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Front Lines

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

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Owner Appreciation Days

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

Friday, Saturday, & Sunday

July 17, 18 & 19

Front Lines

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

We are open every day
8am-9pm

Food Front is open to all.

MANAGER'S REPORT

Food Front in a Challenging Economy

By Holly Jarvis, General Manager

How is Food Front faring in these difficult economic times? Could be better, could be worse. The co-op has definitely been affected by the economic challenges facing small businesses. If someone had suggested that the co-op should open a second store during a deep recession, I would have said they were nuts. But guess what? That's just what happened. Fortunately, our sales levels in the new Hillsdale store are stable and just a little below our expectations. We expect to see a slow but steady increase in sales over the next year.

With people reducing their spending, we've seen our sales slow down at the NW Thurman store. This isn't surprising. We know small businesses in Portland have been directly affected by the economic slowdown and Food Front is no exception. In fact, co-ops throughout the west have seen their sales decline. Between the opening of the Hillsdale store, which we expected to affect sales at the NW Thurman store, and the impact of the recession, our sales have actually declined less than we expected.

Just like many of us individually, Food Front has taken steps to reduce our expenses and spending until our sales improve. Although, there are many expenses that we can't reduce (e.g. electricity, water/sewer, medical insurance), we have been able

to achieve some reductions in scheduled labor hours without having a significant reduction for any individual who didn't volunteer to reduce their hours. As sales increase at Hillsdale, our staffing levels will come into better alignment.

In the fiscal year that ended in March we did not generate a surplus (profit) due to the extraordinary expenses of opening the Hillsdale store. This means that for the first time in several years, there won't be a patronage refund this year. *In light of that, and the fact that many of us are being affected by the recession, the co-op has added a third day to our quarterly owner discount days and has begun offering monthly sale items for owners.* We look for every opportunity to offer good prices and affordable products when we can. What isn't changing is our deep commitment to our communities and our local producers.

The co-op is in a stable financial position and has cash reserves. We know how to weather an economic downturn. With the strong support of our owners and shoppers, we will do well and once we all feel more confident in the economy and sales increase, we will once again generate a surplus and be able to return patronage dividends. Until that time, look for the owner sale items each month and take advantage of the owner discount days. And look for the co-op as we actively participate in and support our communities (Ecotrust Farmers Market, Hillsdale Community activities and Portland Parks summer concerts)

*Food Front
is in a stable financial
position and has cash reserves.
We know how to weather an
economic downturn*

WHAT'S HAPPENING AT FOOD FRONT

By Tom Mattox, Community Outreach & Marketing Director

Care for Our Community



Each month Food Front helps raise money and visibility for organizations whose missions are aligned with our Ends. This spring we raised over \$1000 for *Growing Gardens*, *Zenger Farm*, and the *NW*

Emergency Food Box in NW and *Neighborhood House* and the *Rieke Artist-in-Residence* program in Hillsdale.

Thanks to all who contributed!

Patronage Dividends and Owner Specials

We believe the main benefit of co-op ownership is having a community store for all of us to enjoy. We succeeded in this in an amazing way by bringing Food Front to the Hillsdale community last year. At the same time, due to

	OWNER SAVINGS
Theo Dark Chocolate Mint Bar	
\$3.59 <small>Non-Owner Price</small>	\$2.29 <small>Owner Price (save \$1.30)</small>
<small>— Good thru June 28 —</small>	

the costs of opening the Hillsdale store, Food Front did not generate a surplus/profit in the last fiscal year, meaning there will be no patronage dividends this summer. (See related story page 2.) We've recently added a new benefit to

make your Food Front membership even more valuable—we now have Owner Specials each month. Look for special owner prices on dozens of select items.

Still Time to Make an Owner Loan

Opening a second store is an enormous undertaking for a small business like Food Front, which has limited administrative overhead and financial capital. Fortunately, Food Front had accumulated a cash reserve prior to the commitment to the Hillsdale store and benefitted from the large number of Hillsdale residents who purchased owner shares. To date, we have received only a third of our minimum goal for owner loans and have until October to complete our loan drive. The loans will provide essential working capital and if we receive more than our minimum goal, will be used to buy additional equipment for improvements at both stores. If you are interested in offering a loan to the co-op, please contact our finance manager, Lee Lancaster (ext. 131).

