

Front Lines

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

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Earth Day Owner Appreciation Days

Free samples, fun activities
and your owner discount both days!

Friday & Saturday
April 20 & 21

Front Lines

Front Lines is a quarterly publication of Food Front Cooperative, serving Portland since 1972.

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

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

Our hours are 8 a.m. to 9 p.m. every day.

Food Front is open to all.

MANAGER'S REPORT

By Holly Jarvis

Local Gems

Have you ever been in the co-op when vendors sample their products? Maybe you tasted the pancakes or brownies from Kids Central Kitchen, or the nuts and veggies sautéing in Sensei Sauce. Have you ever been at the deli when the fisherman from the coast delivered his fresh-caught salmon? Or been in the produce department in the early evening when Mrs. Hasuike brought in her freshly picked berries?

It isn't always easily visible, but Food Front is a veritable daily "farmers market" of local growers and producers. Check out the "Local Produce In Season" sign board above the produce department for a few ideas of which produce crops are coming directly from local farms. While all of our produce signs indicate where the produce was grown (California, Mexico, Washington), many identify the name of the farm and the specific location of the farm (Your Kitchen Gardens, Canby, Groundworks farm, Junction City, Mustard Seed Farm, St. Paul). Also, look for the green "Local" signs around the store—you'll find them in just about all of the packaged goods departments, even in the wellness aisle.

Food Front's buyers work hard to bring locally-produced products to our shelves. They love making a personal connection with the people who grow and create the food we sell, and supporting them in contributing to our local economy. There are a lot of reasons why Food Front, and all consumers, should support our local food system. The most obvious is how it nourishes our regional economy at all levels, feeding neighborhoods and communities—up the gorge, down the

valley, and out to the coast. When we spend money on locally-produced food sold by a locally-owned store, we keep money recirculating in our community, creating jobs and contributing to our tax base and schools. When we spend money in national chain stores, buying mass market goods, we send a significant percentage of our food dollars away from our community.

And it makes sense environmentally to buy locally-produced goods. Agricultural land needs protections and we should be all be concerned about the pressures to build on farmland around Portland and in the Willamette valley (e.g. expansion of the Urban Growth Boundary and the Measure 37 claims). Our farmland will be irreplaceable if it is turned into roads and housing.

Of course, locally grown food is fresher. A locally-grown tomato or a tree ripened peach has more flavor than any conventionally-grown produce from California. And you can't beat the love and care that go into a jar of Prideaux Farms Aronia berry jam or a jar of Wild Carrot Herbals Vanilla Bean skin cream.

The next time that you are shopping and someone offers you a sample of sizzling Papa G's tofu or tangy chicken covered in Upside Down BBQ sauce, stop to chat for a bit with the producer. Ask how these local gems were grown or made, and how the folks involved came to make or grow their product. There are so many fascinating stories. And don't forget, if you can't get to one of the farmers' markets when they are open, you'll find many of your favorite local vendors and terrific local products here at the co-op!

Care for our Community

Each month Food Front helps raise money and visibility for organizations whose missions are aligned with our Ends. In November and December we raised over \$1000



for Sisters of the Road, which supports community-driven solutions to the calamities of homelessness and poverty. In January, we raised \$178 for Ecotrust, a local organization that promotes seasonal products

of local farmers and strives to foster a regional food system in the Pacific Northwest. And finally, Food Front shoppers generously gave \$661 dollars to support MLC School, and their campaign to build a bioswale in their parking lot. Food Front matched the donation for a total of \$1322. With these funds, students will plant native flowers along the bioswale. Thank you!

This spring we will be raising money for:

River District Gardens (April) is located on NW 16th, between Johnson and Kearney, and below the 405 freeway. It was created as a “pocket park” green space. It helps enhance a gateway between the Pearl and Northwest Districts. In addition, the garden serves as a community space, bringing people of different backgrounds together.

