

Front Lines

Spring 2011

The Voice of Healthy Living

Urban Farm Tour: Get to Know Your Local Farmers

Tour 3 Local farms: Zenger Farm, Food Works, & Adelante Agricultura • Page 6

Caring for
our Community
Page 3

Alaffia Spreads
Worldwide Wellness
Page 8

Local Farm Profile:
Sauvie Island Organics
Page 10

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.

On the Cover:

Bella Baxter-Farnsworth at Zenger Farms Summer Camp
Photo By: Emily Dueker

Board of Directors

Brandon Rydell, President
David Richardson, Vice President
Rupert Ayton, Treasurer
Linda Jauron-Mills, Nate Mason, Russ Nelson, Evan O'Neill, Joy Orevik, Arnold Panitch, Jan Wichert, Faye Yoshihara

General Manager

Holly Jarvis

Editing & Layout

Jessica Miller

Contributors

Rick Seifert, Francesca Benedetti, Valerie Kasinskas, Rachel Tourville (Graphic Lime)

Advertising

Judith Rose

Editorial

Jessica Miller
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!

General Manager's Report

Food Front Building Community

By Holly Jarvis, General Manager

The other day I was watching John, our Store Manager at Hillsdale, offer samples of our tiny Kishu mandarins to a group of students touring the store. He described how the little fruits just exploded with juicy sweetness and that it was like getting a burst of sunshine with every bite. Later that day, Brian, our Assistant Produce Manager was offering tastes of our newest selections of citrus to anyone willing to take one. I could see their eyes light up (just as mine did) with the experience of a new flavor. A week doesn't go by when a local artisan isn't in the store offering tastes of their products and sharing their pride and passion for their creation. Did you get a chance to taste Peace, Love, and Tacos' Green Salsa or Summit BBQ Sauce when these local artisans were in the store sampling their creations?

Once you have tasted our foods, discovered all of the local products we carry, met our local producers and heard their stories about their passion for the products they make, you will be hooked on the co-op as a great place to get fresh, delicious, seasonal, and local foods. And, you've experienced the co-op's values in action. We place a high priority on sourcing organic, local, and sustainably produced goods to provide our owners and customers with the best quality foods we can find, to support our local artisans and growers, and to maintain a healthy, local economy and food system.

I was at the 5 year anniversary celebration for the Edible Portland Magazine when Dave from Dave's Killer Bread met Jessica, our Marketing and Outreach Director. Jessica introduced herself as being with Food Front and Dave gave her a big high-five saying that Food Front was his first retail outlet, and the first place he ever did a demo. His loyal customers at the Portland Farmer's Market had encouraged him to bring his bread to the co-op. I still remember the first time

he came in to do his first samplings of bread for our customers. At the Food Front Annual Owners meeting last fall, we announced the recipients of our annual Sustainable Community awards. Gary Gottschalk of Organic Orchard received the award for Sustainable Produce Grower of the year; and like many recipients in previous years, Gary described how Food Front was his first retail outlet, helping him with all the details (like how to write an invoice, etc.) to successfully sell his products.

Our buyers put a lot of attention focus on locating locally produced goods and bringing them into the store, spending extra time with people new to business and retailing to help them learn what grocers need from a vendor. Why is this important or special? It can be very difficult to get new products into over-stocked grocery stores. Chain stores, even local ones, have many requirements and hurdles before they will consider a new product. This can prove insurmountable or create delays and extra expense for the new producer who has yet to produce a high volume of product.

It is common for Food Front's buyers to give advice about packaging, pricing, and even how to write an invoice. But what may not be readily apparent, is the effort they put into building relationships with our local producers. This takes time, commitment, and a passion for the work they do. Just the other day, I heard a fellow delivering products in our stockroom say that he loved his weekly stop at Food Front because employees take the time to have a meaningful conversation with him, unlike how he is treated at other stores. He said that it makes a real difference to him and his day. This reflects another value of the co-op—building community. Many grocers tout their selection of local products, but building community is one of the key values our co-op is built upon and makes Food Front essentially different from other grocers. We build strong relationships that are still vital many years later, like those we have with Dave Dahl and Gary Gottschalk.

