

# Fresh Press

Winter 2020



## Winter Cooking Classes

*Oryana for Good: Our Good Works in 2019*

Outreach Update with Devin

*Comforting Potato Recipes by Chef Ali*





### 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.

### Newsletter Editor and Layout:

Luise Bolleber

**Proofreaders:** Stephanie Mathewson, Mary Mooney Nachazel, Devin Moore

### Contributors:

Luise Bolleber, Anne & Brian Bates, Jim Dagwell, Ali Lopez, Devin Moore, Steve Nance

### 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

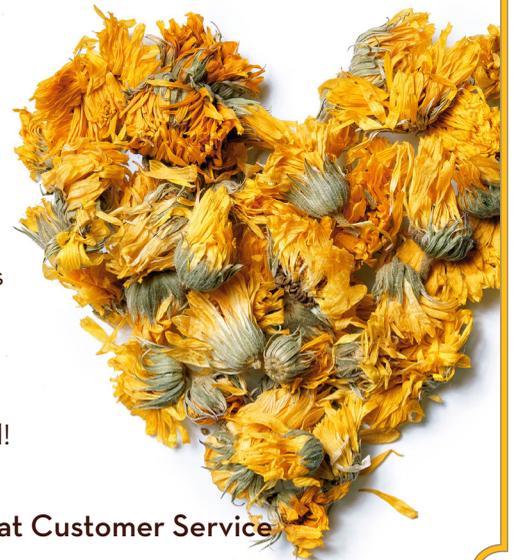
3	General Manager's Report
4	Board Report
5	Your Voice: Owner Comments
6	New Products
7	Café Corner
8	Oryana For Good 2019
9	Extending Our Reach - Oryana Outreach
10	Lend Your Voice
11	Bulk Products You Might Have Missed
12-13	Recipes in Celebration of Potatoes
14-15	Indian-Inspired Recipes
16-17	Our Local Farmers - Bear Creek Organic Farm
18	Winter Classes
19	Oryana Events
20	January Store Health Tours

## Make Your Own Herbal Aphrodisiac!

*A class with Herbalist Sierra Bigham*

**Tuesday, February 11, 6 pm in the cafe**

Explore your senses and find new lust for life with aphrodisiac herbs! Herbalist Sierra Bigham will share with you how aphrodisiac herbs are mood elevating, life enhancing, energy circulating plants that help us enjoy the sensual side of life and open our hearts to giving and receiving love. Many of these herbs are tasty and fun to work with. We will have lots of samples to try! Participants will make their own personalized herbal cacao bites to take home and enjoy. Bring a friend! Make it a date night!



**\$15 • Register on Eventbrite or at Customer Service**

# General Manager's Report

By Steve Nance

## Participating In Your Co-op

We, as owners, participate in our cooperative enterprise. The level of participation will vary, but beyond getting good food and products, being part of a local organization that prioritizes giving back to staff, the community, and owners over profit, is an important purpose of being a cooperative member/owner.

Years ago, participation in the co-op meant that you might work in the store stocking shelves or unloading a truck. But times, regulations, and owners' expectations change. Most owners (including me) don't miss hand unloading a truck and prefer that Oryana is now large and successful enough to support a professional, trained, engaged staff that love being grocers and providing what we call the Amazing Oryana Experience. So how do you, as an owner, participate in your co-op?



### YOU OWN

As an owner you participate by making an investment in Oryana with your yearly equity payment. This gives you a share in the ownership of Oryana. Your investment provides capital for the co-op to improve its operations, such as our recent solar panel project.

### YOU USE

As an owner you participate in your co-op when you shop, or patronize it. The co-op exists for you and in turn your patronage allows the co-op to be a "successful" enterprise. "Success" for a co-op does not mean the revenues head off to the pockets of investors somewhere else. It means Oryana can fulfill the higher-level purposes we call our ENDS – being a Model Workplace, educating on food and health and cooperative economics, supporting local, supporting community, and supporting health and wellbeing.

### YOU BELONG

As an owner you also participate by being part of a community of like-minded people who understand the relationship of food and health and the importance of having a resilient community. This does not mean we all share the same views. Quite the contrary. I often say that we have 7000 owners with 7000 agendas. The wonderful thing about the co-op is that we can be a focal point that brings people together around good food and community.

### YOU GET EDUCATED

You participate by staying educated about food and food systems, cooperative values, and what Oryana is doing in the community. This includes reading the newsletter and the yearly report, attending an Oryana class or event, meeting with board members in the co-op or community, and engaging with our educated staff and managers.

### YOU GIVE INPUT

Participation in the co-op means you provide your opinions and suggestions, email us at [info@oryana.coop](mailto:info@oryana.coop), let the Board of Directors know your thoughts at [board@oryana.coop](mailto:board@oryana.coop), contact the GM, or attend a Board meeting.

### YOU CHAMPION

As an owner of a well-respected co-op that supports many of the great organizations and efforts to help our region be resilient, you may champion the co-op to those not familiar with our store. Our owners are some of the best at helping trumpet the co-op and introducing family, friends, and neighbors to Oryana.

### YOU VOTE

Over 700 of our owners participate with their vote for the Board of Directors, who govern our democratic organization. Hundreds of owners also attend the annual General Ownership Meeting and hear from the GM and Board and ask questions or voice concerns.