Growing Gardens (May) gets at the root of hunger in Portland, by organizing hundreds of volunteers to build organic, raised bed vegetable gardens in backyards, front yards, side yards and even on balconies. www.growing-gardens.org

Dove Lewis, (June) the Northwest Portland emergency animal hospital. www.dovelewis.org.

Spring Cleanse with Steven A. Bailey, ND

Steven A. Bailey, ND of the nearby Northwest Naturopathic Clinic is offering his 2007 Spring Cleanse, beginning April 19. This marks the 25th year that Dr. Bailey has offered group juice-fasting programs to the public. Food Front owners can receive a 10% discount for this program. All first time participants will receive a complimentary copy of “Juice Alive.” For more information, call 503-224-8083 or visit nwnclinic.com.

Open Seats for Board of Directors

There are currently open seats on Food Front’s Board of Directors. The Board sets long-range goals and makes strategic decisions about the co-op’s future. It also ensures sound management of the co-ops’ resources and safeguards the interests of our owners.

Specifically, Food Front Board Members are responsible for hiring, supervising, and evaluating the co-op’s general manager; setting acceptable guidelines for store operations and monitoring the results (through a policy governance process); planning for the co-op’s future; approving capital and operating budgets; and recruiting new directors to ensure a well-qualified Board. The Board is not involved in the daily operations of the store.

Monthly Board meetings are open to owners of Food Front and are generally held from 5:30-8:00 pm on the fourth Monday of the month at the Holiday Inn, 2333 Northwest Vaughn Street. Call 503-222-5658, ext. 133 or send an email to info@foodfront.coop to confirm dates, times, and locations of upcoming meetings.

The Green Bags are coming!

As *Front Lines* went to press we were eagerly anticipating the arrival of our new reusable Green Bags.

Made from Non Woven Polypropylene with strong handles, it stands upright for easier packing and is water repellent. Look for on sale in time for Earth Day. For more information, visit www.greenbag.info



35th Anniversary Celebration

This year Food Front will celebrate it’s 35th anniversary. Do you have memories or photos or other archive material that you’d like to share? Please contact us at 503-222-5658, ext. 133 or ownership@foodfront.coop.

Carts Away!



In March, we donated our surplus grocery carts to Birch Community Services. Bill Gilbert, a retired Portland firefighter and BCS volunteer loaded them into his truck and hauled them away. BCS participants will use them to shop at the warehouse in Northeast Portland. BCS assists low-income families with food and education. Families join for a small fee and a commitment to volunteer at their warehouse. BCS collects leftover food from Portland-area grocery stores (including Food Front) and other donors, and then makes it available to members. An integral part of BCS mission is to help people get out of poverty and debt through learning how to manage money. They also offer computer classes and other learning opportunities. In the past year, Food Front donated food worth almost \$6000 worth of food to Birch.

Free Presentation available on rBGH

rBGH or rBST, a genetically engineered drug injected into dairy cows to induce them to produce more milk, has been banned in most industrialized nations because of its harmful effects on cows and possible threats to human health.

Oregon Physicians for Social Responsibility's Campaign For Safe Food will provide a speaker who will disclose details on the health and political aspects of rBGH and offer practical tips for consumers on choosing dairy products. To schedule a presentation for your group, contact Rick North, Project Director – Campaign For Safe Food, at 503-968-1520 or hrnorth@hevanet.com. The presentation is free.

Owner Appreciation Days

The next owner appreciation days are Friday and Saturday, April 20 and 21. Owner discounts will be applied as you cash 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 and prizes both days. Please join us!

Walk Safe Umbrella Available in April

Kim Carlson is a 20-year Food Front owner, who also co-chairs the Northwest District Association (NWDA) Transportation Committee. Kim helped organize a campaign to improve pedestrian safety for Northwest residents. The result is the *Walk Safe Umbrella*. The umbrella's iridescent yellow fabric is particularly visible on cloudy, gray and wet days, at dawn and at dusk. Reflective trim surrounds the umbrella edge and punctuates the diamond "Yield to Pedestrian" symbols on two sides. This trim catches the light from headlights and streetlights to visibly announce the pedestrian to on-coming traffic. Clear plastic panels are a key safety feature of this umbrella. They provide the umbrella carrier with the ability to see approaching traffic from two directions.



