



FRESH PRESS

A quarterly publication of Oryana Community Cooperative

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OUR STORES

ORYANA TENTH ST.

260 E. 10th St. Traverse City MI, 49684 Phone 231.947.0191 Store Hours 8 am - 8 pm daily Winter Sunday Hours 9am - 7pm

ORYANA WEST

3587 Marketplace Circle Traverse City, MI 49684 Phone 231.486.2491 Store Hours 7 am - 8 pm daily

Michigan Bridge Card Accepted Bay Bucks Local Currency Accepted Double Up Foodbucks Location

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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General Manager's Report

By Steve Nance

Keeping Up With Covid



Thanks to all our owners and guests for your patience and support of your cooperative as we navigate these interesting times. As COVID has changed the way we do business, we also have been working on the other thing that has changed the way we serve our community, a second location!

The last few months have required the Oryana team to react to being grocers in the midst of a pandemic and to set up the systems that a second store entails. We are busy as both stores have seen demand for our good, local, healthy food as our community embraces our mission, the relationship of good food and health, which is so important right now.

Oryana has been at the forefront of the current situation to assure that everyone, the Oryana team and customers, are as safe as possible; our initiatives are what we call the Safe Store plans. We continually monitor the latest information and are quick to react and establish new protocols and communications. We recently passed inspection by the Michigan Occupational Safety and Health Department. We will continue to take your health seriously while striving to provide the best

experience and products possible.

The co-op is also developing a program to continue our education on how we can be more effective in our work around diversity, equity, and inclusion. We are working on this at the staff level, as an organization, and to support our board.

What's Happening at Oryana West?

Have you shopped "out west"? As most folks know, Oryana was successful in acquiring the local Lucky's Market in bankruptcy auction and kept the store operating. We were happy to be able to offer positions to all staff that were interested (most all!) So, how's it going so far? The new Oryana West has been like building an airplane in the air! We are happy to report that sales have been increasing every week and that we see many co-op shoppers, new shoppers, and former Lucky's customers all enjoying the 26,000 square feet of clean, well-lit store. For many, it's a treasure hunt in discovering a wide range of products, as the store size provides much more space than 10th Street.

As promised, Oryana has kept most of the well-loved programs as we consider those areas that we feel can be improved on. To give you a bit of a preview, some enhancements in the works:

- Bulk will get some new fixtures and we will bring in more certified organic items to replace conventional products at or very close to current prices
- Produce has already brought in more certified organic and local and will continue to do so. We will also rearrange produce to allow easier shopping, with organic and local getting more space and new signage
- We have already started bringing in higher quality and more local meats
- Cheese has experienced some positive changes as we use some of our trusted suppliers and will bring in more local as well
- The bread selection has more local products
- · Local beer and wine come in daily with some new relationships in the works!
- · Grocery and the Wellness departments have also been bringing in new products including local
- SNAP benefits and Double Up Food Bucks are now available to provide for more food access to our diverse community

So, lots of Oryana tweaks and more to come including a new Customer Service Desk, staff trainings, and signage to provide what we call the Amazing Oryana Experience. Remember that West has the first hour of each day reserved for seniors with a 5% discount, in addition to the Wednesday senior 5% discount, along with all the other Oryana owner benefits. We are so fortunate to have two different style stores that can support a larger contingent of cooperators! Thanks again for your ownership and patronage. A strong local cooperative allows Oryana to be a more effective economic engine for good in our community!



Board ReportBy Holly Jo Sparks, Oryana Board President

At the beginning of August, I celebrated the first birthday of my child, Celyn. As to be expected for any new parent, the past year was a whirlwind for me. As it turns out, this year has been a whirlwind for us all. It has been filled with anticipation, transformation, and many unexpected changes in plans.

Celyn's party was as adorable and exhausting as any event befitting this milestone. There were balloons, birthday cake (organic, no sugar!), and at least a dozen children, wiggling, giggling, and singing together-but here's the Year of 2020 twist-no one was in the room with us. Our loved ones each joined by Zoom, sharing music and greetings through the screen. It was everything you would expect a first birthday party to be, while also not being anything like it. Though the celebration was virtual, the sense of community was stronger than ever. From across multiple time zones, friends and family, who may have otherwise been unable to attend, joined us at the table.

The COVID-19 global health crisis and persistent racial injustice has put a spin on how we function in our daily existence and has called to question how we interact with others. With shifting to low-contact, virtual-oriented lives, we may feel discouraged by the cancellations, postponements, and adaptations of events during which we'd typically observe rites of passage and lift each other up. Consequently, 2020 may feel like the year in which we feel more separated among our

communities. And yet, through all the chaos, something else has been happening.

We're growing. We're finding new ways to connect with each other and to engage a wider community. That is not to say the switch to Zoom parties and virtual business meetings has been painless, nor inclusive of everyone we wish. Nevertheless, we're seeing unexpected passion and resilience. Without the challenges of 2020, we may have missed the opportunity to see and experience what our community, and our co-op, have the potential to be.

