

FRONT LINES

Winter Issue 2010

The voice of healthy living

Sustainable Citrus Page 10

Fair Trade Chocolate
for Valentine's Day
Page 7

Preserving Apples
and Pears
Page 8

Local Spotlight:
Unbound Pickling
Page 6

FRONT LINES

The voice of healthy living

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

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

Board of Directors

Linda Jauron-Mills, President
David Richardson, Vice President
Kenny Schatzman, Treasurer
Rupert Ayton, Ted Coonfield,
Nate Mason, Russ Nelson,
Joy Orevik, Arnold Panitch,
Brandon Rydell, Jan Wichert

GENERAL MANAGER

Holly Jarvis

EDITING & LAYOUT

Tom Mattox

Contributors

Wendy Gordon, Sarah Brown
Gretchen D. Westlight,
Cassandra Black, Rachel
Tourville, Cristin Couzens

ADVERTISING

Judith Rose

For editorial or advertising information:

503.222.5658, ext. 133

info@foodfront.coop

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

Open every day

8am - 9pm

Everyone Welcome!

Managers Report

Small Grocery Stores & our Regional Food System

By Holly Jarvis, General Manager

Seems like just yesterday that we entered a new millennium. Now, we are beginning a new decade. How will the food system and grocery stores change over the next 10 years? Will our regional food system get stronger or disappear? Will we gain or lose land for food production? Will we see progress toward the City's goal of creating neighborhood town centers with neighborhood grocery stores?

Portland has been working on strategies for creating town centers and livable, walkable neighborhoods.

Smaller footprint, neighborhood grocery stores

would help meet the goals of walkable neighborhoods.

Some neighborhoods have been considering starting co-ops to

meet their grocery needs, including Lents and Montavilla. Would a network of co-ops be able to operate efficiently enough to provide a viable alternative to the chain grocers? It's an intriguing idea.

Our regional food system has seen some wins and losses recently. We continue to lose farms to retirement, urban encroachment, and the economy.

We have also lost processors for food crops and meat, making it much more difficult for small producers to bring their products to market. Farmers markets have been a huge success, but when do we start grappling with the sustainability of all the growers making separate trips to the farmers markets, restaurants, and grocers?

In the past few years we have seen one of the weaknesses of our national food production and distribution systems with the multiple E. coli and salmonella contaminations. Congress has worked on to increase the safety of food production. But they haven't considered how the national production and distribution of food has contributed to the widespread contaminations. How will government, regional and national, support the strengthening of our regional food systems?

Food Front has seen a significant increase in the number of small, start-up producers

introducing their products to our buyers.

People have been inspired (or pushed) by the economy to try something they've always dreamed of

doing. We have more independent, local producers delivering to our stores than ever before. Yet, at some point, we will have to grapple with the sustainability of processing so many deliveries, invoices, and payments. And what about the vendors, making trips to both of our stores and many other businesses? Is it time to look at a delivery cooperative? Could we partner with vendors, stores, and restaurants to support a centralized, local delivery system? Another intriguing idea.

There is no doubt that there will be significant changes in the grocery industry over the next decade. Let's hope those changes will strengthen our regional food system and bringing more grocery stores back into our neighborhoods.

“Smaller neighborhood grocery stores would help meet the goals of walkable neighborhoods.”

What's Happening at the Food Front

► Owner Appreciation Days

*Friday, Saturday, and Sunday, January 15, 16, and 17
Both stores. All day!*

The next Owner Appreciation Days are Friday, Saturday, and Sunday, January 15, 16 and 17. Owner discounts will be applied as you check out at the register. Larger purchases mean more savings. The discounts are as follows:

- \$1-49.995% of your total
- \$50-99.99.....7% of your total
- \$100 or more.....10% of your total

We'll also have free samples, fun, and some surprises.