NWDA was recently awarded a Metro Enhancement grant to partner with Food Front to sell the *Walk Safe Umbrella* and with Friendly House to provide pedestrian safety awareness training, information, and umbrellas to the Hispanic and senior clients they serve. The *Walk Safe Umbrella* will be on sale in April here at Food Front.

BOARD Notes

By Linda Jauron-Mills, Food Front Board Member

Happy to Help

One day while shopping, I was asked if I would be interested in serving on the Food Front Board of Directors. I had served on various volunteer boards before, and had even volunteered at Food Front many years earlier; so I said, "I would be happy to help."

I didn't have any special knowledge of the inner workings of Food Front; cutting cheese and picking up tofu made up the majority of my knowledge, and that had been a long time ago. But I did have a strong belief in the importance of cooperatives in the economy, and was a strong supporter of Food Front. I could read a spreadsheet, and had extra time to give an organization I believed in, and so, I built from that base.

When I joined the Food Front Board, it was in transition to a framework called, "policy governance." I had never heard the term before, and had a lot of learning to do. Policy governance enabled the board of directors to transition from a general form of governance, to a more structured framework, which ultimately allowed the board to focus on goal-setting and long-range planning, rather than operations, while still allowing us to oversee the general health of the organization.

The first few months, I was kind of lost. There was a lot of material to learn, and I wanted to do a good job. Eventually though, things became easier, for both me as a new board member, and for the board as a whole.

The responsibilities of a board member include reviewing reports of how the cooperative is running; monitoring policies to evaluate their effectiveness; and discussing the potential obstacles and opportunities the cooperative might face in the future.

At board meetings, the General Manager discusses topics of importance, while other staff bring their perspective to the discussion.

Getting input and involving owners of the cooperative is an important responsibility of the Board. We are the link between the owners and management. Twice a year, we hold Invitationals—special events in which we invite owners to listen to a special guest speakers. Past Invitationals have included speakers from the Physicians for Social Responsibility, and the Audubon Society.

Another popular invitational features the Food Front buyers discussing how they work with local product vendors and growers. This year, the buyers held a mini-open house at the store for board and guests.

Board meetings are cordial, and the board members, staff, and owners bring a spirit of working together as a team, toward a common goal. Owners are welcome to attend, and become involved. One great perk of being on the board is a delicious dinner from our deli.

Looking back, I can honestly say I had no idea what I was getting into, that day I was approached about serving on the board. I have learned more about the cooperative, learned about policy governance, and learned how truly committed the staff at Food Front is. I have made friends, and have had a wonderful time in the process. And, I have been happy to help.

If you are interested in serving on the board, we'd love to hear from you. Please call 503-222-5658, ext. 133.



**N O R D I C
N A T U R A L S**

Spring Sales

- April** 20% off all Nordic Naturals Products
- May** 20% off Omega Woman
- June** 20% off Arctic Cod Liver Oil - orange - 8oz
20% off Arctic Cod Liver Oil - plain - 8oz

A Sustainable Oregon

Eating Seasonally: Spring

By eating seasonally, we can regain a connection between the food we eat and how it was grown, and an appreciation of the cyclical changes of the seasons. This greater awareness brings more pleasure to our lives. Spring's bounty includes arugula, watercress, Asian and mustard greens, spinach, and rhubarb.

BY WENDY GORDON

As I write this, snow is falling outside my window, but concurrently, a few brave yellow and purple flowers are poking their heads up, promising spring. If you've been diligently eating seasonally, and feel you can't abide yet another root vegetable, take heart. Spring produce will soon arrive on Food Front's shelves. If eating seasonally is a new concept, spring—nature's time of new beginnings—is an excellent season to start.