For Oryana, this has meant opening a second location at the former Lucky's Market. Without fanfare or much ado, our local community coop made a winning bid in bankruptcy court, and Oryana West was born. Opening a second store means changing how we operate, especially in light of the continuing pandemic. Staff have worked tirelessly for months. It has meant physical distance instead of hugs and handshakes. Changing policies, products, and protocols, while simultaneously bringing together more shoppers and workers than ever. It's been everything you would expect opening a second location to be, while also not being anything like it. Even as the Year 2020 becomes hindsight, "business as usual" will never look the

I am humbled to see Oryana grow and remain strong in the face of these difficult times. I am also grateful for our amazing Oryana team. To our employees, our General Manager, our shoppers, and our owners, thank you. This year has been unforgettable, and more remarkable than any of us could have imagined. It is in light of these challenges and changes, that after six years on the Oryana Board of Directors, I am truly and deeply honored to serve as the next Board President. I look forward to carrying the momentum forward, and supporting Oryana's governance as we grow through some of the following initiatives:

- Strengthening board practices, policies, and governance documents in light of virtual decision-making and opening a second location
- Continuing to acknowledge and recognize our staff, especially the General Manager, for their amazing accomplishments, while documenting best practices around performance evaluations and compensation
- Planning and preparing for leadership succession
- Reflecting on how to engage a more diverse, inclusive community, while keeping safe, healthy, and respectful

During these strange and uncertain times, please keep in mind that cooperatives stand stronger together and exist to serve community needs. I wish you each good health and happiness. If I don't see you by Zoom in the near future, I hope it is because we are together again, breaking bread.

New Products



Kate's Real Food Organic Energy Bars

Made with organic fruits, nut butters, and grains, these bars are the perfect snack or replacement meal. Compact and nutrient-dense, they will keep you fueled all day long. Comes in a variety of flavors including Peanut Butter Milk Chocolate and Lemon Coconut Ginger. (10th St.)

Better Than Bouillion Lobster Base

Made with real lobster, this broth is rich and robust in flavor. It easily spoons out of the jar so you can use as much or as little as you need. Perfect for soups, chowder, sauces, dressings. (10th St.)



PINEAPPLE & BALUEBER & BULUEBER &

Bravado Spice Co. Hot Sauce

These hot sauces are flavorful and bold. Made with vegan, gluten-free, and all natural ingredients, they combine heat and flavor in new and exciting ways. In Pineapple Habanero, Ghost Pepper Blueberry, and Crimson Hot Sauce flavors. (West)

Selina Naturally Celtic Sea Salt

This salt is traditionally harvested in salt ponds that take seven years to produce sea salt. A superior, distinctive taste makes this salt perfect for complementing your cooking. (10th St.)



Grocer's Daughter Chocolate

We now have local Grocer's Daughter chocolate at Oryana West! Grocer's Daughter in Empire sources their chocolate from Ecuador where they oversee the entire value chain of the chocolate from farmer to you. They use fruits, edible flowers, and herbs from their garden and obtain larger quantities of ingredients from local farms. (West)

Board PICKS

Chuck Mueller

Oryana 10th St. Grilled Tempeh Reuben Sandwich

My wife and I share this delicious sandwich for lunch.

Kaitlyn Burns

Tucson Tamales Blue Corn Veggie Tamales

These tamales make great quick lunches or camp meals!
Topo Chico Mineral Water

This mineral water is delicious mixed with cold brew coffee or smashed fruit!

Jim Dagwell

Fresh Sushi, Pizza Slices, and Northpeak Diabolical IPA from Oryana West

Easy, fast, & affordable one-stop shop for the evening with no food prep time needed!

Colleen Valko

10th St. Cafe Peanut Sauce

This sauce is one of my go-to items. I like to keep a container in my fridge at all times as it's a simple solution for a fast meal. It's great as a dip, marinade, and sauce that packs a lot of flavor in each bite!

Kathy Baylis Monteith

Oryana West Rotisserie Chicken with Citrus Seasoning

This chicken is a delicious dinner shortcut.

Back to Nature Stoneground Wheat Crackers

This is my favorite all around cracker that goes great with everything from Oryana's house made hummus to simple cheese and crackers. family, friends, good food - there is so much to be thankful for this season

THANKSGIVING FEAST

with oryana

Build your entire Thanksgiving meal with dishes from the Oryana cafes, or round out your menu with a few delicious sides. All our house-made offerings are made from scratch. Fully cooked, they only require reheating before serving. Happy Thanksgiving!

10th St

Whether you're planning a traditional or vegetarian feast or need a couple wheat-free items to accommodate a family member, we have numerous dishes to help you satisfy a wide range of dietary preferences. We use mostly organic and many local ingredients.

TRADITIONAL DINNER PLATES

Featuring pasture-raised turkey from Duerksen Turkey Farm and other mostly organic ingredients. Just heat, eat, and enjoy! Order plates by **Friday, Nov. 20** for pick up on Tuesday, Nov. 24 or Wednesday, Nov. 25.

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

Available in our deli cases:

All the classic sides Brussels Sprout Slaw Cider Glazed Root Veggies

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)

West

Cafe Thanksgiving To Go!

Roast Turkey Breast with Pan Gravy

Turkey & sides by the pound:

Smoked Turkey Breast
Traditional Stuffing
Scalloped Potatoes
Mashed Potatoes
Green Bean Almondine • Roasted Brussels Sprouts
Cranberry Sauce
Sweet Potato Salad

From the 10th St. Bakery:

Delectable, seasonal, in-house made goods made with mostly organic ingredients.

Pumpkin Pie
Wheat-Free Pumpkin Pie
Vegan Wheat-Free Pumpkin Pie
Assorted Fruit Pies
Pecan Pie
Wheat-Free Pecan Pie
Pumpkin Cake Rolls
Cupcakes
White and Wheat Rolls

HOLIDAY MEATS

Duerksen Turkey

Local, pasture-raised in Mancelona, Michigan, hormone & antibioticfree, multiple sizes. No preorders. Available at both stores starting Nov. 21.

