

# Fresh Press

Fall 2019



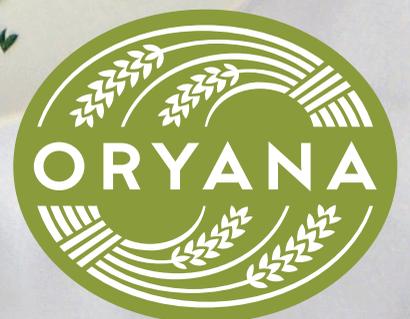
Holiday Wine  
Picks

.....

Do-It-Yourself  
Gifts

.....

Recipes  
Holiday Appetizers





### STORE HOURS

Mon. - Sat. 7:30 - 9 Sunday 9 - 7  
Michigan Bridge Card Accepted  
Bay Bucks Local Currency Accepted

The purpose of Oryana Community Cooperative is to provide high quality food produced in ecologically sound ways at fair value to owners and the community. Oryana owners and staff are committed to enhancing their community through the practice of cooperative economics and education about the relationship of food to health.

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Luise Bolleber, Heather Campbell, Jim Dagwell, Ali Lopez, Steve Nance, Bennett Wetlesen

### STATEMENT ON THE COOPERATIVE IDENTITY

**Definition:** 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.

**Values:** Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

### Cooperative Principles

Voluntary and Open Membership  
Democratic Control  
Member Economic Participation  
Autonomy and Independence  
Education, Training and Information  
Cooperation Among Cooperatives  
Concern for Community

## Table of Contents

3	General Manager's Report
4	Board Report
5	Your Voice: Owner Comments
6	New Products/Staff Picks
7	October is Non-GMO Month
8	Turkeys and Thanksgiving Catering
9	Holiday Wines
10	Holiday Gift Guide
11	DIY Gifts
12-13	Colorful Holiday Side Dish Recipes
14-15	Holiday Appetizer Recipes
16	Fall Cooking Classes
17	Our Local Farmers: Brown's Poplar Ridge
18-19	Nutrients in Food vs. Supplements
20	Savvy Shopping Tours/Run for the Board!



# General Manager's Report

By Steve Nance

It's been an interesting few years at Oryana as a plethora of competitors rolled into town: Aldi's, Lucky's, another Meijers, Costco, and more. What natural food co-ops have done for over 50 years has gone mainstream! This means we win! More people "get it" as they now are shopping for healthier options. Oryana has been instrumental in this shift. For decades, the co-op has provided education so people understand the relationship between food and health. (This is one of the goals in our Mission Statement.) With all the new shopping options, Oryana sales, not unexpectedly, slowed the last two years. The good news is that sales started to grow again by the end of 2018. But that was just in time to prepare for the closing of 8th Street during our busy summer season. What happened? Despite the added challenge for many shoppers to get to Oryana, sales quickly rebounded. Our loyal owners and shoppers figured out new routes. Our owners and staff are the soul of the co-op, so a heartfelt thank you to all of you that kept our cooperative vibrant and to all our staff for their dedication and patience.



## What's Next?

Oryana is guided by our vision of a future that includes the possibility of more Oryana locations to serve our community. Would this be another large store such as the second location we worked on a few years ago? Likely not. The needs and wants of our owners and community have shifted somewhat, and the possibilities seem to be in smaller, easy to shop, fresh and ready-to-go food stores. So, a neighborhood or downtown location that is walkable and that serves to supplement the main location on 10th Street might make sense. Perhaps even collaborations with other like-minded local businesses with space for a healthy-options kiosk provided by Oryana might work. These are exciting to consider along with a longer-term goal of being able to support more healthy, locally-focused options for the region's outlying areas and small towns. In the end, we want to serve our owners and fulfill our ENDS (our high-level visions) and provide more locally sourced, healthy fresh food to an ever healthier community.

## Oryana - Always Improving Your Co-op

Again, thanks for your patience with parking as we built an addition on the east side of Oryana. Though it's invisible to most, this addition houses a new walk-in cooler and freezer for our popular and growing Prepared Foods. We support this hardworking team as they create scratch-made food using lots of quality, local, and organic ingredients. We also added a new cooler near the cash registers to increase cold drink offerings and add another area for our grab-and-go made-in-house options. Never standing still, we are also working on two projects that we hope can add more solar capacity and a possible community meeting space.

Thank you for supporting Oryana and we will keep you updated about your cooperative. And as always, questions, comments, ideas? Please let us know!



## Board Report

By Jim Dagwell, Board President

Well, we're in the home stretch for the year, and for this decade. It's healthy to reflect back in time. We usually only think back for a brief time period. Give it a shot to do your best to recall your favorite times and accomplishments between the first day of the year 2000 to this current moment in time.

Upon this contemplation, I am confident that most of us will have much to be thankful about. If you are like me, I am thankful for the people and creatures (Dagwell dogs, past and present) that have enriched my life.

'Tis the season to express thanks to those friends and family we hold dear. To that end, this issue highlights holiday items, gifts, recipes, and do-it-yourself ideas to create for gift giving.

During your reflection, did you take some time to consider how well you took care of yourself this past decade? To assist your forward planning, check out the article that discusses getting nutrients from food vs. taking supplements. In that same vein, your cooperative celebrates Non-GMO Month this October. Now

*All owners have a voice in how their co-op is run. It's a pretty empowering system that has helped us grow together since our inception in 1973.*

in its tenth year, Non-GMO Month is North America's largest celebration of the consumer's right to choose non-GMO.

In your future consideration, have you ever considered Oryana Board service? Instead of an exclusive group of investors or executives, your co-op is governed by Owner voices. Elected democratically from the ownership, the Board of Directors guides the vision of the co-op - meaning all Owners have a voice in how their co-op is run. It's a pretty empowering system that has helped us grow together since our inception in 1973.

