

# FRONT LINES

Summer 2010

The voice of healthy living

## In the Kitchen with Abby

*Local Spotlight:*  
Abby's Table  
Page 6

Deborah Madison's  
Fruit Desserts  
Page 8

BPA: What  
You Should Know  
Page 7

## 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.

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

Open every day

8am - 9pm

Everyone Welcome!

# Managers Report

## Food Safety Modernization Act in the News

**By Holly Jarvis, General Manager**

Food safety has been in the news recently because of the bill that is under consideration in the US Senate. The bill, S.510, is intended to tighten food production regulations and strengthen the Food and Drug Administration in response to the many food recalls that have taken place over the last several years. Some of those recalls have been alarming in their scope—covering food distributed in many states (lettuce, spinach, beef) and products from numerous manufacturers (peanuts). Some of the recalls have been cautionary or have resulted in mild illnesses but others have resulted in severe illness and death.

On the one hand, improvements in our food growing and processing systems are badly needed in light of the numerous and widespread food contamination events. But there are many who are very concerned about the negative impact the new regulations could have on small farmers, processors, and farmers markets. The fees and recordkeeping could be so burdensome that the new regulations could put these small producers out of business and reduce our access to local food.

An article in the *Oregonian* on May 30, 2010 (<http://tinyurl.com/2ehdron>) highlighted a local farmer expressing his concerns about the Senate bill and the belief that small farmers are not the problem. The article included a

response from an epidemiologist from the Oregon Public Health Division who noted that since 2005, there have been 12 outbreaks caused by small growers or processors that have sickened people. (*E. coli* 0157:H7 from a small parsley grower in Clackamas and *E. coli* 0157:H7 from a small spinach grower in Washington.)

As someone who is responsible for a retail operation that could be a reseller of tainted products, I am deeply concerned about food safety issues. Retailers can

do their best to buy from reputable growers and wholesalers and can handle products in a responsible manner, but a customer could become

severely ill or die from eating a product sold to them if it was contaminated prior to delivery to the retailer. Food Front could be financially liable for a very large claim in a situation like that.

Senate Bill S.510 is considered by many to be a very dangerous bill which could result in the consolidation and strengthening control of the food system by agribusiness and large manufacturers. Yet something needs to be done to reduce the risk of food borne illnesses. There are a number of organizations which are working to defeat or amend S.510 and there is another bill that has been introduced which would provide grants and technical assistance to small growers (S.2758). Take a minute to find out more and let your Senators know what you think!

For further information:

[portlandfarmersmarket.wordpress.com](http://portlandfarmersmarket.wordpress.com)  
[Cornucopia.org](http://Cornucopia.org) and [OpenCongress.org](http://OpenCongress.org)

“Improvements in food safety are needed, but some worry this bill will put small farmers out of business”

# What's Happening at Food Front

## ► Owner Appreciation Days

Friday, Saturday, and Sunday, July 16th, 17th, and 18th  
Both stores. All day!

The next Owner Appreciation Days are Friday, Saturday, and Sunday, July 16, 17 and 18. Owner discounts will be applied as you check out at the register. Larger purchases mean more savings. The discounts are as follows:

- \$1-49.99 .....5% of your total
- \$50-99.99.....7% of your total
- \$100 or more.....10% of your total

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

## ► Care for Our Community

Each month Food Front helps raise money and visibility for organizations whose missions are aligned with ours. In July, we'll be raising money at both stores for teaching children about sustainable food systems at Zenger Farm in SE Portland. In August, we'll be raising funds for a couple of back-to-school projects that serve low-income children: In Hillsdale, Grauer Back to School Project and in NW, Project Return at Friendly House. In September at Hillsdale, we will be supporting the Portland Ballet, a non-profit school dedicated to providing excellence in dance education and youth performance. At NW, we'll be raising funds for Neighbors for Clean Air, which works to make public health—especially for children—a priority in Oregon's air quality standards and programs.

## Staying in Touch with us

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

### Northwest

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

### Hillsdale

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

[www.Foodfront.coop](http://www.Foodfront.coop)  
[info@Foodfront.coop](mailto:info@Foodfront.coop)

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## ► Market Sundays at Hillsdale



Every Sunday from  
10am-2pm  
Visit our both!

