

Fresh Press

Winter 2022



***Intuitive Eating* | Winter Recipes**

Learn How to Grow Sprouts! | 2021 Numbers

Our Throwaway Culture | Run for the Board





FRESH PRESS

**A quarterly publication of
Oryana Community Cooperative**

Newsletter Editor and Layout:

Luise Bolleber

Proofreaders: Devin Moore, Jenna Veiga

Contributors:

Carol Bell, Luise Bolleber,

Steve Nance, Holly Jo Sparks

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

8 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.

Table of Contents

3	General Manager's Report
4	Board of Directors' Report
5	Customer Comments
6	Staff Picks
7	10th St. is a Certified Organic Store
8-9	Our Throwaway Culture
10	Run for the Oryana Board
11	Oryana By The Numbers 2021
12-13	Asian-Inspired Recipes
14-15	Make Some Cassoulet
16-17	Intuitive Eating
18	Winter Cooking Classes
19	Our Local Vendors - Midnight Harvest
20	Oryana 2022 Microloan

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

10%!

***You pick the day to save!
(At both stores!)***

General Manager's Report

By Steve Nance

What's Been Happening and What's Coming Up?



In March of 2020, two major events occurred for Oryana: we became a two-store co-op and a pandemic was declared.

So now, with 2020 & 2021 behind us, how is Oryana doing?

As a two-store co-op, Oryana is thriving. The co-op had sales of \$16 million in 2019 and is now on track to double that in 2021. The acquisition

of Oryana West has essentially allowed us to increase our contribution to the local cooperative economy twice over.

Our ownership also rose from 6700 people to more than 10,000! We credit this achievement with many things, such as gaining former Lucky's shoppers and new Grand Traverse area residents, and an uptick in people taking their health seriously. (A pandemic can do that to a person!)

As our owners know, we've faced many challenges recently. Covid changed the way the co-op operated, with our focus primarily on being a "safe store." In many cases, that made providing what we call the "Amazing Oryana Experience" a lot more difficult. Needing to move shoppers through quickly, eliminating programs like our popular hot bar, and creating masking initiatives, have been hard on our customer-focused team. The disruption of the supply chain has only added to the challenge.

Luckily, as a flexible independent grocer, Oryana was able to react and stock up for the holidays, which meant our owners experienced very few out-of-stock items. Additionally, the loss of the Eighth Street Bridge (and others) created a challenge as shoppers tried to navigate the bedlam of Traverse City traffic. Thankfully, Oryana West was there to serve our owners and shoppers with 32,000 sq feet of product. For some owners, it was the first time they visited the new co-op location, and they found it to be a great experience.

Speaking of West, our new store has completed several upgrades to cultivate our Oryana atmosphere. This process includes a reset of Produce with new fixtures to highlight the increased local and organic product offerings, a reset of the Grocery and Wellness Departments to highlight more local and high-quality products, a revamp of our meat department with new, higher-quality vendors, and lots more local! We added a new higher quality sushi vendor, added a Customer Service desk, and moved the Coffee Bar near the front entrance. The entry vestibule was enclosed and heated to make coming into the co-op even more welcoming. Improvements at West will continue with a bulk section reset, a signage overhaul, outdoor paint work, and an expansion plan for the community room, which will allow us to offer cooking classes, lectures, and demonstrations.

At Oryana Tenth Street, we added some new offices to accommodate growth in our administrative positions and

remodeled a long unused portion of the building into what we've named the Boardman Room, which is a communal space used for trainings, staff meetings, and Oryana board meetings. We also had an all-weather roof built over our south entrance. With Oryana's help, the adjacent Tenth Street TART Trailhead even got a makeover, with a new art installation that welcomes folks to the Boardman Lake Trail.

And there's more to come in 2022!

Both Oryana locations are working to bring our culinary departments back in full. Tenth Street Kitchen has been successful in offering the popular hot bar items and plenty of food in the grab and go case, with sales being close to pre-pandemic levels. Tenth Street Café also added the popular sushi program from West and operates on an abbreviated schedule, which we plan to expand when staffing allows. The Tenth Street culinary team is also supporting a large project to enable Oryana West culinary to expand their products to look more like the high-quality favorites you're accustomed to at Tenth. West also has some new teammates that are training with Tenth Street Café so they can reopen the West Coffee Bar, with the goal of offering the same beverage menu at both locations. We are also putting co-op resources into much needed new equipment at West to allow more kitchen and bakery production (when staffing allows) with exciting plans for new programs. If there is anything you'd like to see, let us know!