Oryana's Board consists of nine Directors who serve three-year terms. (Two of these positions may be filled by Oryana staff.) The Board is tasked with establishing and monitoring the co-op's governance policies, as well as hiring, monitoring, and evaluating the General Manager. They also maintain a fiduciary responsibility to the Owners to ensure a fiscally sound and viable co-op, protecting the owners' assets.

To learn more about becoming a board candidate, please check out the Oryana website, and attend a board meeting or two to see the board in action. There will be three board positions open in 2020.

See you at Oryana!

# Owner Comments

Your comments are welcome. Send them to [info@oryana.coop](mailto:info@oryana.coop) or fill out a comment card at Customer Service. We will print a selection in the newsletter and the remaining comments are posted in the store.

**C:** (To Ali Lopez, our recipe contributor) We may have never met in person, but over time I have always looked forward to your piece in the co-op news letter.

In my viewpoint, you consistently offer very high-quality and well crafted articles that I really hope our members take the time to both read as well as kick those tires of recipes you offer. Truly you are providing a wonderful bit of education for all and your pieces are very well thought out. Thank you for your contributions.

A: We are happy to have someone as talented as Ali contributing to our newsletter. Thanks for the kudos!

*~Stephanie, Marketing & Communications Manager*

**C:** The restriped parking spaces were made way too narrow, even for small cars.

A: We know our parking situation is far from ideal. Although we're constantly reassessing and seeking ways to improve it, in the meantime we're forced to work with the available space. Some of the recently painted lines have been redrawn to accomodate larger vehicles (in the south lot near receiving.) This does mean fewer overall spaces. Apart from that section the current layout (based on drawings that were approved by the City) is unlikely to change in the immediate future. We apologize for any frustrations this may cause, and hope you'll bear with us as we continue to look for new solutions.

*~Stephanie, Marketing & Communications Manager*

**C:** Please do something about the coffee grinder asap! I bought coffee beans one day and the grinder was broken. I came back and it took 20 minutes to grind my coffee. It's on my clothing, fingers, and all over the containers I'm using. Grinding coffee has become time consuming and messy.

A: We apologize for how inconvenient the coffee grinder was and replaced it with a new one, which grinds much faster and does not make a mess. Thanks for your patience!

*~John, Grocery Manager*

**C:** Please provide more paper bag options in the produce area, or display the paper bags more prominently, to cut down on the plastic bags.

A: The paper bags are tucked into different spots on top of the dry goods produce bin for your convenience, as well as stacked on a shelf underneath those bins. We do our best to make them visible but the bags on top do move around the display as we are always refreshing and updating the selection of onions, potatoes, squash, etc. We encourage shoppers to bring their own bags to cut down on plastic bag use. We also sell reusable mesh produce bags that work very well.

*~Chris, Produce Manager*

**C:** I buy the 2 lb Amish Butter Roll and on the ingredient list it says "natural flavoring." Why would good quality cream need flavorings and what are those flavorings?

A: The ingredients in the *salted* Amish Butter Roll are pasteurized cream and sea salt. The ingredients in the *unsalted* butter roll are pasteurized cream and natural flavoring, which the company who makes it says is actually lactic acid. According to Minerva Dairy, lactic acid is necessary for the butter's preservation. Without it, they said, the unsalted butter would go bad within about a week or so. Lactic acid is a common additive found in olives, cheese, and butter. It's a natural preservative that helps regulate the pH level of a food.

*~Luise, Outreach & Marketing Specialist*

**C:** Could you please have more COLD chardonnay on hand?

A: Thanks for the suggestion! Check out the cold case for more selections of chardonnay.

*~John, Grocery Manager*

# New Products



## True Made Vegetable Ketchup

Sweetened with vegetables, this ketchup is made with 50% less sugar than other ketchups and has over a full serving of vegetables in every bottle. Paleo friendly and gluten-free.



## Cado Avocado Dessert

Avocado based, non-dairy ice cream that tastes like 'real' ice cream. In Vanilla Bean, Deep Dark Chocolate, Simply Lemon, and Cherry Amaretto flavors. Made with organic ingredients.



## Kite Hill Spinach Ravioli

Delicious vegan ravioli blends creamy almond milk ricotta with sautéed spinach and select spices in pillows of egg-free pasta. Also available in Mushroom Ricotta Ravioli.



## Mina Products

Mina Preserved Lemons, Harissa Sauce, and Shakshuka Sauce are marvelous, high quality ingredients to use in Moroccan/Middle Eastern dishes.



## Charlotte's Web CBD Products

Charlotte's Web hemp products provide CBC, CBG, and other beneficial phytochemicals. All products are made with USA-grown hemp.

# STAFF PICKS

## Brooke

Tortelleria Minina Jalapeno Agave Tortilla Chips

They are the perfect thickness and crispness with just the right amount of seasoning.

## Matt

Bear Creek Organic Farm Radish Sprouts

These are very good. They have a nice mild peppery flavor and are a good accent in salads and sandwiches. They keep well in the fridge and last longer than other sprouts.

## Blythe

Delallo Whole Wheat No-Boil Lasagna Noodles

They're really easy to use (like lasagna on a weeknight easy) and delicious!

## Samantha

Tucson Tamales Breakfast Sausage & Cheese

The breakfast tamale is a convenient, wholesome breakfast. It's wrapped in a corn husk like a traditional tamale.

## Jerry

Ham Cheddar Quiche from the Cafe I just like quiche. I buy our quiche and heat it in the oven for lunch.

It's delicious!

## Bennett

Bonterra Wine in a can

This is a really good organic wine in a single serving can in our new singles wine cooler. It's super convenient and tastes great. I like the sauvignon blanc but there's also rosé.