► Care for Our Community

Each month Food Front helps raise money and visibility for organizations whose missions are aligned with ours. In January, we'll be raising funds at Hillsdale for the *Portland PTA Clothing Center* which provides clothes for students in need (including those from Wilson High School.) In February and March, we will once again participate in the *SW Hope* fundraiser for Neighborhood House. At Northwest, we'll be raising money for EcoTrust's *Farm to School* Program (January) and Northwest Portland Ministries *Chapman Backpack* program (February) which assists homeless students.

Staying in Touch with us

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

Northwest

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

www.Foodfront.coop

info@Foodfront.coop

Follow us on Twitter and Facebook

Hillsdale

6344 SW Capitol Hwy
Portland, OR 97239
503-546-6559
fax: 503-517-8909

► New! Market Sundays at Hillsdale



*January 10th and 24th
February 7th and 21st
March 7th and 21st
April 11th and 25th*

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

9am-noon: Free Toast & Coffee featuring Dave's Killer Bread
Enjoy a free slice of toast featuring: Dave's Killer Bread, Rose Valley Butter, and Sweet Creek Fruit Spreads, along with a free 4 oz sample of ZBEANZ Coffee

Noon-3pm Food theme demos

Meet some of our local vendors for free samples.

► Second Saturdays at Northwest

Time Out for Tea

Saturday, January 9, 11am-5pm

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

We Love Chocolate!

Saturday, February 13, 11am-5pm

Join us for our fourth annual local chocolate fest—a delightful afternoon of all things chocolate. Local chocolate-makers will sample their delectable treats.

Local Food Artisan Day

Saturday, March 13, 11am-5pm

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

► Neighborhood Cleanups

Both Stores: Jan. 9, Feb. 13th & Mar. 13th, 9-10am

Every second Saturday at 9am, we gather in front of Food Front and pick up trash in the immediate neighborhood. Free coffee and treats provided!

Food Front News Briefs

▶ School Aid Apples



You may have noticed the display of School Aid apples and pears at both stores. The program was started by one of our growers, John Jacobson of Mt. Hood Organics, who wanted to help support the Portland Public Schools. The proceeds are donated to enrichment programs

at our neighborhood schools, such as Chapman and MLC in Northwest; and Rieke, Robert Gray, and Wilson in Hillsdale. The apples and pears are also a good deal at 98 cents a pound. Last year approximately \$1800 was split between Chapman (to support technology services) and Rieke (to help fund an Artist-in-Residence Program).

▶ Food Drive at Hillsdale: MLK Day

On Martin Luther King Day (January 18, 9:30-noon), join *Nourishing Neighbors* for a morning of service benefiting Neighborhood House. We'll meet at Food Front Hillsdale and then canvas the neighborhood collecting canned and dry goods. Last year we collected over 1000 lbs. of food. Contact nourishingneighbors@gmail.com to learn more.

▶ EcoTrust Market Closes

The Portland Farmers Market at EcoTrust will not re-open next summer. Sales were less robust than expected. Food Front helped sponsor the market. The Portland Farmers Market is searching for other locations in NW Portland. They've design a very brief survey to gauge the interest of our community in a new market. You can take the survey at: <http://www.surveymonkey.com/s/F9SWCXD>.

Villagebeads
7807 SW Capitol Hwy
t. 503-244-1821
Open 10-6 Mon-Sat
12-4 Sun

PEARLS • STONES • SILVER • FINDINGS
YOUR BEADING SOURCE IN MULTNOMAH VILLAGE

Susan M. Roberts, N.D.
NATUROPATHIC PHYSICIAN

Womens' Health • Midwifery • Water Birth • Home Birth

4004 SW Kelly Street | 503.224.7744
wnhc@aol.com

Food Front members receive 25% off services!

Choose Locally Owned!

When it comes to hair color, our clients have the say about the image they want to project. We have the knowledge about color that gives us an edge in fulfilling and exceeding our clients expectations.