Organic Prairie Turkey

Free-ranged turkeys raised with 100% organic feed, hormone & antibiotic-free, up to 14lb in size. Available at Oryana 10th.

Ferndale Market Turkey

Raised in Wisconsin, freerange, antibiotic-free. Available at Oryana West.

Garrett Valley Ham

Humanely raised, vegetarian-fed. Spiral-sliced, glazed, semi-boneless half hams. Available at both stores.

Beeler's Hams

Humanely raised, non-GMO, in whole, half, & quarter hams. Available at Oryana 10th.





How to

Please Everyone
at Your Holiday Table

he holidays are a time to gather around good food with family and friends in celebration of the season. (In normal circumstances; holiday gatherings may be curtailed this year due to the persistent spread of coronavirus. But here's hoping you will have the opportunity to commune with loved ones over a glass of wine and hearty meal.) Part of what makes holiday meals so interesting is the diversity of food preferences that everyone brings to the table. These preferences can reflect religious,

cultural, and dietary dictates, which, on the surface, may seem complicated. But there are many ways to bridge these divides in spite of seemingly contradictory food needs and desires. Communication prior to planned events is key here.

If you are hosting a dinner or gathering, avoid surprises and disappointment by asking ahead of time what your guests' dietary limitations are. Find out especially if there are any serious allergies; no one wants to watch a guest become seriously ill due to a nut allergy. On the same token, if you will be a guest in someone's home, it's only fair to inform the host about your sensitivities. If everyone communicates with everyone, the gathering can focus on the joy of the season rather than problems from lack of appropriate food for someone.

Traditional holiday feasts in the U.S. tend to center around meat; a roasted turkey with gravy made from the drippings, spiral sliced, honey glazed ham, etc. Our most iconic documentation of a traditional Thanksgiving meal, Freedom From Want, by Normal Rockwell, features a long table bedecked with fine china and ringed with smiling family members and grandma and grandpa proudly placing the perfect roast turkey at the head of the table. The happy vibe of this image is still appropriate but food trends have changed and we now want to also welcome vegans and gluten-sensitive eaters to the table. For better or worse, food culture has shifted from one where everyone more or less ate the same thing to a highly individualized one.

A great way to ensure that there will be something for everyone to enjoy at gatherings is to request that guests bring something that they like to eat. As a guest, this will ensure you won't go hungry, but it will also give you a chance to show off your cooking skills and share a delicious dish that other guests may also enjoy. Your dish might inspire a great conversation about vegetarian or vegan eating and introduce others to how tasty a non-meat or non-dairy dish can be.



Freedom From Want, Normal Rockwell

As a host, it does not have to be difficult to make a few dishes that most of your guests will be able to enjoy. If you have favorite recipes that you make every year that some people may not be able to eat, go ahead and make those but be sure to make something else that they can eat. It could be a vegan version of green bean casserole, or something simpler. Soups are easy to make without the addition of meat, and even vegan soups can be incredibly tasty and creamy.

Hummus or other bean dips, fresh vegetable platters with a choice of dairy-based and non-dairy based dips, cheese and vegan cheese platters with wheat and gluten-free crackers...these are just a few ideas for easy appetizers.

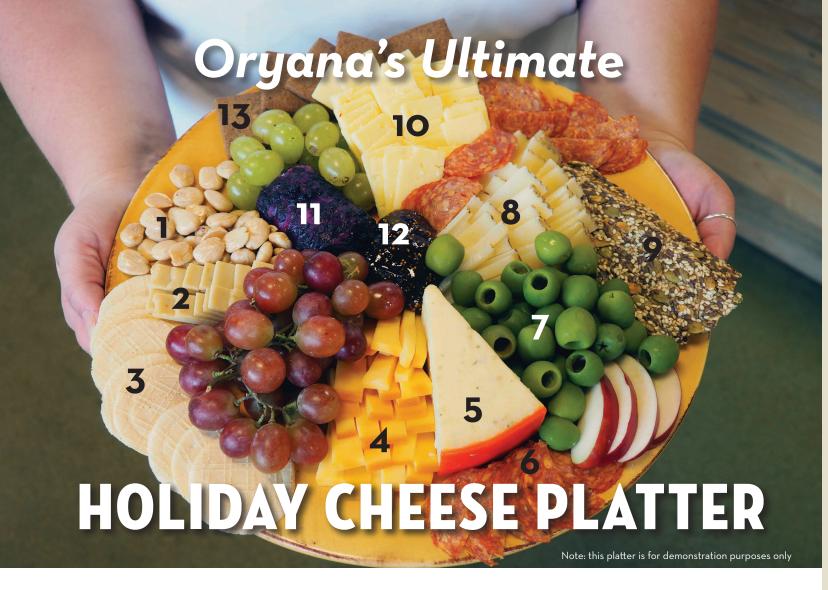
There are so many online resources now for all styles of cooking and eating. For instance if you search 'vegan recipes' you will get 1,540,000,00 results on Google! It is relatively easy to make meatless side dishes and even a meatless entree. Stuffing is another holiday favorite but you don't have to forgo it if you have gluten sensitive eaters coming over. Wild rice or quinoa make fabulous stuffing. Or if gluten isn't an issue for the vegetarians, use vegetable broth instead of meat broth and drippings and cook the stuffing separately from the turkey. The best holiday gravy is made with pan drippings from a roasted bird, but you can make a perfectly tasty vegetarian gravy. A little creativity and thoughtfulness will go a long way in making a memorable meal that everyone can enjoy. (Be sure to visit the Oryana website recipe page for inspiration!)