## Alyssa

Hi Ball Energy Drink

I like this drink because it has no sugar and is not sweet. It's very hydrating. and comes in different flavors.



October is Non-GMO Month

## An Update from the Non-GMO Project



from [nongmoproject.org](http://nongmoproject.org)

The USDA issued its final rule for the National Bioengineered Food Disclosure Standard (NBFDS) in December of 2018. The Non-GMO Project is disappointed by the content of the final rule, which jeopardizes GMO transparency for Americans. The NBFDS demonstrates that only the Non-GMO Project provides the transparent labeling consumers have been demanding for more than 20 years.

In its current form, categorical exemptions prevent this law from delivering the meaningful protections Americans deserve. Highly processed ingredients, many products of new genetic engineering techniques such as CRISPR and TALEN, and many meat and dairy products will not require disclosure. Animal feed is not covered by this law; meat, eggs, and dairy from animals fed a GMO diet will not require a disclosure. Overall, many products containing

GMOs will not be labeled, meaning that the absence of a bioengineered (BE) disclosure does not mean a product is non-GMO. In light of these developments, the Non-GMO Project will continue to listen to consumers and provide North America's most rigorous label for GMO avoidance.

Despite these shortcomings, the law will permit voluntary non-GMO claims such as Non-GMO Project Verified. The final law explicitly states that Non-GMO Project participants are not expected to incur costs in association with this law according to a previously conducted regulatory impact analysis. This further suggests that Non-GMO Project Product Verification Program materials fulfill the necessary requirements to avoid disclosure.

The Non-GMO Project was founded on the simple idea that everyone has the right to know what is in their food and we are committed to helping every shopper make that right a reality. Based on the final rule, Non-GMO Project Verified will remain the most trustworthy and accessible way for consumers to avoid GMOs. The USDA's final rule is not good enough and we believe consumers deserve better—the Non-GMO Project is committed to providing transparent labeling and meaningful non-GMO choices to all Americans.

### **A note about our product guidelines:**

Oryana remains committed to providing the highest quality products we can find through staff diligence and research. While Oryana prioritizes sourcing non-GMO products, in some cases we may need to carry products containing these ingredients to fulfill customer need. As appropriate substitutes are found we continue to replace those products with higher quality ones that meet our guidelines. To read our full product buying guidelines please visit [www.oryana.coop/about-us/our-buying-standards/](http://www.oryana.coop/about-us/our-buying-standards/) or ask at our Customer Service desk.

### **About the Non-GMO Project**

The Non-GMO Project, founded in 2007, has worked to preserve and build sources of non-GMO products, educate consumers, and provide verified non-GMO choices to ensure people in North America have the right to an informed choice about genetically engineered (GE) foods.

The Non-GMO Project was founded with the goal of creating the first standardized definition for non-GMO products in the North American food industry and building a supply chain to increase availability and transparency of non-GMO products.



# Thanksgiving TO GO!

Featuring pasture-raised turkey from Duerksen Turkey Farm and other mostly organic ingredients. Just heat, eat, and enjoy! Pricing available in November. Order turkey plates or baked goods by Friday, November 22 for pick-up on Tuesday, November 26 or Wednesday, November 27. Dinner plates, side dishes and desserts will also be available in the deli cases in the cafe.

## TRADITIONAL DINNER PLATE

Roast Turkey w/ Homestyle Gravy  
Sweet Potato Casserole  
Classic Mashed Potatoes  
Sage Stuffing  
Green Beans  
Cranberry Orange Relish  
Dinner Roll

## WHEAT-FREE DINNER PLATE

Same as traditional, but with herb stuffing, gravy, and dinner roll made with wheat-free ingredients

## VEGAN DINNER PLATE

Same as traditional but made with all vegan-friendly ingredients (Tofu Turkey)

## PIES

*Traditional or wheat-free*  
Pumpkin  
Vegan Tofu Pumpkin  
Pecan  
Sweet Potato  
Classic Apple Crumb Pie  
Wheat-Free/Vegan  
Apple Crumb Pie

## CAKE ROLLS

Pumpkin Cream Cheese

## DINNER ROLLS

Whole Wheat  
Wheat-Free  
Vegan Wheat-Free

# LOCAL Duerksen Turkeys

# \$3.49/lb

**Available Saturday, November 23**

*(Because our birds are free-range and grow naturally, we are not able to take pre-orders. Multiple sizes will be available.)*

Turkeys humanely raised at Duerksen Turkey Farm, a third generation farm located in Mancelona, Michigan.



# Holiday Wine Picks

By Bennett Wetleson, Oryana Wine & Beer Buyer

## Black Star Farms 2017 Arcturos Dry Riesling

Of 567 entries from 6 countries at the 2018 Canberra International Riesling Competition, this offering from Northern Michigan took home the Best in Show, Best Dry Riesling, and Best American Riesling awards. This pairs well with food but is special enough to be enjoyed alone.

## Albrecht Gewurztraminer

Nothing pairs with turkey, stuffing, and all the savory flavors of the holiday season like a Gewurztraminer. With medium sweetness, bright fruit, and a touch of spice, this classic from Alsace is sure to please.

## Shady Lane Pinot Noir

Nothing shatters the misconception that Northern Michigan can't grow amazing reds like a powerhouse bottle of Pinot Noir, and this estate-grown offering from Leelanau Peninsula's Shady Lane is the perfect example. Delicious as it is versatile, try pairing this with everything from bold cheeses to salmon with red sauce or beef braised with mushrooms.