Owner Appreciation Days

Friday, Saturday, and Sunday, July 17, 18, and 19 Both stores. All day!

The next Owner Appreciation Days are Friday, Saturday, and Sunday, July 17, 18 and 19. Food Front owners will receive their discounts at the register both days. 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.

Berries, Berries, Berries!

Northwest: Saturday, July 11, 11am-5pm

Hillsdale: Sunday, July 12, 11am-5pm

Berries burst with flavor and pack a nutritional punch. Summer is the perfect time to enjoy these small wonders fresh! Join us for samples.

Local Artisan Food Day

Northwest, Saturday, August 8, 11am-5pm

Hillsdale, Sunday, August 9, 11am-5pm

Come and connect with our newest and freshest local producers. Hear the stories to go with the products. Samples and demos.

Just Peachy!

Northwest, Saturday, September 12, 11am-5pm

Hillsdale, Sunday, September 13, 11am-5pm

This is what you have been waiting for: Columbia Blossom peaches! They are amazing. Come and meet the grower and try the delicious fruit.

Wellness Wednesdays

Both Stores: July 15, August 19 & September 16

Enjoy our herbal teas, samples, demos, discounts, and other special treats.

Neighborhood Cleanups

Both Stores: July 11, Aug. 8 & Sept. 12, 9-10am

Every second Saturday at 9am, 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, and get to know each other. Please join us!

SUMMER EVENTS

Hillsdale Farmers Market

Sundays, 10am-2pm

Fresh produce, music, and prepared food every Sunday. Held at the Wilson High-Rieke Elementary Parking Lot. The main entrance to the parking lot is located at the intersection of SW Sunset Blvd. and SW Capitol Hwy.

EcoTrust Farmers Market

Thursdays, 3:30-7:30pm

Meet local farmers and producers at the EcoTrust Market (NW 10th and Johnson St). Food Front is a proud sponsor of the market again this year.

Summer Concerts in the Park

Food Front is co-sponsoring *Summer Concerts in Portland Parks*. The concerts will be held on Thursdays, (July 9, 16, 23, 30) from 6:30-8 pm at Wallace Park, NW 25th and Raleigh; and on Thursdays (August 6, 13) at Couch Park, NW 18th and Glisan. This year we will also be at Willamette Park on Wednesdays, (July 8, 15, 22, and 29.) Visit the Food Front table!

Hillsdale Blueberry Pancake Breakfast

Sunday, July 26, 8:30am to noon

The 32nd annual Hillsdale Customer-Appreciation Blueberry Pancake Breakfast will be held in the parking lot just across the street from the Hillsdale Shopping Center. \$5 for adults, \$3 for children. Sponsored by the Hillsdale Business and Professional Association.

Multnomah Days

Saturday, August 15, 10am-5pm

Walk, bike, or bus on over to enjoy a full day of fun. The day is centered around the 10am parade, lasting about an hour, so be ready to laugh and shout. Bands, cars, dogs, and more will entertain you. The parade is only six blocks long on Capitol Highway through the center of the Village. Come early to check out the booths and get the perfect spot for your whole family. Over 60 vendors, including Food Front, will line the streets showcasing art, food, crafts and merchandise.

Staying in Touch with us

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

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Portland, OR 97210
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Portland, OR 97239
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{NW 10th & Johnson}



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BOARD Notes

Food Front is Well Positioned in Today's Economy

By David Richardson, Food Front Board Member

The current economic situation is having an impact everywhere. Since Food Front is focused on food, let's take a look at how food trends and consumption are being impacted. The data seems to be clear that a lot of us are scaling back on our food spending in response to the economy. We are also cooking at home more. We seem to be responding to having less money by spending less on going out to eat and cooking simple, but good, meals at home.

People are going "green" with their food, buying healthier and locally-grown food when available, affordable, and convenient. On one hand the overall economy has been down, but people are buying more natural foods, and there is an increased awareness and demand for healthy food, which helps Food Front. (So far, we have seen the recession slow sales a bit. See article on page two.)

Last year's jalapeño, tomato, and peanut scares in the U.S. have also changed people's opinions about food safety: people are more cautious, and want more control over their food. One marketing group predicts there will be slight resurgence in home canning. People are also asking for more information about the source of

their food, and want to be reassured that food is safe to eat. People tend to trust more locally-produced and organically grown fruits and vegetables.