Enjoy a free haircut with any color service you purchase

1517 SW Sunset Blvd
www.salondirk.com

The SPA at HAIRCOLOR SALON DIRK
503-244-4242
Mind Body Connection

GROW YOUR OWN FRUIT!
in the city or country

Columnar Apples • Figs • Kiwis
Hardy Olives • Pawpaws • Quince
And More Unique Fruits

ONE GREEN WORLD

28696 S Cramer Rd
Molalla, OR 97038
www.onegreenworld.com
info@onegreenworld.com

Call for a Free Catalog!
503-651-3005

SALMON SAFE

Board of Directors Report

Co-operatives: Democratically Owned, Locally Operated

By Nate Mason, Board Member

Food Front is incorporated as a for-profit business. But it is also a *cooperative* business. How does this make Food Front different from other corporations like Nike or Intel?

First, co-ops are *democratically owned and governed*.

Unlike shareholders of regular for-profit corporations, who derive their voting power from the number of shares they own, co-op members have an equal voice: one member, one vote. Each year the members elect representatives to serve on our eleven-member Board of Directors. The Board governs by written Policies, and has delegated authority to the General Manager to manage Food Front's day-to-day business in accordance with the Policies. As the Board writes and monitors these Policies as representatives of the entire membership, there is a chain of authority originating with the members and passing through the Board to management and staff.

Second, cooperatives are usually *locally owned and operated*. The benefits to the community of local ownership are well known, but there is an additional twist with co-ops: the owners of the co-op usually happen to be its primary customers. The fiduciary duty of directors of regular corporations is usually interpreted as maximizing profits to shareholders, frequently at the expense of the consumer. Co-ops, however, are primarily user-owned, so what harms the consumer harms the owner, and what benefits the consumer benefits the owner! Therefore, the directors and officers of cooperatives can only discharge their fiduciary duties to members by serving them well as customers.

Third, cooperatives can issue patronage refunds, a built in "profit-release valve" that allows them to partially operate as *de facto not-for-profits* for Federal Income Tax purposes. When a regular corporation has a profitable year, it may retain earnings to increase its cash reserves or distribute them to shareholders as dividends. The corporation receives a deduction for the distribution, and the shareholders pay income tax on the dividends. When a co-op has a profitable year, any profits derived from sales to members may be distributed back to those members as a "patronage refund". A patronage refund is win-win from a tax perspective: the co-op receives a deduction, but the distribution is not taxable income to the members because it is regarded as a refund of money spent earlier in the year. Co-ops are therefore especially efficient vehicles for economic self-organization: they allow us to pool our buying power, sell products to ourselves at a reasonable profit margin (to account for the expected costs of doing business), and refund to ourselves "excess" profits when we operate efficiently.

So why isn't every corporation a co-op? Some business owners do not want to have to run their business democratically and for the benefit of the customer. At Food Front, this is what we're all about.



HILLSDALE FARMERS' MARKET

Where the Harvest and Hillsdale Meet

Located in the Wilson HS - Rieke Elementary parking lot
Debit Cards & Oregon Trail Cards Accepted

contact@hillsdalefarmersmarket.com http://www.hillsdalefarmersmarket.com

503.475.6555

SUNDAYS 10AM — 2PM

2009-2010 Schedule

Weekly May 3 - Nov 22
Dec 6, 20 Jan 10, 24
Feb 7, 21 Mar 7, 21
April 11, 25

ShaysWays.com



Essential health products
for vibrant living

"These are the products I use and love!
I know you will, too!" -- Shay

>> Click or Call me 888-301-6773 <<

Transformation Enzymes Professional Formulas
"I've tried a LOT of them, and Transformation is the best bang for the buck!
And, I even give a 24% discount -- the best price anywhere."

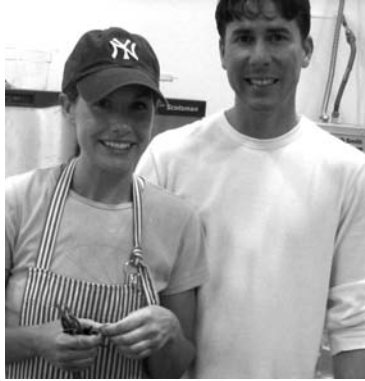
Clean Sweep Spray Energetic Pollution Solution
"Wow! Just spray this energized water into a negative-feeling space,
and watch it immediately chill out. Disperses negativity of all kinds!"