To be an ever better cooperative environmental citizen, Oryana has a program called the Oryana Green Grocer Initiative, a project of which is adding solar power to West, just like we have at Tenth Street. To cut our solid waste stream, both stores are part of a project to enhance our composting and recycling programs to ensure we have as little as possible going to the landfill.

For our continued safety, Oryana enhanced the stores' HVAC systems with improved filtration. As we did at Tenth Street, LED lights that save electricity will be coming soon to West.

In the wake of a country-wide inflation situation, both stores will continue to benefit our owners and shoppers with new lower prices, thanks to participation in a program with our sister co-ops (National Cooperative Grocers) to allow us to get better prices on more products. We should start to see "New Lower Prices" signs soon in both stores.

Lastly, as most everyone knows, one outcome of the pandemic has been staffing shortages, as some folks stepped away from retail. Oryana is happy to report that we have been filling positions, which we feel is due to changes made to our wage model, such as increased compensation and additions to the exemplary Oryana benefits package.

Thanks to you, the co-op is thriving, which in turn lets us do more for our staff, owners, and community!

Thanks for supporting your co-op, and I look forward to seeing you around Oryana!



Board of Directors' Report

By Holly Jo Sparks, President

Have you said “Thank You!” to your Oryana friends and workers recently? As I write this, the food holidays are upon us, and everyone is busy preparing for travel, hosting, feasting, or hibernating. Grocery staff are particularly run ragged this year; you’ve seen the national headlines for “Help desperately needed!” and those who are working are busier than ever.

We’re also entering the season of gratitude, and it is in that spirit that cooperatives have the opportunity to shine. Certainly, Oryana’s cooperative principles and values set the business model apart from other retail grocery stores; but in addition to that, we strive to cultivate a culture of appreciation. Oryana’s policy to demonstrate Model Workplace policy is just one of the ways we cultivate cooperative culture. As shoppers and owners, we can go a step further by generously sharing praise and showing appreciation of staff and each other.

“Noticing when people do something right can be hard to do if you feel like all you are doing is fixing problems. It’s important to also notice what is going well and say specific thanks for that,” said Sarah Dahl, Human Resources Systems and Support Consultant. “People want to know their efforts are noticed. A ‘thank you’ is free, fast, and super effective.”

The board has been busy too, while also taking intentional time out of each meeting to reflect and appreciate our progress. Many of our policies and practices have existed in their current form for decades. As Oryana expands its membership and evolves, the board wishes to update for the times, as well as document our processes for future generations.

Accordingly, we chartered two new board committees: Bylaws Review and Board Development. The Bylaws Review Committee is stepping into a yearlong (or more) process of reviewing Oryana’s governing documents with an eye toward antiquated and inharmonious language. We intend to flag items of interest for input from our full Board and membership. Meanwhile, the Board Development Committee has taken up the important task of establishing a regular orientation for new board members, as well as ongoing training for the entire board. This committee will support the rest of the board in keeping accountable to its goals, and reporting on progress. Last, but certainly not least, Recruitment and Nominations Committee is gearing up for the annual board election. We aim to encourage potential board candidates, before they even throw their hats in the ring, with updated nomination materials, and opportunities to meet board members outside of business meetings.

If I haven’t made it clear, I appreciate the time and effort of Oryana’s staff. While working at a co-op is personally rewarding for many, it’s not without the added labor of supporting a volunteer board of directors, shoppers who think they own the place (spoiler alert: we do!), and striving toward not just one but four bottom lines: People, Planet, Purpose & lastly, Profit. I also want to say thank you to my fellow board members. We’ve grown a lot together this past year – tried some new things, met challenges, sought alternative solutions, and moved forward. And finally, I want to express gratitude to our owners. Your extraordinary support and care for Oryana keeps us moving forward. Thank You!

Customer Comments

We welcome your feedback, suggestions, and questions! Email us at info@oryana.coop or fill out a comment form at the Customer Service desk at either store.

Q: What does Oryana do with the produce that is not sold before it begins to be “not perfect”? What does Oryana do with food that is past its “sell-by” date? I am interested in educating the public: food that has passed its sell-by date does not automatically go bad at midnight. Produce that develops a soft spot, a bruise, or a bad spot is not automatically bad. What is Oryana doing about the enormous food waste problem in our community?

A: Nothing goes to waste at Oryana. We donate unsellable but still good produce to Food Rescue of NW Michigan. Typically the amount we donate is around 30,000 lbs of fresh food a year. Some expired food, such as bread, is also made available to staff to take home. What we can't donate or give away, we compost. All food scraps from our kitchens, cafes, staff areas, and the produce department are deposited in compost bins, and Bay Area Recycling for Charities takes it to their facility.

Q: Are Zoom cooking classes captioned?

