



ISSUE 1/VOLUME 4
WINTER 2020



A free publication from Northeast Coalition of Neighborhoods (NECN)

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MISSION STATEMENT:

Northeast Coalition of Neighborhoods (NECN) increases neighborhood livability through highly inclusive civic engagement and grassroots community building. NECN believes in creating healthy neighborhoods by engaging people to become directly involved in determining how their neighborhood evolves.

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The Foodscape of Northeast

Lunch and history with local historian Doug Decker

By Mischa Webley,
NECN Staff Writer

If there's one thing that has changed the food landscape of Northeast Portland, it was the rise of the automobile, says Doug Decker, local historian and expert on early-century Northeast Portland. We're eating lunch at Dar Salaam, the delicious Iraqi restaurant on Alberta. We're trying to understand the phases that our corner of the city has gone through in regards to food: how we eat it, where we eat it, what we eat.

But even before the car, he says, the food culture of Portland begins and ends with salmon. Before settlers scratched out a city from the muddy banks of the Willamette, there were creeks and gullies running all throughout the eastside and emptying into the river. These streams were full of salmon and the Indigenous people that lived here before the arrival of Europeans relied on this bountiful food supply, as did the settlers.

After the era of salmon but before the reign of the car in Portland, he says, Portland's extensive streetcar system shaped the Eastside. It operated on a wide network of tracks that ranged from the city center all the way east to Estacada and even south to Salem. Real estate development followed the streetcar lines (in fact, they were often financed by real estate speculators) which led inevitably to the Eastside quickly growing denser. Small mom-and-



Alberta Street has always been home to small, local food providers

pop grocers sprouted up to meet the demand, with both mom and pop as well as their kids often living upstairs from the storefront.

This explosion of small grocers laid the foundation for how we

“...since there was little commercial transit then, these stores only carried local produce”

ate in this era: since there was little commercial transit then, these stores only carried local produce. And local meant hyper-local: produce might have come from as near as Fernhill Park in Concordia, which back then was a maze of small farms. The stores sold other goods in bulk barrels - think nuts, flours, and other bak-

ing goods - that came from other crops in and around the Portland area.

But it also meant something more intangible: people knew their grocers as well as their neighbors. There was no car to isolate yourself in on your way to a big box supermarket. Instead, people walked to the store and talked to their neighbors along the way. They had relationships with the store owners who often sold food on credit with no interest rates required, just the simple trust in repayment that's built through long-standing neighborly relationships.

But the car changed all that. As car use rose, the streetcar declined and was soon abandoned entirely. In its place, the car allowed families to travel much further to shop, and that led to the

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Portland Food Project Brings Food to the Hungry

We hear it on the news. We talk about it at work. Portlanders are concerned about the housing crisis and the rising number of people who regularly struggle to make ends meet. Although many of us would like to do something to help, the problem seems daunting. As housing prices rise, many of our neighbors are forced to make the hard choice between paying the rent and regularly putting food on the table.

According to the Oregon Hunger Task Force the rate of food insecurity

in Multnomah County is 13.8%. That means more than 100,000 people in Multnomah County don't consistently have access to sufficient quantities of nutritious food and one-third of those are children. At Portland Food Project, we believe that no one in our neighborhoods should have to go hungry.

Portland Food Project is a local non-profit organization that makes it easy to do something to help. When Portland Food Project donors go to the grocery store, they pick up additional non-



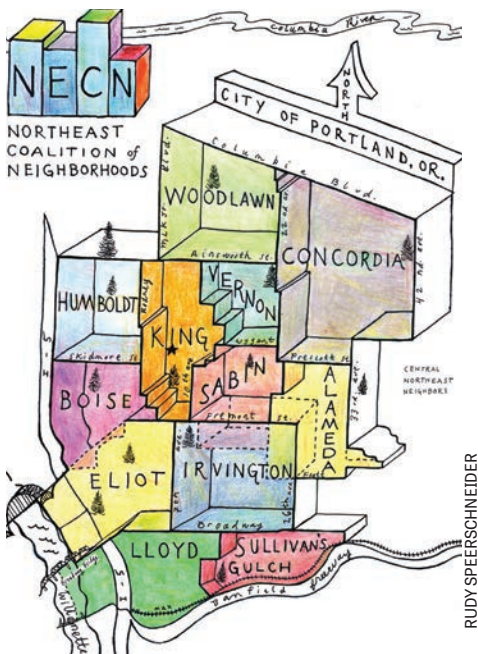
perishable food items to add to their green bag. On collection days they put the green bag out on their porch so their Neighborhood Coordinator can pick up the full bag and leave them a new one for next time. It's that easy. Our Neighborhood Coordinators pick up green bags six times a year—on the second

Saturday of every other month. The food we collect goes to support 21

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Northeast Coalition of Neighborhoods (NECN), founded in 1974, is an independent nonprofit organization. NECN is one of seven neighborhood coalitions in Portland, which are primarily funded by the City's Office of Neighborhood Involvement. NECN identifies and takes on hyper-local issues to increase neighborhood livability and civic engagement. NECN's service area includes 12 neighborhoods in inner North/Northeast Portland: Alameda, Boise, Concordia, Eliot, Humboldt, Irvington, Lloyd, King, Sabin, Sullivan's Gulch, Vernon, and Woodlawn. Any person that resides or works in North/Northeast Portland can get directly involved!