E-3 Energy Cream for Pain Relief
"I call it the Magic Lotion! It immediately removes aches, pains, and soreness,
and it's great for injuries of any kind. I love it!"

Local Product Spotlight: Unbound Pickling

By **Cristin Couzens**

For Jesse Hancock, who co-founded the artisan small-batch pickling company—Unbound Pickling—with his wife Katie, cooking was a shared passion from the start. “He cooked me dinner on our first date,” Katie said. It’s been their dream to start a business in which they could work together and build on their love of food.



Jesse and Katie hatched their plans for Unbound Pickling while living in Sandpoint, Idaho. Knowing that Sandpoint may not be the best market for their hand-crafted products, they searched for the perfect city to incubate their business. “I did all my shopping at Wal-Mart in Sandpoint. There just weren’t as many choices as there are in Portland like the farmers’ markets and food co-ops,” Katie said.

The idea for pickling came from the Dilly Beans and other vegetables Jesse’s Mom canned while he was growing up. But these aren’t his Mom’s pickles. “We didn’t want to recreate the typical Betty Crocker pickle, bound by traditional recipes,” Jesse described, with his

pickling passion radiating from his eyes.

“We use half the sugar, half the salt, and add local ingredients to impart unique flavors to our pickled products.” For example, Unbound Pickling’s Bread and Butter pickles are sweetened with pear juice and blueberries. But don’t confuse the blueberries with the mix of spices. “One customer could not get over how unusual the blueberries tasted in our pickles. We couldn’t convince her she’d actually eaten the allspice.”

From a food processor’s license to becoming experts in jars, lids, and labels, Jesse and Katie researched for two years before introducing their products at Portland farmers’ markets. They launched five products last August. All their planning paid off. “Within two weeks, Tom Mattox from Food Front stopped by our booth. We were so excited.” Katie said. “He connected us with Gary Koppen, Food Front’s Grocery Manager.” By the end of the month, Unbound Pickling was on Food Front’s shelves. “Food Front has been an incredible resource for us. From teaching us about pricing and what to expect selling in stores, to being the right size for us to meet demand while continuing to develop our business.”

You can read a longer version of this story on our website: Foodfront.coop. Also, you can read more about Katie and Jesse at unboundpickling.com

Fair Trade Chocolate for Valentine's Day

By **Cassandra Black**, NW Assistant Grocery Manager, and **Gretchen D. Westlight**, Assistant to the General Manager



Daren Hayes makes Stirs the Soul Chocolate—local and fairly traded.

We Americans love our tropical produce. Imagine life without coffee, tea, citrus fruit, or chocolate—how dull it would be! As we approach Valentine's Day, our most intimate holiday, many of us are scheming which chocolates we'd like to splurge on for our loved ones—and, just as importantly, which we'd like to receive. We are lucky to have so many delicious choices! At Food Front, we are passionate about proving Fair

Trade chocolates choices for our customers. Fair Trade certification ensures that the chocolate is grown and harvested justly for the workers and the environment.

Fair Trade Criteria

Fair Trade is an international monitoring and certification system that guarantees a minimum price to growers under direct contracts, prohibits abusive child labor or forced labor, and promotes environmental sustainability. Fair Trade chocolate and cocoa products are marked with the "Fair Trade Certified" and Fair Trade Federation labels.* Unlike Organic certification, the burden of the expense of becoming certified lies on the importing producer and not the farmers who harvest the raw product.