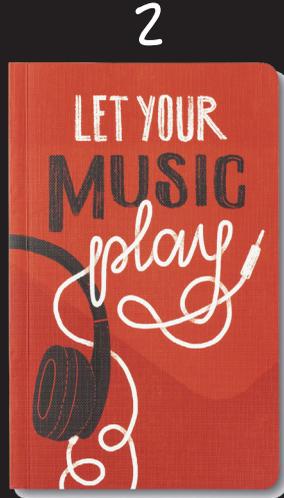
## Mawby Blanc

Everyone loves to celebrate the New Year with a glass (or three) of bubbly, and Mawby's flagship Brut from Suttons Bay has become a TC area classic. A "blanc de blancs" (white wine from white grapes) consisting mostly of chardonnay and a bit of a Riesling. This year skip the French stuff and ring in 2020 with a taste of Michigan.



# Oryana Holiday Gift Guide

Find a great selection of fair-trade, sustainably sourced, organic, and locally-made gifts at Oryana



- 1. Eclectic Earth Earrings** - Hand-made in the U.S. by talented artisans, using sterling silver, copper, brass, colored niobium, and semi-precious gemstones.
- 2. Compendium Journals** - Thoughtfully crafted and responsibly made journals for the creative ones in your life.
- 3. Feelgoodz** - Cozy slippers designed in partnership with the Cham Pa weaving co-op. These handmade slippers feature woven fabrics, soft faux sherpa, and natural rubber.
- 4. Zum** - U.S. made Zum products are cruelty-free and plant-based using high-quality aromatherapy essences.
- 5. Matr Boomie gifts** - A fair trade collection that blends the traditional artforms of India with timeless and modern design aesthetic, bringing people and cultures closer together.
- 6. Maggie's socks** are made from the softest organic merino wool. Maggie's has been committed to the fair treatment of workers for over 22 years.

# Easy Do-It-Yourself GIFTS

Follow one of these easy recipes to make a lovely gift for someone this holiday season. All ingredients can be purchased at Oryana. The 4 oz. canning jars are available at any hardware store. Decorative containers for the truffles are available at Michael's. Happy Holidays!



## VEGAN CHOCOLATE TRUFFLES

*from Martha Stewart*

8 oz 70% cacao dark chocolate, chopped  
1/4 cup coconut oil  
3 tablespoons water  
1 teaspoon vanilla extract  
Pinch sea salt  
1/4 cup unsweetened cocoa powder, for rolling  
Toppings: finely chopped pistachios, hazelnuts, toasted shredded coconut, candy sprinkles

Melt chocolate with oil and the water. Stir in vanilla and sea salt. Transfer to an 8-inch square baking dish and refrigerate until mixture is set but still pliable, about 2 hours. Scoop out 1-inch balls and transfer to a parchment-lined baking sheet. Coat hands in cocoa and roll balls

to make smooth. Refrigerate 10 minutes. (Truffles can be refrigerated in an airtight container up to 2 weeks; let stand at room temperature 30 minutes before coating.) To serve, roll in cocoa or pat with nuts, coconut, or sprinkles.



## SLOW COOKER DULCE DE LECHE

2 14-oz cans sweetened condensed milk

Divide the condensed milk among 6 4-oz canning jars. Secure lids. Place in a slow cooker and add enough hot water to cover by 1 inch. Cook on low for 12 hours, or until thick and richly colored. Remove jars with tongs and cool to room temperature; Keeps refrigerated up to 3 weeks.



## LAVENDER LEMON REFRESHING ROOM SPRAY

1.5 oz distilled water  
1.5 oz witch hazel  
15 drops lavender essential oil  
15 drops lemon essential oil  
4 oz spray bottle

Pour the witch hazel into a small spray bottle. Add the essential oils and shake well. Add the water and shake again.



# Colorful Side Dishes

*for your holiday table*

## Red Cabbage, Date & Feta Salad

from smittenkitchen.com

- 1 to 1 1/4 pounds red cabbage (1 small head or half of a large one), sliced very thin
- 3 tablespoons olive oil
- 2 tablespoons lime juice
- Salt and red pepper flakes to taste
- About 1/2 cup pitted dates, coarsely chopped or sliced
- 4 oz feta, crumbled
- 1 tablespoon chopped flat-leaf parsley
- 2 teaspoons toasted sesame seeds

1. Toss cabbage with olive oil, lime juice, salt, and pepper flakes, coating leaves evenly. Taste and add more lime juice, salt and/or pepper to taste.
2. Toss dressed cabbage gently with half of dates and feta. Sprinkle with remaining dates, then feta, then parsley, and sesame seeds.

## Za'atar Roasted Carrots with Tahini Sauce

- 1 bag baby carrots or 1 bunch small carrots, greens trimmed to retain 2-3 inches
- 2 teaspoons za'atar
- pinch cayenne pepper
- 1/2 teaspoon sea salt
- 1 tablespoon olive oil
- Tahini Sauce
- 1/2 cup tahini
- 1/4 cup water
- 1/4 cup lemon juice
- 1/4 teaspoon garlic powder
- 1/2 teaspoon sea salt
- parsley for garnish

Heat oven to 425°F. Toss the carrots with the oil in a bowl. Sprinkle on the seasonings and toss until evenly coated. Spread carrots on a rimmed baking sheet and roast for 30 minutes until tender. Whisk together the sauce ingredients. Serve carrots drizzled with tahini sauce and sprinkled with parsley.