NORTHEAST HISTORY: Food for Thought

By Margaret Deirdre O'Hartigan, King Neighbor

Like any other neighborhood, Walnut Park has had its share of scandals – but a little less than a century ago a couple scandals involved some bad choices around food and drink.

Our story begins with a fatal car accident that occurred near Toledo, Wash., on October 20, 1928. As reported in the November 27, 1928 *Oregonian*, “J.W. Kane and Mrs. Katherine Bracy of Portland were killed while riding in Kane’s car”. A coroner’s jury later attached all the blame to Kane. The accident occurred



Kane was at the family home... Three bottles of beer and a small quantity of moonshine were found in the Kane car.”

Keep in mind that this was during Prohibition, when possession of beer and moonshine was completely illegal.

At the time of the accident, Kane was superintendent and part-owner of the Firland Lumber company mill in North Portland. He’d previously made the pages of the *Oregonian* back in 1917, when he’d received much better publicity for purchasing \$1000 worth of Liberty Loan bonds to help pay for U.S. involvement in what was then known as “The War to End All Wars”.

A Mrs. Vogel was Kane’s niece, and at the time of Kane’s death in the 1928 auto accident, was living in Kane’s house, together with her husband, A.C.

A.C. owned and operated a butcher shop at 784 Union Avenue N, on what is now Martin Luther King, Jr. Blvd. In the June 14, 1931 Sunday *Oregonian* Vogel ran an ad looking for: “Experienced sausage maker, some money required; good opportunity for right man.”

Less than two years later, Vogel and his new partner were in legal trouble. As the March 15, 1933 *Oregonian* reported: “Food Adul-

teration Charged. Complaints charging August Steidle and A. C. Vogel with selling adulterated food February 6 were issued yesterday by District Judge Woodley upon complaint of A.E. Tully. Steidle is charged with selling sausage mixed with sulphite preservatives and Vogel with selling hamburger mixed with sulphite preservatives.”

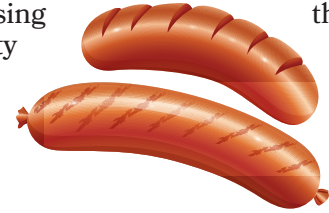
The *Oregonian* was silent regarding the outcome of the charges, but Vogel subsequently decided to get out of the meat business. A want ad that ran in the August 27, 1933 *Oregonian* read “BUTCHERS, SAUSAGE MAKERS. REAL OPPORTUNITY. Meat packing

plant, fully equipped, wholesale and resale. Good location, value \$25,000. Consider any reasonable offer. A. C. Vogel”.

By October 27, 1935, an increasingly desperate Vogel was trying to unload yet another of his properties – the Hotel Allen in Kelso, Wash.: “Will sell cheap. A.C. Vogel”.

Sometimes it really doesn’t pay to break the seventh commandment.

Excerpted from Walnut Park Revealed by Margaret Deirdre O'Hartigan



“First reports of the accident indicated that the woman was Kane’s wife”

when the Kane automobile, travelling northbound, collided head on with one driven by Earl Faas, also of Portland. “First reports of the accident indicated that the woman was Kane’s wife, but an investigation disclosed that Mrs.

Humboldt Neighbors Unite!

By the Humboldt Neighborhood Association

Neighbors in Humboldt meet the 2nd Thursday of every month to improve our neighborhood’s general welfare and build community. We support our educational institutions, while weighing in on land-use decisions, advocating for the vitality of local businesses, and working with government agencies to secure services that benefit the neighborhood. We strive to provide a forum for members of the community to voice their dreams and concerns for the Humboldt neighborhood.



In just the last few years, a dedicated group of volunteers facilitated a discussion about the naming of schools after former slave owners, partnered with Emmanuel Temple Church to provide the neighborhood cleanup each spring, and hosted a monthly discussion where developers can meet with community to discuss options for maintaining neighborhood character and livability in an era of housing challenges.

HNA sponsors community gatherings such as the 20th anniversary celebration of a small neighborhood greenspace on N. Albina and Sumner, the Hum-

boldt Market located at PCC Cascade campus, events at the Alberta Abbey, holiday adopt-a-neighbor programs, food pantry and shelter drives.

If you want to get involved with local events, share thoughts and concerns about the direction of our community, such as securing Humboldt’s once promised park, or addressing issues such as houselessness, affordable housing, racism, and air pollution,

“...All Humboldt residents are welcome! This includes all renters, business owners, and homeowners.”



we will be meeting every 2nd Thursday from 7pm to 9 pm at Jefferson High School in the Blazer Room located off of Commercial Ave.

All Humboldt residents are welcome! This includes all renters, business owners, and homeowners. We look forward to collaborating with you!

You can find out more about us at: <https://humboldtneighborhood.org> or <https://www.facebook.com/humboldtneighborhoodassociation>.

Foodscape cont'd from pg 1



PHOTO BY MISCHA WEBLEY

Fernhill Park - a farm once sat here.

consolidation of the small grocers into bigger and bigger stores, eventually becoming supermarkets.

