therapy, an alternative treatment that is natural, non-toxic, well-tolerated, effective, and can be taken orally for as many months or years as needed, would be a welcome remedy in the Lyme war.

Fortunately, such a remedy is available. It is an herbal extract called samento, made from a Peruvian vine called *Uncaria tomentosa*, also known as cats claw, uno de gato, and vilcacora. Samento is made from a rare chemotype of

*U. tomentosa* that is rich in pentacyclic oxindole alkaloids (POA) and is guaranteed free of tetracyclic oxindole alkaloids (TOA). It is the TOA-free nature of Samento, combined with its POA potency that gives Samento its unique effectiveness. Samento has been shown to be anti-inflammatory and antiviral, and preliminary studies with Lyme patients have shown excellent results. It is non-toxic, active, highly energetic and synergistic with other remedies. However it may take as long as eight to 16 months to gradually kill the organisms responsible for the disease.

The Co-op carries Prima Una de Gato in both liquid and capsule form from NutriCology. It is found in the herbal section of aisle 4, on the top shelf. Look for the sign that says "Lyme Support."

— Excerpt from an article by James South, M.A.



FROM THE GENERAL MANAGER'S DESK  
*continued from page 3*

The financial realities concerning these benefits are significant. Sales for the first nine months of 2004 are \$11,194,063. Owner benefits given in this period include the senior/disability discount — \$103,828; \$5 Owner coupons — \$67,580; 10% Owner appreciation days — \$17,648; and an estimated potential patronage refund of \$90,000. It's clear that the senior/disabled discount is the largest owner benefit, likely exceeding the patronage refund.

In interpreting these data, various themes as well as apparent contradictions emerge. Our owners have expressed their preferences. It is the job of our board, management, and staff to find ways to hear and consider this input and implement changes in a cohesive and functional way. To this end our board of directors is seriously considering changes to the senior/disability discount. They feel this discount is unfair because it singles out an age group (including non-owners) for a 5% discount. Many seniors may have less need than others. Also, the number of seniors living in Ashland and shopping at the co-op continues to grow at a faster rate as more retirees move here, and will grow even faster as baby boomers hit 60. This will put an increasing financial burden on the co-op that will affect non-seniors. Many possible ideas and refinements will be considered. No decision has been made yet to change any of our current owner benefits, but the Board recognizes that the senior discount should not continue in its present form. Updated information will be provided to you and there will be continued opportunities for owner input in this process.

— Richard Katz  
*manager@ashlandfood.coop*  
482-2237, ext. 233



## Enjoy Greater Health for Less Money

A group acupuncture clinic will be offered at the Co-op's Community Classroom every Tuesday in January and February from 7-9 p.m. The clinic is the brainchild of Nikki Clifton, L.Ac., C.B.P. and is designed to be an inexpensive, fun, educational and healing group experience.

Nikki has been practicing acupuncture for 14 years. She practices the "Balance Method" of acupuncture, developed by Dr. Richard Tan. This method is especially conducive to the group setting in that it

features a minimal use of needles placed primarily in acupuncture points below the elbows and knees, allowing the patient to stay fully clothed during the session.

During the clinic, Nikki will be discussing some of the basic principles of acupuncture and Chinese medicine she is using in the treatments. Conditions that she recommends as appropriate for the group clinic are: simple joint pains such as neck, shoulder, knee and ankle pain; lower back and sciatic pain; sprains, strains, headaches, digestive disorders, sinus problems, insomnia and stress.

All ages are welcome. Please wear loose, comfortable clothing and bring a mat or blanket if you wish to lie down during your treatment. Treatments will be given on a first come, first served, space available basis. Please come no later than 8 p.m. if you wish to receive a complete session. We will be finishing promptly at 9 p.m. The suggested fee is \$15 (cash only) per session, although everyone is welcome, regardless of ability to pay.

**For more information please call Nikki at 552-1730 or visit her website at [www.beachavenue.org](http://www.beachavenue.org).**



# Cooking Classes

## Schedule for Community Oven Winter Quarter Classes

### **Thursday, January 20, 6:30-9pm** **Soups: Winter's Comfort Food**

SAUDIA SHARKEY

Saudia makes exquisitely delicious and nourishing soups like North African Lentil Potage, Greek Vegetable Soup and Vichysoisee. Also learn to make rich chicken stock, which vegetables are best and worst for stocks, and some pointers about cooking beans to make your soups foolproof. Not vegetarian.