One more thing to consider is cross contamination. Make sure you have plenty of serving utensils so one person isn't dipping into both the giblet stuffing and the vegetarian stuffing. And be sure to use separate cutting boards for cutting up different foods.

Finally, a nice touch is to have small signs for each dish listing all the ingredients.

Bringing multiple food agendas to the holiday table may actually be a good thing. We have a growing awareness of the origins of our food and how food affects our bodies. Figuring out how to cater to all those different food needs encourages us to step out of our cooking comfort zone. We might discover new favorite dishes while still honoring our heritage with recipes passed down from our elders.

May your holiday gatherings this year be filled with food that nurtures and pleases everyone's palate and may we all be inspired by the bounty that our beautiful region offers us. Happy Holidays!



You, too, can make this amazing cheese platter at home! We chose some of our favorite cheeses from the cheese island at Oryana West along with crackers and other goodies to make this lovely holiday platter. We hope this inspires you to create your own beautiful cheese platter for the holidays.

NOTE: this platter is for Demonstration Purposes Only. Smaller to-go platters will be available from
Oryana West starting in November.

- 1. Mitica Marcona Almonds
- 2. Miyoko's Vegan Pepper Jack
- 3. 2s Company Original Wafer Crackers
- 4. Barber's Vintage Reserve Cheddar
- Harlech English Cheddar with Horseradish & Parlsey
- 6. Olli Calabrese Spicy Salami

Build A Cheese Platter TIPS

- Choose 3-5 different cheeses
- Display the cheeses different ways spears, wedges, cubes, etc.
- Bring the cheeses to room temperature before serving
- Choose a platter that's big enough and won't crowd your cheeses
- Use a cheese plane for semi-hard cheeses and a sharp knife for harder cheeses. Cheese knives available at the West cheese counter.
- 7. Castelvetrano Olives
- 8. El Trigal Manchego Sheep's Milk Cheese
- 9. 2s Company Seeded Flatbreads
- 10. Beemster Smoked Gouda
- 11. La Bonne Vie Blueberry Vanilla Goat Cheese
- 12. Divina Fig Spread
- 13. Effie's Pecan Nutcakes

Our region boasts a splendid agricultural heritage that includes many apple orchards offering everything from Galas to Honeycrisp to Paula Reds and Ginger Gold. Apple pies and crisps are beloved desserts but apples lend themselves to savory dishes too. Give this cheddar apple tart a try and discover a new favorite!

Savory Cheddar Apple Tart

adapted from bluejeanchef.com • Serves 8

- 2 tablespoons butter
 1 large yellow onion, diced medium
 2 teaspoons fresh thyme leaves
 1/2 teaspoon sea salt
 1/4 cup white wine
 3 large red apples, sliced (Fuji, gala, Honey Crisp, or any good red baking apples)
 1 sheet frozen puff pastry, thawed
 2 heaping cups sharp cheddar cheese, grated
 1 egg, beaten
- Heat a large heavy skillet over medium heat. Add the butter; add the onion and thyme and season with salt. Sauté the onion until it starts to brown, about 10 minutes. While the onions are cooking, prep the apples; cut in half, cut out cores, and thinly slice.
- Add the wine to deglaze the pan, scraping the bottom of the pan. Add the apples and stir them gently into the onions. Remove pan from heat and set aside to cool completely.
- 3. Heat oven to 425°F.
- 4. Roll the sheet of puff pastry out on a piece of lightly-floured parchment paper cut to a rectangle to fit a half sheet pan (about 18 x 13). Transfer the dough to the sheet pan using the parchment to lift it. Brush some egg wash on a 1/2 inch border of the rectangle and fold that half inch of the pastry over to create a double crust. Brush egg wash on the top of the edges.
- Sprinkle half the cheese on the interior of the pastry rectangle. Spoon the apple mixture evenly over the cheese. Sprinkle with the remaining cheddar cheese.
- 6. Bake for 30 minutes, or until crust is nicely browned and crisp. Serve immediately.

FALL FOR APPLES





3 ways with Brussels Sprouts



By Ali Lopez

Are you on Team Brussels Sprouts yet? Over the last few years, I feel like they've been getting more love and becoming more popular. Brussels sprouts are one of my favorite fall veggies and are so good for you too! But the key to loving Brussels sprouts is preparing them correctly. I have given you three recipes here that highlight the sweet deliciousness of these little cabbages. Give them a try and hopefully you will fall in love with them too!

Ali Lopez is a wellness chef, certified health coach, and a graduate of the Institute for Integrative Nutrition. You can also find her playing with fruits and veggies in the Oryana produce department! Email: ali@ali-lopez.com

Brussels Sprouts & Delicata Squash Salad

Serves 4

2 medium-sized delicata squash (about 2 pounds total)
1 lb Brussels sprouts, trimmed, cut in half
2 tablespoons extra virgin olive oil
1 cup pecans, roughly chopped
1 cup pitted, chopped dates
15-oz. container baby spinach, kale or arugula
Optional: crumbled goat cheese or gorgonzola
For the dressing:
1/4 cup extra virgin olive oil
1/4 cup apple cider vinegar
2 teaspoons Dijon mustard
1 tablespoon maple syrup
1/2 teaspoon ground cumin
1/2 teaspoon ground cinnamon
Sea salt and fresh ground black pepper

- 1. Heat oven to 400°F. Cut the ends off the squash and then slice in half lengthwise. Scoop out seeds and cut each half into 1/2 inch thick slices. Toss squash slices with the Brussels sprouts and olive oil on a sheet pan (keep sprouts cut side down.) Sprinkle with salt & pepper and bake until browned and tender, about 35-40 minutes. Stir veggies halfway through cooking.
- While veggies roast, heat a skillet over medium heat.
 Add the pecans and lightly toast. (Keep an eye on them
 to make sure they don't burn.) Remove from heat and
 set aside.
- Prepare the dressing by placing all of the ingredients in a jar secured with a lid. Shake until well combined.
 Taste and adjust seasonings if needed.
- Transfer roasted veggies to a serving platter and mix with the greens, nuts, dates, cheese; toss with dressing.