As far as Doug sees it, one of the main downfalls of this shift towards cars was the lack of community that results. In his view, food is the center of any society,

“...food is the center of any society, any neighborhood, and the traditions that surround it”

any neighborhood, and the traditions that surround it. Once people stopped walking up the street to their neighborhood grocer, they also stopped being forced to interact with their neighbors on the street and in the store and a certain cohesion was lost. But at the same time, that is just how

time works: things change.

But perhaps they don't always change as much as they appear. We are talking inside a restaurant on a street that has certainly seen a lot of change over the years. But ever since the first streetcar tracks were laid down Alberta, it has been a place full of small businesses where people have come to eat, drink and shop, just as it is today.

In the early part of last century, open-air farmer's markets were a common sight around Alberta and people congregated around the grocery stores and small shops up and down Alberta. Today, small businesses still dominate, with new restaurants taking the place of the grocery stores of old, but bringing food to the neighborhood nonetheless.

As Mark Twain is supposed to have said, 'history may not repeat itself, but it does rhyme.' And often, it tastes pretty good too.

Doug Decker is the neighborhood historian behind the always-awesome blog, AlamedaHistory.org.

Project cont'd from pg 1

local food pantries in the Portland area. In Northeast Portland we support pantries at the Bethel Community Care Program, Birch Community Services, Home Forward, NE Emergency Food Program, and Sharon Community Services.

Portland Food Project helps to supplement the food local pantries receive from other organizations with non-perishable foods that help families make meals. We encourage our donors to contribute foods that are high in protein and staples they would commonly stock in their own pantries.

For more information about the Portland Food Project and how you can sign up as a donor or a neighborhood coordinator visit



PHOTO COURTESY OF PORTLAND FOOD PROJECT

portlandfoodproject.org or contact us at 503-775-2110 or info@portlandfoodproject.org.

Meals on Wheels Turns 50



David Lomax (l), Tanisha Jones (r) and a staff member at Meals on Wheels on MLK

By Mischa Webley, NECN Staff Writer

They say there's no such thing as a free lunch, but at the Meals on Wheels Center on NE Martin Luther King Jr. Boulevard, lunches are dished out, free of charge, hundreds of times a day. What's the catch? There isn't one. Anyone over 60, regardless of income level, can access a meal, seven days a week, 365 days a year.

In February, Meals on Wheels (MOW) will celebrate fifty years of providing both on-site meals and a citywide delivery network that brings meals to seniors in their homes. What began as the brainchild of three women in the 1960's looking to make a difference in the lives of seniors in Southeast has spawned a huge operation in the Portland area, serving Multnomah, Washington and Clark County.

The impact is big, and it's more than just filling stomachs. "For some people," says David Lomax, head of operations at the MLK Center, "it's not the meal. It's the community. We give people a place to go where they can interact with their peers and be a part of their community."

Many delivery drivers find this out the first time they bring a meal to someone's home. Often, a quick drop-off turns into an invitation to stay, which turns into sharing a meal with a perfect stranger and learning their life story. For our elders, who are increasingly isolated in our ever-busier culture, this opportunity to spend time with others is invaluable.

While the community surrounding the MLK Center has changed a lot in the past fifty years, much of what makes MOW special is how little it has. Every day of the year, about 60-65 people come in like clockwork for a meal. "You don't necessarily see the older people in your neighborhood,"

says Julie Piper Finley, Director of Marketing and Communications for MOW. "They're often an overlooked part of the community. But they are there, and they're a hugely important part

“For some people, it's not the meal. It's the community. We give people a place to go where they can interact with their peers and be a part of their community.”

of our society and they make our neighborhoods richer. And Meals on Wheels helps keep people in the community, thriving and contributing.”

A partnership with Urban League provides activities for seniors, meaning a visit to MOW can provide enough food and activity for an entire day. On a Tuesday at lunchtime it's bustling, with small tables crowded by elders, chatting about the day's news and the latest gossip. Everyone appears to know each other, and there's a refreshing amount of camaraderie in the room. Patrons, volunteers, delivery drivers and staff act as one big family. In a way, that's exactly what they are.

MOW relies on a huge team of volunteers and charitable gifts to do what they do, and they are in constant need of more generous spirits to give their time serving and delivering food. If you're interested in volunteering with Meals on Wheels, you can visit them at www.MOWP.org, or you can just walk into the MLK Center and say hi.

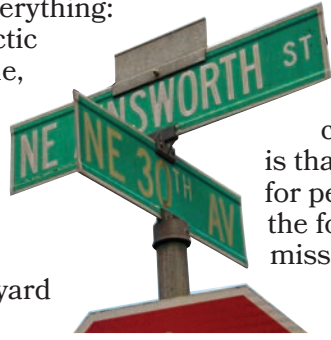
In Praise of Mini-Marts

By Mischa Webley, NECN Staff Writer

Ainsworth Food Market

The Ainsworth Food Market on NE 30th and Ainsworth had a little bit of everything: cheap food, soda, and an eclectic collection of everything for sale, from dusty pieces of tupperware to a strangely specific selection of stationery to a huge selection of flavored incense with pornographic names.

I could see it from the front yard of the house I grew up in and I ended up there at least a few times a week. Over the years the reasons would change for walking up there: first it was the



The Concordia University office formerly known as Ainsworth Food Market

candy. Fifty cents would buy you one of those “fruit” pies (no fruit, just sugar) and I was happily addicted to them.