Waiting for the first spring vegetables can be frustrating because the weather usually warms (if only for a few tantalizing days) before crops mature sufficiently to be eaten. Many of the winter standards like apples, broccoli, and beets are still in good supply, though, so you can gradually integrate the spring vegetables as they appear. In spring we mainly eat leaf and stalk parts of plants, as fruiting requires warmer weather and full maturity. In other words, "That means lots of salad stuff," says Food Front's produce buyer Katie Sharrow.

Cool weather-loving greens like arugula, watercress, Asian and mustard greens, spinach, and rhubarb usually made their appearance first, followed by butter, romaine, and leaf-style lettuces. Some hardy greens such as kale, collards, and chard keep producing throughout the winter and into the spring. I've harvested scallions and sorrel from my home garden all winter, despite the frequent frosts. Some herbs also survive the winter and/or pop their head up early in the spring: rosemary, thyme, parsley, cilantro, and chives.

In the root vegetable category, carrots and new potatoes take over for beets and parsnips. Two flowers, artichokes and asparagus, are probably the signature vegetables of spring. Both require cool wet climates for growth. The artichokes thrive particularly well on the Oregon coast.

In late spring, watch for fresh peas. Snow peas are the traditional kind found in Asian food, while sugar snaps have a fuller, wonderfully sweet flavor and an edible pod. Oregon strawberries are the only fruit that reaches maturity in spring, usually in the first or second week of June. While bigger California berries mature a month or so earlier, the small, sweet, highly perishable Oregon berry is well worth waiting for.

People often forget that animal products exhibit their own seasonality. Goat cheese also reaches peak production in spring. Goats generally give birth once a year, and can't be milked while they are pregnant (a four month gestation) or while they are feeding a new kid. This after-weaning time is the most productive for milk, and thus cheese. Typically, Northwest goats

give birth around January 1. This year they are running late, with most babies born in February. Goat cheese production will probably peak around April.

Shellfish such as little neck clams, mussels, and oysters are readily available in early spring but not in late spring. However, (barring problems such as last year's) salmon season starts in May. And for you carnivores out there, sheep also give birth once a year, commonly in late winter, thus spring is a big time for lamb.

In keeping with the moderate temperatures and pastel colors of the season, spring foods tend to be mild-tasting, best-prepared in ways that accentuate their subtle flavors. The delicate salad greens taste great with a simple vinaigrette; the Asian greens sautéed with a little tamari sauce and sesame oil, and maybe a touch of rice vinegar. New potatoes taste great roasted in the oven or boiled (in their skins) and tossed with butter and some of those lovely fresh herbs.

Roasting brings out the flavor and texture of asparagus. I strongly prefer this method to steaming, which produces stringy, bland, odorous stalks. Slicing asparagus diagonally and stir frying it with a dash of tamari and sesame oil is also good. This recipe is adapted from Cook's Magazine:

PAN ROASTED ASPARAGUS

This recipe works better with asparagus that is at least one-half inch thick near the base.

1 T olive oil

1 T unsalted butter

2 pounds asparagus spears, ends trimmed

Sea salt and freshly ground black pepper

1 lemon

- 1) Heat oil and butter in large skillet over medium-high heat. Add asparagus evenly to pan and cook until it is bright green and still crisp, about 5 minutes. (Use tongs to turn or move asparagus if necessary).
- 2) Uncover and increase heat to high, seasoning to taste with salt and pepper. Cook until spears are tender and browned along one side, using tongs to move them when necessary.
- 3) Transfer to serving dish, squeeze lemon over spears, and serve.

The following soup is one of my brother's favorites, and I have enjoyed it many a foggy day on the California coast. Many recipes for artichoke soup call for canned or frozen artichokes. You can substitute these here, but it won't taste as good.