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

## ► Second Saturdays at Northwest

Local Ice Cream & Berries  
Saturday, July 10th, 11am-5pm

What more could you want! Come in and sample the cream of the crop in local ice cream, lovingly topped with Oregon's own berries!

Local Energy Bars  
Saturday, August 14th, 11am-5pm

Plan ahead for your next hiking or biking adventure! Not sure what energy bar to choose? Come in and try the best local bars you can find!

Local and Gluten Free  
Saturday, September 11, 11am-5pm

Need some inspiration for eating tasty gluten free foods? Come on in for samples and recipes to kick start your taste buds! We have lots of gluten free options!

## ► Neighborhood Cleanups

Hillsdale: Every First Saturday, 9-10am

Northwest: Every Second Saturday, 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, and get to know each other. Please join us!

# News Briefs

## Hillsdale Second Birthday

Join us as we celebrate the second birthday of our Hillsdale Store with this Three-Day Event!



**Friday September 10**

10% off all day!

Take advantage of this special discount day available to all shoppers, owners and non-owners.

*Discounts only at Hillsdale Store.  
Wine cases and gift cards excluded.*

**Saturday, September 11**

Fun, Games, and Contests.

**Saturday, September 12**

Party! Free hot dogs on the Patio, Birthday Cake, and Music.

## John Conlin is new Hillsdale Store Manager

Have you met John?

Chances are, if you've shopped in the Hillsdale

store recently, you have. John has a rich background in retail and grocery. John says that one of his favorite parts of the job is meeting customers. So, say "hi" to John next time you are in the store...unless he says "hi" to you first.




## Board of Directors Election

As a cooperative business, Food Front is overseen by a Board of Directors elected by its owners. Voting for the board is one of the benefits of ownership in our co-op. Ballots will be mailed at the end of August. The results will be announced at the annual meeting on September 29.



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# Board of Directors Report

## 2010 Patronage Dividends Report from your Board

**By David Richardson, Board Vice President**

One of the benefits of being a Food Front Cooperative owner is the patronage dividend. As owners, we all share in the profits of the business. The dividend program distributes profits to Food Front Owners based on the amount of money spent at our stores.

When we opened the Hillsdale store in 2008 it was with the understanding that it would place a short term impact on our resources, including financials. We projected that Food Front would not be profitable in 2010, and this was the case. (Note that our fiscal year ends in March. We are now in fiscal year 2011, which will end in next March.) Because we did not make a profit fiscal year 2010, for the second consecutive year there will be no patronage dividend. Not paying a dividend this year was expected.

So when will Food Front be profitable, and when can we expect to receive patronage dividends again? The answer is that while we expect to return to being profitable in the future, we can't tell you exactly when this will happen. Consider that when we opened the Hillsdale store, we doubled the size of our business almost overnight. We have had expected expenses, and a few unexpected ones. We are also facing an economic downturn that was not foreseen when we created our financial projections.

We can tell you that sales at both stores are growing at healthy rate. Sales over the past few months have increased and we are in a strong financial position. Despite the state of the economy, we are very close to where we expected to be financially.

Because we knew there would be at least two-to-three years without patronage dividends, the store management has compensated with other ways to give value back to members. Owner Appreciation Days have been extended from two to three days per quarter. We have started an "Owner Savings" program which gives owners reduced pricing on select items every month. We have also increased the case discount for wine from 10% to 20%.

Growing our business by opening the second store in Hillsdale has been exciting and challenging. The staff and management at both stores are tackling these challenges, and shoppers are responding as well; evidenced by the increased sales at both stores.

While we don't know if there will be a patronage dividend paid in 2011, we are working hard to ensure the financial success of Food Front and expect to be profitable in the future. We hope you continue taking advantage of other owner benefits and programs.