### YOU SERVE

Lastly, the highest level of participation is to serve on the Board of Directors. As a cooperative, all owners have a voice in the governance of their co-op. Those that serve on the Board represent the owners and monitor the work of the GM to fulfill the Mission and the ENDS, those high-level goals that the Board has created to guide the organization. Serving 7000 owners is an awesome commitment and responsibility.

No matter how you serve your co-op, you are part of the Oryana Community and we appreciate your support!



## Board Report

By Jim Dagwell, President

Welcome to 2020, a new year, and a new decade! This is the time of year when we reflect on the accomplishments of the previous year and create plans for the new year.

In 2019, your Board of Directors worked hard on monitoring the activities of our General Manager (GM), and also on taking a deep dive into our own self-monitoring, ensuring that every one of us are doing the best job we can to serve you, our fellow owners, the General Manager and staff, and the community. Our studies revealed that, yes, we are a highly functioning board; however, to truly accomplish great things, we need a Board process that creates a roadmap to plan and organize our activities more efficiently, and to do so at an accelerated pace. We have a rigorous agenda for a two-day Board retreat in February that will result in your Board functioning with increased focus, and with a specific plan and timeline of goals to be accomplished two years running. Please note that we have always had a Board annual calendar to accomplish many things. We have decided to take our performance up a

few notches to accomplish outstanding Board service.

A key component to the long-term success of maintaining a Board structure that is highly functioning and can work at an accelerated pace is the ability to add new Board members. Oryana owners who desire to be Board members ideally possess the same drive, determination, and time commitment to achieve great things, and to be an ambassador in our community to share the story of the Amazing Oryana Experience.

If you or someone you know has this same vision and interest in learning and fulfilling future leadership roles on the Board, now is the time to run for a seat on your cooperative's Board. There are three open positions for 2020. Visit the Oryana website to obtain a Board of Directors 2020 Prospective Board Member Packet. It will explain the Board process, expectations, the workload, and instructions on how to submit your application. The deadline for inclusion in the newsletter is January 31.

# 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 on the wall near the east entrance restrooms.

**C: We're BIG time fans of your store. We drive from Charlevoix/Petoskey area 1-2 times a month to stock up. My mom's cat was obsessed with the Lotus cat kibble, so we stocked up on four bags last time we visited in August. Unfortunately, he got very sick and was strictly on a wet food only diet. We had 3 bags of the kibble we could no longer use. We asked if it was possible to return those for store credit. We did not have a receipt. You said we could bring them back, no problem. Your staff is awesome and handled it so well! I can't appreciate you and your store enough!**

A: We are happy to help out in situations like these. And we hope your cat is feeling better.

~Kerri, Customer Service Lead

**Q: Would you institute a student discount for those currently attending NMC?**

A: Currently with all of the discounts we offer, we don't have plans to add more, but we do review these on a regular basis and make note of those that are requested. In the meantime, we hope your owner discount, our Co-op Basics line of products, and other deals help you save.

~Stephanie, Marketing & Communications Manager

**C: Please do a round-up day to purchase Oryana gift cards for our neighbors who aren't as affluent as many other customers.**

A: This is a great idea! We'll add this to our list to discuss, along with other round-up causes. In the meantime, if you know anyone who is in critical need of assistance, let our Customer Service staff know.

Thanks!

~Stephanie

**C: Please consider allowing senior discounts on any day of the week during Owner Appreciation Month.**

A: Thanks for reaching out. Currently we are not able to add more discount days, but we do review our discount programs on a regular basis. In the meantime, if you

are able to shop on Wednesday mornings, it can be much quieter than the afternoons.

~Stephanie

**C: Let seniors who don't need their discount give it to others in need.**

A: Thank you for the suggestion. We will have to think about how this might work.

~Stephanie

**C: I would like to see you install hitching posts for dogs, a hook where they can be clipped in while you shop.**

A: We love our four-legged visitors! Typically, well-behaved pooches can be clipped to our bike racks while they wait patiently for their guardians. (They might even get some free pets!) For those pooches who are a little more timid or need some shade, they can be tied to the trees by the east entrance.

~Stephanie

**Q Will you please remove the toxic fluorescent lights that cause severe headaches.**

A: We recently replaced our in-store lighting with LED lights. We spent a substantial amount of time testing various color spectrums to ensure they offer the best performance for visibility for customers and workers, for safety, and for energy efficiency. We are sorry the lights are negatively impacting your experience.

~Stephanie

**C: Let's not buy food from China, i.e. frozen asparagus, when we grow it here and it's safe.**

A: To meet the needs of as many of our owners and shoppers as possible, we strive to carry a variety of options that meet our standards. This may include local options (mostly organic, some conventional) as well as national and international options (largely organic.) We encourage you, and all our shoppers, to vote with your dollars to let us know which products matter the most to you. Thank you for sharing your concerns.

~Stephanie

# New Products



## Gemini Tigernut Flour

Tiger nuts are not actually nuts but small root vegetables. This organic nut-free and gluten-free flour can replace white flour with similar results. Has a nutty, slightly sweet flavor.



## White Egret Bodycare Products

Handcrafted in the U.S., advanced mineral skincare that naturally hydrates, nourishes, moisturizes, and reduces the appearance of wrinkles and other signs of aging.



## D'Vash Sweet Potato Nectar

D'vash Sweet Potato Nectar is vegan, non-GMO, and made from organic carolina sweet potatoes. This nectar's naturally sweet and crisp flavor will enhance any dish, sweet or savory.