Chocolate cultivation and production have many similarities with coffee, which we wrote about in the last issue of *Front Lines*. Chocolate trees grow best in a diverse natural environment as part of the understory of a healthy tropical forest. The pods are labor intensive to harvest, and because they grow at the top of the trees, are most easily harvested by light and nimble children. Many of these children are involved in dangerous tasks such as applying pesticides with no protection and

yielding machetes. And because they usually have no official employment status, they are unprotected by any labor agreements or laws. In 2000, the US State Department reported that in recent years approximately 15,000 children aged 9 to 12 have been sold into forced labor on cotton, coffee, and cocoa plantations in one country alone—Ivory Coast in West Africa. The Ivory Coast, along with neighboring Ghana, Nigeria, and Cameroon are among the world's top producers of raw cocoa. Fair Trade-certified chocolate ensures that children are not exploited in the harvesting of chocolate and that the employed workers are paid a fair wage. Because Fair Trade products come from producing cooperatives, the workers also receive an additional premium to be reinvested for community development.

Another interesting fact is that most chocolate harvesters have never tasted the end products that we so enjoy. Chocolate pods and beans are exported from their countries of origin for processing elsewhere. In America, Hershey's and M&M/Mars control two-thirds of the US chocolate candy market. Luckily, Food Front is able to provide many fabulous alternatives to these giant manufacturers – check out our supply of locally made chocolates, and other small Fair Trade certified producers such as *Wingnut Chocolates*, *Stirs the Soul*, *Holy Kakow*, *Divine*, *Equal Exchange*, *Dagoba*, and *Theo Chocolates*.

So, as you think about how to treat your sweetie and yourself, we hope you will also consider how your purchase affects the people who grow and harvest cocoa from around the world. *Buy locally, but think globally*. Then you can enjoy your sweet treat guilt-free! And if you want to ensure conscientious chocolate for another holiday, consider writing to your favorite chocolate manufacturers to request guilt-free treats suitable in size and cost for Halloween distribution. It's about time they provided some!

** Much of the information in this article comes from Global Exchange, a group dedicated to promoting fair trade and a more just world economy: globalexchange.org. They have a wealth of knowledge on other products and practices. Other good resources include Equal Exchange and the Fair Trade Federation websites.*

Preserving Fall Flavors Part III : Apples & Pears

By Wendy Gordon

In the heart of a Northwest winter, it may seem that the time for preserving is already past. And indeed, all the tomatoes and zucchini and stone fruits are now distant memories (unless they're sitting, happily preserved, in your freezer or pantry). But if you act quickly, you can still preserve apples and pears. While these fruits are at their best and most abundant mid-fall, they're good keepers, and you can still find some around in January (they'll be pretty mealy by spring).

Both apples and pears require the addition of ascorbic acid to inhibit the enzymes that cause unattractive browning. You can use lemon juice, but its more effective to use ascorbic acid powder (just crush up some vitamin C tablets!) Both fruits retain better texture and flavor when packed in sugar or sugar syrup, but it is not strictly needed for safety. If you choose to freeze apples or pears without sugar, though, they are best used for cooking. Freeze them in pre-measured pie or cobbler amounts and they'll be ready to go when you are in the mood for baking.

To freeze apples or pears, wash, peel and core. Cut the fruit into fairly small wedges (depending on the size of the fruit, eighths to sixteenths). Sprinkle with one-half teaspoon of ascorbic acid powder dissolved in 3 tablespoons water. Freeze in zip lock bags or, if you prefer, freeze the slices in a single row on cookie sheets, then transfer them to containers. Frozen fruit keeps well for up to one year.

To can apples or pears, follow the same preparation routine but also make a simple syrup by dissolving two and one cups sugar in four cups of boiling water. Add one-half teaspoon ascorbic acid. Cool syrup. Put one-half cup syrup into each sterilized pint jar and add slices directly to syrup. Press down and add enough syrup to cover. Leave one-half inch head space. Process in a water bath for 25 minutes by placing the filled, lidded glass jars in a pot of boiling water. Ideally this should be done in a water canner designed for this purpose, but any pot deep and large enough to submerge the jars in will work.