Affordability and comfort are driving restaurant trends this year: noodle bars are thriving: breakfast is available all day in more restaurants, rice is more popular, and more affordable options are being added to menus to get people in the door. Pretentiousness is on the decline, people want comfort food and value. Restaurants are also moving toward serving more locally-grown food, but it's unclear if this is related to the economy, or more to consumers being more educated in general. Several sources mentioned that "mini-dessert" portions will start to be popular to save on cost and calories.

Restaurateurs are also using more inexpensive ingredients, different cuts of meat, and less complex meals. As of mid-April this year, casual restaurant business across the country was down about 30% based on a recent chef's survey. Most of these trends are predictive. But based on restaurant closures and changing menus it does seem clear that we are cooking at home more and that many of us are seeking out healthier and locally produced food.

As consumers become more educated about food production and distribution it seems inevitable that they will move toward healthier, locally grown foods. So what does this mean for Food Front? Assuming things continue to move in this direction, Food Front is well positioned to be a primary source of local, healthy, and safe food in Portland.

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Preserving the Vibrant Flavors of Summer

By Wendy Gordon

Canning and other preserving methods are gaining popularity again. After an initial investment in a few inexpensive items of equipment, home preservation saves a lot of money.

One fall afternoon in 1993, six months after moving to Portland from the New York City suburbs, I was standing next to another mother at a soccer game. She turned to me and asked “Have you done your canning yet?” No one had ever asked me that question before. In New York, making my own potato salad from scratch qualified me as earth mother extraordinaire. I hadn’t done my canning yet, but I got right to it, and have been canning ever since. Canning concentrates the flavors of summer like few other techniques do, and the multicolored jars look awfully pretty on your shelf. They make great hostess and holiday gifts, too.

It’s been interesting to watch canning and other preserving methods gaining in popularity during the current recession. After an initial investment in a few inexpensive items of equipment, home preservation saves a lot of money. The food items I no longer buy include jam, pickles, tomato paste, applesauce, pesto, flavored vinegar, many dried herbs, and most frozen vegetables.

Food preservation is way too big a topic to cover in one article, so I will cover jam-making (best done at the height of summer) in this issue, as well as means of preserving summer vegetables. In later issues I will cover late summer/autumn fruits and vegetables.

When my youngest son was five, he defined late June as “the time of first jam.” That is the time we pick and can strawberry jam. We pick berries at local farms in Hillsboro and Sauvie Island (you can research local farms at: www.tricountyfarm.org) July is the time for raspberries, marionberries, and blackberries. Blackberry season usually hangs on through August, joined by a second crop of raspberries. August is also the time I buy big bags of stone fruit (peaches, apricots, pluots, nectarines) and process them.

Canning jams is very safe due to the relative acidity of the fruit. The stable spreadability of jam is a function of both pectin and sugar content. It’s possible to make good jam without the addition of commercial pectin, but it requires a lot of patience and skill. I like to use Pomona Universal Pectin and a small amount of sugar, which improves the texture but still allows the fresh taste of the fruit to shine through. Make sure you use absolutely fresh fruit (can it the day you pick it) without bruising or mold. Jams need to be processed in a hot water canner (any large pot big enough to cover several jars with water). Six or so half-pint jars of each fruit supplies our family with jam for the year as well as plenty for gifts. You’ll need to buy new lids each year, but the jars are eminently recyclable. Specific recipes differ for each fruit, but I’ve included a general recipe for berry jam at the end of this article. While I prefer the texture and appearance of canned jam, you can also freeze the jam in plastic containers, thus bypassing the sterilizing process.

Another option is to freeze berries whole, first laying them out in a single layer on cookie sheets, flash-freezing them for a half hour, then transferring them to Ziploc bags for storage. Frozen berries do not retain the texture of fresh, and are best used for cooking. Frankly, I’ve learned the hard way not to freeze berries over-enthusiastically. When renovating our kitchen in 2005, I threw out bags of raspberries frozen a decade previously. They do come in handy for adding to pancakes or muffins, and traditionally, I freeze a couple of berry pies for a breath of summer at Thanksgiving.