Events that Matter

Care for Our Community

Food Front has a commitment to serving and supporting our neighbors and community at large. We are happily continuing our previous relationships and adding even more to our family of wonderful organizations. One of our new partners is Friends of Trees; a neighborhood tree planting drew over 80 people to plant large trees throughout Hillsdale. John Conlin, Manager of our Hillsdale store was out there planting early in the morning. Food Front donated breakfast foods and juice to the deserving volunteers and we have committed to regular fundraising for Friends of Trees for the upcoming year.

Shopping with a Reusable Bag Does More Than Help the Environment! Everytime you bring your own grocery bag to shop, we donate a nickel to a charitable organization. We will be using this method of fundraising to support Mercy Corps in their efforts to relieve the people of Japan after the tragic Tsunami in March. You can also donate any amount you wish at any of the registers at both stores. We will continue to fundraise for Japan for at least the next few months.



Sundays 10am - 2pm
Spring 2011 Schedule:
April 3 & 17
Every Sunday
Starting May 1st!

Where the Harvest and Hillsdale Meet

Located in the Wilson HS - Rieke Elementary parking lot
503.475.6555
contact@hillsdalefarmersmarket.com <http://www.hillsdalefarmersmarket.com>

Please Keep in Contact with us!

Your voice is important. Please contact us with thoughts, comments, requests and questions!

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

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

www.FoodFront.coop
e-mail: info@foodfront.coop

Follow us on Twitter and Facebook

Owner Discount Days

Friday, Saturday, and Sunday, April 15th, 16th, & 17th
Both stores. All day.

The next Owner Appreciation Days are Friday, Saturday, and Sunday, April 15th, 16th, & 17th. Owner discounts are applied at the register. The more you purchase, the more you save!

Here are the details:

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

Bonus! Food samples throughout the store, wine tasting on Friday evening, plus Goodie bags filled with treats, coupons & more for all shoppers while supplies last!

► 10% OFF All Purchases for all customers! May 15th at Hillsdale Food Front!

► Market Sundays at Hillsdale in FULL SWING May 1st!

May 1st marks the return of Hillsdale Farmer's Market at Reike Elementary every Sunday! Come to Food Front for a special event on May 1st. Join us before or after your your trip to the Farmer's Market for coffee & treats courtesy of Food Front!

12-3pm Food Demos & Samples! Find your Favorites!

► Saturday Samples: Hillsdale/NW Saturdays, noon-3pm

Sample delicious foods from local food artisans and growers and other fabulous food producers. Learn about issues such as gluten-free foods, fair-trade, and non-GMOs. Get inspired by new recipes too!

► Neighborhood Cleanups!

Hillsdale: Every First Saturday each month, 9-10am

Northwest: Every Second Saturday each month, 9-10am

We gather in front of Food Front and pick up trash in the immediate neighborhood. Afterwards, we sit outside and have free coffee and treats.

► Food Front Movie Series

Join us at our free movie series. Refreshments provided.

NW Library, 23rd and Thurman

April 13th, 6pm: *The Power of Community*

May 11th & June 8th, 6pm: *Movies TBA*

Hillsdale Library, 1525 SW Sunset Blvd

May 17th, 6pm: *Good Food*

Springing into Fresh

By Jessica Miller, Food Front's Director of Community Outreach & Marketing

Spring provides a fresh start for crops, cluttered closets, and for Portlanders especially, hope for a sunnier disposition and a needed dose of Vitamin D.

The timing of spring's renewal just so happened to coincide with a fresh new look for Food Front. You've probably already noticed a different feel on the cover of this quarter's Front Lines, and likely you've noticed the new signage in our stores or the new direction our advertising is taking. We have decided to go with a vibrant new color palette consisting of tangerine orange, eggplant purple, and a dark leafy green. Each of the main hues has a sister tone set a bit lighter which we use as an accent. The colors represent vivid produce, vibrant energy, and they align with the National Cooperative Grocers Association (NCGA) branding.