Then it was for more practical reasons like running errands for my Mom. Maybe she was baking and ran out of flour or salt or oil; we would get a last-minute dozen of eggs or orange juice and occasionally even some produce which was parked in the back corner and always looked a little sad. For my parents, who were very uptight about what food we ate, the candy was my secret and the occasional purchase of non-organic flour was my mom’s. I kept both to myself.

As I got older, I developed a new addiction to movies and the Market had me covered on that too. I rented VHS tapes from the standing racks of random titles that were scattered around the store. Most of them were out of date and just about all of them were rated R.

The first movie I ever rented at the age of twelve was Platoon. Of course it wasn’t age-appropriate, but the owner - who worked behind the counter seven days a week - just picked up the phone and called my dad to clear it with him. From then on, I could rent anything I wanted, no questions asked. Where can you get customer service like that anymore?

Jay’s Food Mart



Jay’s Food Mart on NE 33rd St.

A little bit further up the street, Jay’s Market sat on the NW corner of NE 33rd and Killingworth. Jay’s was a classic, no-frills mini-mart that reliably had all the junk food and vices you might need. It was also right on the intersection of the old #10 and #72 bus lines for added convenience.

Jay’s shut down several years ago and the building sat empty for a long time. The sight of its replacement, a Mud Bay outlet that sells gourmet pet food, is still jarring to me. Back in the day, the unhealthy selection of food at Jay’s was still some of the only food closeby; that part of Northeast was a certifiable food desert. The irony is that now it’s a store that sells food for pets that is probably healthier than the food Jay’s sold to us. But I still miss the old market.

15th Street Market

Just south of Knott Street in a tiny strip mall on 15th Avenue, what we knew as the 15th Street Market (and which probably had a different real name) was a godsend to underage kids like myself and friends who discovered a taste for alcohol in high school. That’s because one of the clerks/owners was happy to accommodate us and sold us beer and cigarettes freely [editor’s note: underage drinking and smoking is not recommended by NECN or the Surgeon General or anyone really].



Site of the former 15th Street Market

I’m not sure how we figured this out, but I remember him always just asking



The former 15th Street Market

us if we were over 21 and of course we said yes. Sometimes, if there was a nosy-looking person in line next to me, he would ask me for ID and I’d just show him my regular ID that clearly stated I was underage. But he’d sell to me anyway. Once, after I had got my hands on a fake ID (actually it was real, it just wasn’t me), he carded me in this way and I proudly produced the ID from my wallet. He looked at it, chuckled to himself, then said something about how I’d gotten a haircut. Then he passed me my order with a smile.

It all came to an end when I unknowingly bought alcohol in front of a friend of my parents when I was about 18. It was only after I’d paid for it that the friend made himself known and I knew the game was up. My dad only mentioned it to me once with a joke about how beer will make me fat. But then, I found out later, my dad went down to the store and chewed out the owner and threatened to sue him. Suddenly, no one could buy there anymore. I never went back there again and I never told my friends about it.



Kyra and Martin Rodgers, owners of the Rose and Thistle

LOCAL SPECIAL: The Rose and Thistle

By Adam Lyons, NECN

Authenticity is a scarce commodity in Portland these days; from politics, to people, to food. There are a few pubs left that have an ‘old Portland’ feel that doesn’t feel like it was bought on Etsy. The Rose and Thistle is real Portland. Current co-owner Martin ‘Marty’ Rodgers aunt and uncle bought the bar, originally named the On Broadway Tavern, in 1991 and renamed it. The Rose is for his aunt’s hometown and the Thistle is for Scotland, where Rodgers’ uncle was born.

Some people assume it’s a Scottish or English bar and are disappointed when they find out its unapologetically old Portland.

“Being born and raised in Northeast Portland, I always hated going out to places and people looking at you like you aren’t cool enough to be in here, that sort of new Portland pretentiousness. I have told the staff to treat everybody like they belong here, whether it’s their first time or hundredth time.”

Come for the fresh Ranier and Mac of the Moment, come back for amazing staff and trivia nights.

King Food Market

By Jessica Rojas, NECN

I have this foggy memory from my childhood of the corner store known today as King Food Market at 2909 NE Prescott St. The scene was a store lined with large bins filled with oats, flour, rice and other bulk food items. I remember seeing people pushing their grocery carts. It was so long ago, even my memory is in black and white.

I remember when Pacman first came out and hanging out at the corner store to play video games after school was the thing to do if you were a kid. Living near a store that we could walk to with friends provided us with the freedom to be the kids we wanted to be, out of parental view. We would play silly games and raise cain in the parking lot before it was developed. We would walk the alleys home, munching on the fruits of overgrown blackberry bushes, wild apple trees and renegade grape vines.

Growing up, there were some years that were financially lean for my family. We were always grateful for the little store being open, even on the holidays. There were times when we were short on our bill and they would let us pay them back when we could.

Whoever was at the front counter of the two different families that owned and operated the space knew every member of our family, and all of our friends. My favorite thing about their counter is of all the photos they had with people from all over. Some have written messages to the owners. These memories are just a glimpse of the history this building has seen.