## Pure California Naturals

Natural skincare products and natural hair and body products that nourish your body as well as our planet. Dermatologist-grade personal care products utilize organic, California-grown fruits, herbs, and botanicals.



## O Olive Oil & Vinegar Fig Balsamic Vinegar

Dark, lush, and complex, this oak aged balsamic is brightened with a touch of ripe mission fig.



## Bodum Tea Press and other coffee/tea products

Form should follow function... this is Bodum's philosophy with their high quality, well-designed, sleek coffee & tea products. Also see the new milk frother!



## Felicia Organic Red Lentil Pasta

Made in Italy, this unique, delicious pasta is gluten-free and vegan. Nutritious and cooks faster than wheat pasta.



## Brenda Watson's Vital Flora Ultra Daily Probiotic

A high-potency and high-diversity daily probiotic in a small delayed release vegetable capsule.



## La Tourangelle Artisan Oils

Toasted pumpkin seed, roasted almond, and roasted hazelnut oils. Add layers of texture, aroma, and flavor to transform your dishes. For best results, keep refrigerated.



## Field Day Body Care Products

Value priced, high quality body care products free from ingredients such as parabens, phtalates, synthetic fragrances, and dyes.

# Café Corner

By Danielle Zimmerman-Tiedeck, Prepared Foods Manager

Our café staff work hard to serve a variety of grilled sandwiches, including our popular reubens and in-house made vegan burgers.

All made-to-order hot food is customizable to meet numerous dietary needs. Try a burger on a bed of lettuce for a low carb/dairy-free diet or a tempeh reuben, adding avocado and subtracting cheese for a plant-based diet.

Our grilled sandwiches and burgers, and many of our other dishes, feature local ingredients including: pasture-raised, locally smoked turkey, chicken, and organic produce grown within 100 miles of Oryana, season permitting. Warm up with one of our hot sandwiches today!

## Some of the local products featured in our café food:

- Duerkson Farm turkey
- Nature's Acres chicken
- The Brinery kraut
- Second Spring Farm vegetables
- Farmers Creamery dairy
- Higher Grounds coffee
- Common Good Bakery bread
- Meadowlark Farm vegetables



**February** is  
**OWNER APPRECIATION  
MONTH!**

*You pick  
the day*

**TO  
SAVE 10%!**



## 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 Tuesdays

Tuesday, Feb. 4, 10-11 am  
Tuesday, Feb. 18, 6-7 pm  
Tuesday, March 3, 10-11 am  
Tuesday, March 17, 6-7 pm

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

# Oryana for Good 2019

Oryana, like all co-ops, takes the 7th cooperative principle of Concern for Community, very seriously. One of the reasons we strive to maintain a positive growth pattern is so we can continue to give back as much as possible to our community. From our annual microloan program to our beans for bags donations, and many other avenues for contributing, we always have 'giving' on our minds and take to heart the idea that helping some of our community members helps our whole community. We like to call our giving program, Oryana for Good. Here's our 2019 recap.

Value of fresh food donated to Food Rescue NW Michigan **\$21,758**

Money we raised from 2% and round up days **\$2,004**

Money we raised from our beans for bags program **\$5,115**

Annual Microloans to farmers **\$10,000**

Sponsorships **\$22,000**

Number of people reached in our community events and classes **3,367**

Number of classes and events **58**

**\$4,181**

Gift Cards

**\$1,662**

Gift Baskets

**\$13,566**

Groceries & Prepared Foods

## To Whom Do We Give?

**PARTIAL** list of some of the great organizations we donated to and sponsored:

Pathfinder School	Power Book Bags
Black Sheep Crossing	La Leche League
Greenspire School	1 Cat, Inc
Project Cherry Tree	TART Trails
Alzheimer's Association	On The Ground
Earthwork Harvest Gathering	Hospice of Michigan
Interlochen Center for the Arts	H.O.P.E
Generations Ahead	Michael's Place
The Journey Program	Love, Inc.
Up North Pride	Wounded Warrior
Food Co-op Initiative	TC West Band
Angelcare Preschool	UU Script Program
Wings of Wonder	H.A.N.D.D.S.
GT Lighthouse Museum	Return2Haiti
The Watershed Center GT	Peace Ranch
Pollinator Partnership	Safe Harbor
Child & Family Services	NMEAC
TCAPS Global Services	TBAISD
Women's Resource Center	United Way
American Farmland Trust	Meals on Wheels
Human Nature School	Benzie Bee Guild
Friendly Garden Club	GTACS
Northwood Animal Coalition	WNMC Radio
Father Fred Foundation	Boy Scouts
Friends of Sleeping Bear Dunes	NMC Foundation
Leelanau Conservancy	Children's House
Reproductive Access Fund	BBBS
Saving Birds Thru Habitat	Archipelago Project
Howard Bowers Fund	Food Corps
Fresh Start Children's Garden	Wings of Mercy
Great Lakes Humane Society	Norte
Silver Muzzle Cottage	Arts for All
Traverse City Film Festival	TADL
Justice For Our Neighbors	VASA
Woodland School	Zonta Club
Optimist Youth Foundation, Inc	Blue Ribbon Run
Habitat for Humanity	Bayside Travellers

# OUTREACH Update



Devin and Mary at a community outreach event with Arts for All and The Optimist Club

## By Devin Moore, Education & Outreach Coordinator

This past year has been filled with lots of giving, laughter, and delicious food. At the co-op, we love that a part of our role is to collaborate with our community and this year we were able to help and work with over 100 charities and non-profits! Since sharing all these memories would create a small novel, I've decided to share three of my favorites with you.