Our goal is to use this branding to get attention so we can tell our story and let the public know why Food Front is here and what we stand for. Food Front provides an opportunity for small growers and food artisans to get their product on the market, thus providing our community members and customers with the best food you can find. We pride ourselves on carrying products that focus on sustainability, organics, fair-trade, and being local. After almost forty years of success, we are striving for another forty years of supporting our local food system and economy and helping to keep our local farmers and producers in business.

At our co-op we come together to make a difference in our community and we want everyone to know it so we can continue to grow and make an even bigger impact in the

future. To sum it up, we love Portland and its people and we happen to have a passion for local, fresh, organic and delicious food. Motivated by the belief that all deserve access to such splendor, we strive to serve the communities within which we exist.

A huge thank you to Rachel Tourville, Food Front's Graphic Designer. Rachel's artistic ability is impressive and we couldn't be making these changes without her creativity. To see more of Rachel's work check out her website www.graphiclime.com.

Please come in and check out the changes, as we continue to rejuvenate our signage and overall ambience of the stores!

Besans
EST. 1923
2301 NW Savier St. Portland, Or 97210 | 503.228.2619 | www.besans.com

YOU WISH YOUR MOMMA COOKED LIKE THIS
tuesday-saturday
5pm-10pm

BAKER & SPICE SweetWares
From our house to yours...
bring baking home
6330 SW Capitol Hwy | www.bakerandspicebakery.com
6306 SW Capitol Hwy | www.sweetwares.com

HAIRCOLOR SALON DIRK
A FULL SERVICE SALON
503-244-4242

**Spring
NEW SKIN, NEW YOU
Natural Skincare
Workshop**
April 3 12:00 - 1:30 PM
call for reservations
\$10 fee discounted on
any purchases
For your convenience
you can now book
your appointment online,
Webshop our products,
check our specials.
www.haircolorsalondirk.com

tues 9-5
thurs 9-6
fri 10-6
sat 9-3

1517 SW Sunset Blvd 97239

Board Report: Get to Know Your Board of Directors

By Nate Mason, Food Front Board Member

Food Front's operations are run by its General Manager, Holly Jarvis, but she is supervised and supported in her work by a volunteer Board of Directors, eleven in number. The Board members represent you, Food Front's owners, and are available to discuss with you your vision for the cooperative, your values, and your needs as a consumer and owner. The better you know them, the better they can represent your interests.

Jan Wichert is one of Food Front's veteran Board members, having served on the Board for eight years now. She worked at Food Front for three years in human resources and now is an HR professional at Vancouver Housing Authority. She lives in NW Portland.

Linda-Jauron Mills is another senior Board member. She has been an owner of Food Front since the seventies and served as President of Food Front for the last two years. She drives a bus for TriMet during the workday and a motorcycle in the evenings, and always seem to have her finger on the pulse of Food Front's owner's values.

Russ Nelson has also been around the block, having served on the Board for eight years now. He lives in Vancouver, serves as cooperative liaison to the many other co-ops in Portland, and models good living practices through his quiet but consistent use of public transportation and reusable dinnerware, among other things.

David Richardson is the last Board member who has served since before the opening of the Hillsdale store. He is a senior employee at Intel and as Board Vice-President he keeps on us track with his business acumen, intelligence, and enthusiasm for efficient and well-run operations.

Arnold Panitch is a retired professor of social work and a longtime civil rights activist. He lives in Hillsdale with his wife, Barbara, and has served on the Food Front board since the Hillsdale store opening in 2008. He chairs the Nominations committee and he is the guy to talk to if you are interesting in joining the Board.

Rupert Ayton also lives in Hillsdale and joined the Board in 2009, shortly after the second store opened. He has degrees in accounting and banking and is diligently serving as Food Front's Treasurer as well lending his expertise to the supervision of the Co-op's financials.

Joy Orevik is another professional driver who has developed an interesting niche for herself by combining her humanitarian and commercial interests into a novel business, transporting rescued dogs from overcrowded kill-shelters to less-crowded, no-kill shelters all around the West Coast. She has been a board member for two and a half years.