Applesauce is the world's easiest food to make at home and tastes so much richer and more flavorful than the commercial version. I like to freeze my applesauce but it can be readily and safely canned. Not all apples make great sauce. The best kinds are sweet and relatively dense, dissolving naturally into a thick puree without need for additional water or sugar. My favorite is a variety called Spitzenberg that I've only found at the Portland Nursery apple festival. But Fuji, Mutsu, Honeycrisp, Pink Lady, and Jonathans all work. My other secret is to add a handful of cinnamon sticks (not ground cinnamon) and a split vanilla bean to every pot.

To make applesauce, core and quarter the apples. You can peel them also, though some people believe the peel adds flavor during the cooking process. If you leave on the peel, you will need to sieve the resulting sauce through a food mill. Add the apples, cinnamon sticks and vanilla beans to a large, heavy pot and cook them over a very low heat, stirring occasionally. After an hour or so, you will notice that the apples are starting to soften and a wonderful aroma is filling the air. Stir them well, mashing them with the back of your spoon. When all the apples have melted into sauce, process them through the food mill (removing cinnamon and vanilla) if you need to remove skins or desire a smoother texture. Add the cinnamon and



vanilla back to the sauce. To can, ladle hot sauce into sterilized jars, leaving one-quarter inch of headspace. Process for twenty minutes in a water canner. If freezing, simply ladle the sauce into plastic containers. It keeps up to one year. If you want more of an “apple butter” taste, add allspice and nutmeg and cook the sauce down more until almost brown, stirring frequently to prevent scorching.

You can make a pear sauce similar to applesauce, adding a little lemon juice and experimenting with spicing. The intensity of cinnamon may overwhelm pears; try vanilla and/or allspice, nutmeg, or ginger. Or add a little orange juice, orange rind and sugar to taste, plus a teaspoon or so of nutmeg or ginger, and cook down to a pear butter consistency. Here’s a couple more recipes. The first is a luscious pear preserve, excellent on toast, waffles, pancakes, or oatmeal. The second is a retro classic.

GOLDEN PEAR PRESERVES

- 5 pounds pears, cored, peeled, and cut into eighths
- 4 cups sugar
- 6 Tablespoons lemon juice
- 1 cup crystallized ginger, cut into 1-inch pieces
- 1/2 cup pear brandy

- 1) Simmer pears, sugar, and lemon juice in a heavy pot until mixture turns a deep golden brown and thickens. (1-2 hours) Remove from the heat and stir in the crystallized ginger and brandy.
- 2) Can according to standard jam procedures or freeze in plastic containers.

CINNAMON APPLE RINGS

- 5 pounds firm cooking apples (Jonagold, Fuji, Granny Smith, Gala)
- 2 cups sugar
- 2 cups water
- 4 cinnamon sticks
- Ascorbic acid powder or lemon juice

- 1) Wash and core apples; do not peel. Slice into one-half inch thick rings. Drop rings into a large bowl of cold water containing one-half teaspoon ascorbic acid powder or 1/2 cup lemon juice. Keep apples covered with water until ready to use.
- 2) Combine sugar, 2 cups water, and cinnamon sticks in a large saucepan. Bring syrup to a boil. Let boil for 5 minutes, then remove from heat. Drain apples and add to syrup.
- 3) Return syrup and apples to a boil; reduce heat and simmer 30 minutes. Remove from heat and let stand until cool.
- 4) Remove apple rings from syrup. Loosely pack rings into canning jars leaving one-half inch headspace. Process twenty minutes in a boiling water canner.



503.246.3417 | Mon-Fri 10-6 | Thurs 10-8 | Sun 11-5
HILLSDALE SHOPPING CENTER

NIC + ZOE,
 CUT-LOOSE,
 NOMADIC TRADERS,
 HOBO BAGS,
 AND BAGGALLINI

PALOMA CLOTHING

Your Local, Community Health Practitioners at the
Portland Wellness Center
Welcomes Food Front to Hillsdale!