This last June, my co-worker Mary and I worked with Arts for All, a local non-profit whose mission is to empower people of all abilities through accessible arts and culture opportunities. Through this collaboration, Mary led a grilling and create your own trail mix class at the Optimist Club. I led a hike through the Club's beautiful property with the attendees and at the end, we enjoyed the food and made our own bookmarks

with ink and fallen foliage with supplies and help from Arts for All. It was so inspiring to combine the art of grilling with the surrounding natural beauty.

Another favorite event was when I presented at the Northwest Michigan Community Action Agency's monthly meeting. My presentation was on 'How to Eat Healthy on a Budget.' This is a presentation I give often, but this particular group asked the best questions. I love having an active audience. I ended up staying after the presentation for a half an hour just chatting to some of the group members. It was a blast and a great way to connect with our community.

The last memory I want to share is when we had our Free Community Garden Bike Tour and Concert in

August. We collaborated with the TBAISD, TC Community Garden, Norte, Foodcorps, and other organizations. Norte led a bike ride to five different community gardens in the area and we ended with an outdoor concert by Dede Alder at the TC Community Garden. As the sun set on this gorgeous evening and we were surrounded by our friends (plants, pollinators, and people) and the harvest, I realized how much stronger our impact is when we work together.

Thank you for reading about my fond outreach memories of 2019 and I hope to collaborate with you soon!

*If you would like to schedule a presentation with Devin, contact her at [devin@oryana.coop](mailto:devin@oryana.coop).*

# Run for the Board of Directors

Oryana Community Co-op is a democratic business, owned and democratically governed by our owners. The Board of Directors is made up of owners who are elected to represent the interests of all owners. The Board ensures that the co-op's Ends and operations support a vital, thriving co-op that meets the needs and vision of the ownership and larger community. Ultimately, the Board is accountable to the owners for its decisions. The role of the Board is to establish a vision for the future of the co-op and govern the cooperative towards that end. They also maintain a fiduciary responsibility to ensure a fiscally sound and viable co-op.

Representing the owners is an incredibly important job. The work of the Board of Directors has a solid impact on how the co-op grows and adapts to a changing world and marketplace. It's important that Board members be able to work together as a team and think innovatively about the future of the co-op.

Board Directors are volunteers for a term of three years and commit to about 15 hours a month. In exchange, Directors receive 16.5% off all their purchases at the co-op, receive a monthly stipend, and have dinner during their monthly Board meetings.

The Oryana Board of Directors is now seeking candidates for this year's election. The Board is made up of nine Oryana owners and three board seats are open for election at the April General Ownership Meeting.

Board members should be willing to learn, work as a team member, and be eager to guide the vision for Oryana's future. The Board meets once a month and board members may commit to serve on an internal board committee as well, which requires a minimum commitment of at least eight hours a month and up to 20 hours per month.

If you are considering running, the Board encourages you to attend a meeting to observe the Board process and meet current Board members. Check the Oryana website for the next board meeting date. We are also hosting a Board Candidate Info Session on Saturday, January 11 at 10 a.m. in the Oryana cafe where current board members will answer any questions. The deadline for submission (for inclusion in the next newsletter) is January 31.

For more details visit:  
[oryana.coop/co-op/board-of-directors](http://oryana.coop/co-op/board-of-directors)



# BULK PRODUCTS You Might Have Missed

If you are a regular Oryana shopper, you probably have your favorite go-to bulk items you like to stock up on, like coffee, rice, or oats. But there might be some products that escaped your attention, or products that you aren't sure what to do with. Check out these lesser known bulk products that you might want to try.

**AGAR**, aka kanten, comes from red algae and is a thickening agent that you can use to make desserts or to thicken jam. Agar is great for vegans to use as a substitute for gelatin. The texture is a little different from gelatin and if you use too much it can turn out too firm. When substituting for gelatin, use half the amount of agar than a recipe calls for. It has to be whisked thoroughly to dissolve and will set at room temperature.



Maybe you've seen **AMARANTH** but weren't sure what to do with it. Amaranth is a gluten-free, ancient grain that is high in minerals and protein and has a lightly nutty flavor. It has a gelatinous quality and is great for breakfast porridge, pudding, or as a substitute for corn in polenta. Beef up your homemade granola by adding this tiny grain for added nutrition or add it when you are boiling other grains like rice. Amaranth can even be popped like corn!

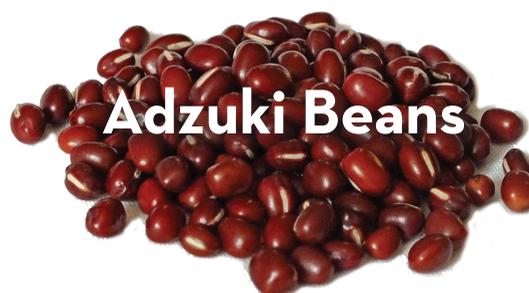
## Amaranth



**CITRIC ACID** may sound like something in a science lab, but it comes in handy in the kitchen. As its name implies, it is acidic, therefore you can use it to add acidity to a dish instead of using lemon juice or vinegar. (You might want to add tang to a dish without adding liquid.) Acid helps balance the flavors in a dish. A pinch might be all you need. Use citric acid to prevent food, like cut apples, from oxidizing. You can also use it to make fresh cheese such as ricotta. Finally, citric acid is useful in canning when food requires extra acid.