DUARTES ARTICHOKE SOUP (serves 4)

Approximately 1 cup coarsely cut artichoke heart chunks

3 T extra virgin olive oil

1 clove garlic, crushed

1 cup chicken broth

1 cup half and half

1 T cornstarch

1 T butter

Salt and pepper to taste

- 1) Prepare artichokes. Remove outer leaves and cut off pointy ends with scissors. Steam in water with 1 cut up lemon until tender (approximately 45 minutes). You will probably need about 4 artichokes. You won't need the leaves for this dish, only the heart, so baby artichokes would be optimal. Once artichokes are cooked, trim them down to the heart, removing the fuzz (you can eat the leaves if you like). Chop coarsely.
- 2) Sauté artichoke hearts in olive oil for approximately 15 minutes, adding the garlic for the last 3 minutes of cooking. Add chicken broth.
- 3) Puree mixture in a blender or food processor.
- 4) Combine half and half with cornstarch.
- 5) Add artichoke mixture and cornstarch mixture back together in a saucepan. Cook over low heat, stirring constantly, under mixture boils. Boil for one minute, and then remove from heat. Stir in butter and season to taste with salt and pepper. Serve immediately.

Sorrel is a great performer in my garden. Through the winter and into the spring it keeps on producing tangy, lemony leaves. Contrary to many spring greens, sorrel has a strong flavor. Try adding a few leaves to tossed green salads, or substituting sorrel for about a quarter of the greens in a spinach dish. Or try this delicious recipe:

TABBOULEH WITH MINT

1 medium bulgur

2 cups boiling water

2 cups sorrel, coarsely chopped

1 cup chopped fresh mint (this might be showing up in your garden by mid-spring, too)

1 cup sliced radishes

1 cucumber, peeled, seeded, and chopped

4 T olive oil

Salt and pepper to taste

- 1) Place bulgur in a medium bowl. Add boiling water, cover and let stand for ½ hour or until all liquid is absorbed.
- 2) Gently toss in remaining ingredients. If you like, top with some tangy fresh goat cheese.

PRODUCT Spotlight

Heartsong Chai

Heartsong Chai is a delightful new drink that we've carried for a few months. We recently caught up Chad (the Chai Guy) Derosiewith and Elizabeth (Chai Mama) Bretkowsays to see what makes Heartsong so special.

How did you get started?

Heartsong Chai was first brewed in a little café in Ashland Oregon. For two years we borrowed the café's kitchen at night, brewing a spicy local chai and distributing to cafés and restaurants in town.



What do you sell here at Food Front?

We sell several Heartsong products at Food Front. Our loose tea Heartsong Chai Spice Blend boxes are in the tea aisle. In the cooler are our 12-ounce bottles of Heartsong Pepper Brews, spicy and surprising. The Habañero Honey Brew is a caffeine-free, long brewed tea made with habañero peppers, organic lemons, honey and ginger. It's full of electrolytes and is great for the immune system. The ingredients are all organic except for the honey, which comes from Queen Bee Apiaries in Corvallis. The Thai Dragon Tonic is a tantalizing elixir of kiwis, limes, Thai dragon peppers, and agave nectar. This Pepper Brew is vegan drink and certified 100% organic. Pepper Brews are our natural alternative to caffeine and chemical-laden energy drinks.

What does it take for you to produce these drinks?

We produce our products ourselves. We have a factory, office, and Food Artisans Gallery & Café, in Ashland at a place we call the Chai Hut. All the spices in Heartsong Chai are organic. We purchase them whole and grind them by hand. For the Pepper Brews, we juice all our own citrus with our Zumex 150 machine. The kiwis are juiced by hand. Choosing to hand craft these brews allows Heartsong to buy fruit grown organically within the United States, rather than importing organic citrus concentrates from other countries. Right now we hand fill, cap, and label every jug and bottle, but we recently purchased a bottling line to increase our production capacity.

What do you like about Food Front?