INTERVIEW: Jamie Turner, Owner, Ja'das Soulful Eatz



Jamie Turner of Ja'Das Soulful Eatz

Interviewed by Adam Lyons, NECN

What's your background?

I worked for Bonneville Power for 38 years - started there as a student - then recently retired last October. During that time I started a cupcake business in 2008. After I retired I knew I wanted to get back into this but we couldn't survive just off cupcakes. My kids always encouraged me to open up a restaurant because people used to come over to my house after church on Sundays and bring their families for a good meal and desserts. I knew I had a knack: I learned most of my skills from my grandmother and my late mother-in-law and my sister-in-law.

What's on the menu?

Our specialty is our deep-fried ribs. Second to that is our po'boy sandwiches [which] have just taken off completely. Then in the dessert department our gourmet sweet potato cupcake, and I created our own sweet potato coconut cake with pineapple filling and that has just taken off.

What do you think is the importance of soul food to people?

It just takes people back home, back to their roots. It's just something about the Southern hospitality that brings back a lot of childhood memories, just some down home cooking!

Another reason I started it was there was no place to get soul food in Portland nearby. There are very few places that sell soul food, so I thought this would be a good opportunity to bring the community back together [and] reestablish the traditions of black-owned businesses being on MLK. It's wonderful to see people from all walks of life come in to support my business, but it's become like a gathering place for people. Seeing a lot of friends, people I haven't seen in years, it's been a good experience.

What advice would you give to someone interested in opening a food cart?

I recommend doing markets to test your product, see how your product does. What's my competition? Sample other food carts and do a business plan and really count up the costs. Ask what am I going to sacrifice? Because it is going to require full-time energy. Most importantly have some good tasters. You gotta have heart to produce excellence, that's something my grandma taught me. If you are going to do it, do it right.

What's the future hold for Ja'Das?

My ultimate goal was to have my own dessert or cupcake shop so right now that's still part of my vision. I just hope to keep the soul food going as long as my family will come along with me. It's also really important to give back to the community by giving financial and food donations to nonprofits. My dream is to be able to offer student scholarships as well.

Ja'das is located at 7339 NE MLK Jr. Blvd.

Let's Taco-Bout It



By Jessica Rojas, NECN

I go to different taquerias, for different reasons. So I gotta talk about (taco-bout) a few of my faves.



La Sirenita: The Everyday Staple Taco

For taquerias in Northeast, La Sirenita on NE 28th and Alberta is the OG Veterano, home of the affordable comida since day one. I can still remember the humble beginnings of that location, which back then was a small store with a jukebox that played oldies and had a food cart outside.

The elder who first owned the building took me and my sisters in as family, and I worked there in the store side (tiendita). The family that made the food and ran the kitchen was separate from the store. Over the years, I watched three generations work the front counter of their kitchen. My old time favorite: Black bean tostada and salsa verde.

What I value so much about them is that when I did not have the money to eat, sometimes they just fed me, saying, "you need to eat." That is a part of our culture, to take care of our community through food and hospitality. And to this day, most people of Northeast know of La Sirenita as an affordable, consistent provider of quality Mexican food. It's a business anchor of Alberta Street, one that makes me feel at home when I see the image of the little mermaid - la sirenita.

For the full experience, be sure to stop by and visit Angel's Donuts and Ice Cream next door afterwards.

Santo Domingo: The Sunday Taco

When it's Sunday and I am most likely visiting my dad, he is going to want a carne asada burrito. By this point in the week I've had my staple and work tacos, but there is something more I crave. That is when I go to Santo Domingo on NE 42nd and Killings-

worth. My main motivation: chicken mole tacos and steak fajitas. I like to say, "don't cheat yourself- treat yourself." Sunday is a good day for sour cream anyways. The parking isn't the greatest but it is close to the bus line on an up-and-coming new main street, 42nd Ave. The menu will not disappoint you.



Taco Machine: Taco Truck Love

Taco Machine on NE 16th and Killingsworth is my local taco truck. They have the carne asada fries and potato or mushroom tacos for the moments I don't feel like eating meat. All for a very good price. Let's support this small business; I would like to see them expand their hours as this part of Killingsworth grows.

She has the classics at a good price. This is where I go when I am ready to eat/"hangry". Sometimes I will write a (always nice) message on her whiteboard which is decorated in messages of gratitude from their many loyal visitors. Please support this small business and ensure they can stay a part of our affordable food community.



La Taq: Bougie New-Style Taco

I have to give a shout out to La Taq, also on NE 16th and Killingsworth. Their food is not the average taqueria experience. While a little higher in price, I find the puffy brisket and the poblanos rajas tacos reminding me of something amazing I once had in Espanola, New Mexico.

With this fancy taco bar, the outdoor seating situation, quality passion fruit margarita and good service they provide me and my furry friend Ramone (who is the Four-Legged Fur King of Killingsworth), made me a customer. When I like people-watching with some eclectic food that has a sort of Portland emo vibe, this is where I do it at.

Jessica Rojas is NECN's resident taco-mentarian and a known taco-anthropologist, following the motto "tacos over vatos." Beyond a statement, it is a lifestyle.

A Dynamic Trio: Bishop & Sons and The Bearded Chef

By Arainnia Brown

As far back as Philip Johnson Sr. can remember, he's always had a passion for baking. He would bake any type of loaf, cookie or cake with joy. A few years ago, after seeing how much joy his baking brought to people, he started Integrity Foods, which sold baked goods at farmers markets and catered events.