### Food Front Annual Meeting Save the Date!

Wednesday, September 29, 7-pm  
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# Local Product Spotlight: Abby's Table

By **Cristin Kearns Couzens**

Whether for health reasons or a personal choice, changing your diet can be hard. Since graduating from culinary school in 2004, Abby Fammartino, founder of Abby's Table, has made a career out of making that



change easier. Working as a personal chef with clients who had food allergies or who simply wanted to eat healthier, Abby put her creativity to work, making fresh delicious foods free of gluten, soy, dairy, and refined sugars.

After a chance encounter on a boat in Alaska where she worked as a chef for a National Geographic project crew, Abby learned about the National Foundation for Celiac Awareness (NFCA), and the growing demand for alternatives to highly processed foods. With the guidance of a contact at the NFCA, she chose to focus on sauces, dips, and dressings because, "on a restricted diet, people get comfortable with the same foods and tend to eat them over and over. When monotony sets in, the chances of breaking the diet go up." Her goal was to bring variety

and flavor to wholesome foods to help people stay inspired and enjoy eating.

Working out of a commercial kitchen in Portland, Abby created a line of sauces, dips and dressings that would appeal to everyone, and especially to customers with food sensitivities or allergies. "Trying to find a product without gluten, dairy, or soy can be really limiting," Abby said. "Often a product that is dairy-free is made with soy, or egg products are replaced with wheat gluten."

The Small Business Development Center connected Abby with Jamie at Food Front. Food Front was her first sales call and first recipient of samples of her products. "I was nervous," she said, "but the people at Food Front really made me feel comfortable, and they were able to quickly get me on their store demonstration schedule, which really helped." It helped her understand that she needed to educate customers more about the benefits of her products. And customer feedback helped her decide to change to smaller sized containers.

Through supplying Food Front, Abby learned about the product receiving process, temperature control, and order minimums, so that when she was ready to reach out to larger stores, she had set systems in place. "I wouldn't have felt comfortable approaching a larger store without my experience at Food Front," she said. Now, Abby's Table has gone from producing 20 containers per week to 200 per week.

Abby also hosts dinners at her commercial kitchen, where you can try out many of her delicious recipes using her sauces, dips, and dressings. Dinners are 100% gluten and dairy free, and can be tailored to vegans and omnivores. "I come from a big Italian family," Abby said. "Eating as a social event was a big thing. I am passionate about helping people enjoy and eat healthy supportive foods together."

*Abby's Table is based in here in Portland, where they make their gluten, soy, and dairy-free sauces, dips, and dressings including: Nude Ranch, Turmeric Coconut, Nutty for Ginger, Dream Date, and Nude Pudding. For more information about Abby's Table, visit: [abbys-table.com](http://abbys-table.com).*

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*Cristin Couzens' blog is: [www.theweeklyveggie.com](http://www.theweeklyveggie.com)*

# Bisphenol-A: What you should know about BPA

By Gretchen D. Westlight, Assistant to the General Manager

Bisphenol-A, or BPA, is a chemical that was invented in 1891 and used as a synthetic estrogen starting in the 1930s. Chemists soon discovered that combining it with, among other things, a WWI toxic gas (phosgene) created a clear shatter-resistant polycarbonate. BPA became popular for applications where glass, even safety glass, proved impractical: headlights, CDs and DVDs, eyeglass lenses, medical devices, dental sealants and composites.

Can manufacturers had been challenged with food storage problems, such as acids in foods reacting with the metal or with microbes, bacteria, and botulinum—some of which could be deadly. BPA came into widespread use as a metal food can lining in the sixties and seventies when manufacturers discovered that a thin coating of BPA prevented these problems. So the devil's bargain, made by the chemical and food storage industries, was to trade often fatal foodborne illnesses for a prevention measure that has turned out to be more widespread and more subtly harmful to humans.

The dangers of BPA leaching into food and water were first reported in research performed in the 1930s, but its use was not extensive at that time. Additional research has only recently raised consumer awareness as to the endocrine-interrupting qualities of very small levels of BPA, and how commonly BPA is found in humans. Due to consumer outcry based on numerous studies indicating the dangers of BPA, the FDA is finally dedicating money to further study the issue.