We love the atmosphere at Food Front. We also love the deli, especially the veggie sushi, and wine selection. And of course, we LOVE Gary, Don, and Tom, who jumped on getting Heartsong's products in the store and are always positive, receptive, and helpful to us. We are currently self distributed in Portland and this has been a wonderful opportunity to shop Food Front ourselves. Food Front was extremely welcoming of Heartsong, which is hard to find in larger chain stores. We appreciate the folks that work there. They've been super helpful and accommodating getting our new products in the store.

What else is happening with Heartsong?

We recently opened a public space in our Chai Hut called the Food Artisan's Gallery & Café. Here you can sip Heartsong Brews at the source. We make organic, raw nut and hemp seed milks to serve with our chai, and we make fresh coconut chai smoothies that are outta this world! The Heartsong Food Artisans Gallery promotes other Oregon companies that express food as an art form with hand-made organic, full of love foods. The Chai Hut is located right off the I-5 at exit 14 in Ashland.

An advertisement for 'Preserve' featuring a woman in a white apron pouring liquid from a spoon into a glass jar on a checkered tablecloth. A man in sunglasses is reading a newspaper in the background. The text at the top reads 'ENROLLING NOW FOR SPRING/SUMMER CLASSES' and 'WWW.PORTLANDPRESERVE.COM 503.542.4228'. At the bottom, the word 'PRESERVE' is written in large, bold letters, with 'TEACHING THE ART AND SCIENCE OF FOOD PRESERVATION' underneath.

Grocery

Mark and Maureen Hotchkiss were having problems finding snacks for their three children that were both healthy and good tasting. They began experimenting with their favorite baked goods until they came up with tastes and textures their family liked while maintaining the nutrition and their health goals.

I am pleased to share with you Kids Central Kitchen items. These are all natural, whole grain baking mixes. These mixes were designed to be easy enough for a kid to make without sacrificing quality or taste.

We have three mixes on our shelves, Propeller Chocolate Chip Energy Bar Mix, Mudslinger Chocolate Brownie Mix, and Flip Flop Flapjacks Mix.

All of these mixes are simple to make and are really tasty. Try one—you won't be disappointed. Check out their website for more recipes: kidscentralkitchen.com

—Gary Koppen, Your Grocery Manager

Bulk

We now have Nossa Familia (Our Family) Coffee in Bulk. Augusto Dias was born in Brazil and moved to Oregon in 1996 to study engineering and play tennis at the University of Portland. He married and started a family here and then began bringing his family's coffee to Oregon. His family has grown coffee in Brazil since 1890. On the family farm everything is done manually: coffee planting, handling, harvest, drying and roasting. You can now find these varieties in the bulk coffee aisle: *Camila's Certified Organic*, medium-dark, naturally sweet. *Augusta's Certified Organic*, medium, a wonderful breakfast coffee.

Teodoro's Italian Roast, medium-dark, rich and flavorful, this coffee is perfect for espresso or drip coffee.

Ernesto's Family Roast, medium, great flavor and aroma, this is the family favorite.

—Don Miekle, Bulk Buyer



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RadiantHealthYoga.com

Deli

When I was a little kid, I thought there was some secret pasture behind our local grocery store that had cows, pigs, chickens, and somehow, fish all standing around waiting for the grocery man to come call them in to be 'packaged' as soon as my mom would order a particular cut. After years of intense research, I've learned that fish don't stand around and grocery stores don't have their own pastures. As a matter of fact, many of the pastures a lot of groceries get their meat from are often times hundreds, if not thousands of miles away.

Food Front, on the other hand, is so lucky to be able to buy a majority of its meat from farmers we know right here in the area. Not only do we talk directly with the farmers several times a week, they often deliver their products personally. Mike, at Lonely Lane Farms in Mount Angel brings ground beef and steaks to us himself. Dan, from Sudan Farms in Canby, always has a joke to tell as he helps put his ground lamb and lamb sausage in our walk-in cooler. That guy in our storage area dressed in overalls is Greg Malinowski of Malinowski Farm right up the road in Forest Park. Greg brings us our organic beef and has been kind enough to host several employee tours of his farm. The list goes on: pork sausage from Dundee and Oregon City, Bison from Forest Grove, and fish from the Columbia River and the Oregon Coast.