It was a huge hit and the more his business branched out, the more orders he received. But sadly, he was soon forced to put the business on hold when his mother passed away.

A few years later Johnson Sr.'s son, Philip Johnson Jr., convinced his father to start up business again by re-branding and try something new. That is when the journey of Bishop & Son's began. Johnson Sr - aka the Bishop - took over baking goods while Johnson Jr. - the Son - took over the marketing aspect of their business. Johnson Jr. wanted to take their business to the next level by adding business partners to their dynamic plan and that's where Duoshun Pledgure entered the picture.

Pledgure is the chef at a local alternative high school and also has a catering business called The Bearded Chef. The Bearded Chef offers a wide variety of meals such as Keto dishes, mac and cheese

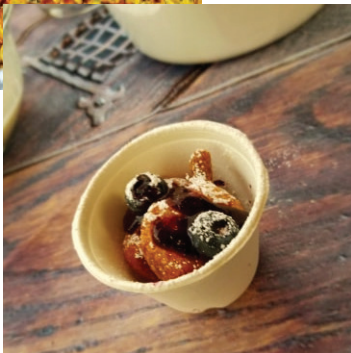
with delicious toppings, and brunch options that make a person want to go back for more.

As partners, Bishop & Sons along with The Bearded Chef cater for community organizations, churches, pop-up shops, holiday bazaars, and school events. In addition to this, they take orders online, by phone, or through email.

As for the future, both businesses are in the process of opening a food cart together, with renovations in the works. It's a long process and the work will take time. However,

it's a combination of both necessity and dreams. As Pledgure says, it's about "figuring out a

way to centralize all of our business into one, such as having a commercial kitchen and sharing co-op space." Johnson Jr. adds, "We want people to understand and [see] us as a community co-op. We're two businesses coming together with a similar vision and we complement each other. It's about complementing and not competing."



Bishop & Sons along with The Bearded Chef

Bishop & Sons and The Bearded Chef are not only making a difference with their unique partnership but they're also setting an example for future generations. "We are willingly and joyfully choosing to partner together because in our community, we don't get a chance to see healthy partnerships between black-owned businesses, so

we want to model that and hope to create other opportunities and space for this vision to continue." They provide good food options while making a difference within the community, one dish at a time.

You can find Bishop & Sons and The Bearded Chef online at www.bishopandsonspdx.com or www.instagram.com/thebeardedchefpdx.



Beer, Tamales, and Coffee: A Perfect Marriage

By Sue Stringer, Eliot Neighbor

"This town is about collaboration," says Thad Fisco, owner of Portland Kettle Works and Portland's craft beer lab, Labrewatory. In 2015, Labrewatory opened in the Lower Albina area and since then it has been the definition of collaboration in every sense of the word. For the first couple of years, beer was the headliner at this storage facility turned brewery, with brewers from around the city coming together to create beers that are creative and delicious. But that is changing now.

"At the beginning of the year, we added the coffee shop and extended our hours," says Rachel Wilson, brewery manager and owner of Dawn Patrol Coffee, which operates at Labrewatory in the morning hours from 7:00 am to 2:00 pm.. "Now we get to start doing some new things down here!"

Tamale Boy started providing burritos in the morning starting at 8:30 am and beer can be sold any time of day. "We also have different beer and coffee cocktails and growlers to go," Rachel adds. She has also taken on distribution, selling kegs of Labrewatory's beer to different restaurants and bars like Loyal Legion.

Rachel continues, "We really started focusing on community events. We're trying to bring in

a different crowd of people and having the neighborhood have a place to meet. There is even a \$1 neighborhood discount for those customers who live or work in the neighborhood."

"We're trying to bring in a different crowd of people and having the neighborhood have a place to meet"

In addition, both Labrewatory and Tamale Boy offer classes that are offered to all of the Portland Kettle Works clients. They get all of Labrewatory's operating procedures for the front of the house, operating procedures for the brewery and get to see financial analysis. It gives the new brewery owners an idea on how to operate their business.

Jaime Soltero, Jr., owner of Tamale Boy, says, "Our philosophy is to always be training and always be evolving and getting people situated. We work with a couple of organizations that come and prep and train here so that they can get [employees] back into the

See LABREWATORY pg 7

CONCORDIA CONVERSATIONS
Listen, Learn, and Explore Neighborhood Change
Sunday, January 12
3-5:30 p.m.
CERIMON HOUSE
 5131 NE 23rd Ave
 Portland, OR 97211

LISTEN to community members talk about neighborhood change in the premiere of a short film about NE 35th Ave titled, "Diary of a Street".

LEARN about early neighborhood history with local historian, Doug Decker.

EXPLORE diverse perspectives on neighborhood change with a panel from the housing field and community.

RAFFLE PRIZES FROM LOCAL BUSINESSES!
 Light refreshments will be served

Partially funded by
Regional Arts & Culture Council

<https://tinyurl.com/ConcordiaConversations>

Gardening For Food Justice

By Jolie Donohue

With mounting tuitions and the escalating cost of living expenses, today's community college student is struggling to survive and is often saddled with excessive student loan debt after graduation. At Portland Community College, our students are a diverse, vibrant, and empowered community, but many face several barriers to college success: they might be first-generation college students, parents, or work multiple jobs.