### **Friday, January 21, 6:30-9pm** **Friday Night Sushi Party**

MARY SHAW

This is your chance to learn the art of making Maki Nori or rolled sushi. Mary will demonstrate a variety of vegetarian fillings, a fast pickle condiment, and two dipping sauces. Then it's your turn, using your new sushi mat included in the class fee. Vegan.

### **Thursday, January 27, 6:30-9pm** **A Taste of Bali**

JOYCE BRANDON

Joyce has prepared another beautiful menu of recipes reflecting her travels and cooking experiences in Bali. This time her inspiring menu begins with a Green Papaya Soup followed by Tum, fish steamed in a banana leaf with traditional Sambal hot sauce. To accompany the fish she will demonstrate Nasi Goreng, fried rice, and Creamy Vegetable Salad. Fish, No Eggs or Dairy.

### **Thursday, February 3, 6:30-9:00pm** **Simple Beginnings**

MARY SHAW

Start with rice and beans on Sunday, and eat gourmet all week! Mary is in her 12<sup>th</sup> year of teaching this method for managing meals using seasonal produce and cooking methods for a complete meal in 20 minutes! Five unique recipes including Black Bean and Spinach Salad with Orange Vinaigrette, Moroccan Spiced Vegetable and Black Bean Stew, Gingered Rice Pilaf with tamari and rice vinegar braised tofu, Black Beans with Winter Greens and Bowtie Pasta, and Winter Rice Salad. Vegan.

### **Saturday, February 5, 10am-12:30pm** **Basic Knife Skills**

CHEF JOHN KOCH

After a lively discussion of knife qualities, what to look for, and how to choose and care for knives, John will guide you through a hands on cutting technique session. Try a variety of knives as you

learn how to cut vegetables efficiently and beautifully using both Japanese and French techniques. The class will conclude with a vegan soup, and salad made from your handywork. Vegan.

### **Thursday, February 10, 6:30-9pm** **Quick Comfort Foods**

ANNIE HOY

Join Annie as she shares some of her family's favorite comfort foods that come together in a snap. Pounded Chicken Breasts with Pan Gravy and Garlic Mashed Cauliflower, Hopping John, Hobo Pie, Stovetop Fruit Cobbler. Not Vegetarian.

### **Saturday, February 12, 10am-12:30pm** **Mediterranean Comfort Foods**

CHEF JOHN McNARY

Chef John is a firm believer in comfort foods as well. You'll take an eager spoon to bowls full of Portuguese Potato, Clam, and Chorizo Stew, a selection of Italian Risottos, and the classic Boeuf Bourguignonne of France.

### **Thursday, February 17, 6:30-9pm** **Healthy Fast Food**

GRAHAM LEWIS

YOU can eat healthy and not spend the night in the kitchen. Graham has developed a system to complete dinner in an hour and a half, from parking at the Co-op to putting dinner on the table. Graham will also share his skills in menu planning, fast shopping, efficient prep work, and easy sauces. Not vegetarian.

### **Saturday, February 19, 10am-12:30pm** **Let's Go Greek!**

CHEF JOHN KOCH

Join Chef John for an evening of preparing Greek specialty dishes. He'll help you make Dolmas, the traditional Greek appetizer, Moutabel, an eggplant dip, a hearty Greek salad, Spanikopita with a spinach, mushroom, onion, and feta cheese filling, and Baklava, made with honey and filo pastry. Vegetarian with dairy.

### **Thursday, February 24, 6:30-9pm** **Ooodles of Noodles**

MARY SHAW

Mary will share a melody of simple Asian noodle recipes including Ginger Chicken Noodle Soup, Red Curry Paste Noodles with Beef, Morning Rice Noodles with Condiments, and Stir Fried Eggs with Noodles and Vegetables. Not Vegetarian.