Practitioners Serving Your Needs Under Our Healthcare Umbrella

Naturopath	Acupuncturist	Physical Therapist	Marriage & Family Therapist
Podiatrist	Esthetician	Massage Therapists	Mental Health Therapists

The Best of Both Worlds
A PRIMARY CARE AND HOLISTIC PHYSICIAN
 Dr. Elaine Bayes Gillaspie
NATUROPATHIC PHYSICIAN
 503-245-6516
 6274 SW Capitol Hwy
 Portland, Oregon 97239
 at the Portland Wellness Center
 www.portlandwellnesscenter.com

-serving the community since 1981

Call to see if we work with your insurance provider. You might be pleasantly surprised!

Rising C Citrus: Sustainable and Delicious

by Sarah Kowal, Produce Manager

I have watched excitement spread to our front end staff and to our other store's produce department. We have been on edge all season waiting for what is next from your farm. Then, two weeks ago, your heirloom navels bumped (organic) carrots and (organic) broccoli from the number 2 position on our top sellers for the week! This is no easy feat (organic bananas are # 1.)

Sarah Kowal, Food Front

Thank you so much for the "shout out". When we hear things like this, it helps keep our motor running. We really do try do the best we can with the fruit using sustainable practices and trying to be good stewards of the land. We want the consumers to end up with a wonderful piece of fruit. We're ready to take on the bananas for the #1 position!

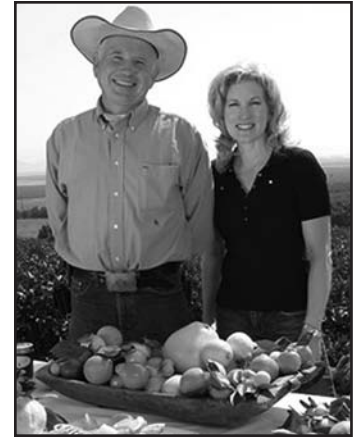
Kim Christensen, Rising C Ranch

This was my first contact with Rising C Ranch last January. Maybe it is my Midwest upbringing, but these heirloom navel sales seemed to be an anomaly. After all,

these navel oranges weren't organic, local, or even a staple in the American diet! At least not like carrots. I had to find out more.

Eric Christensen began his citrus career unknowingly, working for Sunkist in the summer, a typical summer job in


his hometown. He was doing packing and trucking. He then went on to become an outside sales rep for packing houses where he learned about the different citrus varieties and built relationships. Then, in 1988, Eric and his wife, Kim, purchased 38 acres in Reedley, California from a rancher that Eric worked for in high



Kim and Eric Christensen

Open House
 Wednesday, January 27
 3:30-5:30
 Thursday, February 11
 3:30-5:30
 Tuesday, April 20
 3:30-5:30

Children's House Campus
 ages 2½ to 6
 7740 SW Capitol Highway
 RSVP: 503-768-3847





Sunstone

MONTESSORI
SCHOOL


Open House
 Wednesday, January 27
 3:30-5:30

Elementary Campus
 1st through 6th grades

4817 SW 53rd Avenue
 RSVP: 503-892-6366



www.sunstonemontessori.org



gardenworks inc.

BEAUTIFUL | SUSTAINABLE
DESIGN | INSTALLATION


BEAUTIFUL

PHONE:
(503) 709-7866

WEBSITE:
WWW.GARDENWORKSOREGON.COM

SUSTAINABLE DESIGN

LICENSE:
OLCB7109



school with money they had saved. They named it after Eric's parent's cattle ranch, Rising C Ranch. Over time, they purchased additional land so that they now they own 140 acres. The original acreage is on a south facing hillside which Eric says provides their signature taste and they call the fruit that's boxed in the original packing shed, "estate packed."

But what makes those heirloom navels so special? In Eric's words: "The dynamics of climate, location, and soil all have an influence on the product. You open a whole new set of parameters as to why fruit – or wine for that matter – tastes different from different regions. We try to pick the best selections from the varieties and then match them to the terrain best suited for them. It doesn't always work out the first time either!"

"We practice a "just in time" format of harvest & packing, meaning we leave the fruit on the trees, and pick as we get orders. We don't "inventory" or cold storage a vast amount of fruit, thus decreasing our carbon footprint in electrical output (to run the coolers.) We continue to utilize ways of decreasing our inputs at production & facilitation."