**ADZUKI** (or aduki) beans are underrated. This is a staple bean in macrobiotic cooking, which focuses on balancing the yin-yang elements of food. In terms of protein and fiber, adzuki beans are similar to other beans but they are high in folates and manganese, as well as numerous other trace minerals. They are slightly sweet and are good in salads, veggie stews, and soups. Check our website for adzuki bean recipes.





# Potatoes

## Winter Comfort Food

*By Ali Lopez*



I am a big fan of potatoes. Mashed, roasted, fried, baked, salads. I will happily eat them every night of the week. They have often gotten a bad rap as not being healthy but that is just not true. It all depends on how you prepare them. Cooked right, you can still have something delicious AND good for you. And winter is a great time to expand your potato recipes since they store so 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)*

# Potato White Bean Soup

Serves 6

*This soup is so creamy and comforting, and no cream is involved! I also suggest getting some really good crusty bread to dunk in the soup.*

Olive oil

2 or 3 leeks (white and light green parts only) or 1 medium onion, chopped

3 cloves garlic, minced

Kosher salt and fresh ground black pepper

4 cups vegetable or chicken broth

1 1/2 pounds potatoes, (I like Yukon gold) diced into small cubes (no need to peel)

1 15-oz can cannellini or white beans, drained, rinsed

1/2 cup finely grated Parmesan cheese or nutritional yeast

1 head broccoli, cut into florets

1. Heat oven to 400°F. In a large, heavy pot, heat olive oil over medium heat; add leeks/onion and garlic and cook until softened but not brown, about 10 minutes. Add broth, potatoes, 1/2 teaspoon kosher salt, and a few grinds of black pepper. Bring to a simmer and cook, partially covered, until potatoes are soft (you can check by trying to crush one against the side of the pot), about 15 minutes.
2. Meanwhile, toss broccoli florets with about 1 tablespoon olive oil. Spread them out on a baking sheet, season with salt, and bake until they are nicely browned, 15 to 20 minutes. Set aside.
3. Once potatoes are tender, add beans and simmer for a few minutes more. Blend soup until totally smooth. (I like to use an immersion blender here.) It will be thick. Taste and adjust seasonings if needed, adding more salt and pepper. Stir in half your cheese/yeast until combined.
4. To serve, ladle into bowls, add roasted broccoli florets to each bowl, and sprinkle with more cheese if desired.

# Kalecannon

Serves 4

*Traditionally, Colcannon is served for St. Patrick's Day and is drowning in butter and cream. Here is a lightened up version that can be vegan if you want, and is perfect for a cold, snowy evening.*

3 lbs. potatoes, peeled and cut in chunks (russet potatoes are best for this)

4 tablespoons butter (or olive oil or vegan butter)

3-4 cups chopped kale, packed (collards are also good here)

1 1/2 cups milk (or vegan plant milk of your choice)

4 scallions, minced

Salt and pepper, to taste

1. Put the potatoes into a large pot and add water to cover the potatoes. Bring to a boil and cook until soft, about 15 minutes. Drain the potatoes, then return them to the pot and mash until they are how you like them (chunky or smooth, your choice. I prefer a little chunky.) Season to taste with salt and pepper.
2. While the potatoes cook, melt the butter in a large skillet over medium heat. Add the kale, cover and cook until just wilted, about 5-10 minutes. Season with salt and pepper, then add the milk and scallions to the kale and bring to a simmer over medium heat. Cook for about 2 minutes.
3. Add the kale mixture to the potatoes and stir well. Add more butter and/or milk if needed. Taste and salt again if needed.

## Crispy Smashed Potatoes

Serves 4

*These potatoes are so delicious and easy to make. They are a perfect replacement for french fries!*

2 pounds small round potatoes or fingerlings

Extra virgin olive oil

sea salt, to taste

black pepper, to taste

ketchup or your favorite dipping sauce

1. Preheat the oven to 450°F. Place the potatoes in a pot, fill with cold water, and bring to a boil. Simmer potatoes until they are just barely fork tender. Drain potatoes and let them cool slightly.
2. Toss the potatoes with a tablespoon or so of olive oil. Place them on a baking sheet and using your hand, a fork, or a metal spatula, gently smash them, trying to keep them in one piece. Drizzle a little more olive oil over the potatoes. Sprinkle with salt and pepper and roast for 25 to 30 minutes, until golden and crispy.



Warm up a winter night with these easy Indian-inspired dishes.

# Flavors of India

## Indian Vegetable Patties

adapted from washingtonpost.com • makes 12 3-inch patties

2 cups frozen corn, thawed  
1 medium carrot, peeled, shredded  
1 1/2 cups frozen hash brown potatoes, thawed  
1/2 cup onion, chopped fine  
1/2 cup frozen peas, thawed  
2 tablespoons chopped cilantro  
1 jalapeño, seeded and minced  
1 clove garlic, minced  
1 heaping teaspoon fresh grated ginger  
1 1/4 teaspoons ground cumin  
Salt and freshly ground black pepper  
1/4 cup flour  
1 large egg, beaten  
vegetable oil

1. In a large bowl, toss all the vegetables and seasonings together. Add the flour and toss to coat. Add the beaten egg and toss again until well coated.
2. Heat oil in a heavy skillet over medium heat. Drop 1/3-cup portions of the mixture into the skillet and flatten into 3-inch rounds. Cook until golden, about 4 minutes per side. Repeat with remaining mix. Drain on paper towels and keep warm. Serve warm with minted yogurt or chutney.