A: The Zoom teleconferencing platform just introduced a new live captioning function with 80% accuracy which we will be deploying on all future cooking classes. We've also asked our team to make an announcement about this functionality at the beginning of the class (as attendees will need to turn on the functionality to utilize it) and to add it to our future class descriptions. We're so glad you asked about this as it pushed us to research it and implement. Thank you for helping us work to be more accessible.

Q: I like the new bins in the produce section at Oryana West, but I don't understand them. Shopping overwhelms me. I integrate a mental map, know right where things are, and am relaxed and efficient. Changing everything creates panic and stress. Why the constant change?

A: Thank you for the feedback. The wood on the old bins was splintering and didn't fit in with our rebrand of the space. Moving forward, we will continue to make changes to cultivate our Oryana look and feel in our West store. We like how the new bins have a lower profile and now you can easily see

across the whole produce section and beyond. We hope that after some time, the new bins will start to feel like old friends to you.

Q: I bought the avocado rolls and it says that for 10 pieces it's 520 calories. This seems incorrect! What do you think?

A: We contract the sushi production with a company called ACE. They have complete nutritional information on their website for all their sushi, and the calories in the avocado roll are indeed 520 calories. You can check out their website for more information, acesushi.com.

Q: Every time I check out your prepared foods (10th St.), I'm turned off by the prices. Any chance to make these items more affordable?

A: Our kitchen at 10th St. uses very high-quality ingredients, mostly organic and many local ingredients, which tend to be more costly. Also, everything we make here at 10th St. is from scratch, no premade items. We endeavor to pay our hard-working staff a fair wage and this skilled labor is also factored into the cost. Considering these factors, we feel strongly that our prepared foods are fairly-priced given their superior quality. We are proud of our high standards and will continue to be that place in northern Michigan where you can trust that the food you're getting is the highest possible quality.

Q: The soap in the hand dispensers in the restrooms have a very strong odor. Can you please switch to unscented soap?

A: We changed our restroom equipment supplier to a new company, Cintas, and the contract included unscented, free and clear soap for the dispensers. The company mistakenly sent us scented soap but we resolved the issue and they are now filled with unscented soap. We understand that some folks are very sensitive to scents and odors and we strive to be a place where people can shop and work without being subjected to strong chemical or even natural odors and scents.

NEW PRODUCTS



Rethink Water

Flavored with certified organic fruit essence, just enough flavor without all the sugar, packaged in cartons that are 70% FCS certified paper-board. 100% recyclable.



PB2 Powdered Almond Butter

Freshly roasted almonds are pressed to remove most of the oil. Only 1.5 gm of fat per serving, and 5 gm of plant-based protein. Use in baking and smoothies.



Miss Jones Organic Baking Co. Brownie & Cake Mixes

These mixes taste as good as homemade. Moist, fluffy, and perfect for an anyday treat or celebration.



Cup4cup GF Pie Crust Mix

Gluten-free, dairy-free, and delivers the same taste and texture as wheat crust. Just add fat, water, and egg.



Pacific Oat Milk Soups

New, vibrant & creamy plant-based soups that are certified organic, in Garden Tomato and Cumin Carrot flavors.



Olyra Breakfast Biscuits

High in plant-based protein, substantial, and delicious. Made with whole grain flour and certified organic ingredients. Available in Cinnamon Tahini, Hazelnut Carob, and Fig Anise flavors.

Staff Picks

Kaleb

Ann Arbor Tortilla Factory Stone Ground Corn Chips

These chips are extra crispy and crunchy. They're Michigan-made. I like them with hummus and salsa.

Jerry

Osorio Red Salsa

This salsa has a great flavor and texture. It's fresh and locally made right in Williamsburg.

Sheila

Charlotte's Web CBD Balm

This is a great topical for pain and inflammation. I used it a lot when I was recovering from knee surgery and it was very helpful.

Pranarom Essential Oils

I like this line of essential oils because it's very high quality and they make great blends. I like the lemongrass oil. I use it in a diffuser and also with water when I'm mopping the floor.

Ann

Chocolate Covered Coconut in BULK

This is a delicious healthy treat, very satisfying.

Blythe

Haddar Tahini

I love this tahini because it's so creamy and not as grainy as other tahinis. I use it in hummus, a simple tahini dressing with lemon juice, in smoothies, yogurt, and with noodles.

Alex

Olyra Breakfast Biscuits

These are delicious and go well with coffee and tea. They are a healthy snack. My favorite flavors are Fig Anise and Dark Chocolate.

Tom

Pipcorn Parmesan Truffle Crunchies

This is a great tasting snack. They are a healthier option because they are baked rather than fried.