Brandon Rydell is the Board's golden child, a youthful upstart who joined the Board just three years ago upon the opening of the Hillsdale store, but was unanimously elected President by the current Board because of his patience, balanced perspective, and fine leadership and organizational skills. He is a professional IT manager at PGE and lives in Hillsdale with his wife, Jennifer.

Food Front's Board now features not one but two recovering lawyers, Nate Mason, manager of a small urban gardening co-op, and Evan O'Neill, who is also a trained chef and a graduate of Le Cordon Bleu in France. Nate lives in Hillsdale and has served on the Board since the opening of the Hillsdale store in 2008, and Evan is our newest addition, having been appointed to fill a vacancy last month after supporting the Board and attending meetings for over a year. Evan lives down the street from the NW store.

Faye Yoshihara is another relative newcomer to the board, unanimously appointed five months ago. She was raised on a row crop farm in Eastern Oregon, brings a diversity of experience in international business, and is doing a fine job of quarterbacking a restatement of Food Front's Policies with input from the rest of the Board.

The entire Board endeavors to speak and act as one, but they are individuals with unique personalities and experiences. They all live, or have lived, close to one of Food Front's stores, and take a personal interest in the success of the business. Please take the time to get to know them, and let them get to know you, so that they may best represent your interests and values.

**20% off
All Carlson
Products!**
April 1-30th

Carlson
— Since 1965 —

3rd Annual Tri-Co-Op Farm Tour: Urban Farms Increasing Access to Healthy Foods

By Jessica Miller, Food Front's Director of Marketing & Outreach

It is time again for a Farm Tour! Food Front, People's & Alberta Cooperative grocery stores are joining together to connect Portlanders with their local growers, and learn about local food security. This year's tour will focus on how and where people are in the Portland area their food, and other issues relating to hunger and adequate nutrition. Our cooperative farm tours are family friendly so bring your children, grandparents, neighbor or partner! The day trip will be filled with opportunities of education, fun and delicious food! There will even be an (optional) opportunity to get your hands dirty and do some light work at one of our stops. The delightful cover of this month's Front Lines was inspired by one of our Farm Tour hosts, Zenger Farms. Buses will meet at People's in SE Portland where we will enjoy coffee and an assortment of breakfast eats. We'll depart and head to Adelante Agricultura in Forest Grove whose overall goal is to provide resource-limited, aspiring Latino immigrant farmers and farm workers with the training and

skills necessary to farm using organic methods. From Adelante we'll head to Foodworks Farm on Sauvie Island to meet the youth that are growing food for their community, and enjoy a delightful lunch, delivered fresh from Food Front Catering. Our final stop will be at Zenger Farm: a working urban farm that models, promotes and educates about sustainable food systems, environmental stewardship, community development and access to good food for all.



WHO: Everyone! Children of all ages welcome.
WHEN: Saturday, June 11, 8am-5:30pm
ROUTE: Pick-Up / Breakfast @ People's, Adelante Agricultura Farm, Foodworks Farm, Zenger Farm
COST: Adults: \$27, youth (12& under): \$15, Scholarship* : \$15
REGISTRATION DATES: Now - May 15th,
 Payment due upon registration.
HOW: Pick up your registration form from a cashier at any of the Portland Co-ops, as well as Food Front's Hillsdale location.
 * We want this tour to be accessible as possible for all. To inquire about the Scholarship rate please email: jessica@foodfront.coop or call: 503.222.5658, Ext. 133

Food Front Members receive 2 Hrs. free consultation

ROBERT FREEMAN ARCHITECTURE
 6508 SW 55th Dr
 Portland, OR 97221



503-827-4174

Robert Freeman, LEED AP
 Principal
rffreeman@intergate.com

Portfolio on facebook: ROBERT FREEMAN ARCHITECTURE

Your Neighborhood Mattress Shop
 Mattress and Pillow Fittings



Cultivate a new bedroom this spring.
 Sleep on the organic side!

Eclectic Home
 2259 NW Raleigh St.
eclectichome.com 503.224.0551

Hillsdale Main Street & Food Front

By Rick Seifert, Hillsdale News

February-to-February sales at the Hillsdale Food Front have increased 13 percent, says a proud John Conlin, Hillsdale Food Front's store manager.