To avoid BPA, consumers can purchase bulk products, items in glass jars or metal cans that are not lined with BPA. For those of us who take emergency preparedness seriously, canned foods are a must, so it's nice to know that several natural foods manufacturers are taking steps to eliminate cans with BPA linings. But because BPA is so ubiquitous, and the plastics and can industries so slow to respond, this has been a real challenge for them. Here is a list of canned products carried by Food Front that are currently sold in BPA-free cans:

- Eden: All 33 Organic Beans (all types and blends); since 1999 their cans have been lined with an oleoresin enamel\* that costs 14% more than BPA-lined cans, so expect to pay a bit extra for peace of mind. (Does not apply to Eden tomato products since these cans do not work with highly acidic foods.)
- Native Forest Coconut: Most fruit chunk products.
- Oregon's Choice Gourmet: Lightly Salted Albacore

Another area of BPA-exposure concern is water bottles, for which BPA's strengthening quality was seen as a benefit from a manufacturing point-of-view. Rest assured that Food Front does not currently carry any water or baby bottles, plain plastic or plastic-lined aluminum, that contain BPA. If you have plastic water or baby bottles that are more than 3 years old, you may wish to replace them to minimize your exposure to this potentially harmful chemical.

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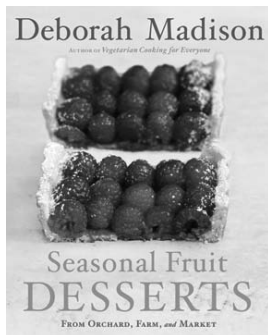
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# A Dessert for Every Season

By Wendy Gordon



Deborah Madison, founder of the trendsetting *Greens* restaurant in San Francisco and prolific cookbook author, recently published *Seasonal Fruit Desserts*. Madison is the author of one of my favorite cookbooks, *Vegetarian Cooking for Everyone*, a classic that is stained with use.

*Seasonal Fruit Desserts* addresses a new topic—sweets—and is more limited in scope. It's an attractive, readable book, with lots of gorgeous pictures of fruit and anecdotes about Ms. Madison's experiences in farmers markets throughout the country. Many recipes are so simple they hardly qualify for the term: "dates, citrus, and walnuts", all three in separate dishes; watermelon served with blackberries. But you will find lots of unique recipes, healthy ideas for dessert, and creative ways to maximize the inevitable, intoxicating surplus of summer fruit.

The book is written with an eye towards shopping at the farmer's market and buying locally and seasonally. Ayers Creek Farm, Bob's Red Mill, and Oregon berries get special mention. Madison includes lots of useful tips for selecting the best fruit at the market and draws attention to unusual fruits such as gooseberries, currants, and persimmons as well as exotica such as Bronx grapes listed on Slow Food's Ark of Taste. She offers many interesting fruit factoids: did you know that ten ounces of Placer County Satsuma Mandarin Juice contains as much synephrine as a Sudafed decongestant tablet?

Madison stretches the fruit concept to include fruit partners such as chocolate, cheese, nuts, and "fruit friendly" cakes. I especially liked her idea for creating your own chocolate bark by melting chocolate down with dried fruits, nuts, and spices, pressing decorative items such as lavender buds and rose petals in it, then spreading it thin and refrigerating it to cool. I also liked her idea of cooking down apple cider and adding

crème fraiche and cornstarch for an ice cream topping. For wintertime, when most fresh fruit is but a memory, she offers excellent recipes for tarts with dried fruits and nuts (pistachio cardamom torte; a vegetarian mincemeat featuring minced dried fruit and spices)

Her recipes tend to be healthful, emphasizing fresh, natural flavors. She's liberal with the cream and butter, but stingy with the sugar. You won't miss that one-note sugar wallop if your fruit is redolent with the sweetness and complex flavor that nature intended. In many cases, fruits partner with unusual grains: quinoa pudding, anyone? Many recipes would work just as well as breakfasts or side dishes than as desserts. A sweet potato and coconut pudding sounds like a preferable substitute for the marshmallow-topped concoctions that grace many Thanksgiving tables. While most of the recipes are quick and easy to prepare, Madison is a stickler for technique, a feature her fans might recall from her other cookbooks. I found myself using lots of bowls and pans, but appreciated the precision of her directions.