Pickles are the other fool-proof item to can, virtually unspoilable due to their acidity. Pickling refers to adding vinegar and salt, plus a variety of spices and sometimes sugar, to fruit and vegetables. The addition of the vinegar brings the pH level low enough to stop the growth of heat-resistant bacteria. Technically, you can pickle anything, but most people think of cucumbers when they think “pickle”. Use pickling cucumbers—the small prickly kind—that grow readily in a sunny garden or can be bought in quantity at the farmer’s market. Pickles require canning salt, readily available at most groceries, and white or cider vinegar. I prefer cider vinegar for its mellower, fruitier taste. Do not use flavored wine vinegars as they may not possess the required 5% acidity. As for spices, I usually use a pickling mix (found in the bulk bins at Food Front) but you can experiment with your own mixtures of peppercorns, cinnamon sticks, cloves, ginger, turmeric, cayenne pepper, and mustard seed. Garlic, dill, and onions also make flavorful additions.

When making your pickles use enameled glass, or stainless steel pots, which do not react with vinegar. Wide mouth quart jars work best for pickles, unless they are diced into a relish. Be sure and cover the pickles completely with juice.

My favorite pickle is a bread and butter zucchini pickle, a great way to take advantage of zucchini overabundance. (See recipe page 11) Pickled beets or carrots, corn relish, and dilled beans are good ideas too.

Speaking of beans, I do not can low-acid vegetables such as beans and tomatoes that require a pressure canner. Not only do they require this additional piece of equipment and a long, flavor-sucking cooking period, they are far more vulnerable to bacterial contamination, including deadly botulism. I prefer to take advantage of modern refrigeration and freeze these vegetables.

I grow two types of green beans: the small bush variety and the even more flavorful long flat poles, which grow to Jack in the Beanstalk proportions by August. In good harvest years, I find myself freezing a batch of these every night after dinner. It’s simple: while you’re doing the dinner dishes bring a large pot of water to boil. Rinse the beans. Break them in half if long, and in the case of the pole beans remove the chewy string. When the water



is boiling, dunk a mesh basket of beans in the water for one minute. Remove, plunge under a cold tap to stop the cooking, and transfer to either one quart plastic bags or freezer containers. Beans keep well for up to a year. I like adding them to soups and stews. The pole beans make a fine meal by themselves, braised with onions and tomatoes and served over mashed potatoes.

This blanching technique works well for other vegetables such as sugar snap peas and corn. Tomatoes, zucchini, and peppers are a story in themselves. Stay tuned.

BASIC RASPBERRY JAM RECIPE

Ingredients: 2 quarts raspberries (makes four cups mashed berries); one cup raw sugar, 2 tsp pectin powder, 2 tsp calcium water (see Pomona’s Pectin package for directions.)

- 1) Remove any hulls, and mash the berries. Add to nonreactive cooking pot and add calcium water.
- 2) Measure sugar into a separate bowl and combine with pectin.
- 3) Meanwhile, make sure your canning jars are clean. Wash and rinse jars and let them stand in hot water. Bring lids and rings almost to a boil in a separate pan, then let stand in hot water.
- 4) Bring fruit to a boil. Add sugar/pectin mixture and stir vigorously 1-2 minutes. Return to a boil, stirring constantly.
- 5) When jam is boiling, transfer to jars. Tongs for lifting the jars out of the hot water as well as a funnel for pouring in the jam are helpful. When jars are filled within a quarter inch of the top, screw on the lids.

Meanwhile, bring the water in the “water canner” up to a boil. Add the jars in boiling water to cover and cook for five minutes. Remove jars with tongs and turn upside down on a dish towel for at least twelve hours. Clean jars off with a damp washcloth and label. This recipe can be readily doubled.

See additional recipe on Page 11.

Buyers' Spotlight

Meat Department

Weather cooperating, you should be able to find a number items for the BBQ here at Food Front Hillsdale. Don't fear the weather! Recently we've been able to introduce some local, organic, grass fed beef to the community. We've been offering NY Strip Steaks, Ribeye Steaks, Filet Mignon, Top Sirloin, London Broil, Tri-Tip, Flank Steak, Bone In & Boneless Pork Loin Chops, Pork Sirloin Chops, Beef Back Ribs, Pork Baby Back & Spare Ribs, Ground Meat Products for Patties, Chicken and, of course, Seafood.