## Paleo Sweet Potato Casserole

Reprinted with permission from [strongertogether.coop](http://strongertogether.coop)

- 3 large sweet potatoes (3 pounds)
- 1 1/2 cups fresh or frozen cranberries
- 1 15 oz can coconut milk, full fat
- 1 tablespoon maple syrup
- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/2 cup whole almonds, coarsely chopped
- 2 tablespoons shredded coconut
- 1 teaspoon coconut oil

1. Heat oven to 400°F. Place the whole sweet potatoes on a sheet pan and bake until tender, about 30 minutes, then let cool. Strip off the skins and cut potatoes into thick slices. Place them in a 9x13 pan and sprinkle with cranberries.
2. In a medium bowl, stir the coconut milk, maple syrup, cinnamon, allspice, nutmeg and salt, and pour over the sweet potatoes.
3. In a medium bowl, stir the almonds, coconut and coconut oil, then sprinkle over the sweet potatoes. Bake for 25 minutes at 400°F, until bubbling and golden brown. Serve warm.



## Brussels Sprouts with Pomegranate Glaze

Reprinted with permission from [strongertogether.coop](http://strongertogether.coop)

- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- Pinch each of salt and black pepper
- 2 tablespoons pomegranate juice
- 1 tablespoon balsamic vinegar
- 2 tablespoons pomegranate seeds

1. Preheat the oven to 375°F.
2. Toss the Brussels sprouts with the oil, salt and pepper, place on a rimmed sheet pan and roast in the oven for 20 minutes. Remove the pan from oven and pour the pomegranate juice and vinegar over the Brussels sprouts, stirring well to coat. Return the pan to the oven for another 15 minutes, stirring the Brussels sprouts halfway through baking.
3. Remove from the oven when the sprouts are tender and the pomegranate vinegar glaze has been absorbed. Toss with the pomegranate seeds and serve warm.

## Gingered Apple Beet Salad

Reprinted with permission from [strongertogether.coop](http://strongertogether.coop)

- 1 pound beets, peeled
- 1 apple (about 1/2 pound)
- 1/4 pound carrots, peeled
- 1/2 cup fresh parsley, minced
- 2 tablespoons apple cider
- 2 tablespoons apple cider vinegar
- 1 tablespoon fresh ginger, minced
- 2 tablespoons olive oil
- Salt and pepper to taste

Using the shredding blade of a food processor, shred the beets, apple, and carrots. Mix well with the remaining ingredients. Season with salt and pepper. Serve immediately or refrigerate to let the flavors blend.



# *Festive Holiday* **APPETIZERS**

*By Ali Lopez*



The holidays are a time to have fun and make some festive yet healthy appetizers. Often I can make a meal out of appetizers, especially when there is some good variety. Here are a few of my favorites. I have a few vegan options as well.

*Ali Lopez is a wellness chef, certified health coach and a graduate of the Institute for Integrative Nutrition. Email: [ali@ali-lopez.com](mailto:ali@ali-lopez.com)*

## Sweet Potato Rounds with Gorgonzola, Roasted Cranberries and Walnuts

2 sweet potatoes, large, and fairly uniform size  
5 oz gorgonzola, crumbled  
1/3 cup walnuts, chopped  
1 teaspoon sea salt + more to taste  
Extra virgin olive oil, as needed  
1 cup fresh or frozen cranberries  
2 tablespoons balsamic vinegar  
1/4 cup fresh-squeezed orange juice  
1 tablespoon olive oil  
1/8 teaspoon ground cinnamon  
pinch sea salt  
1/4 cup honey or maple syrup

1. Preheat the oven to 425°F. In a small bowl, whisk together the balsamic vinegar, orange juice, olive oil, sea salt, and cinnamon. Add the cranberries to a small baking dish, pour the mixture over the cranberries, and stir to combine. Cover with foil and bake for 15-20 minutes, or until softened. Remove foil, add maple syrup or honey, and stir well. Let stand 10 minutes then stir again. At this point, the cranberries should fall apart, the juices should thicken, and mixture should look like jam. Set aside until ready to use.
2. While the cranberries cook, cut the sweet potatoes into half inch thick rounds. Place sweet potato rounds on a baking tray and toss lightly in the olive oil. Sprinkle with salt. Bake the rounds for 8 to 10 minutes on each side until soft but not mushy.
3. Transfer to a serving tray and top with the cranberries, cheese, and walnuts.

## Butternut Squash Cashew Dip

1 cup raw cashews  
1 small butternut squash  
Extra virgin olive oil  
2 big garlic cloves, peeled  
2-4 tablespoons nutritional yeast, to taste  
1/2 a lemon, juiced, or more to taste  
salt and pepper, to taste

1. Soak cashews in water for at least an hour or overnight. Drain.
2. Preheat oven to 400°F. Cut the squash down the middle, lengthwise. Scoop out the seeds and discard. Rub the flesh of the squash with olive oil and place cut side down onto a parchment-lined baking sheet. Roast until squash is tender when pierced with a knife, about 40 minutes. Let squash cool slightly.

3. Place cashews, garlic cloves, 1 tablespoon or so of olive oil, salt and pepper, nutritional yeast, and lemon juice in a food processor. Blend until creamy. Scoop out the squash and add to the processor. Blend until smooth. Taste and season again, if needed, with lemon juice, nutritional yeast, salt and/or pepper. Serve with crackers or tortilla chips.

## Stuffed Mushrooms with Avocado Kale Pesto

20 mini bella mushrooms (or stuffing mushrooms)  
1 5-oz. pkg. baby kale or 3 cups regular kale, chopped fine  
1/4 cup walnuts, lightly toasted  
4 cloves garlic  
Extra-virgin olive oil  
1 or 2 avocados  
1/4 cup crumbled queso fresco or feta cheese (optional)  
salt and pepper

1. Preheat oven to 400°F. Lightly rub a tablespoon or so of oil on the caps. Place them cap side up on a baking sheet. Roast for 10-15 minutes until softened.
2. Meanwhile, place the kale, nuts, garlic, and a large pinch of salt in a food processor. With the motor running, add oil until you get pesto. In a bowl, mash up the avocado until it's smooth, then add the pesto and stir it together. Spoon the mixture into each roasted cap and top with the crumbed cheese.