I'm including two recipes here. The first is a berry tart made with silky tart dough, a soft, gooey dough that is pressed into the tart pan rather than rolled. I used black raspberries picked at Hillsboro's West Union Gardens that I'd frozen last July. They were delicious! I substituted two-percent European-style yogurt for the crème fraiche and it worked well.

The second recipe is a yeasted pear cake. The dough (also eggy and soft) only needs to rise for thirty minutes so it doesn't require the time commitment of bread. It made a great breakfast, but I would increase the amount of pears by about a third. Also, the recipe gives elaborate instructions for baking the cake in a cast-iron skillet and unmolding it into an upside-down shape. I found sautéing the pears in a skillet, then transferring them to a casserole dish, topping them with the dough, baking, and serving out of the dish, was easier and every bit as attractive and tasty.

I have adapted the recipes in a few cases for ease of preparation.

### CREAM TART WITH BLACK RASPBERRIES

Silky tart dough:

- 1 stick unsalted butter, at room temperature
- 1/3 cup organic sugar
- 1/4 tsp salt
- 3 eggs, at room temperature
- 1/2 tsp vanilla extract
- Grated zest of one orange or tangerine
- 1 cup all-purpose flour

1) Butter a 9-inch round or square tart pan. Beat the butter with the sugar and salt until light and fluffy, about 2 minutes. Add the eggs, one at a time, beating well. Scrape down the sides of the bowl and beat again until smooth. Add the flavorings, then the flour, mixing just to combine. Using a wide rubber spatula, scrape up the batter from the bottom, incorporating any stray bits of flour.

2) Scrape the batter into the tart pan. Spread it out with your fingers or a spatula, pushing the edges up the sides to make a rough rim.

- 3/4 cup crème fraiche or European-style yogurt
- 2 egg yolks
- 1/2 tsp vanilla extract
- 3 T organic cane sugar
- Dash salt
- 2 cups black raspberries

1) Preheat the oven to 350 F. Make the dough and line the tart pan with it.

2) Whisk the crème fraiche, egg yolks, vanilla, sugar, and salt together. Pour the mixture into the shell. Dot the berries over the top and bake until puffy and pale gold, about 35 minutes. Do not over bake. Serve warm.

### YEASTED PEAR CAKE

- 1/4 cup organic cane sugar
- One 1/4 ounce envelope active dry yeast
- 1/2 cup warm milk
- 1 egg plus 2 egg yolks, at room temperature
- 1 tsp vanilla extract
- 1/2 tsp salt
- 2 1/2 cups all purpose flour
- 1 tsp ground cardamom
- 5 T unsalted butter, softened
- 2 pounds ripe but firm pears
- 3 T unsalted butter
- 2 T raw cane or brown sugar

1) Grease a 9-inch cake pan. Dust with granulated sugar. Put 1/4 cup warm water in a bowl with yeast and 1 tsp sugar; set aside to proof. Preheat the oven to 350F.

2) In a separate bowl, whisk the warm milk with the egg and yolks, vanilla, remaining sugar, and salt. In another bowl, combine the flour and cardamom. When the yeast is foamy, gently beat in the milk and egg mixture. Add the flour one cup at a time and beat with either an electric mixer or a wooden spoon until smooth.

3) Beat in the soft butter until the dough is smooth and glossy, about 2-3 minutes. Knead briefly, then shape into a round form comparable in size to your casserole dish.


4) Meanwhile, peel the pears, halve and core them, and slice them crosswise or lengthwise. Make sure the pear pieces are not too small.

5) Melt the butter in a large skillet. Brush it around the sides of the pan, then add the pears and sugar. Cook over medium-high heat until the fruit is browned on all sides. Transfer the pear slices and any remaining butter sauce to a round casserole dish, making sure that the pears are all in a single layer.

6) Top with the yeasted sugar cake dough. Slide the casserole dish into a plastic bag and let rise for 30 minutes.

7) Bake the cake until its smooth domed top is golden brown, about 30 minutes.