On weekends, you can find us out on the patio grilling for lunch from 11-2. Currently, the menu consists of Jumbo Hotdog, Whiskey Fennel Chicken Sausage, Mild Italian Sausage with options for peppers & onions, or peppers & onions with cheese. We also are doing Hamburgers and Turkey Burgers with options for cheese, or cheese & bacon. Also included is a bag of Tim's Cascade Chips and a Blue Sky Soda.

Deli

Two of the best things about summer in Portland are grilling and picnics. The Food Front deli has all the delicious food you need for the perfect BBQ or picnic spread. Dreaming of the ultimate burger? The meat case is loaded with local beef, buffalo, and turkey ground fresh every morning. Plus we have a wide selection of mouth-watering sausages including our house made Sweet Italian Sausage. If chicken is on your menu tonight, look for the Rocky Free Range and organic Rosie chickens in our self serve case. Our Hillsdale and Northwest delis are both one-stop shops for a fabulous picnic spreads. We use the same Rocky Free Range chickens in our Bar B Q'd chicken and chicken salads. Spicy Chili Mac, Vegan Enchiladas, and Thai Noodles are just a few of the entrees that would make any picnic extra special. We have too many wonderful side dishes to mention but here is a hint, Kale Slaw and Picnic Pea Salad. And, no meal is complete without a little something special. I recommend a Mud Mountain or Decadence Bar from one of our great local bakeries—Courtland's. Bon Appetite!

~Deli Ron Fenton

Grocery

A Portland company that is proving to be very successful with their products is Living Harvest. This company makes the finest hemp milk. This hemp milk is produced in five varieties. There are sweetened and unsweetened varieties in regular and vanilla flavors. The chocolate flavor is only available as sweetened.

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~Gary Koppen—Your Grocery Manager

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SALMON SAFE

Wellness

In this issue, we're happy to have our colleagues at *Enzymedica* writing about the benefits of enzymes.

Enjoy! ~Rachel Knapp, Herbalist

Enzymes are not just for digestion

Many people are discovering the power of enzymes not only to improve digestion but also for supporting immunity, healing, longevity and overall health. As we age, fewer enzymes are produced by the body, creating a deficiency that contributes to our inability to utilize important nutrients from the foods we eat. Poor digestion leads to foods not being broken down into the basic building blocks needed to rebuild cells and create vital energy for the body. Supplemental enzymes can assist with enzyme deficiencies by facilitating complete digestion of food, increasing nutrient absorption and eliminating waste.

Therapeutic enzymes

Unlike digestive enzymes, which are taken with meals, therapeutic enzymes are taken between meals to maximize their delivery to the bloodstream so they can be transported to various sites in the body. They are designed to encourage balance and to support different systems of the body such as the cardiovascular system or immune system. For example, proteolytic or protease enzymes, when taken therapeutically break down and remove protein-containing waste products such as bacteria, viruses, cell debris, immune complexes, and toxins throughout the body. Along with its affect on the immune system, these enzymes promote tissue regeneration, assist with healing, and support healthy circulation. Lipases, which digest fats, increase the healthy high-density lipids (HDL) and assist the body in decreasing cholesterol and triglyceride levels. They have also been shown to enhance weight loss.

Amylases are a group of enzymes that break down carbohydrates. Amylases have been useful in regulating histamine and balancing blood sugar.

Current research has shown new and exciting functions of certain enzyme blends such as gluco-reductase, which is a proprietary blend of enzymes that reduces the amount of absorbable sugars, thus safely reducing glucose levels in the blood. Research has also revealed that certain therapeutic enzymes can work as antioxidants giving us protection against free radical damage. Due to their abundance of benefits, therapeutic enzymes should be a part of every person's health regimen. The rewards of enzyme therapy can be tremendous!

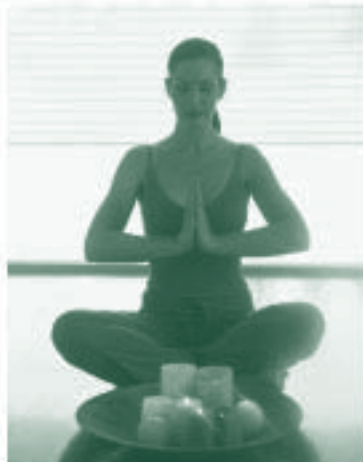
In the book, *Enzymes: The Fountain of Life*, Dr. Lopez, Dr. Williams and Dr. Miehleke wrote, "We feel that the therapeutic use of enzymes is likely to become a major form of medical treatment in the future. Their therapeutic potential is enormous!"