## Creamy Vegan Spinach Artichoke Dip

2 tablespoons extra virgin olive oil  
1 shallot, minced  
1 garlic clove, minced  
1/2 cup cooked spinach, chopped (thawed if using frozen)  
1 15-oz can artichoke hearts, drained and rinsed  
1 1/2 cups cooked white beans (or 1 15-oz can, rinsed and drained)  
1/2 a lemon, juiced  
1/4 cup grated Parmesan cheese (or nutritional yeast)  
salt and pepper, to taste

In skillet, sauté shallot and garlic in olive oil until translucent. Add artichokes, spinach and beans. Remove from heat and add to a food processor along with the Parmesan/yeast and lemon. Process and taste for seasoning. Serve as is or warm.

\* To serve warm, spread the mixture into a shallow dish (8 x 8 works just fine). Top with a bit more grated Parmesan. Turn the oven to broil for a few minutes to brown the cheese on top. Serve warm with pita chips, tortilla chips, or veggies.



# Fall Classes

Sign up for one of our hands-on classes to learn some new techniques, make fabulous food using the best ingredients, and enjoy the company of other food lovers. Space is limited and registration is required. See you in the kitchen!

## Plant Based Harvest

Tuesday, October 8, 6 - 8:30  
Instructor: Ali Lopez

BACK BY  
POPULAR  
DEMAND!

October is a wonderful time to embrace fresh ingredients and flavors of the season. With local produce still coming in strong, join Chef Ali in preparing a gourmet, vegan meal that will include Smoky Butternut Squash Dip, Savory Kale Dip, Maple Roasted Brussels Sprouts with Cranberry Wild Rice, Rustic Harvest Stew with Creamy Polenta, and Cinnamon Apple Brownies.

## Hearty German Fare

Tuesday, October 29, 6 - 8:30  
Instructor: Mary Mooney Nachazel

Fall puts us in the mood for some stick-to-your-ribs, authentic German cuisine, and together with Mary, you will dive into some classic, hearty German dishes like Pretzels with German Beer Cheese Spread, Wisconsin-Style Brats with Kraut, Authentic German Potato Salad, Bavarian Beer Mustard, Easy Pickled Beets, and to sweetly top it all off, Oma's Apfelkuchen (apple cake.)  
Guten Apetit!

## How to Make Veggie Sushi

Tuesday, October 22, 6 - 8:30  
Instructor: Loghan Call

Have you ever wanted to create your own delicious, vegetable sushi rolls in your own kitchen? This is your moment! Join Chef Loghan Call for an all hands on deck sushi class! You'll learn everything you need to know from how to roll, to how to prepare a variety of fresh, organic ingredients, and learn expert tips and tricks for perfect rolls every time in this interactive and fun class.

## Plant-Based Friendsgiving

Tuesday, November 12, 6 - 8:30  
Instructor: Laura Cavender

Need some inspiration for your vegan Thanksgiving? Join Laura in creating delightful, vegan, flavor-packed dishes to grace your Thanksgiving or Friendsgiving table. Together you will make Seattle Cauliflower Chowder, Simple Maple Seed Brittle, Cranberry Glazed Squash, Cashew Cheese Ball, Easy Vegan Biscuits, Peppered Lentil Fritters, and Vegan Sage Mushroom Gravy. This year will be the Thanksgiving everyone remembers well!

## Holiday Desserts

Tuesday, December 10, 6 - 8:30  
Instructor: Korrie Garcia

Looking for some different festive treats to make for your friends and family this year? Roll up your sleeves and whip up these awesome confections with chef Korrie: White Chocolate Gingerdoodles, Butterscotch Shortbread Cookies, Sugar Cookie Truffles, Eggnog Roll Cake with Bourbon Buttercream, Dark Chocolate Candy Cane Cookies, White Chocolate Peppermint Cookies, Glazed Strawberry Thumbprint Cookies, Salted Caramel Shortbread Cookies, and Sugar Cookie Fudge.

You must be at least 15 years old to register. Children 12 and older may register if accompanied by a registered adult.

Cost: \$35 for owners, \$40 for non-owners.

Register via our events page at [oryana.coop](http://oryana.coop), in-store at our Customer Service Desk, or by calling (231) 947-0191.

Meet our instructors online at [oryana.coop/cooking-classes](http://oryana.coop/cooking-classes).

Class Location: Grace Episcopal Church, 341 Washington St. TC

(Directions and parking instructions available at registration.)

# Brown's Poplar Ridge Orchard



We just love apple season, and we are fortunate to have a local source for organic apples, Brown's Poplar Ridge in Onekama. Lauri and Bob Brown own and operate the orchard, where they grow about 50 varieties of apples, both old and new, including Zestar, Jonamac, Gala, Northern Spy, and Macintosh. The orchard has been in the Brown family for about the same length of time Oryana has been in business, about 45 years, and for 20 of those years they have been using organic growing practices.