So, if buying locally and supporting farmers in the area is important to you, check out our meat department sometime. We can do special orders too! And, while we may not have any secret pastures behind our store, you can be sure they are very, very close.

—Ron Fenton, Deli Manager



**Keep the Green
in Portland**

THINK LOCAL

Buy Local
BE LOCAL

**Shop
Locally Owned:**

- Re-circulate more dollars in our community
- Support and strengthen local jobs and businesses
- Preserve and enhance our unique neighborhoods

Think Local First!

Produce

Spring is traditionally the most promising season of the year. New items keep sprouting up: asparagus, artichokes, and cauliflower are biennial/perennial plants whose production starts early in spring, after bearing all the harshness and misery winter has brought.

I like to wait until the first rhubarb comes in before getting back on the strawberry train. And out in the woods—nettles, miner's lettuce, fiddle-head ferns, and a scattering of mushrooms push up and flourish for those who like to spice things up with something wild.

In greenhouses and under row covers, the first baby greens will see their way to harvest and market: mache, arugula, spinach, mesclun, and the first true lettuces. Late in spring we will see the first of the California grapes and soft fruit like peaches, nectarines, plums, and cherries. Finally we end with a triumphant splash and the first true Oregon fruit: local strawberries!

But what does spring really mean when you can get soft fruit, grapes, cherries, melons and berries year-round on account of the globalization of the produce market? To me it all comes down to matters of degrees and where you draw your lines. In the spring line-up I gave earlier, there are already some blurred lines as far as seasonality, sustainability, and buying local are concerned. The strawberries that come with the first rhubarb are organic but from California. The rhubarb is from Washington, but not organic, and it is hothouse grown—pushing the season earlier by about a month. The first baby greens are almost exclusively grown under some kind of protection even though they are cold-hardy and cool-weather crops, bringing them here earlier and making them more cosmetically appealing than if they were grown out under the typical weather of February, March, and April. To get soft fruit before July we must try the California crop as soon as we feel the sugars are high enough to satisfy our winter-hungry mouths. Even the signature spring staples asparagus and artichokes are California-



grown for the first month of promotions. Today Food Front has Muscat grapes grown in Chile and soon we will switch to South American pears and New Zealand apples since the local crops are done for the season.

It's all a balancing act with quality measured against cost, and sustainability hedged upon marketability. I try to promote those items that are most local, direct, seasonal, and sustainable. That is why you will see wild, local, and seasonal produce in the most prominent displays, the sale items weighted to local and in-season offerings, and big signage devoted to our direct-local-seasonal connections as they come and go.

Your part is to take advantage of the spring buys, give us feedback as to its quality, and tell us if you want us to be more aggressive in our seasonal buying. Also you can choose to avoid buying the things you feel are out of season, imported from far too away, or not sustainable enough for your values as a shopper and/or owner of Food Front. If customers are responsive to buying locally and seasonally, we'll be able to market the true deliciousness and stupendance of spring more fully!

CLASSIFIED Listings

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 website at www.woodentubs.com or call toll-free: (888) 810-7717.

Panoromic Ocean Views at Road's End, Lincoln City. Passive solar ecologically friendly beach house with hot tub. Info/Pictures at <http://www.vrbo.com/99587> \$275/nt. Linda at 503-646-9438.

Classifieds rates are \$15 (\$10 for Food Front Owners) for up to 25 words. Each word over 25 is \$0.10 (\$0.05 for Food Front Owners.) To reserve your ad, call Judith Rose at 503-228-5418.

It Pays to Advertise in Front Lines

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.

OWNER Benefits

Great Benefits for Food Front Owners

For more information about current benefits contact each person or business directly.

New Partners

TerraClean; offers cleaning for work and home.

503-293-5355; www.terracecleanworld.com

\$50 off all services with \$300 minimum.