### **Saturday, February 26, 10am-12:30pm** **Dinner with The Doctor**

DR. MARGARET STAHLER, ND

As she prepares this beautiful menu, Margaret will tell you why these particular foods are so nourishing to the liver. Enjoy Portuguese Squash Soup, Beet Salad with Balsamic Vinegar Dressing, Chicken Artichoke and Mushroom Casserole, and Baked Parsnips. Not vegetarian.

### **Tuesday, March 1, 6:30-9:00pm** **More Flavors of Morocco**

SAUDIA SHARKEY

This class will appeal to those with a taste for the truly exotic. Lamb and Apricot Tagine, fluffy cous cous, and Carrots in Chermoula will complete the main course. Chermoula is a zingy blend of flavors guaranteed to fire up any variety of meat or vegetable. To complete the menu, Saudia will prepare a traditional dessert. Not vegetarian.

### **Saturday, March 5, 10:00am-12:30pm** **Vegan Thai Cooking**

CHEF JOHN KOCH

Chef John will teach you the basics of preparing scrumptious Thai inspired cooking. His recipes include a Vegetable Stir Fry with Curry Paste, Udon Noodle Bowl and Coconut and Peanut Tofu. Vegan.

*For registration information,  
pick up a flyer in the store or go to  
[www.ashlandfood.coop](http://www.ashlandfood.coop).*

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# ASHLAND FOOD COOPERATIVE

237 N. First St., Ashland, OR 97520

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## January/February Newsletter



### Community Oven Programs

#### Monday Night Free Lectures

*The new Community Classroom at 195 A St. is now the location for our Monday Night Free Lecture series. You may park in the lot adjacent to the A Street Marketplace. Look for our sign over the door of the classroom.*

#### Monday, January 10, 7-9 pm

##### Transpersonal Psychotherapy

*with Shering Gallagher, BCD, MSW, LCSW*

Transpersonal Psychotherapist Shering Gallagher will share her own distinct techniques for identifying interpersonal patterns, dream level consciousness and dream-work co-consciousness, issues of self-concept, energy healing, and enhancing creativity.

#### Monday, January 17, 7-9 pm

##### Healing with Flower Essence Remedies: An Introduction

*with Suzanne E. Sky, L.Ac., MTOM*

Learn what flower essences are and how they can easily be used by anyone. The flowers can help us transform emotions, attitudes, or mental/emotional energetic knots to enhance healing, growth and awareness. We will discuss the work of Dr. Edward Bach, who introduced flower remedies to the world in the 1930s. This class provides an introduction to a two day workshop on the Bach Flower Remedies scheduled for January 22 and 29 at the Ashland Cop Community Classroom.

#### Monday, January 24, 7-9 pm

##### Body Talk and Bowen Therapies

*with KG Stiles, LMT, CBP, RBT*

KG Stiles Certified Body Talk Practitioner trained extensively with founder John Veltheim, learning advanced protocols and procedures. She's also a registered and accredited Bowen Therapist and utilizes organic essential oils. These energy medicine systems bring the body into balance so that it can heal from a variety of conditions, including colds, flu, allergies, chronic pain, injuries, insomnia, and more. Learn how these healing modalities can help you!

#### Monday, January 31, 7-9 pm

##### Unknown Name of Lecture

*with Margaret Stabler*

Come to an evening sure to raise curiosity about how we think about healing. If you have injuries, pain, GI upset or insomnia, you won't want to miss this talk about Cranial Sacral Therapy. Mini-demos on several class participants will illustrate the potential benefits you can experience.

#### Monday, February 28, 7-9 pm

##### Taming the Inner Critic

*with Nando Raynolds, MA*

Join local psychotherapist Nando Raynolds in exploring the art of befriending and taming the inner critic. Our inner critics struggle to get us to meet our own ideals. Unfortunately, the method they use is usually quite harsh and painful. Come learn practical ways to transform this relationship and come to greater peace with yourself. As you become kinder and more compassionate with yourself, everything else changes as well.

### OWNER Appreciation DAY

Tuesday,  
February 8,  
2005

All Owner/Members  
receive 10% off all  
regular purchases.

*Make sure to bring your owner card  
to receive the discount.*

*Not good on special orders.*

*Attention Senior Owners:  
The 10% discount supersedes your  
senior discount.*