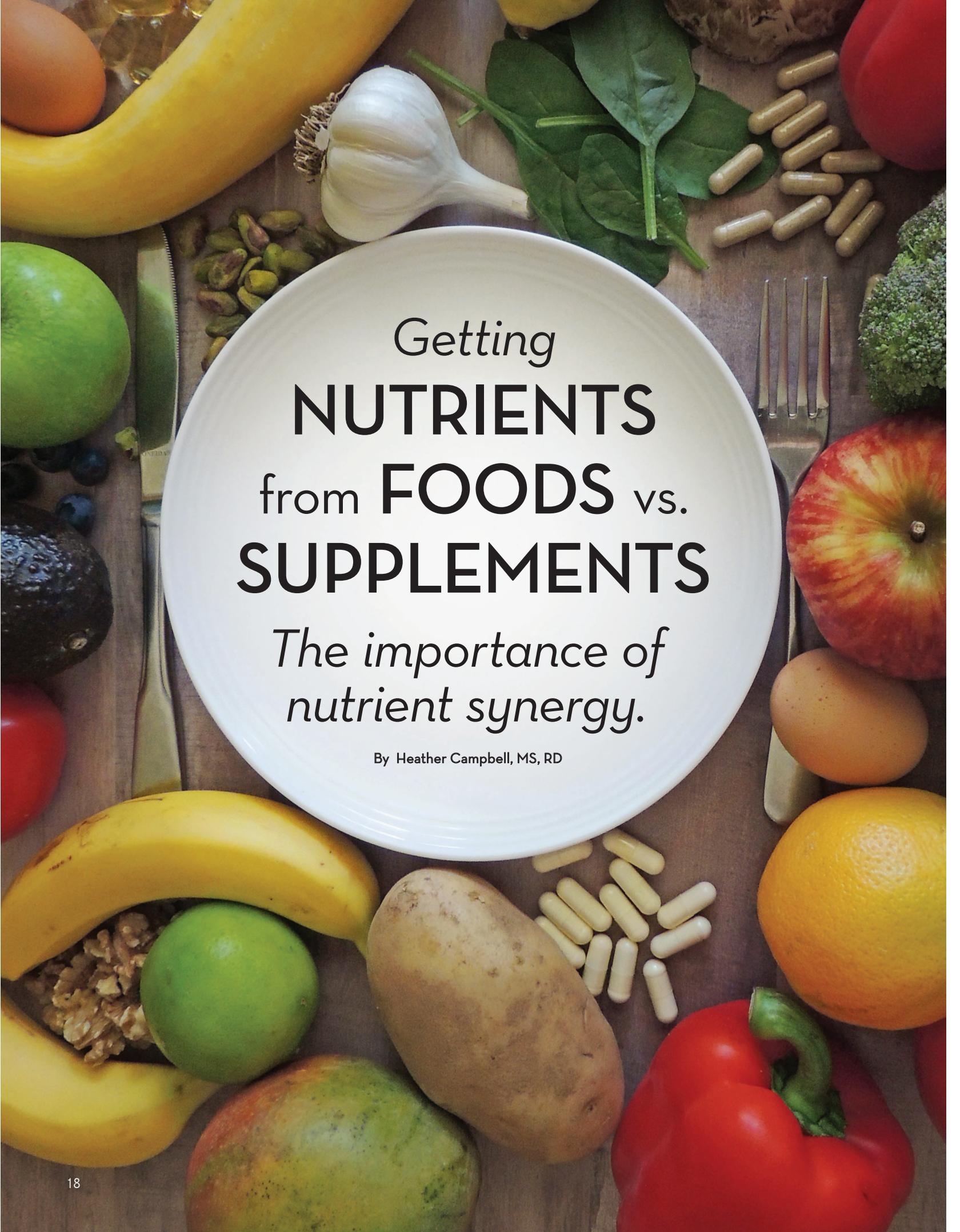
It's a family operation at the orchard with many family members pitching in at the 450 acre farm (270 acres in fruit.) The Browns also grow vegetables, greenhouse tomatoes, asparagus, strawberries, organic tart cherries (60 acres), rhubarb, berries, organic pears, and stone fruit.

Insect control can be more challenging when growing apples organically, but the Browns maintain the health of the soil, and of the trees, by fertilizing with natural compounds such as seaweed, fish fertilizer, and composted manure. You can tell the orchard is organic by how tall the grass is under the trees. In a conventional orchard operation, the chemicals would kill all the grass.

The harvest season lasts 6 to 8 weeks, depending on how big the crop is and how many pickers they have. (This year they have 10.) A typical harvest is a whopping 25,000 - 30,000 bushels. Most of the apples go to Burnette Foods, Eden Foods, and Northern Natural for processing. Oryana, Harvest Health, and the Children's House purchase the remaining apples. Lauri also sells apples and other wares - vegetables, honey, maple syrup and baked goods - at area farmer's markets.

It's a frigid, white landscape in our Northern Michigan winter, but that doesn't mean the Browns have nothing to do when the snow comes. When the trees are dormant in winter, it's time to prune them. Plus there is plenty of paperwork (to maintain certified organic status) planning, preparing, and planting to do in the greenhouses.

Although running a large farm and orchard is very hard work, Lauri finds joy in watching a delicate apple blossom in the spring evolve and grow into a mature apple. Nor does she ever tire of the culinary pleasures of apples. She loves to make apple pie, apple crisp, and apple sauce. "But there are so many great ways to use them, we could never pick just one," Lauri says. (Read more about the Browns on our blog.)



*Getting*  
**NUTRIENTS**  
from **FOODS** vs.  
**SUPPLEMENTS**

*The importance of  
nutrient synergy.*

By Heather Campbell, MS, RD

**W**e've all heard that it's important to eat a variety of whole foods for good health, but let's look at some of the reasons behind this. The nutrients in real, unprocessed foods have synergy. "Nutrient synergy" is the way that two or more different nutrients work together to produce an effect that you can't get from either nutrient alone. Sometimes nutrients help each other do the same job; other times, one nutrient helps absorb more of the other. It's somewhat like building a house. You can have a pile of bricks, a separate pile of mortar, a pile of shingles, and another pile of lumber, but that doesn't give you a house. To get a house that can actually be lived in, you must have a little bit of all those things combined properly.

It's the same way with nutrients; you can take some supplements with vitamin C, vitamin E, and some other antioxidants, but they won't give you all the benefits of eating whole foods. Certain combinations of foods are more effective at promoting health than the foods in isolation. (These typically happen to be the same combinations found in traditional diets).