## Phool Gobi - Cauliflower Curry

from Elisabeth Khan • serves 4

1 small head cauliflower, divided into bite-size florets  
2 tablespoons ghee or vegetable oil  
1 tablespoon peeled, julienned ginger  
1 teaspoon yellow mustard seeds  
1 teaspoon cumin seeds  
1/2 teaspoon turmeric  
pinch cayenne  
salt to taste  
1/4 cup water  
optional: chopped cilantro for garnish

1. In a Dutch oven or a wok with a tight-fitting lid, lightly sauté the ginger in the ghee or oil over medium heat, then add the mustard and cumin seeds and continue to sauté for another half minute or so, until you can smell the aroma of the cumin and the mustard seeds begin to pop.
2. Add the cauliflower, salt, turmeric, and cayenne and stir well to coat the cauliflower with the spices. Add the water, cover the pot, and turn up the heat to high for a minute to create steam.
3. Do not remove the lid. Reduce heat to low and steam for 2-3 minutes or until cauliflower is tender crisp and most of the water has evaporated. Serve immediately.

## Haldi Slaw

adapted from urbanrajah.com • serves 4

1/2 small head green cabbage, shredded  
1/3 cup red onion, thinly sliced  
1 large carrot, peeled, grated  
1/2 cup raisins  
*dressing:*  
3 tablespoons mayonnaise  
3 tablespoons whole Greek yogurt  
1 tablespoon cider vinegar  
3 tablespoons extra virgin olive oil  
1/4 teaspoon turmeric  
1/2 teaspoon garam masala  
sea salt to taste

Toss the vegetables together in a bowl. Whisk the dressing ingredients together in a separate bowl and add to the vegetables. Toss to coat the vegetables. Refrigerate for 1 hour to allow flavors to meld.

## Spicy Mango Chutney

from minimalistbaker.com • makes about 3 cups

1 tablespoon coconut oil  
1/2 cup red onion, finely chopped  
1-2 small serrano peppers, seeds removed, minced  
2 tablespoons fresh ginger, minced  
1/4 teaspoon red pepper flakes (omit for less heat)  
1 tablespoon curry powder  
3 cups ripe mango, chopped  
1/2 cup orange juice  
1 tablespoon apple cider vinegar (or lemon or lime juice)  
3-4 tablespoons coconut sugar (or maple syrup)  
1 pinch sea salt  
1/4 teaspoon garam masala (optional)

In a small saucepan over medium heat, add coconut oil, red onion, serrano pepper, ginger, red pepper flakes, and curry powder. Cook for 3 minutes, stirring occasionally. Then add the remaining ingredients and cover. Cook on low heat for 20-30 minutes. The mango should be soft but not entirely puréed or mushy. Enjoy warm or cool to room temperature before serving.



OUR LOCAL  
FARMERS

# Meet Your Farmers!

## BEAR CREEK ORGANIC FARM

Anne & Brian Bates • Petoskey, Michigan

### **What motivated you to start an organic farm?**

Climate change. The environment. Community. And a passionate desire to have jobs that resulted in tangible results. Working with our hands and producing something good for the world, for our community, for our bodies. There are so many large issues that we care about that it was hard to find jobs that we could channel all of our energy into and feel like we are making a difference. Organic farming is that for us. It is a microcosm of all of the challenges and opportunities that we face as a community, a society, and a world.

### **Did you intend to farm organically from the start?**

Without a doubt! In fact, Brian helped author the Penn State Organic Crop Production Guide while still in college there. When we moved to Petoskey, there were zero organic farms in the area. We wanted to change that. So we became the first and only organic farm in Petoskey, and we are pleased to be one of many now. We knew the local food community here would need someone to take the leap first, and we were ready and willing to be the leader on this.

### **What products do you supply to Oryana?**

We supply Oryana year round with our organic microgreens! We love having fresh, organic greens 52 weeks of the year. We supply organic spring mix April through December. In the spring and summer we have a full array of organic potted herbs of all types! And when in season, we supply lots of organic tomatoes, heirloom tomatoes, cherry tomatoes and fresh herbs, onions, spinach, cucumbers, and edible flowers.

### **How many hoop houses do you have?**

We have 6 hoophouses and 3 greenhouses. The hoophouses are all 30' x 144' and the greenhouses range from 96' to 132' long. In total, we have over 36,000 sq. ft. under cover which is just shy of a full acre. We grow in all of the hoophouses for approximately 8-10 months of the year and we grow in one greenhouse 365 days of the year, and use the other two greenhouses for 9 months of the year.

### **Tell us about your bee hives.**

We currently have around 15 hives. Anne does all of the beekeeping on our farm now, which is why we all call her Queen Bee! We had 100% survival last winter for the first time ever! This was very exciting because we've been working hard at it. Brian did his undergraduate thesis in entomology working with honeybees and we've both conducted on-farm research with USDA Farmer Research Grant funds to improve our overwintering specifically, so this last winter was a real milestone for us. Honeybees face many threats beyond just winter, but for us, that was one of the few things we felt like we could control and improve.