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The Wonders of our own Backyard

by Sarah Brown, Hillsdale Assistant Produce Manager

When it comes to food, NIMBY (Not In My Backyard) does not apply! We are beyond fortunate to find ourselves here, nestled between the ocean and mountains, surrounded by some of the most fertile soil on earth.

Our "backyard" is one of the most agriculturally rich and abundant places in the nation. Buying local is no new concept, especially at cooperative grocery stores, but it is not always the easiest choice to make.

While local food is touted as being more environmentally friendly, fresher, and good for the local economy, surprisingly, it can also be more expensive. Higher prices can be justified by market demand, smaller scale, and specialty items but in this economy, do those explanations really cut it? The real reason that you should be buying local produce is that it tastes so much better. Not only is it fresh, it likely



ripened on the vine with minimal time between harvest and dinner. Less time in transport mean that it has superior flavor and is even healthier for you!

In our backyard, the Willamette Valley, we need to do all we can to support the farmers who are making these tastes possible for us to enjoy. Agriculture has dipped to one of the smallest labor forces in the nation with our farming generation retiring at an alarming rate. The best way to turn around these trends, provide our region with food security, and support our local economies is by shopping local.

The least expensive way to enjoy local produce is by eating in season. If you give a crop time to reach its peak harvest, prices will drop (and you can even take advantage of our special order discount). Ask the produce staff when we expect certain items to come in. Right now it looks like we wont have our favorite West Union berries until mid-July and local Columbia Blossom cherries in early summer. Local produce is



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affected by the same weather we experience and this season produce has been slow to ripen.

If there were ever a time to eat local, it's now! We are just beginning to taste the sweetness that summer harvests have to offer. As the weather warms and we find ourselves spending more and more time outdoors, remember, our harvests are enjoying it too!

In the produce department we try to keep as informed as possible with the happenings of our farmers. We know what to expect for harvest, who'll have what, and we always try to find the best price. If you are curious about a farm, a certain variety of berry, or are wondering what to make for dinner tonight, ask us, that's why we're here!

Don't forget to put these Columbia Blossom (one of our favorite fruit orchards) expected harvest dates on your calendar:

Chelan Cherries: Early Summer

Nectarines: Last week of July

Peaches: August 1st

Grapes: September

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Recipe: Zucchini Pickles

This recipe can be readily doubled or even tripled.

2 lbs. zucchini/summer squash, diced, about 7 cups

2 medium onions, sliced, around 2 cups

One-quarter cup canning salt

2 cups cider vinegar

1 cup raw sugar

1 tsp celery seed

1 tsp turmeric

2 tsp mustard seed

Dash cayenne pepper

- 1) Place squash and onions in a large non-reactive pot; add salt and enough water to cover. Let stand for 2 hours; drain well.
- 2) In a 2 quart saucepan, bring remaining ingredients to a boil; pour over vegetables. Let stand for 2 hours.
- 3) Meanwhile, sterilize jars by boiling them in a pot for ten minutes. Prepare lids (see recipe, page 7)
- 4) Bring to a boil for 5 minutes; fill jars within 1/4 inch of top, covering the zucchini slices with juice. Return to boiling water canner and process for 5 minutes. Remove with tongs and turn upside down on dish towel. (Careful, vinegar can stain metal surfaces). Turn upright, clean jars with damp washcloth and label.

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Making the Most of Special Orders

By Gretchen D. Westlight, Assistant to the General Manager

Special Orders are a great way to stock up on your favorite foods and save money! Plus there's the bonus that bulk items are more environmentally friendly due to less packaging. The ordering process can be easy if you pay attention to a few important details and, always, ask a staff person if you have any questions.

What can I special order?