According to a new report from the Hope Center for College, Community, and Justice, 48% of community college students are food insecure, 56% are housing insecure, and 17% were homeless in the past year. We know our students are hungry and we acknowledge that the food system in the United States is riddled with injustice and systemic racism as, for example, people of color are disproportionately impacted by diet related illness. Because student hunger and food justice are a priority for our student leaders, they're finding creative solutions to these problems.

In 2019, with the assistance of a student funded Eco-Social Justice Grant, the student leadership planned and constructed a learning garden on the Cascade campus. While four other PCC campuses have established learning gardens, what is unique to the Cascade Urban Learning Garden is its central campus location and its demonstration of small-scale, organic, edible gardening. The Cascade Urban Learning Garden seeks to produce vegetables, fruit, and herbs year-round that is all donated to the Cascade Panther Pantry. The Panther Pantry is an Oregon Food Bank partner agency that provides healthy food at no cost to all PCC students.



Commitment to sustainability and student health is demonstrated in the garden use of compost, cover crops, and all food is grown naturally without the use of herbicide or pesticide sprays. During the summer the Cascade Urban Learning Garden produced basil, cucumber, eggplant, peppers, melons, summer squash, tomatoes, and zucchini. This fall the harvest included chard, cilantro, collards, kale, lettuce, mustards, parsley, and scallions. In October students planted overwintering garlic, onions, and shallots. The fruit garden includes espaliered apple, pear, and plum trees, blueberries, currants, honeberry, raspberries, and blackberries.

The Cascade Urban Learning Garden cannot solve food insecurity for all of our students, but it is an excellent demonstration of student tenacity and problem-solving. Our goals are to continue expanding the garden to feed students year-round, provide hands-on education to teach students to grow their own food, and empower students through meaningful leadership opportunities to be



powerful change agents for a more equitable food system. *Jolie Donohue is the Cascade Learning Garden Coordinator at Portland Community College. Through her small business The Gardening Goddess she writes, teaches, and consults about edible gardening. Her family has lived experience with food insecurity. Reach her online: www.jolieannndonohue.com.*

Labrewatory

cont'd from pg 6

workforce. That helps us also really think about what we're doing and how we go about things. It's a humbling experience for sure."

The collaboration has been good for all three businesses. "When Jaime came in with Tamale Boy our beer sales increased 30%, says Thad. "That's one thing we teach people: if you don't have food you're basically cutting yourself off at the knees. So it's been a great partnership."

Jaime agrees, "It actually worked out perfectly. Summers we were packed to the gills and we needed

more space. Thad got wind of me and we got started and it's the perfect marriage"

Rachel adds, "With this space we can have all these people that want to have an event and Labrewatory can offer the beer, Tamale Boy supplies the food and then there is a different kind of profit without having to rent an event space so more of the proceeds can go to the business holding the event."

But most of all, says Rachel, it's fun. She is learning about the financial side of a business, managing skills, and is challenged to find new businesses with items that are needing distribution to offer at the taproom, as

well as trying to scale cold brew coffee which will be on one of the taps at the brewery.

The classes that are offered by Thad and Jaime help pop-ups which in turn are helping our community become stronger and offer diverse food and beverages to all of the Portland metro.

So if you have an inkling to start a brewery or restaurant, check in with this successful team on North Russell. Collaboration is the name of the game and to sum it up, referring to the old television sit-com, Jaime says, "We're very tight here. We're very three's company."

Labrewatory is located at 670 N. Russell St. Visit labrewatory.com for more information.



By Richard Hunter Sr.

One of my favorite Restaurants is E'Njoni Café (A Blend of Mediterranean, Ethiopian and Eritrean Food). They serve Local and organic food; Halal meat; Dozens of delicious vegan dishes; African beers & wines; Full bar; Ethiopian espresso drinks. They also do Catering and event hosting.

The owners are Sonya and Michael. I have met Sonya. She is highly educated, global minded and down to earth with a warm personality. The staff are equally warm and friendly. I've been to this place more than twice and I must say...I just love the consistent quality of the food and I love the warm customer service provided. They are really good at making sure that their customers leave satisfied and happy. I have tried the Fried Tilapia Fillets (2 tilapia fillets fried golden and served with plantains, rice and salad). I have also tried the TWO MEAT AND TWO VEGGIE COMBO (siga zigni alitcha dorho with two veggie choices and salata).

The place is beautifully decorated with Ethiopian/Mediterranean Theme. Much larger on the inside than it looks from the outside. The food is delicious. The restaurant is neat and clean. They even have a Sunday Buffet where you can try a little bit of everything. Try everything and support them! They definitely deserve your business and appreciation.

They accept credit cards. Prices - \$\$



ADDRESS: 910 N. Killingsworth St., Portland, Oregon 97217

Across the street from the PCC Cascade Campus. Easy access by car, Yellow Line Max Train, the #4 or #72 Bus.