Jenna

Kung Pao Chicken from 10th St. Cafe

My husband and I liked this so much we were fighting over it!

Did you know Oryana 10th Street is a Certified Organic Store?

At 10th St. we go above and beyond to make sure organic products stay organic, all the way from the farm to your shopping bag. It's a lot of extra work, but it's worth it.



Did you know that Oryana 10th St. was the first co-op in the U.S. to become a certified organic retailer? In August of 2002 Oryana made national co-op news when we achieved this designation. This initiative demonstrated our long-standing commitment to the importance of certified organic food. Being an organic retailer does not mean that our downtown store only carries organic items; instead, it means that customers can be assured that the organic products they purchase at that location are protected from farm to shopping cart.

We verify that there is a third party independent paper trail showing USDA Organic Rules have been followed. In addition to checking for organic certification, we are also required to keep track of lot numbers, suppliers, and country of origin so products can be traced back to their source.

We created storewide and department-specific procedures to keep organic and non-organic products separate including separate areas of storage, preparation, and display. We segregate products with plastic barriers or dividers and keep all certified product above non-certified so no dripping or commingling of products can occur. Oryana installed a special water filtration system, uses only allowable cleaning and pest control products, and maintains accurate records and cleaning logs. All employees are trained to adhere to and maintain all department standards to assure we do not compromise the integrity of an organic product, and understand how to handle, clean, prep, and store these products properly.

Every year the Global Organic Alliance conducts an annual inspection of Oryana to confirm that we are in compliance with the USDA Rules for organic retailers. These inspections cost about \$700 per year. In doing all of this, we are ensuring our customers that the organic product they are purchasing is indeed organic, and that we have maintained its integrity in every way possible.

Oryana West offers shoppers a hybrid store experience, which means we sell both organic and conventional produce at this location. To ensure we follow certified organic standards, we carefully separate the organic and non-organic produce to avoid cross contamination. We continually evaluate packaged grocery items and replace those that contain high fructose corn syrup and synthetic preservatives with higher quality options. The bulk section is mostly organic with a few lower-priced conventional options.

We are pleased to provide two great grocery shopping options in northern Michigan offering natural, organic, and high quality food and products. Thank you for shopping at the co-op!

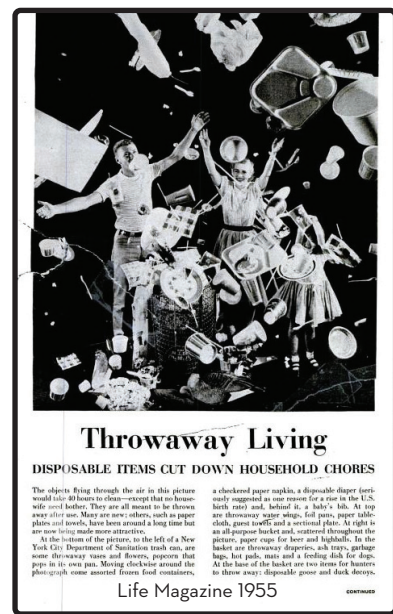
Our Throwaway Culture

Why we need to minimize throwing our stuff away and move toward a circular economy

Natural ecosystems operate in cycles and are self-sufficient. For example, plants grow in soil, animals eat plants, carnivores eat the herbivores, animals die and their bodies decompose, replenishing the soil. There is no such thing as waste in nature. But our industrial economy is linear, with an 'extract-use-throw away' model. About 2/3 of the resources we extract from the earth wind up as waste. Even with recycling programs, a mere 8% of global waste is captured for recycling.

Enter what's referred to as the **CIRCULAR ECONOMY**, which encompasses a combination of reducing, reusing, recycling, and sharing. With a circular economy, the onus is on manufacturers to design superior materials, products, systems, and business models. No more planned obsolescence, or selling more products by designing them so they deliberately fail, cannot be repaired, or have a set lifespan. With a circular structure, waste is designed out of the system, resources are circulated, and nature is regenerated. It replaces the end-of-life concept with zero-waste restoration. Moving toward circularity is not only ethically imperative, it is critical for our long-term economic, social, and environmental survival.

A bit of history: our throwaway lifestyle was born in the 1950s when the plastics and chemical industries promoted the convenience of single-use disposable items. Today, we throw away on average five pounds of solid waste per person per day. That's twice as much as what we threw away in 1960. The notion of planned obsolescence first started during the 1930s depression with the beginning of mass production and as a means to get the economy moving again by compelling everyone to buy more stuff. The consumerism business model needed products to break down or require replacement. By the 50s, planned obsolescence had become a firmly entrenched paradigm, driven by a prolific advertising industry encouraging people to shop, shop, shop, and department stores offering credit.