Pasta with Brussels Sprouts & Mushrooms

Serves 4

8 oz. pkg. baby bella or crimini mushrooms
1 pound Brussels sprouts, trimmed and cut in half
1/4 cup dry white wine (can sub veggie broth)
1 package pasta (12 or 16 oz.) I like to use long noodles,
linguine, spaghetti, fettuccine, etc.
Extra virgin olive oil
3 big cloves of garlic, minced
Juice from 1 lemon
1/2 cup freshly grated Parmesan cheese or vegan
Parmesan cheese (optional)
Sea salt and fresh ground black pepper

- Bring a large pot of lightly salted water to a boil. Add the pasta and cook until al dente. Drain, reserving 1 cup of the cooking liquid.
- 2. While the pasta cooks, heat a large skillet over medium high heat then add a few glugs of olive oil to coat bottom. Add mushrooms and cook until they start to brown, about 5 minutes. Add a sprinkle of salt and pepper, lower the heat to medium, and continue cooking for another 5-10 minutes until nicely browned. Scoop out the mushrooms and add some more oil if needed and then add the Brussels sprouts to the pan, cut side down. Cook the sprouts for about 5 minutes without stirring. Add the garlic and white wine and bring to a boil. Reduce heat to low and cook until liquid has evaporated and the sprouts are a lovely golden brown and slightly crisp.
- 3. Add mushrooms back to the Brussels sprouts, then add the pasta to the pan with 1/2 to 1 cup of reserved cooking liquid; toss well. Squeeze the lemon on top, add cheese if desired, and serve.

Brussels Sprouts with Nutty Fruity Rice

1 lb Brussels sprouts, trimmed, cut in half

1 tablespoon maple syrup

salt and pepper, to taste

Extra virgin olive oil

3 celery stalks, finely chopped

1 cup finely chopped onion, or leeks

2 garlic cloves, thinly sliced

1 1/2 cups wild rice blend

3 cups veggie broth or water

1 bay leaf

1/2 cup pistachios

1/2 cup dried cranberries

1/4 cup dried apricots, coarsely chopped

1/4 cup golden raisins

Balsamic vinegar, 2-4 tablespoons, as needed

- Heat oil in a large saucepan over medium heat. Add celery and onion; cook until softened, about 8 minutes. Stir in garlic; cook about 2 minutes. Add rice; stir for 1 minute. Add broth & bay leaf; bring to a boil. Reduce heat to medium-low, cover, and simmer for 30 minutes. Uncover, stir, and continue cooking, stirring occasionally, until liquid is absorbed and rice is tender, about 20–40 minutes.
- 2. Heat oven to 400°F. Place sprouts on a baking sheet.

 Drizzle with olive oil; toss to coat. Season with salt and pepper. Roast until caramelized, 20-30 minutes, adding the maple syrup and stirring halfway through. Lower oven to 325°F. Spread nuts on a rimmed baking sheet. Toast until fragrant, 5-7 minutes. Let cool; coarsely chop.
- 3. Stir fruits and 2 tablespoons balsamic vinegar into the rice. Let sit for 5 minutes. Fold in the nuts and sprouts. Taste! Season with more balsamic, salt and pepper, if needed.

Cooking Classes Go Online

Sign up for an online cooking class with Oryana! Join our instructors in their home kitchens for tips and techniques as they demonstrate flavorful dishes that you can recreate in your own kitchen.

Sessions are held on Zoom. Recipes will be provided ahead of time so you can shop for ingredients and cook along with the instructor. We'll even share a recorded version of the class for you to reference any time.



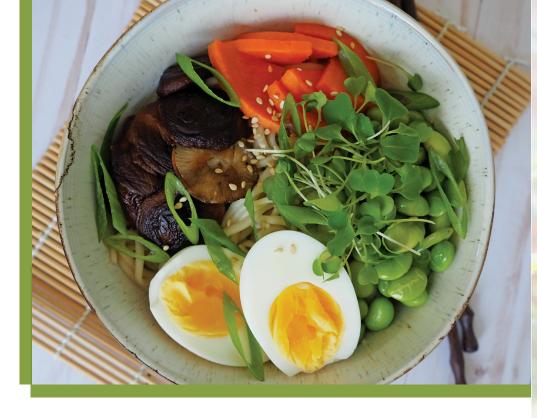
Wednesday, October 14, 6 - 7pm Instructor: Carol Bell, MS RD

Dinner is a bowl away when you learn how to make Shiitake Soba Asian Noodle Bowl; bursting with vibrant colors and seasoned with ginger and garlic, this bowl meal is customizable to your preferences; you can use whatever vegetables are in season and your choice of protein.