Eric believes in nature taking its course and said that by using Integrated Pest Management and more sustainable growing and harvesting practices he has saved money.

The heirloom navel was once touted as the "noblest of citrus" by the *New York Times*. Its success lies in its thin rind, round shape, higher acid content, and sugar to acid ratio. And due to Eric and Kim's "just in time" philosophy, they are sweeter than if they were conventionally gassed with ethylene (to hasten the ripening process).

Eric and Kim have expanded their business to include other associate grower partners and have branded the coalition under the name *Ripe To You*. There are also sub-brands that include Buttonwillow (mandarins), Fruition Sales (marketing/sales), Citrilicious (packaged and small items), and Mini Me (two pound and five pound packages). Many of their associate grower partners are husband and wife teams that share their values—those who are close to the land and like to think "out of the box." They have to have patience and be willing to run some risks. But Eric doesn't want the *Ripe To You* brand to get too big. He wants to limit their partners to those growing citrus on the red San Joachin soil which has such distinguishing effect on the citrus. At present, 250 acres are owned and managed by these partners.

So now the mystery of the heirloom navel orange craze is solved: they are handled with tender loving care every step of the way. By the time they get to us it is no wonder that they are so amazing and that Food Front customers look forward to them every year!

WHAT FOOT PATH WILL YOU TAKE?

Dr. Stone Provides Traditional and Natural Therapies for Complete Foot Healthcare



Dr. Vicki Stone
Portland Wellness Center
6274 SW Capitol Hwy Hillsdale
503.246.9766

ACCIDENT INJURIES


- AUTO • TRUCK • BIKE • FALLS
- WRONGFUL DEATHS • MALPRACTICE

JOHN M. PARKHURST
Personal Injury Attorney

FREE CONSULTATION ANYTIME
33 years helping the injured
503.295.2425 john@johnparkhurstlaw.com
www.johnparkhurstlaw.com

Working Class Acupuncture

4410 SW Beaverton - Hillsdale Hwy
Portland, OR 97221
503-244-7525



3526 NE 57th Avenue
Portland, OR 97213
503-335-9440

- A sliding scale that will work for you •
- \$15 - \$35 per treatment •
- Flexible Scheduling •

www.workingclassacupuncture.org

Natural Cedar Soaking Tubs and Japanese Baths from Alaska. Unique and natural Japanese Bathtubs and Hot Tubs hand-crafted from traditional woods. Quiet Soaking tubs made with skill and precision. Custom work is our specialty. Check our websites at woodentubs.com or japanesebath.com (888) 810-7717.

Front Lines provides a unique opportunity to reach a specific demographic segment of Portland. We offer several different advertising options. You can place an ad by contacting Judith Rose at (503) 228-5418.



Food Front

COOPERATIVE GROCERY

2375 NW Thurman St.
Portland, OR 97210-2572

ADDRESS SERVICE REQUESTED

Presorted Standard
US Postage
PAID
Portland OR
Permit 192

Food Front Calendar

Board Meetings

Monday, January 25, 5:30-8:30 pm
Watershed, 6388 SW Capitol Hwy.

Monday, March 1, 5:30-8:30 pm
Holiday Inn, 2333 NW Vaughn

Monday, March 29, 5:30-8:30 pm
Watershed, 6388 SW Capitol Hwy

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

Store Events

Market Sundays at Hillsdale
Stop in on Market Days for food
demos & special treats. Free toast
slices (Dave's Killer Bread) *9am-noon.*

Second Saturdays at Northwest
Special food events, 11am-5pm
January 9: Time out for Tea
February 13: We Love Chocolate!
March 13: Local Food Artisans

Wellness Wednesdays

January 20, February 17
& March 17, Both Stores
Enjoy our herbal teas, samples,
demos, and other special treats.
5% discount on supplements
that are not already on sale.



Owner Appreciation Days

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

Friday - Sunday
January 15th-17th

Look for us on
Facebook & Twitter

FoodFront.coop