What are nations and corporations doing about this?

There are some signs that nations and businesses are starting to address the issue.

- The New Zealand government is currently developing plans to embrace a circular economy.
- Some large corporations like L'Oréal, Mars, and Coca-Cola are working toward using 100% reusable, recyclable, or compostable packaging by 2025.
- Evian developed a 100% recycled plastic bottle
- SAP, a multinational software corporation, developed a software that helps businesses to embed circular practices across their operations. SAP customers generate 87% of total global commerce.
- Pyrum Innovations, a German company, developed a technology that almost completely recovers the oil from used tires. By 2025, the company plans to build 50 plants in Europe and recover 100,000 tons of oil.
- A new Maine law requires producers to cover 100% of cities' recycling costs.
- Legislation in Europe is pushing back against a waste-based economy and restoring the right to repair products people purchased. Soon, manufacturers of washing machines, dishwashers, refrigerators, and monitors will have to ensure that components are replaceable with common tools, and producers must supply spare parts within 15 days.
- Eight states—California, Connecticut, Delaware, Hawaii, Maine, New York, Oregon and Vermont—have banned single-use plastic bags.

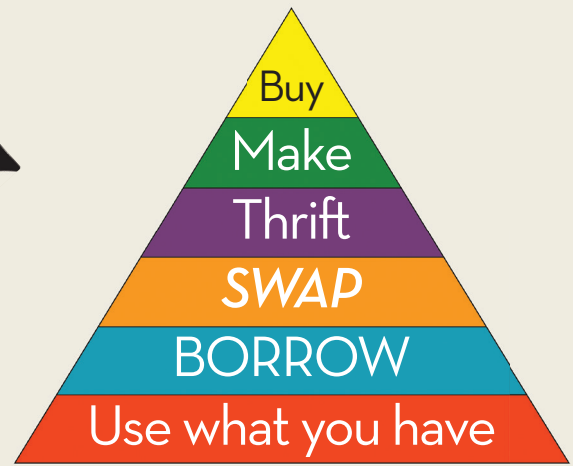
18 billion lbs of plastic end up in the ocean EVERY YEAR

The value of the raw materials contained in the e-waste produced in the U.S. during 2019 was \$7.5 billion

ZERO W strategies reduce green emissions by 400 million CO2 pe

What can we do as individuals?

- Consider the Buyerarchy of Needs. Canadian illustrator Sarah Lazarovic created a newly imagined hierarchy of buying behavior needs, (a spinoff of Maslow's Hierarchy of Needs, which looks at the structure of needs that influence our choices and behaviors.) This "Buyerarchy" looks at buying as the last level after all other levels have been considered. This image is a great way to look at the choices we make in buying and helps us to focus on starting at the bottom and going up the pyramid in how we obtain items that we need or want. Perfect and brand-new aren't all they're cracked up to be. "Good enough" can become our new mantra.
- Consider NOT buying new stuff; secondhand stores often have items in good condition. Additionally, ask yourself: Can you do without it? Can you repurpose something else? If the answer is yes, consider not buying at all.
- Buy items made with parts you can replace.
- Make your purchases, (especially your online purchases,) carefully. Each year in the U.S. alone, customers return 3.5 billion products, most of which end up in a landfill, even when there is nothing wrong with them.
- Choose companies that commit to solid environmental practices and transparency, like companies with B Corp certification. A few examples: Patagonia, Dr. Bronners, and Seventh Generation.
- When you do have to buy something, purchase the most durable, well-made item within your means that you can find. Make sure the item has good buy-back value.
- Recycle everything you possibly can. Reuse and repurpose as much as possible. Compost your food scraps.



The Buyerarchy of Needs, by Sarah Lazarovic



Our community partner, Bay Area Recycle for Charities (BARC) in Traverse City accepts a huge variety of items for recycling.

appliances	latex paint
electronics	motor oil/tires
furniture	fryer oil
mattresses	televisions
cardboard	computers
compost	printers
construction materials	batteries

LEARN TO FIX YOUR OWN STUFF!

Visit [ifixit.com](https://www.ifixit.com) 

If you've ever repaired something yourself, you know how satisfying (and cost effective) it is to extend the life of an item rather than toss it in the trash. The next time your hair dryer or gadget malfunctions, visit [ifixit.com](https://www.ifixit.com), a website that offers advice on how to fix just about anything including appliances, luggage, cars, toys, grills, cameras, eye glasses, and much more. The site also features a forum where you can ask for and give repair advice.