Humans have been consuming vitamins and minerals in food form since the beginning of time. It's important to note that there is a limit to how much we know about foods by counting their individual nutrients, and a limit to how much nutrition we can really get from supplementing with a smattering of purified vitamins and minerals. Science has repeatedly shown that isolated nutrients don't appear to protect against disease as effectively as the whole foods that they come from. Mother Nature knows best.

Much of the protective effect of fruits and vegetables has been attributed to phytochemicals, which are the non-nutrient compounds like carotenoids, bioflavonoids, and phenolic acids. Different phytochemicals have been found to possess a range of different activities, which help in protecting against chronic disease. More specifically, phytochemicals may inhibit cancer cell proliferation, regulate inflammatory and immune responses, and protect against lipid oxidation.

Some ten thousand phytochemicals have been identified in foods thus far. For example, an apple has thousands of compounds that have been identified and probably thousands more that we haven't been able to identify yet. Everyone knows the saying, "An apple a day keeps the doctor away." On average, an apple only contains about 8 mg of vitamin C, but studies have shown that it takes a whopping 1500 mg of supplemental vitamin C to match what's in an apple. Compounds in the whole apple create this synergistic effect.

The fat-soluble vitamins A, D, E, and K need fat to be absorbed. So, isn't it convenient that they often come packaged right with the fat in the same food? Think about vitamin A in liver, vitamin D in fish, or vitamin E in almonds. With food sources that don't naturally contain a lot of fat

(like vegetables), just add some olive oil or avocado (or both) to your salad.

Evidence shows that B vitamins and Omega-3s may have synergistic effects when it comes to heart health. This may be one of the reasons why fish (a natural source of both Omega-3 fats and B vitamins) is such a healthy food, but isolated Omega-3 supplements do not reduce the risk of heart disease. Yet again, whole foods trump supplements.

Iron absorption is improved when combined with citrus (foods high in vitamin C). By adding the juice of lemon, orange or grapefruit to homemade salad dressings you maximize iron absorption from green leafy vegetables, beans, meats, etc.

Bone broth was traditionally used as a healing food. Broth made from the bones of naturally raised animals contains calcium, collagen, glycine (detox), dopamine-regulators, and helps improve brain function. The amino acids in broth act synergistically to improve digestion, increase protein bioavailability, and promote stronger bones. Broth is great for sauces, stews, soups and can be used instead of water to cook grains.

Lactic acid fermented foods, like old-fashioned sauerkraut and real pickles, are some of the best examples of nutrient synergy. Fermentation is the process that was commonly used to preserve food prior to the invention of refrigeration. The process of fermenting pre-digests the food and even neutralizes harmful food components. Fermentation produces probiotics and makes minerals more available. It creates beneficial acids that promote good digestion. It even manufactures vitamins and enzymes, increasing the amounts above and beyond what the food originally contained. I recommend using ferments as condiments (small amounts, used daily).

There is no doubt that supplements can be helpful for deficiencies. For instance, vitamin D supplements are important for those dealing with health issues and for those in northern latitudes that don't receive enough sunlight to make natural vitamin D. But overall, strive to get as much of your nutrition as possible from real foods. Real foods provide synergy and with some variety, can give you even more benefits than just eating the same foods repeatedly. Eat a rainbow of natural colors because there's more to food than the sum of the numbers on the nutrition label. When we nourish our bodies with the best foods nature has to offer, our bodies respond in kind.

*Heather Campbell, MS RD has a Master's degree in Human Nutrition and has been a Registered Dietitian for 25 years. She is a founding partner at Whole Health Traverse City and a part-time professor for GVSU. Heather specializes in healing with whole foods and has seen countless disorders disappear when modern, refined foods were replaced with traditional foods.*

# RUN FOR THE BOARD!

If you are passionate about our mission, consider running for the Oryana Board of Directors! Oryana is seeking energetic Co-op owners who are committed to a robust local food economy. The Board is comprised of 9 Oryana members and 3 positions will be up for election at the General Ownership Meeting in April 2020.

- Terms are 3 years and positions are open to all members in good standing as of 30 days prior to the election
- Monthly commitment is about 8 to 20 hours per month
- Board members attend one meeting per month as well as one or more committees
- Oryana follows a policy governance model, so board members represent the membership and not their own personal agenda
- The board is supported with resources for training, as well as a stipend

Nominations will run in the Winter edition of the newsletter and elections will be held at the General Ownership meeting. The deadline for inclusion in the newsletter is January 31, 2020, but prospective board members can run for a seat at any time leading up to the General Ownership Meeting.

For complete details and instructions on how to apply for the board, please go to [oryana.coop/board-of-directors](http://oryana.coop/board-of-directors)

## Oryana Community Cooperative

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### SAVVY Shopping Tours

Spend an hour with us walking, talking and tasting your way through the aisles of Oryana where you will find great values, discover new products, decipher our sales and signage, and receive tips on how to stock a healthy pantry. Become a savvy Oryana shopper! This tour is FREE, but registration is requested.

#### All Tours are on Thursdays

October 10, 9-10 am  
October 24, 6-7 pm  
November 7, 9-10 am  
December 5, 9-10 am

**Register at Customer Service  
or call 947-0191.**

### Autumn Becomes Winter YOGA CLASS

**Sunday, November 24, 9-10:15am**

For this class we will prepare ourselves for the holiday season while instilling the importance of minimizing stress, taking care of ourselves, and remembering to love ourselves. Instructor: Abby Havill. Registration preferred but walk-ins welcome, first come, first served. Register on eventbrite. Bring your own yoga mat. Cost: \$10. All Proceeds go to Third Level Crisis Center.

**New Moon Yoga Studio  
10781 E. Cherry Bend Road T.C.**