Forest Park Federal Credit Union; 2465 NW Thurman
\$5 membership fee is waived for Food Front owners.
Food Front owners can also park in the credit union parking lot on weekends while shopping at Food Front.

Local Partners

Oliver Leonetti, LAC, Inner Gate Acupuncture
(503) 502-5254

Heather Lewis, Aletheia Holistic Teaching Institute
(503) 429-4677

Matthew Gray & Melisa Richardson, Esalen Massage, CranioSacral Therapy, Lymphatic Drainage Therapy and Visceral Manipulation Therapy
(503) 998-6364

Cameron Reinlasader, Massage Therapist, Naturopathic Bodyworks
(503) 233-0388

Dr. Steven Bailey, ND, Northwest Naturopathic Clinic
(503) 224-8083

Jane Brodie, Le Salon Du Visage
(503) 827-4518

Brook Bullock, Massage Therapist
(503) 490-5477

Heather Niva, Massage Therapist
(503) 984-6580

The Dragontree Holistic Day Spa
(503) 221-4123

Anna Abraham, Master Energy Practitioner
(503) 422-7744



The Seven Cooperative Principles

1. Ownership is voluntary and open to all, without discrimination.
2. Cooperatives are democratically run—one owner=one vote.
3. Money invested in a cooperative may receive a limited rate of interest and does not buy control.
4. Cooperatives are autonomous organizations controlled by their owners.
5. Cooperatives educate their owners, elected representatives, managers, and employees to benefit the organization's development.
6. Cooperatives cooperate with each other.
7. Cooperatives work for sustainable community development through policies accepted by their members.

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COMMUNITY CALENDAR

April

Thursday, April 5, 5-7 pm

First Thursday at Food Front. Special samples, tastings. Also check out Spring Box, the art gallery across the street.

Friday and Saturday, April 20-21

Owner Appreciation Days. Owner discounts all day, special events, and activities, tastings and samples.

Monday, April 23, 5:30-8:30 pm

Board of Directors Meeting
Holiday Inn, 2333 NW Vaughn.
Refreshments will be provided.
Please call 503-222-5658, ext. 133,
if you'd like to attend. 5:30-8 pm

Wednesday, March 28, 7-8 pm

Verse in Person: Poetry Readings.
Listen to Oregon poets read from
their works. Northwest Library, 23rd
and Thurman.

May

Thursday, May 3, 5-7 pm

First Thursday at Food Front. Special samples, tastings. Also check out the Spring Box, art gallery across the street.

Monday, May 21, 5:30-8:30 pm

Board of Directors Meeting
Friendly House Community Center,
26th & Thurman.

Monday, May 21, 5:30-8:30 pm

VEGGIEBALL, a homegrown, unique event that celebrates "all things vegetable." The VEGGIEBALL will include food, drink, silent auction, live auction, live music, dancing. This food-lover's taste-around event featuring local restaurants and wineries. Held at AudioCinema, 226 SE Madison. Benefit for Growing Gardens, call 503-284-8420 for information.

June

Saturday, June 2, National Trails

Day. Volunteer trail work party in Forest Park. All are welcome. Contact trails@friendsofforestpark.org for more information.

Thursday, June 7, 5-7 pm

First Thursday at Food Front. Special samples, tastings. Also check out the Spring Box, art gallery across the street.

Monday, June 25, 5:30-8:30 pm

Board of Directors Meeting

Sunday, June 24, 10 am

Run for the Love of Dove. Help raise money for the new Dove Lewis animal hospital by teaming up with your dog and running or walking in a two mile trek through NW Portland. Then show celebrity judges what your pooch can do. They'll be judging contests including fastest tail

wagger, best voice, coolest trick, most interesting mix breed and best name. \$25 in advance includes t-shirt and lunch. \$35 on the day of the run
Registration: 10:00 am
Run/Walk: 11:00 am
Event Site: parking lot on the corner of NW 20th & NW Pettygrove, Portland.
Call 503-535-3383.

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