THE PROBLEM WITH CLOTHING

To meet the demands of fashion, many retailers produce inexpensive, non-durable clothing, much of which quickly ends up in the trash. Americans throw away 14 million tons of clothing per year; it can take up to 200 years for textiles to break down in landfills. It also takes 2,700 liters of water to make one cotton shirt. Some products that people return, such as underwear, bathing suits, and beauty products, are destroyed for sanitary reasons, even if they appear to be unopened or unused. Think twice about buying new clothing, especially online. Shop your local stores & thrift stores instead. Websites like ThredUp and Poshmark are great places to buy and sell used clothing.



WASTE
gies could
reenhouse gas
by more than
n metric tons of
2 per year

A linear economy is
extractive. A circular
economy is regenerative
and waste-free.

There is no A WAY

Don't forget to buy in bulk!

Avoid packaging waste by bringing your own containers to Oryana and shopping the bulk section.

• honey & maple syrup	• seasalt
• granola	• herbal teas
• spices & herbs	• baking supplies
• beans & grains	• peanut butter
• nuts & dried fruit	• coconut oil
	• coffee

Sources:

unece.org	wri.org
phys.org	bbc.com
theatlantic.com	yesmagazine.org
earth911.com	prnewswire.com
bbcearth.com	sciencedaily.com
	ncsl.org

Are You Interested in Running for the Oryana Board?



By Cy Agley, Oryana Board Member

2022 is going to be the best year yet!

2020 and 2021 have been a roller coaster ride; the world shut down and ran out of toilet paper, but Oryana also added a second location, served over 10,000 owners, and continued to be a staple for the community! Exciting things continue to happen due to our generous owners, loving staff, and the strong leadership of our General Manager (GM).

This spring our owners will elect three of their own to play a critical role as board members in assuring the continued success and health of our co-op. The board serves as the voice of the co-op owners, representing the interests of the common good and continued prosperity for the organization. As a member of the board, you will engage with other board members in developing the vision and ensuring the long-term viability of the co-op, along with being responsible for monitoring and maintaining the co-op's financial health and making sure it operates in accordance with our Mission and Ends Policies. While the GM is responsible for the day-to-day operations, it is also that person's responsibility to report to the board on a monthly basis.

The work of the board of directors has a direct impact on the growth of the co-op and helps to guide Oryana to adapt to a changing world and continue

to foster collaboration among its owners. Directors volunteer for a term of three years and commit to about 15 hours of board work a month. The board meets monthly, along with a couple of scheduled strategy retreats. In exchange, directors receive a 16.5% discount on their purchases at the co-op along with a monthly stipend. Candidates should be innovative in considering the future of the co-op and willing to collaborate closely with both co-op leadership and the other board members.

In order to be considered for the board, candidates must be fully vested owners in good standing and must attend at least one regular board meeting. All owners of Oryana, including employees of the co-op, are eligible to serve on the board of directors.

Your co-op needs you! If you're passionate about Oryana and feel you could help ensure the future of Oryana for generations to come, we invite you to attend a meeting to observe the board process and meet current board members. Check Oryana's website for the next meeting date and for prospective board member information. The deadline for submission (for inclusion in the next newsletter) is January 31. For more details, visit: oryana.coop/co-op/board-of-directors.

\$820,500

Total discounts to shoppers i.e. senior discount, green discount, 5% punch, etc.

ORYANA By The Numbers 2021

Microloans
Awarded
\$12,000

TOTAL
STORE SALES
\$31,500,000

15,360
facebook Followers

Number of Oryana
Staff **193**

\$94,000

Value of fresh food donated to
Food Rescue of NW Michigan

4985
Instagram
Followers

Number of Oryana
Owners **10,006**

\$3400 Funds raised thru
BEANS FOR BAGS

121 Number of local
organizations to
whom we donated

Oryana's Quadruple
Bottom Line



Number of counties
Oryana considers
'local'

9

150
Number of our local
farmers & vendors

49
Number of years
Oryana has been
in operation

Just a few of the 2021 contribution recipients:

Women's Resource Center, Vasa Ski Club, 20Fathoms, St. Mary School, Sleeping Bear Marathon, S & S Foundation, Huntington's Disease Society, GT Pavilions, M-22 Challenge, NW Michigan Health Services, Grass River Natural Area, Williamsburg United Methodist Church, Archipelago Project, Gladhander Auction, TADL, Mondays with May, TC Women's March, Generations Ahead, SEEDS, Liberty Ranch



Asian-Inspired *dinner recipes*

For a delicious winter meal with an Asian twist, try one of these recipes we featured in past cooking classes in partnership with some great local chefs. Forrest Moline's vegetarian potstickers are excellent and you can freeze some of them to eat later. The larp street tacos by the Moberlys are inspired by a Laotian minced meat salad but their tasty version is entirely vegan. Enjoy!