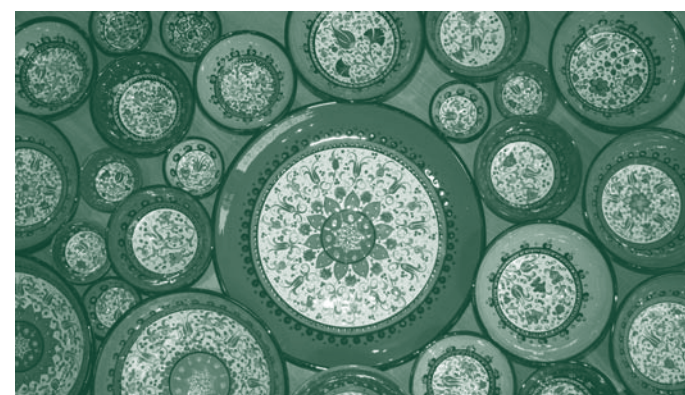
You can special order any item on the shelves – great for party planning! In most instances, we can get other varieties of the brands we carry. Also, there are many items and brands we do not stock that we can get from our distributors; just ask a buyer for information about whether the product you want is available. Items from our smaller distributors can take several weeks to arrive, so please plan ahead.

What will my price be?

Generally, the special order discount for full cases is 10% for owners or 5% for non-owners. (Be sure to mention that you are an owner when you place your order!) In some instances where prices fluctuate--particularly produce, meat, and beer and wine--we may only be able to give you a rough estimate of the final price.

What about products that are already on sale?

Food Front features monthly Co-op Advantage and Owner Specials, which are great ways to get discounts.



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Please note that if you special order something when it's on sale, you will only receive the sale price, not an additional case discount. Make sure to order early in the month, as the last day to order to receive the sale price is the Wednesday before the sale ends.

Owner Appreciation Days:

Increase your total, increase your discount

During our quarterly Owner Appreciation Days, your discount increases with the more money you spend.

This makes it a great time for special orders. Also, your owner discount is in addition to your case discount, resulting in even more savings! This does, however, require some planning ahead on your part. Your owner discount is only available on special orders that you pick up and purchase during Owner Appreciation Days, *not* on special orders you place that day. So place your special order no later than the Wednesday morning (Monday is even better) before Owner Appreciation Days (1 week ahead for Produce; 2 weeks for Meat, Wellness and Cheese; 4 weeks for Mercantile).



How do I place the order?

It's helpful to know exactly what you want and in what quantity. Any staff person can help you with questions and in placing your order. Each department has its own quirks – as you can imagine, ordering a 50 pound bag of oats is quite different than ordering a ¼ ounce tube of make-up or 15 plantains! Here are some specifics:



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You can place an ad in Front Lines by
contacting Judith Rose at (503) 228-5418.

Grocery

Amounts in cases vary greatly (Bob's Red Mill = 4 bags, Amy's Soup = 12 cans, Solstice Snack Bars = 56 bars); check with a buyer before placing your order to make sure the case quantity is what you want. Discounts in Grocery are for full cases of pre-ordered items only.

Beer/Wine

You can mix and match 12 bottles of wine off the shelf and still enjoy a 10% case discount – owner or not! We do not keep full cases in back stock for most wines, so plan ahead if you need more than a few bottles.

Bulk

The majority of bulk grains and flours come in 25 lb. bags. Popular: Organic Brown Short and Long Grain Rice (25 lb. bags), Organic Rolled Oats (25 or 50 lb. bags), and Organic Agave Nectar (1 gallon). Some items can take a couple weeks to arrive.

Produce

Most orders require 1-3 days notice. We can get fruits and vegetables that we don't stock on the shelves, just ask. Minimums, case sizes, seasonal availability, prices and discounts vary, all based on our suppliers. Canning? We can provide quality in quantity with extra discounts!

Wellness

Talk to Wellness staff regarding minimum orders, as these vary (cases can equal 3, 6, or 12 count).

Cheese

Please allow extra time (up to 2 weeks) for your order.

Meat

Most Meat special orders require a minimum of 10 days advance notice. Prices vary.

Mercantile

Allow 4 weeks for orders.


Perishables

These items need to be picked up as soon as they arrive.


Picking Up Your Order

Once your special order arrives at the store, a staff member will call you and you can pick it up next time you shop. If it's a large or heavy item, they will bring it to the register where you can add it to the rest of your order when you check out. Of course, finding room to store that 50 pound bag of rolled oats is entirely up to you!

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Zipcar and Food Front have teamed up to offer a special membership to co-op Members. Join now at Zipcar.com/foodfront for \$35 (usually \$50), and receive \$35 in driving credit. **To sign up, go to: www.zipcar.com/foodfront.**

Forest Park Federal Credit Union; 2465 NW Thurman
\$5 membership fee is waived for Food Front owners.