PHONE: 910-286-1401

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More Than A Grocery Store

By Courtney Ross,
Alberta Food
Cooperative

You probably know Alberta Cooperative Grocery as that corner store on Alberta Street where you can peruse colorful produce. You can stroll through our few aisles in a matter of minutes if need be, or you can talk in-depth about your ailments with our wellness buyers. Kids run around with apples trying to find where our mascot, Pickles the co-op kitten, is hiding.

As much as we seem like your average shop from the outside, almost every day I look around in awe at how we've been able to collectively keep the store running since 2001. I wrongly used to think co-ops were like Costco, where you can't shop unless you have an expensive membership. I never grew up going to a food co-op, but now I couldn't imagine my life without one.

I got this job as the Marketing Coordinator the old-fashioned way: I saw a "Now Hiring" sign in the window, walked in, and asked for the manager. I quickly realized there wasn't one! All of the hiring, buying, stocking - you name it - happens without a boss. We're worker-managed, which means we operate without either a general manager or the hierarchical structure common to most businesses.

We are one of only three consumer-owned co-op grocers in the country that is worker-managed. We're owned by the community and run by the workers. We all participate in the higher-level decision making that shapes the way our store operates and what it stands for. We're not always in



agreement about how to run the store and jurisdictional quandaries are not uncommon, but our workplace is beautiful because of how we navigate these challenges.

Workers meet once a month to discuss policies and proposals that impact the entire store. The budget doesn't get passed unless we all approve it. Everyone had a voice in the designs for our remodel this



"We're owned by the community and run by the worker"

past May. Consensus produces outcomes with meaningful buy-in and ensures that minority perspectives are given a voice. I guarantee these conversations don't happen at your typical grocery chain.

The magic behind the scenes occurs in a small strip of desks wedged in the back of the store or in the cramped trailer in our parking lot. Our buyers often strategize while surrounded by a line waiting for the bathroom or staff trying to get

some vendor samples to munch on. Our roles are very self-directed, but we problem solve and navigate the highs and lows together.

The folks that work here have stayed, many for years, because they care so deeply about what Alberta Co-op represents. None of us are getting rich doing this work, yet I've never met a more generous group of people.

It's hard to talk about food without talking about how it directly affects people. That's why Alberta Co-op prioritizes workers' rights, food security, environmental stewardship, social justice, and the sharing of resources. We hope to continue conversations about how to ensure affordability and accessibility for our neighbors

that are more concerned with how to feed their family than with what reusable straw to buy.

Our ends are constantly evolving to fulfill the needs of our neighborhood. And our pride is more than just rainbows in June. Workers feel welcome to be fully ourselves and we try and extend that welcome to everyone who comes through the co-op's doors.

So the next time you stop in for a sandwich for your lunch break or to stock up before a camping trip, know that your hard-earned money is supporting a workplace that's both empowering and collaborative. We're more than co-op workers: we're artists tying knots and making magnets, writers and musicians

fighting to express ourselves, activists finding time for every strike. We're more than a grocery store, we're a cooperative community united by our commitment to finding new ways to meet our collective needs within capitalism. A collectively-managed, consumer-owned co-op is a big ole experiment in democracy—come on by and be a part of it!

Bernstein's: Good Bagels, Made Locally



The Garden Delight on a salt bagel, stacked with hummus, avocado, sweet onion, and cucumbers. Compliment with fresh brewed Nossa Familia coffee.

By Abby Morgan

On a clear morning, as the sun traces a path from east to west, the light eventually breaks out over the treetops of the Eliot Neighborhood, slips under the freeway passes and spills sunshine onto North Russell Street. Still a quiet strip that's surely poised to grow, right now it's a mix of industrial shops peppered with business storefronts.

It's during this time of day, at about 7:30 A.M. that you'll want to make your way over to Bernstein's Bagels. In the winter of 2018, Bernstein's grew into the space that was formerly home to Mint, one of Portland's mainstay cocktail bars. A labor of love and dedication, the renovation at 816 North Russell by owners Noah Bernstein and Peter Hurteau, features plenty of seating room and handpainted wallpaper by Melanie Nead.

In fact, Nead's Lonesome West Studio - which focuses on custom wall treatments and ceramic objects - sits next to the bagel shop. Her Arts and Crafts Movement-inspired designs bring a coziness to the space and certainly do the historic property justice. The frieze she designed pays homage to the venerated everything bagel, and all dough boiled and baked. Concentrate on it closely and the subtle ingredients begin to pop out: sea salt, barley, wheat, and poppies.

Even as they bid farewell to their first location in St. Johns, a whole year after moving into the Eliot, Bernstein's thrives. They continue to serve up delightfully hearty bagel sandwiches. However, the old adage rings true: the early bird catches the worm. Except in this case it's bagels and they are very popular.

They are "hand-rolled, boiled, and made on-site twice daily." Looking for a classic lox combination? You got it. Schmear not, their spreads change from time-to-time. Flavors you may know—cinnamon raisin, herb, and strawberry—tossed in with wildcards like carrot cake and once upon a time even pizza. The bagel is merely a blank canvas; how you dress it is up to you.

Bernstein's Bagels is located at 816 North Russell. Hot bagels come out of the oven at 7:30am Monday through Friday and at 8:30am on the weekends.

Write For Hey Neighbor!

We're seeking volunteer writers who want to tell stories about inner North and Northeast Portland's people, places and issues.

For more info visit:
heyneighborpdx.com/write