He attributes a good portion of the gain to Hillsdale's new Main Street status. "Main Street provides a platform for us,"



Food Front Deli's Jorge Gallardo grilling on the patio

he said. He cites a Feb. 10 "Main Street launch" that attracted hundreds to the Capitol Highway business district — and Food Front.

Serving free marinated kabobs and offering a wine tasting, the store introduced itself to several new customers that night. "You build a following one person at a time," says Conlin. Several "launch" visitors learned for the first time that Food Front does catering, he said.

Conlin started work at the end of March 2010, just as leaders in the Hillsdale Community geared up to compete for the Main Street designation.

Food Front jumped into the effort. The cooperative, along with several other Hillsdale businesses, made a financial donation to the organization and plans to continue to support Main Street's efforts. The community must contribute \$50,000 annually to qualify for city money. The City's portion in the first year was \$58,000.

Much of it goes to pay for a full-time Hillsdale executive director, who keeps platoons of volunteers on a time-tested Main Street economic revitalization plan. Main Street programs are in place in hundreds of communities nationwide.

The Hillsdale community Foundation shepherded the application into existence and raise the needed money pledges. The Foundation team featured the newly hired, hyper-

enthusiastic Conlin in a short video in which he extolled Hillsdale's promise.

Since the community learned it won the competition (along with St. Johns and NE Alberta) last June, business district organizing has become orderly and targeted — with timelines, specific tasks and goals.

The Hillsdale Main Street program is divided into five areas: organization, economic revitalization, design, promotion and sustainability. Each has a committee. Conlin serves on the promotion and sustainability committees, but has also advised the design committee how a new bike plaza next to the store can be further developed.

Josh Kadish, a Food Front regular, is also former chair of the Hillsdale Farmers Market and sits on the Hillsdale Main Street board. Kadish says that Main Street is a big asset for Food Front. "Anything that draws attention to Hillsdale, draws attention to Food Front," he said after a recent Hillsdale Town Center litter clean-up supported by the store.

From an "eagle's nest" office looking out over the store, the energetic Conlin sees Main Street as a catalyst and focus for community energy. Neighborhood leaders have seen 70 new volunteers get involved. Meetings, sharing and brainstorming are on the rise. A major May 1st celebration marking the 10th anniversary of the Hillsdale Farmers Market is in the works. "I see people thinking larger and dreaming bigger," Conlin said. "It's really exciting to be part of it. We will look a back in a few years and say, 'WOW! Look at what we accomplished!'"

PALOMA CLOTHING



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

STORE HOURS:
 MON.-FRI. 10-6
 THURSDAY 10-8
 SUNDAY 11-5

THANKS FOR
 SUPPORTING
 LOCAL BUSINESSES

503.246.3417

HILLSDALE SHOPPING CENTER

Alaffia Products Spread Worldwide Wellness

Foreword By Jessica Miller

Alaffia makes some amazing products: luscious lip balms, shampoos, conditioners, Virgin Coconut Body Butter, and more! Beyond the obvious qualities of these exquisite items, lies something even more fantastic. The founder, of Alaffia Cooperative, Olowo-n'djo Tchala, is from Togo and though life has brought him to Olympia, WA his connection and dedication to his home of Togo remain strong. Stocking products from producers like Alaffia is important to Food Front. Our buyers locate quality products from producers with strong values. Below are some highlights from a recap of a recent trip to Togo, written by Olowo-n'djo. To receive the full article full article and all of the pictures e-mail: info@foodfront.coop.

As always, my first wish is that this note finds you and your family in good health. I am writing to share the highlights of the past three weeks that Rose and I spent with our cooperative in Togo. Before leaving for Togo, I imagined that I would have some days to rest since I spent a great deal of time in 2010 on the road. However, this hope was not realized, as instead we worked long hours. These hours were worthwhile, though, as this trip was a vivid reminder of why we have committed the past seven years to the empowerment of people in Togo and gave us courage to continue to do so. Furthermore, we were able to touch on new and ongoing projects and objectives, including:

New Cooperative Members Due to the positive sales last year, we were able to bring in an additional 15 members to our cooperative, of whom 10 are young women. Because of the extended family structure in Togo, this means that more than 60 individuals will be depending on their incomes. Our hope is to bring another 30 women to the cooperative before the end of the year.