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# Shopper Survey Summary

**By Tom Mattox**

**Community Outreach and Marketing Director**

Recently we conducted a shopper satisfaction survey and we thought we'd share some of the results.

## Shopping Patterns

Most of our shoppers do not use Food Front as their primary grocery store. Only 31% shop primarily at one of the Food Front locations. Our biggest competitors are New Seasons, Fred Meyer and Trader Joe's (in that order). Most shoppers appear to use Food Front for smaller but frequent shopping trips.

The top three categories of food that our shoppers buy primarily at Food Front are bulk, produce, and dairy/eggs. In terms of how well we met their needs in these three areas, (in other words, rating Well/Very Well) the answers were Bulk (73%), Produce (71%) Dairy, eggs (66%). The three categories of products that respondents said they bought mostly outside of Food Front were: Cleaning Products, Grocery, and Body Care.



*The survey affirmed the importance of locally grown/produced food for our shoppers.*

## What is important to you? How are we doing?

The following are the five most important factors (in order of importance) and satisfaction rating of Very Well/Well:

<i>Quality/freshness</i>	87%
<i>Location/Convenience</i>	77%
<i>Availability of Locally grown/produced products</i>	89%
<i>Availability natural/organic foods</i>	94%
<i>Prices</i>	30%

It should be noted that the while rating for prices is lower, at 30%, this is in line with the rating for co-ops across the country. Natural and Organic foods can sometimes cost more than conventional foods at the checkout, but it's clear that having access to quality, local, natural, and organic foods are more important to our shoppers than price.

## Overall Satisfaction

Overall, Food Front appears to be doing well in the opinion of the survey respondents. But we also see room for improvement. 83% said they were satisfied/very satisfied with Food Front and 83% said they would recommend Food Front to a friend. Also, 86% agreed that Food Front has a positive influence in their community.

Thanks to everyone who took part in our survey, we will be using the information to better serve you.

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# Summer Events in our Neighborhoods

## 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.

## New: NW Farmers Market

*Thursdays (thru September), 3:00-7:00pm*

Meet local farmers and producers. NW 23rd and Savier. Food Front is a proud sponsor of the market.

## Summer Concerts in the Park

Food Front is co-sponsoring *Summer Concerts in Portland Parks*. The concerts will be held on Thursdays, (July 8, 15, 22, 29) from 6:30-8 pm at Wallace Park, NW 25th and Raleigh; and on Thursdays (August 5, 12) at Couch Park, NW 18th and Glisan. This year we will also be at Willamette Park on Wednesdays, (July 7, 14, 21, and 28.) Visit the Food Front table!

## Hillsdale Blueberry Pancake Breakfast

*Sunday, July 25, 8:30am to noon*

The 33rd annual Hillsdale Customer-Appreciation Blueberry Pancake Breakfast will be held in the parking lot just across the street from the Food Front. Sponsored by the Hillsdale Business and Professional Association.

## Multnomah Days

*Saturday, August 14, 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.

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**Store Hours**  
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## Food Front Calendar

### Board Meetings

*Monday, July 26, 5:30-8:30 pm*  
Watershed, 6388 SW Capitol Hwy.

*Monday, Aug. 23, 5:30-8:30 pm*  
Holiday Inn, 2333 NW Vaughn

*Monday, Sept. 27, 5:30-8:30 pm*  
Watershed, 6388 SW Capitol Hwy.

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

### Store Special Events

#### 2nd Saturdays at Northwest

Special food events, 11am-5pm  
*July 10:* Local Ice Cream & Berries  
*August 14:* Local Energy Bars  
*Sept 11:* Local and Gluten Free

#### Market Sundays at Hillsdale

Stop in on Hillsdale Market Days  
for local food events, the weekly  
contest, and special treats.

### Annual Meeting & Celebration

*Wednesday, September 29, 7-9pm*  
*EcoTrust Conference Center*  
(NW 10th and Johnson)

Refreshments • Prizes • Awards

*Call Tom at 503-222-5658, x133  
to reserve your place.*

## Owner Appreciation Days

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

**Friday - Sunday**  
**July 16th-18th**

Look for us on  
**Facebook & Twitter**

**FoodFront.coop**