Veggie Potstickers with Ponzu Sauce

By Forrest Moline

24 wonton wrappers or gyoza wrappers
1 medium carrot, shredded
1 onion, chopped fine
1/2 head napa cabbage, shredded
16 oz, shiitake mushrooms, chopped fine
1 clove garlic, minced
1-inch piece fresh ginger, grated
2 teaspoons soy sauce
2 teaspoon rice wine vinegar
2 dashes sesame oil
4 tablespoons cooking oil

Ponzu Sauce

1/4 cup soy sauce
1 lime, juiced
2 tablespoons orange juice
2 tablespoons rice wine vinegar
1 tablespoon mirin or sugar
1 tablespoon chili paste, sriracha, or sambal

1. Heat 1 tablespoon cooking oil over medium heat in a medium size sauté pan. Add the carrots and cook until softened about 3-4 minutes. Remove carrots from the pan and set aside on a sheet pan to cool. With the sauté pan still on medium heat, cook the onion, napa cabbage, and shiitake mushrooms all separately in the same fashion. When cooking the last vegetable, add the minced garlic and ginger to the pan. Finish with all of the cooked vegetables on the sheet pan cooling. Add the soy sauce, vinegar and sesame oil to the veggies. Mix everything on the sheet pan and place in the refrigerator to cool for 10 minutes.
2. Whisk together the sauce ingredients in a bowl while the veggies are cooling.
3. Lay a wonton wrapper on a clean work surface and place about one tablespoon of the vegetable mixture in the center. Brush a little water on the wonton edges surrounding the vegetables. Bring all of the edges together around the vegetables and squeeze lightly, to form a pouch. Place finished pot sticker on a sheet pan. Repeat with remaining filling and wrappers. Keep covered with plastic wrap in the refrigerator until ready to use.
4. To cook the potstickers, place a large sauté pan on medium-high heat and add 2 tablespoons cooking oil. Place the potstickers around the outside rim of the pan and work your way into the center. Cook until the bottoms begin to brown, about 1-2 minutes. Add 1/2 cup water and cover; cook for 3-4 minutes or until the wrappers have softened and the filling has finished cooking through. Serve with sauce and enjoy!

Larp Street Tacos

By Ryan & Lisa Moberly

2 tablespoons tamari
3 tablespoons lime juice, or more to taste
1 small knob ginger, finely grated (1-2 tsp)
1 teaspoon sugar
1 package Butler Soy Curls
3 cups veggie chicken broth
2 tablespoons peanut oil
2 small shallots, finely diced
2 green onions, finely sliced
2-3 hot red chilis, finely sliced
Salt to taste