Solar Energy for the Cooperative For the past seven years, we have planned to install a solar energy system at the cooperative but it was not possible, either financially or logistically, until this trip. During our first week, we installed a solar system to power lights and the cooperatives laptop computer. The lights will make it easier for preparing the shea oil after dark. If this solar system works well for the cooperative, we will begin installing similar systems in poor schools in 2012. Over 90% of schools in rural Togo do not have access to electricity and lights. In stalling simple solar systems will provide lighting during school and also after hours so students can meet and study.

Water Treatment System The byproduct of traditional shea production is shea nut and water slurry. This byproduct is not waste; the water can be reused and the residue has multiple uses – for compost, biogas production

and fuel. Previously, our byproduct treatment system was very labor intensive. Over the past two years, Rose designed a system to reduce labor and increase our ability to reuse the byproduct. During this visit, we were able to build and begin using the new system. The system is very simple – the byproduct is poured into a concrete holding tank each afternoon and allowed to settle overnight. In the mornings, the water is released and used to irrigate our lemongrass fields. The residue is scooped out and reused. Currently we are composting the bulk of the residue, but in the next month we will begin drying and compressing it into fuel logs.

Construction of Nursery Each year we plant 1,000 trees to mitigate the impact of climate change and desertification. This year we plan to increase the number to 4,000 trees. In order to realize this goal, the cooperative decided to build our own nursery and to hire an arborist. During our visit, we built the nursery shade structure, and our arborist has begun a three month training program with a local nursery expert. Next month, we will propagate 4,000 trees. After three months, the young trees will be transplanted throughout central Togo.

Expansion of Maternal Health Program Each year since 2006, we have provided maternal support for 100 pregnant women. For the 2010-2011 program, we decided to increase the number to 400 women. On this trip, we were able to visit most of the villages, and for the first time, established a binding agreement with the Togo government health system of the central region, the Sokodé PolyClinique, to provide full maternal support for 400 women. Alaffia pays all fees and expenses, and the clinics provide all needed medical needs – including regular checkups and emergency care. During our clinic tours, we were also able to visit with some of the women who participated in the program over the past four years. It was very gratifying to see healthy mothers and their children and to hear how the maternal health program has helped them.

Distribution of Birthing Materials In early 2010, we began a partnership with North Valley Family Medicine in Tonasket, WA. There is a serious lack of adequate birthing materials in Togolese clinics, which contributes to high



maternal and baby death rates. Dr. Justine Bolz and her team in Tonasket set up a fundraiser for the Alaffia Maternal Health program. With the enticement of Alaffia products and helping their colleagues in Togo, Dr. Bolz raised enough funds to purchase birthing supplies for 700 births...

Bicycles for Health During our discussions with the Sokodé PolyClinique, we were asked if Alaffia could provide bicycles to local Village Health Agents. For all villages that do not have a health clinic, the central region clinic system provides a Village Health Agent. Village Health Agents visit households to conduct basic health checks, disseminate information about vaccination programs, healthy eating, malaria prevention and so forth, and provide basic first aid. However, they are not given any method of transportation, which makes their job very difficult to perform. We felt that this need aligns with our community empowerment objectives; therefore, we decided to provide 100 bicycles to the program. There are 400 Village Health Agents in central Togo alone. We will follow this initiative very closely, and if they bicycles are truly used in the



way the PolyClinique has agreed to, we will provide another 100 bicycles each year for the next three years. Furthermore, because of this additional need for bicycles, we will step up our collections from 500 to 1000 bikes this year. If you live in the Pacific Northwest and would like to donate a bicycle, please contact us.