Elegant Holiday Appetizers

Monday, November 9, 6 - 7pm Instructor: Carol Be II, MS RD

Learn to make two elegant, vegan holiday appetizers for a festive holiday meal. You will greatly impress your guests after Carol shows you how to make delicious Squash and Carrot Soup "Shots" and Sesame Cauliflower Bites with Creamy Miso Dressing.



Local Fall Flavors

Tuesday, October 27, 6 - 7pm Instructor: Loghan Call

Follow along with Chef Loghan to explore how to best use local late season crops from our local farmers! With the cold months fast approaching, we must get ready to be creative with our winter storage crop vegetables in the kitchen. In this class, Chef Loghan will cover a wide range of creative uses with vegetables like squash, kohlrabi, cabbage and more! From sauces & marinades to main dishes, we'll cover a range of flavors and ideas that will keep you inspired in the kitchen while supporting our local farmers.

Compassionate Thanksgiving

Thursday, November 5, 6 - 7pm Instructor: Loghan Call

Join Chef Loghan of Planted Cuisine for a class on how to make delicious vegan Thanksgiving dishes without using processed alternative products. We'll be talking about how to find the balance between delicious flavors while remaining healthy. In this class we'll cover how to reimagine some classic dishes/flavors we all love while keeping health and wellness at the forefront. These dishes could be used as side dishes in a traditional turkey dinner setting.

Prep Once, Eat Delicious Bowl Meals All Week

Wednesday, October 21, 6 - 7pm Instructor: Ali Lopez

If you've been wanting to eat better but need some inspiration for how to go about it, get some great tips from Ali for how to batch cook for several days' worth of delicious, creative, and fast meals. Ali will cover prepping grains, seasonal veggies, beans, and flavorful sauces to complement your basic components.

These classes, designed for you to cook along with the instructor, are offered live via the Zoom app. You will receive an email with recipes and class details five days in advance. After class, we will share a recorded version.

- Register at eventbrite.com. You must have an email address to sign up for Zoom classes.
- Cost: \$10

Welcome fall and warm sweaters.

Time to turn the kettle on and get the hot tea flowing again. Tea is so soothing, and can add such comfort to our lives. It's the perfect beverage for today's world. Oftentimes, when the furnace goes back on, sore throats start up too. This is when hot tea season really moves into high gear.

Some of our favorite tasty suggestions to support relaxation and a sense of well being at each transitional change of season are: Tulsi Citrus Soother, Sun in the Winter, Mitten Time Mint, Leelanau Licorice, Heartwarming Cinnamon, and Right as Rain. We also suggest adding a gram of our Matcha Memoirs, either in capsule or smoothie form (recipe below) daily; matcha can energize and be used as a meditative aid to support a healthy mood and immune system, and to reduce systemic inflammation that can cause pain and wreak havoc in all facets of our well-being.

Vibrant and loaded with concentrated goodness, matcha is the oldest variety of shade-grown tea and is available in many grades (from cooking grade to ceremonial grade). Light of Day Organics offers only ONE grade of Matcha at Oryana, the very purest available; certified organic, ceremonial grade, and meticulously analyzed including laboratory testing on each lot of anything imported for pesticide residue, radiation, and toxic heavy metals.

This year, we grew almost 80 pounds of the base leaf for our matcha! Our Matcha Memoirs has the highest amount of O.R.A.C units per gram of any botanical yet known to man. What's O.R.A.C? This is an acronym for Oxygen Radical Absorptive Capacity, or what are commonly referred to as antioxidants. Unlike loose leaf teas where the most nutritious tea leaves are discarded after infusion, matcha green tea powder is mixed with water (or mixed into a smoothie) and the most precious part of the tea leaf (the blanched, de-veined and de-stemmed leaves) is consumed entirely. Thus, by virtue of eating the bright green, chlorophyll-rich, and high antioxidant shade-grown tea leaf powder (rather than just drinking the water off the leaves as in regular whole leaf tea steeping), one consumes about 10-15 times the nutrients found by consuming a large pot of loose leaf green tea.

We truly hope that you will continue to enjoy our matcha, and the other extraordinarily high quality products we make. (Visit lightofdayorganics.com.)

Light of Day's Favorite Matcha Smoothie

1/2 cup vanilla coconut milk
1/2 cup pineapple juice
1/2 frozen banana
Puree ingredients in a blender; add 1 teaspoon matcha (per person). Blend, pour into cups and enjoy immediately.
Serves 2 • Recipe by Angela Macke, R.N.

The Power of Tea

Angela Macke, founder of Light of Day Organic Tea, delves into the healing power of matcha tea, which she grows on her farm in Leelanau County.



ORYANA Holiday Gift Guide



American Provenance Men's Gift Set



Pacifica Coconut Rehab Gift Set



Bluebird Botanical Gift Set



Derma-E Hydrating Gift Set



Pacha Candy Cane Lane Mineral Soak



Juniper Ridge Gift Set



Bodum Coffee & Tea Products



Wildflower Soapworks Soap (Local)



Maggie's Organic Clothing & Socks



Inesscents CBD **Beauty Products**



Matr BoomieAssorted Fair Trade Products



Tree of Life Healing Jewelry (Local)



Dog Bakery by Pets Naturally

We recently paid a visit to one of our vendors, The Dog Bakery by Pets
Naturally in Traverse City. Owner Kathy
Hyland acquired the Dog Bakery in
2017 when founders Chris and Karry
Borolo, who started the operation in
2006, approached her to take over the
business. "I was actually in Florida at the
time on vacation when I received a call
from Chris asking if I had interest. I was
definitely interested!" said Kathy. She
was already selling high quality, healthy
products for pets at Pets Naturally so it
was a perfect fit for her.