Garfinkle Orthodontics; Complimentary consultation and a 5% discount on braces, Invisalign, or any other service we provide. 503-246-9802, or email (emily@garfinkleortho.com) www.GarfinkleOrtho.com

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Rebecca Provorse ND, LAc Glow: Health care for Women, Women's natural healthcare. (Co-op owners receive a 10% discount on supplements.) 503-222-1865.

Oliver Leonetti, LAC, Inner Gate Acupuncture
503-284-6996.

Heather Lewis, Aletheia Holistic Teaching Institute
503-429-4677.

Brook Bullock, Massage Therapist; 503-490-5477.

Matthew Gray & Melisa Richardson, Esalen Massage, CranioSacral Therapy, Lymphatic Drainage Therapy, Visceral Manipulation Therapy, and T'ai Chi Easy instruction. 503-709-5898. www.balanceintouch.com

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

Jane Brodie, Le Salon Du Visage; 503-827-4518.

Anna Abraham, Master Energy Practitioner
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First Saturday Women's Dance Jam. First Saturday of every month, 7-9 at Euphoria Studios, 1235 SE Division St. Join with other fabulous women the first Saturday of every month for a two hour freestyle dance party on the lovely wooden floor at Euphoria. Snacks afterwards. More information at womensdancejam.com. Admission \$8-10 sliding scale. Come alone, come with friends, come to dance. Next dance-June 6.

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The Seven Cooperative Principles

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

The seven cooperative principles as stated by the International Cooperative Alliance are:

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.

Become a Food Front Owner!

- Own the store. Anyone can buy one share in the business to become a co-owner of the store. Food Front is a democratic organization, because a person can buy only one share—one owner, one vote.
- Support the community. We buy our products from as many local producers as possible, and we keep your money working locally. You also have the opportunity as a volunteer owner to join with other owners in community and co-op activities.
- Help Food Front remain strong and healthy. When you become an owner, your owner share goes to work in a locally-owned business. Co-op ownership keeps our store local and community-owned. You'll have a direct influence on the direction and values of Food Front by voting on referenda, electing the board of directors, serving on the board, or getting involved in co-op community functions.
- Enjoy Owner Appreciation Day savings of five to 10 percent, and save through the Owner Coupon Book and monthly specials. At the co-op, if there is a surplus on sales to owners, it is returned to owners in the form of a patronage dividend.

To Purchase Your Owner Share:

Just ask a cashier for an "Owner Application" form. Owner privileges start immediately upon receipt of your initial payment as described below.

- Owner shares may be purchased with cash, check, credit, or debit card. You can even join as you check out with groceries and begin receiving your benefits right away!
- The full value of the owner share is refundable.

Payment Plans: Owner share is \$150. You may pay in full or make payments of \$5 per month until your total is paid. As long as your payments are up to date, you are entitled to all owner privileges.

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Food Front Hillsdale
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Portland, OR 97239
503-546-6559

Food Front Board Meetings

July 27, Aug 24, Sept 28

5:30-8:30 pm

We alternate between the Holiday Inn, 2333 NW Vaughn (July and September) and the Watershed, 6388 SW Capitol Highway (August). Please call 503-222-5658, ext. 133, if you'd like to attend and to verify venue. A light dinner is provided.

Berries, Berries, Berries!

Northwest: Saturday, July 11, 11am-5pm

Hillsdale: Sunday, July 12, 11am-5pm

Berries burst with flavor and pack a nutritional punch. Summer is the perfect time to enjoy these small wonders fresh! Join us for samples!

Local Artisan Food Day

Northwest, Saturday, August 8, 11am-5pm

Hillsdale, Sunday, August 9, 11am-5pm

Come and connect with our newest and freshest local producers. Hear the stories to go with the products. Samples and demos!

Just Peachy!

Northwest, Saturday, Sept. 12, 11am-5pm

Hillsdale, Sunday, Sept. 13, 11am-5pm

This is what you have been waiting for: Columbia Blossom peaches! They are amazing. Come and meet the grower and try the delicious fruit!

Owner Appreciation Days

Free samples and your owner discount.
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*Friday, Saturday, & Sunday
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