Kouloumi Secondary School Schools like the secondary school at Kouloumi are the prime incentive for Alaffia's community projects. Alaffia's involvement in the Kouloumi school began in September 2008. At this time, I was visiting the cooperative, and a delegation made up of the Kouloumi Chief's representative and the new Kouloumi School Director visited me and urged Alaffia to provide benches for their new secondary school. Until 2008, Kouloumi, a town of over 5,000 inhabitants, did not have a secondary school. Students who wanted to continue beyond 6th grade either made the 15 km journey to the next larger town or moved in with relatives. In 2008, the government provided a teacher, and the villagers built the school – a basic mud and straw roofed structure, but could not afford benches. This is where Alaffia came in. I accepted the request and immediately put in an order for the benches to be built. In early 2009, the Director informed Alaffia that the village had given over 20 acres of land to the school and that they would like to participate in the reforestation project. After visiting the site, we agreed to their proposal and provided enough fruit and native trees to cover the school's property.

During this trip, we visited Kouloumi, and the first trees are now over 6 feet tall and will bear their first fruit this season. Kouloumi was chosen to participate in the Alaffia Bicycles for Education program, and we personally distributed 60 bicycles to the students that live in the surrounding smaller villages. The Kouloumi school has come a long way, and in recognition of Alaffia's help, they have named their girl and boy soccer teams after Alaffia. After our visit, and seeing the determination of the community, the students, teachers, and the school's



Director, Alaffia has decided to build a permanent 5 classroom structure for the school. Currently, the classrooms are constructed of mud and straw. From August to October, and then again in May and June, school is often cancelled because the roof cannot withstand the heavy rains. The school is located outside the village, and venomous snakes often enter the class rooms, even during school hours. The school also does not have a source of water, and the Director and teachers do not have an office. The total cost to provide a well and solid, well built school for Kouloumi is \$99,000. Alaffia has pledged to finance and finish construction of the school by August 2011. In summary, this trip was productive and provided us with a renewed belief that Alaffia community projects must continue at all costs and are worth all the long hours of work. It is also clear that these projects are only possible due to sales of Alaffia product...

Please visit www.alaffia.com or visit the Alaffia facebook page for more pictures from our trip. Once again, thank you for all of your support,

Olowo-n'djo

Portland Wellness Center
A Community of Practitioners Dedicated to Your Mental, Physical, and Aesthetic Health

The Best of Both Worlds
A Primary Care and Holistic Physician
Dr. Elaine Bayes Gillaspie
Naturopathic Physician

Serving the Community Since 1981

503.245.6516
6274 SW Capitol Hwy
Portland, Oregon 97239

For more information visit: www.portlandwellnesscenter.com

Farm Profile: Sauvie Island Organics

By Francesca Benedetti, Sales & Marketing Coordinator for Sauvie Island Organics

For over 18 years Sauvie Island Organics (SIO) has been growing vegetables in the rich soils of Sauvie Island and providing area residents with delicious, seasonal, local foods through our Community Supported Agriculture (CSA) program and direct sales to restaurants, kitchens, and grocery stores in Portland.

Sauvie Island Organics is a certified organic farm with a commitment to growing high quality produce, using sustainable and ecologically sound growing practices, and treating all employees fairly.

SIO is also a diversified vegetable farm that grows over 40 different crops each season utilizing well-planned planting schedules,

crop rotations, cover cropping, soil amendment applications, and irrigation schedules which provide for successful and productive growing systems.

Sauvie Island Organics has been working with Food Front



One example of the many CSA shares offered by Sauvie Island Organics

Cooperative Grocery for several years by supplying vegetables to the produce department, and in 2010 we began offering CSA pick-up at the Hillsdale location. The Hillsdale Food Front site has the added convenience of picking up your local CSA share, and any additional groceries from the co-op in the same stop. SIO also offers a CSA pick-up site at the Friendly House Community Center (NW

26th & Thurman), conveniently located down the street from the Northwest Food Front store at NW 24th & Thurman. Many members stop in to grab their CSA shares and then head to the market to grab their other groceries. Community Supported Agriculture is a direct and delicious way to support local agriculture, the local economy and healthy eating. As a member of CSA, you purchase a share meaning 30 weeks worth of produce in advance. We,

in turn, commit to growing a variety of vegetables for weekly delivery. From mid-May to mid-December you will be provided with freshly harvested produce from our fields. The bounty will vary from week to week and month to month depending on the season. We have Family Share, Individual Share, and Salad Share options still available for the coming season and we want you to join us! Community Supported Agriculture (CSA) is an innovative way to connect consumer and grower, each making a commitment to the other. As a member of our CSA you sign-up for a share before the season begins, and we in turn commit to growing a variety of vegetables for weekly delivery. We have over 30 pick-up sites in the Portland area, so find the one that's right for you.!