Kathy has maintained many of the original recipes and treats but also created lots of her own recipes. She introduced grain-free treats, Pup Cups (dog cupcakes), whole decorated cakes, and even Carrot Crunchers, a treat for horses. Kathy and her talented team of decorators design seasonally themed treats including a line of wedding treats.

Kathy uses simple, natural ingredients in her treats, including local honey and Great Lakes whitefish, and everything is handmade in small batches. All the decorating is done by hand, and all the packaging as well. She offers over 20 flavors of bulk treats including Oatmeal Softbites, a staff favorite. "The staff eat them when they're fresh out of the oven!" Along with the bulk biscuits, they have dozens of decorated treats, cakes, cupcakes, birthday treats, and shakable meal toppers.

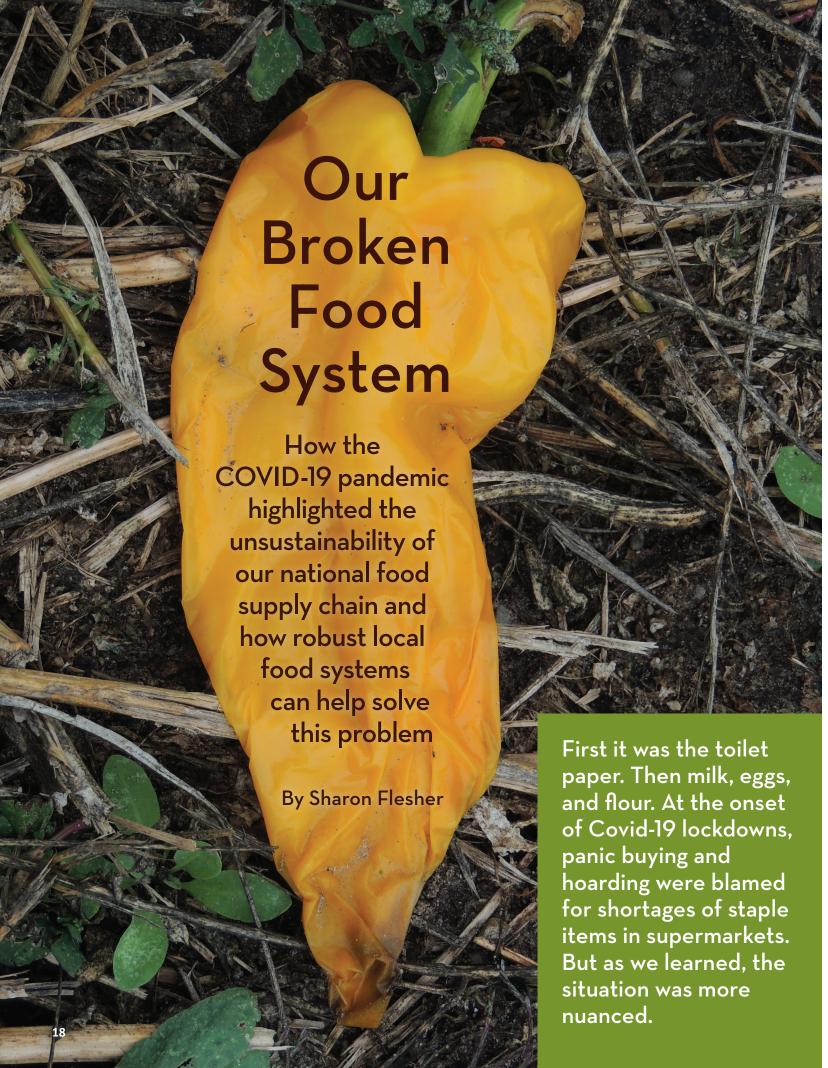
We wanted to know what the most popular product is. According to Kathy, the treats change every season so it's hard to say what the favorites are but if she had to guess, it would be the Cherry Chews, which we sell at Oryana, along with the Droolin' Drizzlers and all of the bulk flavors; consumers order them by the pound and they have an online store that generally offers promotions of one

type or another. (Oryana also sells Dog Bakery Thin Mints and Whitefish biscuits.)

Currently the Dog Bakery employs 7 staff; during the holidays and busier times they have as many as 10 bakery staff. They ship to the entire US and have over 300 wholesale accounts. It gets busy starting in October for the holidays, and wholesale orders start coming in mid October. It's also very busy during the summer months as a large portion of their wholesale customers are in boutiques and gift shops.

She is proud of her staff who were deemed 'essential' and who worked through the stay-at-home mandate this past spring. Pets Naturally also has the distinction of being awarded one of the Top 50 Businesses to Watch for - Michigan Celebrates Small Business 2020.

Visit dogbakeryonline.com for more info.



While food systems in the United States

in normal times deliver abundance at historically low cost, disruptions during the pandemic revealed stress points beyond the underserving of low-income communities.

The United States has two food supply chains: one for industry (restaurants, schools, etc.) and one for consumers (groceries, farm markets). Prior to the pandemic, about half the meals in the United States were eaten outside the home. With lockdowns, demand shifted significantly from the industry chain to the consumer chain, but supply couldn't always adjust.

However, as food journalist Michael Pollan wrote in the New York Review, "Local food systems have proved surprisingly resilient. Small, diversified farmers who supply restaurants have had an easier time finding new markets; the popularity of community-supported agriculture (CSA) is taking off, as people who are cooking at home sign up for weekly boxes of produce from regional growers."