### **What's one thing you love about organic farming?**

We love the people. We love our team. We love working with each other as husband and wife. We just love all the people we meet through this organic farming network from growers and suppliers to buyers and chefs. We meet incredible people on a daily basis and get to interface with people who care. The people make it the most fulfilling work imaginable.

### **What's one thing you find challenging?**

There is no "off" button! It's very challenging to find a way to slow down. In 2019 we hit the 2,000-day mark. For us, that means we've been growing and selling fresh greens for 2,000 days straight. No breaks. No interruptions. That is an incredible achievement, but also a ton of work. And endless work. Every single day. So we are trying to find some balance between serving our customers in every possible way we can while also taking care of ourselves and our crew, long term. Even when we travel away from the farm, it's amazing how much the farm permeates our thoughts and conversations. Better balance is our primary goal in 2020.

### **What are some plans for the future?**

We just wrapped up a massive capital expansion project that increased our hoophouse space, greenhouse space, and processing facility. We added almost \$500,000 in capital improvements on our farm that we're hoping will satisfy our growth needs for the next decade. As we grow, our focus remains the same: serving our customers with the highest quality organic produce at prices they can afford with smiling workers to help us get there! We have a wonderful crew, they are our family. They all live in the Petoskey area and work with us year round. In 2020, many of them will have been with the farm for more than half the farm's life. So our plans for the future include growing our staff and taking care of ourselves and our people.

We are always working to improve salaries, improve efficiency, and expand our reach. We would like to see more grocery stores carrying our products on their shelves in northern Michigan and we want to see more local farms flourish in our region. We specifically chose to focus on a narrow range of crops because we appreciate and respect how many other great organic growers can provide so many other crops. Our region will thrive when our farmers are thriving and we want to be a part of that for the long haul, from crop harvesters to local customers, we want a thriving supply chain from start to finish. We promise to keep doing our part!

Visit Bear Creek Organic Farm's website:  
[bearcreekorganicfarm.com](http://bearcreekorganicfarm.com)



# Winter Cooking Classes

Sign up for a fun, hands-on class 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!

## Thai Fusion

Wednesday, January 22, 6 - 8:30 pm  
Instructors: Ryan and Lisa Moberly

Combining elements of various ethnic cuisines, Ryan and Lisa, owners of Rad-ish Vegan Street Food, will delve into some Asian-inspired, easy, and delicious treats that you will help prepare. Roll up your sleeves and don your apron to make Drunken Egg Rolls, Larp Street Tacos, Thai Vegan Enchiladas, and a refreshing Thai Tea. Ryan and Lisa specialize in vegan cooking so all dishes are 100% vegan.

## Elevated One Bowl Meal - Michigan Winter

Tuesday, February 11, 6 - 8:30 pm  
Instructor: Loghan Call

Learn some creative ways to make a delicious one bowl meal during our cold Michigan winters! We will learn how to use locally-sourced winter crops, the best grains, and most importantly, creative sauces that add delicious flavor to any dish. Chef Loghan will incorporate a variety of both cooked and raw ingredients to give you all of the inspiration needed to create your own plant-based one bowl meals.

## Vegan Brunch

Tuesday, January 28, 6 - 8:30 pm  
Instructor: Korrie Garcia

Weekends are made for slowing down and savoring a hearty brunch. For this class, Chef Korrie is going all out to help you create a stunning plant-based brunch featuring roasted vegetable mini chickpea frittatas, spiced tofu scramble with fresh veggies, veggie breakfast sausage patties, rosemary roasted potato wedges, cinnamon sugar baked donuts, blueberry lemon scones, sweet potato coffeecake with pecan crumble, raspberry crumb bars, and sparkling pomegranate spritzers.

## Vegan Comfort Food

Wednesday, Feb. 19, 6 - 8:30 pm  
Instructor: Ali Lopez

Are you enjoying a plant-based eating style but still occasionally miss some of your favorite comforting dishes that feature dairy? Chef Ali has come up with scrumptious vegan versions of a few classic comfort dishes that you will make. Dig into a big bowl of vegveeta dip, a lovely pot of creamy broccoli cauliflower soup, some delightful mushroom risotto, fantastic mac and cheez, and for dessert, cookie dough and chocolate pudding. Comfort food at its vegan best.

## Nourishing Kids

Tuesday, March 24, 6 - 8:30 pm  
Instructor: Heather Campbell MS, RD

Ensuring your children get good nutrition doesn't have to be complicated, expensive, or difficult. Registered Dietitian Heather Campbell will discuss tips and techniques for how to please even the pickiest eaters. The format of this class will be both hands-on and educational as we focus on easy ways to add great tasting vegetables and nutrient-dense foods to meals and snacks for kids of all ages.

Classes are \$35 for owners, \$40 for non-owners.

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

You can register online at [eventbrite.com](https://www.eventbrite.com), in-store at our Customer Service Desk, or by calling (231) 947-0191.

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

Classes take place at Grace Episcopal Church, 341 Washington St. in downtown Traverse City across from the court house. (Directions and parking instructions available at registration.)