For more information please visit our website at www.sauvieislandorganics.com and click on the CSA tab. You can also reach us by calling our office at (503) 621-6921 or emailing us at csa@sauvieislandorganics.com.



Sauvie Island Organics' Tanya Murray digs up some lovely red potatoes.

EQUAL EXCHANGE
Small farmers. Big change.
Change is brewing.

Most teas come from large plantations where workers have little say. Join us in building a different system that values the voice of small farmers, their products, and democracy in trade. Our new line of 12 teas comes from our small farmer partners in India, Sri Lanka, South Africa, and the US. Finally, a tea line you can feel good about: from the source to the cup.

- Full range of Black, Green and Herbal teas
- Certified Organic by Oregon Tilth
- Fully sealed envelopes to preserve freshness and flavor
- Tear-away dispenser box
- Packed in the U.S.A.

We appreciate you joining us in support of small farmers from around the world.
Enjoy our teas.
Be part of the change.

For more information call:
(503) 847-2000 www.equalexchange.coop

Are you ready to switch?

7871 SW Capitol Hwy
Portland, OR 97219
503.445.4585

Store Hours
Mon-Sat 10-6 • Sunday 11-4

Switch
UNIQUE SHOES and CLOTHING

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
877-353-4028

SAFE

GRIZZLIES BRAND
HAND MADE IN OREGON

Hand Making Granolas, Trail Mixes,
and Cereals in Eugene Since 1981

Wildtime Foods 800-356-4458 www.grizzliesbrand.com

30% OFF

This spring, take advantage of the safety and reliability of Boiron Allergy medicines!

ALL ALLERGY PRODUCTS

Optique 1[®] 10 & 20 doses For Eye Irritation

Sinusalia[®] Tablets and Pellets for Sinus Pain

Sabadil[®] Tablets and Children's Sabadil[®] Pellets for Allergy

Safe • Non-Drowsy • No Side Effects
Works Naturally with Your Body

BOIRON
BRING OUT THE HEALTH WITHIN[™]
www.boironusa.com



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, April 25

Hillsdale Watershed
6388 SW Capitol Hwy
5:30-8:30 pm

Monday, May 23rd & June 27th

5:30-8:30 pm, Locations TBD.

Call 503-222-5658, ext. 133,
if you would like to attend.

A light dinner is provided.

Events at Food Front:

April 16 & 17:

Grilling Up Fresh Spring BBQ!

Join us for samples of grilled veggies,
sausage & tropical fruit on our NW
Patio: April 16, Hillsdale Patio April 17

Market Sundays at Hillsdale

Stop in on Hillsdale Farmer's
Market Days and enjoy some coffee,
Dave's Killer Bread & more on us!

May 15: 10% OFF total purchases for
ALL shoppers at Hillsdale Food Front!

Food Front Movie Series

Join us at the movies. Free!

Snacks and beverages provided.

NW Library, 23rd and Thurman

April 13, 6pm: *The Power of Community*

May 11 & June 8, 6pm: Movies TBA

Hillsdale Library, 1525 SW Sunset Blvd.

May 17th, 6pm: *Good Food*

Stay tuned for more details
and upcoming events!

Owner Discount Days!

Free samples, fun & goodie bags for everyone



Your owner discounts all day!

April 15-17th

\$1-49.99 =
5% off your
total

\$50-99.99 =
7% off your
total

\$100 +=
10% off your
total

Larger Purchases = More Savings!

Hillsdale Marketplace

6344 SW Capitol Hwy

8am-9pm | 503.546.6559

Northwest Neighborhood

2375 NW Thurman St

8am-9pm | 503.222.5658

Discount applied per transaction at register. No discounts on wine cases or member fees paid, but those payments/purchases will count toward your total. Goodie bags while supplies last.