Farm to table

When shifting demand caused large agribusinesses to pour out milk and euthanize hogs as their wholesale markets vanished, small farmers had the flexibility to pivot. In normal times, most of Loma Farm's income is from restaurants, but even those with vigorous take-out sales had to cut back this year. The farm, located in Leelanau County, adjusted by doubling its CSA subscriptions, selling more to local grocers (including Oryana), and adding an online market to its website.

"We've been reasonably resilient," said Nic Theisen, who owns Loma Farm with his wife, Sara, "but it's certainly been an extremely challenging year for us." Selling directly to customers through the CSA and farm markets requires more labor than do restaurant bulk sales.

"Profit margins on a farm are so small as it is, so the more we have to handle the food, the less likely we are to see a better bottom line," Theisen said. "This is the hardest we've had to work for the slimmest income."

Still, he knows the situation could be worse and his family is grateful to be in a vibrant local food community. This summer, in partnership with Gary and Allison Jonas of The Little Fleet, Loma opened Farm Club, a restaurant, brewery, and market. The market's curbside pickup option has been especially popular in the neighborhood, offering the virus-wary a convenient and safe way to get quality farm goods.

"Making it easier for people to access this food is really the ticket," Theisen said.

What happened to all the flour?

Flexibility also has been the pandemic superpower for producers like Common Good Bakery in Traverse City. As owner Jason Gollan explained, the flour shortage was a packaging problem. Bakeries and other food services purchase flour in large quantities, usually 50 pound bags. At grocery stores, flour is typically sold in 5 pound bags. When

the pandemic hit, national brands such as the employeeowned King Arthur Baking Company had unprecedented demand on the grocery side as millions of people embraced baking at home. Further complicating matters, about 90% of flour sales at groceries usually occur in the last two months of the year, so this untimely spike quickly depleted King Arthur's consumer-sized packaging supplies.

"Nothing changed for us. We could buy whatever we always buy," Gollan said. So he resolved to help his customers in a new way.

"We've tried to design our business to serve the needs of as many constituencies as we can. A lot of that means listening. Customers were calling and asking for things they couldn't find." Gollan said.

Common Good began portioning some of its large flour inventory into 5 pound bags and offering it for curbside pickup through its online platform, along with toilet paper, eggs, and yeast.

Back at Oryana

Perhaps no product category has highlighted the vulnerabilities of the food system more than meat. Processing is highly concentrated in a handful of large slaughterhouses, which were hit hard by Covid-19 outbreaks, bringing public attention to the hazards and low pay experienced by these and other essential workers. Labor and regulatory issues in the meat industry are beyond the scope of this article, but suffice it to say that re-localizing this sector would enhance resiliency.

At Oryana West, meat manager John Sirrine discovered the value of local suppliers. As the pandemic hit, the former Lucky's store had just been purchased by Oryana, which takes pride in being northern Michigan's premier grocery for local products.

"We have increased our local meat buying considerably because we never carried any of these products before," Sirrine said. And, while the supply situation has mostly normalized, Oryana West continues to experience some order shortages and higher prices from its national distributor, but "local farmers are still able to deliver the same great products."

Final thoughts

As Michael Pollan said in a YouTube interview on Manny's Live, "If you want to find a system that is more resilient, it's a system in which there are thousands, tens of thousands of nodes that are producing your food, including your meat and your produce, and that kind of system might be more expensive in the short term, but in the long term, it will withstand these shocks."

Meanwhile, those who want to keep northern Michigan's food system strong can buy directly from local producers or conveniently at Oryana, and as Nic Theisen urges, don't forget to support the local restaurants, even if it's just for take-out. "Some of them are doing just fine right now, but concern over the winter is palpable."

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 2021.

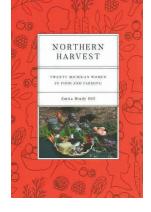
- Terms are 3 years and positions are open to all members in good standing as of 30 days prior to the election
- Monthly commitment is about 8 to 20 hours per month
- Board members attend one meeting per month as well as one or more committees
- Oryana follows a policy governance model, so board members 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 2021 Spring edition of the newsletter and elections will be held at the General Ownership meeting. The deadline for inclusion in the newsletter is **January 31, 2021**, 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

Oryana Community Cooperative

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Local Book Review

Review by Sharon Flesher

Northern Harvest: Twenty Michigan Women in Food and Farming By Emita Brady Hill Wayne State University Press, 2020 • \$25

If you love northern Michigan's food scene, it's quite likely you've met at least one of the 20 women featured in Northern Harvest, and maybe you know them all. But you're unlikely to know all of their fascinating backstories. Retired professor and summer resident Emita Brady Hill presents the oral histories, as told to her, of a cross-section of guiding forces in the Grand

Traverse region's vibrant food culture. Oryana owners will recognize some of the coop's leading suppliers, such as Jenny Tutlis of Meadowlark Farm and Mimi Wheeler, and
Jody Dotson Hayden of Grocer's Daughter Chocolate. The profiles run the gamut from
pioneering organic farmers like Julia Brabenec, to younger chefs like Jennifer Welty of 9
Bean Rows. Writers and teachers are also included. Hill conducted the interviews over
a period of four summers in northern Michigan, and she presents them with minimal
editing. The voices are individual and authentic. If there is one common thread aside
from a passion for food, it's the unpredictability of life and openness to experimentation,
adventure and adaptability that these women share. Each chapter ends with a favorite
recipe. Available in paperback at local booksellers.