



Meet Your Local Farmers

by Halle Riddlebarger - Marketing Manager



Beginning in the late summer of last year, staff from Ashland Food Co-op and Medford Food Co-op started collaborating to bring a large farm tour to fruition. And we're happy to announce that on Sunday, July 22nd from 10am to 4pm, everyone is invited to the first annual Rogue Valley Farm Tour! Twenty-five local farms, ranches, and vineyards welcome the community to participate in a variety of activities: from field tours to tastings, demonstrations, kids activities, and more.

The mission of the Rogue Valley Farm Tour is to increase the interaction between community members and local growers. By providing residents the opportunity to learn about where local food comes from, how it is grown, and by whom, we increase support for local food and grow the local economy. Food brings us together and grows community.

This FREE family-friendly event connects us to the source of our food by bringing us directly to the farmers, land, and animals that produce what's on our plates. Visit a farm you like to purchase vegetables from, or take the opportunity to explore a new part of the valley. The farm tour is self-guided and flexible, so you can visit as many farms as you want to fit into the day, and spend as much time as you want at each farm. Farm tour participants can win \$500 to local businesses by visiting two or more farms on July 22 – see the brochure for details on how to participate in the drawing.



Steve Fry of [Fry Family Farm](#) speaking to a group of farm tour attendees organized by Ashland Food Co-op.

From the GM:

Reducing Waste

by Anne Carter - General Manager

Recently, everyone in Medford was faced with a drastic reduction in the types of items that can be recycled. Reduce, reuse, and recycle are habits that we try to incorporate into our daily lives. Our lives are busy, and we get overwhelmed with responsibilities. When it comes to feeding our families, we want to provide them with good, nutritious food, and we want it to be convenient. Unfortunately, the convenience aspect often comes with the burden of excessive packaging. How do we reduce the amount of waste that is generated with every grocery shop?

One of the Co-op's goals is to provide environmental benefits for the Rogue Valley. Because we want to help reduce waste, we offer sustainable bag and container options that are intended to be used over and over again:

- Produce and bulk bags made of nylon and mesh can be found hanging in the produce department. These are great for bagging up produce, and the mesh is fine enough to hold bulk beans, grains, and nuts, too.



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Pick up a Rogue Valley Farm Tour brochure at Ashland Food Co-op, Medford Food Co-op, Grange Co-op locations, the Fry Family Farm Store, Grants Pass Growers Market, or the Rogue Valley Growers Markets in Ashland and Medford. Or view and download a digital brochure on our website at medfordfood.coop/events/rogue-valley-farm-tour. The brochure includes a brief description, address, and contact information for each participating farm, as well as a key to indicate what activities to expect at each location. The brochure also includes a map to help with planning, details about the \$500 drawing, and some tips to help you enjoy the day. Please be respectful of the farmers, their land and animals, and plan to leave pets at home.



Chris Jager of [Blue Fox Farm](#) speaking to a group of farm tour attendees organized by Ashland Food Co-op.

The Rogue Valley Farm Tour is made possible thanks to the [Rogue Co-ops: Ashland Food Co-op, Medford Food Co-op, Grange Co-op, and Rogue Credit Union](#), as well as [Organically Grown Company, GloryBee, Organic Valley, Rogue Valley Food System Network, and What to do in Southern Oregon](#). We are incredibly grateful for the support from these sponsors, as well as the participation of the twenty-five farms who are taking time away from their busy schedules to share what they do with the community. We hope to see you on the tour on July 22nd!

From the GM continued from page 1:

- Colorful market baskets and Co-op branded canvas tote bags are perfect for carting your groceries home every time you shop.
- Glass spice and canning jars are available in the bulk department. Make sure to weigh the empty jar before filling it! We will subtract the weight of the container at checkout so that you only pay for the weight of the product.



Shopping the bulk department for many of your pantry staples is an excellent way

to reduce the amount of packaging that you bring home. It is also a good way to prevent food waste, because you can buy just what you need for a recipe whether it's a tablespoon of cinnamon or five pounds of oats. If you use large quantities of a bulk item, ask us about ordering an entire bag for an additional discount.

We're featuring a [sale of all bulk liquids from July 18-31](#) to encourage everyone to reduce packaging waste and buy bulk. We have olive oil, coconut oil, sunflower oil, apple cider vinegar, balsamic vinegar, maple syrup, honey and tamari soy sauce. Bring in your reusable container (or purchase one of ours) and stock up!

Since our Co-op's beginning we have taken reduce, reuse and re-purpose to heart. Some of the disposable packaging in the store and Café is biodegradable and/or made of recycled materials, for example the cellophane bags in bulk are biodegradable, the paper to-go boxes and beverage cups in the Café are made from 100% recycled paper and are compostable, and the plastic deli containers are made with 100% recycled PET. We also offer reusable metal straws and bamboo utensil sets that are lightweight and easy to tuck into your bag or purse. And this season, our produce department was able to source plastic-free strawberries from a farm using recyclable corrugated cardboard in place of plastic clamshells. Because we are committed to being good environmental stewards, we will continue to seek out more ecologically sound packaging and sustainable options. Together, we can make a difference.

fresh deals

Save 15% on bulk liquids

7/18-7/31/2018

From the Board:

Raw Nori Bites with Sunflower Seed Paté and Mango Chili Sauce

Recipe courtesy of Fran Batzer - Board Member

If you saw (or better yet, tasted) Fran's demo of this recipe at the Good Food Festival back in May, then you are probably already eager to try it out yourself. For those of you that missed her cooking demo, you are in for a treat! This plant-based recipe is bursting with flavor and a perfect meal in the midst of the summer heat.