# ORYANA

## Events

### Are Your Hormones in Balance?

Tuesday, January 21, 6:30-8pm  
Table Health, 818 Red Dr., Suite 100, Traverse City  
Carol Bell, MS RD, LMT  
Cost: Free

Hormones play a role in every process in your body. When your hormones are in balance, you feel and look good and have lots of energy. When out of balance, you may experience a wide range of symptoms that can affect your mood, energy level, and overall health. Registered Dietitian Carol Bell will discuss what hormones are, what they do, and the lifestyle and dietary modifications you can make to optimize your health.

### Fire Cider - Using Summer Herbs for Winter Wellness

Wednesday, January 15, 6:30-8pm  
Grace Episcopal Church, 341 Washington St. TC  
Katie Nehil, Clinical Herbalist  
Cost: \$15

Put the herbs from your garden or Oryana's shelves to work for winter wellness. Together, we will prepare Fire Cider, a traditional herbal vinegar infused with aromatic herbs, fruits, and vegetables. Fire Cider has traditionally been used as a winter tonic to help keep germs at bay, and can be an important part of your winter wellness plan. Take home your own jar!

## SEASONAL CHANGES Yoga Series 2020



Our quarterly yoga series is designed to help you transition smoothly from one season to the next. These are the times of year where we can feel overwhelmed, anxious, or the need to slow down, relax, and recoup. We will address these different emotions and moods through a gentle style of practice, breathwork, and mantras. These 75 minute sessions will take place at New Moon Yoga Studio in Traverse City and will include a guided meditation and an extended savasana so you leave rested and ready to embrace the upcoming change! Classes are \$10. All proceeds will be donated to a different non-profit each month.

*Instructors:* Crystal Turner, Jessica Merwin-Scott, Devin Moore

### Winter into Spring

Saturday, March 21, 8:30-9:45am  
Feeling SAD or cabin-fever getting you down? We will work on grounding poses to return you to equilibrium. Proceeds go to Citizen's Climate Lobby (local chapter)

### Spring into Summer

Saturday, May 16, 8:30-9:45am  
We will find a good balance with work and fun and regain our motivation. We'll also focus on sweetening self-talk and encouraging a positive body image. Proceeds go to Boardman River Clean Sweep

### Summer into Fall

Saturday, September 19, 8:30-9:45am  
It's time to slow down, reflect, and find balance as we begin retreating from summer's hectic pace. Proceeds go to GTB Watershed

### Fall into Winter

Saturday, November 21, 8:30-9:45am  
Ease into the holiday season and upcoming cold months with poses that encourage self-care and positive self-talk. Proceeds go to GT Conservation District

Register for all classes and events on eventbrite,  
at Customer Service, or by calling 947-0191.

# FRESH START Health Tours Free!

No RSVP needed. Just show up!  
Bring a friend!

JANUARY 7, 10am & 6pm

## **Good Guts: Understanding & Eating for the Digestive System Walking Class**

*Tastings: kombucha, fermented veggies*

Gut health is imperative for overall well-being. Together, we will walk the co-op, locate, and learn about the many product choices available for optimal gut health. We will talk about prebiotics vs probiotics. You will discover how easy it is to integrate gut-healthy foods into every meal. We'll taste different cultured foods and compare kombuchas so that you can find the best way for you to start on your gut health journey.

JANUARY 14, 10am & 6pm

## **Brain Health and Body-Talk: Understanding & Eating for the Nervous System Walking Class**

*Tastings: chia pudding, turmeric tea, and fermented foods*

The nervous system is a key player in what we do every day. From digesting foods and other involuntary actions to emergencies and how we deal with stress, our nervous system rarely gets a break. In our tour and microclass, we will focus on foods that promote anti-aging in the brain and that maintain and heal the nervous system. Includes a stop in the Wellness Department for some supplements that aid in the health of this precious system.

## **Oryana Community Cooperative**

260 E. 10th Street  
Traverse City, Michigan 49684  
231.947.0191  
info@oryana.coop  
www.oryana.coop

PRSRT STD  
U.S. POSTAGE  
PAID  
Traverse City, MI  
Permit No. 29

JANUARY 21, 10am & 6pm

## **Exploring the Immune and Lymphatic System: Foods and Practices for Health Walking Class**

*Tastings: elderberry syrup, acai berries, kale salad*

We will walk and talk about eating for optimal health of your immune system and lymphatic system, which is in large part responsible for removing waste and toxins from tissues, including excess fat. Getting the lymphatic system healthy and functional can help it better remove the toxic sources of aches, pains, fatty deposits, and cellulite. We'll learn about treating our lymphatic systems better by avoiding toxins, chemicals, and foods that are hard to digest and discuss nourishing foods to fortify your healthy, vibrant self. We also plan on sharing some simple techniques like dry brushing and tapping for lymphatic drainage.

JANUARY 28, 10am & 6pm

## **Understanding the Endocrine System: Eating for Hormone Balance & Vitality Walking Class**

*Tastings: devilish lentil salad, herbal tea*

The endocrine system is deeply entrenched in the functions of the body. You expect the pineal gland, hypothalamus, adrenal glands, thyroid, pancreas, and reproductive organs to be involved with hormones, but the liver, kidneys, heart, fat tissues, and even skin produce and release important hormones as well. This oft forgotten system influences every cell, organ, and function of the body as it regulates mood, growth, metabolism, reproduction, and more. We'll be walking, talking, and snacking our way through the co-op while focusing on how food influences your endocrine system, especially adrenal, thyroid, and sexual health.