Ingredients

SUNFLOWER SEED PATÉ (Makes 2 1/2 cups)

- 1 1/2 cups sunflower seeds, soaked
- 1/2 cup carrot, chopped small
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- 1 tablespoon maple syrup
- 1 tablespoon wasabi powder
- 1/2 cup Kimchi by Pickled Planet, chopped
- 2 tablespoons tamari or nama shoyu
- 1/4 teaspoon chili flakes
- 1 tablespoon nutritional yeast

MANGO CHILI SAUCE (Makes 2 cups)

- 2 cups mango, chopped
- 2 tablespoons lime juice
- 1 teaspoon serrano pepper, ribs and seeds removed and diced

NORI BITES (Makes 28 bites)

- 4 sheets of nori
- 1 cucumber, peeled and cut into long 1/4" wide strips
- 1/2 avocado, cut into thin strips
- 1/2 cup carrot, shredded
- 1/2 cup red bell pepper, sliced thin
- 1/2 cup purple cabbage, sliced thin
- 1/2 cup water

Instructions

SUNFLOWER SEED PATÉ

1. Rinse sunflower seeds and drain well. Put seeds in food processor with carrot, olive oil, lime juice, syrup, wasabi, kimchi, chili flakes, tamari, and nutritional yeast. Process with s-blade until seeds are chopped small.

MANGO CHILI SAUCE

1. Blend mango, lime juice, and serrano until smooth.
2. Place sauce in a squeeze bottle.

NORI BITES

1. Lay nori sheet on a cutting board with shiny side down and lines running from top to bottom.
2. Spread 1/2 cup paté onto the nori leaving 2" at the top of the sheet.
3. In the middle of the paté, lay cucumber sticks, avocado slices, carrot shreds, bell pepper strips, and purple cabbage strips. Roll up the nori as tightly as you can without tearing the sheet. Dip your fingers in the water and coat top 1" of nori sheet. Finish the roll and let sit on the sealed side for a few minutes.
4. Cut each roll into 7 pieces.
5. Top nori bites with Mango Chili Sauce.



Fran Batzer of [FB Health Coach](#) shares her recipe for Raw Nori Bites with attendees of MFC's Good Food Festival in May.

Staff Spotlight

Get to know the staff!

Benjamin O'Neill

How long have you been cooperating?

I have been with the co-op since September 2017.

What do you do at the co-op?

I am the sous-chef or lead cook, directly under the Café Manager or head chef.

What brought you to the co-op?

When I worked at SOU as the head vegetarian/vegan chef, I met Chef Chris Bradbeer, who asked me to come work for him at the co-op when he got the Café Manager position.

What do you like best about your job?

Working with the beautiful food and wonderful people in a great community. And the opportunity to cook with local, organic produce.

Tell us your co-op favorites:

All the local farm products and produce. The hummus from the Café. Vegan donuts!



How has working at the co-op affected your life?

Meeting and working with the staff and customers has been such a positive experience. I feel working here has better connected me to the community and the world of well-being and health.

Tell us something we don't know!

I was in a two person musical at the [Randall Theatre](#) in 2017.

What do you like to do outside of work?

Spending time in nature being quiet. Exploring the valley with my lovely wife, Laura. Writing and recording music. Film-making. Cooking! Teaching yoga.

Where did you grow up/ where have you lived in your life?

Colorado (Fort Collins)
Florida (Melbourne Beach)
California (Humboldt)
Poland (Warsaw/Krakow)

Important Dates

Rogue Valley Farm Tour

Sunday, July 22nd from 10:00am-4:00pm. Enjoy visiting a few of the twenty-five participating farms around the valley! Take part in activities from tastings to field tours, and learn about the abundance of our local food system. Pick up a brochure in-store or find more information on [Facebook @RogueValleyFarmTour](#).

The Oregon Wine Experience

Monday, August 20th - Sunday, August 26th Bigam Knoll, Jacksonville. This week-long fundraiser for the Asante Foundation and Children's Miracle Network features extraordinary Oregon wines, culinary creations, and one-of-a-kind experiences. More info at [www.theoregonwineexperience.com](#).

Bear Creek Stewardship Day

Saturday, September 29th 9:00am-12:00pm Bear Creek Greenway. This clean-up is a local investment shared by neighboring communities to keep the Bear Creek corridor clean and keep trash out of the stream. Find more info at [bearcreekstewards.org](#).

Board of Directors Meetings

Third Monday of each month 5:30pm-7:30pm Medical Eye Center. Please check our online calendar for any location and/or time changes. If you are an owner planning to attend a meeting and would like a specific topic to be addressed, please email the General Manager: gm@medfordfood.coop.