White pepper, to taste

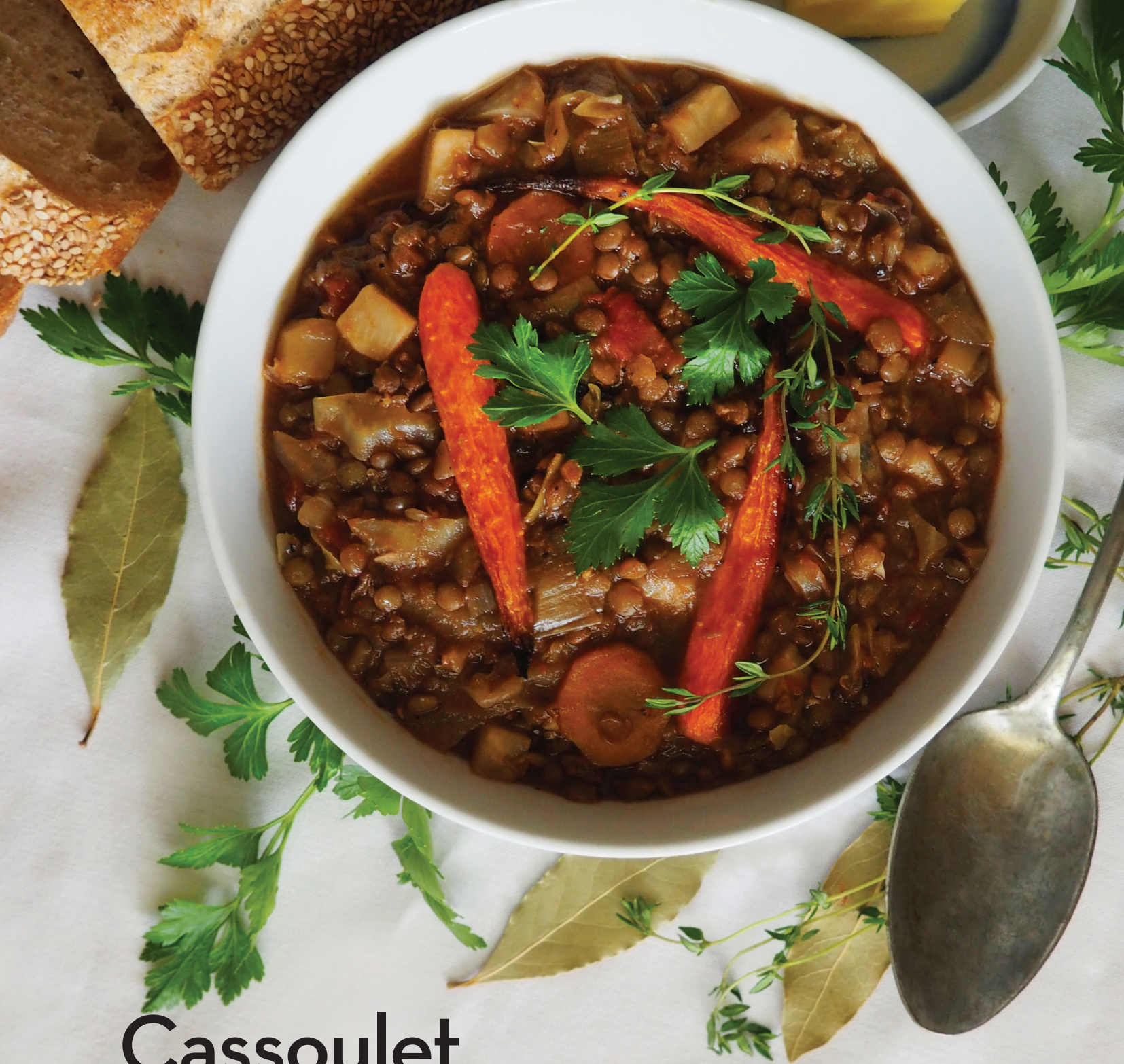
1 bunch fresh mint, leaves chopped
1 bunch fresh cilantro, chopped
2 cans corn, drained

1 package 8-inch flour tortillas

Spicy Sauce

1/2 cup vegan mayo
2 tablespoons Sriracha sauce
1 tablespoon lime juice
salt to taste

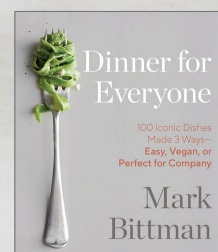
1. Combine tamari, lime juice, ginger, and sugar in a small bowl and set aside. Stir together the spicy sauce ingredients in another bowl and set aside.
2. Soak the soy curls in the veggie broth for 10 minutes.
3. Chop soy curls into a really fine dice or chop roughly and grind in a food processor, taking care not to overprocess it.
4. Heat the oil in a skillet over medium-high heat. Once hot, add ground soy curls and stir-fry for a few minutes until browned in places. Add in shallots, corn, onions (white part only,) and chilis, and stir-fry for another minute or so.
5. Season with a good pinch of salt and pepper and stir in the tamari mixture. Toss everything together to mix well.
6. Heat up the flour tortillas in a hot skillet or over the open flames of a gas burner.
7. Serve tacos with the fresh herbs, the sliced green parts of the onions, more lime juice, and the spicy sauce on top.



Cassoulet

the perfect winter stew

Cassoulet is a luxurious French white bean stew, typically made with sausage, duck, and pork. It is a slow-cooked, rich peasant dish, specific to a certain region in France that utilized available and inexpensive ingredients. In cassoulet's case, that meant dried beans along with preserved duck and pork. If cooked properly, the beans in cassoulet should be creamy and the whole dish aromatic and deeply flavorful. While the traditional white bean version is wonderful, you can embark on a culinary adventure and make a variation. In Mark Bittman's book, *Dinner for Everyone*, in addition to the classic white bean recipe, Bittman offers two additional versions - a simple and easy sausage version and a vegan spin-off. Give one of these recipes a try and become a fan of cassoulet!



Dinner for Everyone -
100 Iconic Dishes Made
3 Ways: Easy, Vegan, or
Perfect for Company.
Published in 2019.

Sausage Cassoulet

from Mark Bittman

Serves 4

2 tablespoons olive oil
1 1/2 lbs mild Italian sausage, cut into chunks
1 red onion, chopped
2 tablespoons chopped garlic
2 teaspoons dried thyme
salt
1/8 teaspoon cayenne, or to taste
1 cup white wine, water, or vegetable broth
1 28-oz can diced tomatoes
2 15-oz cans white beans, drained & rinsed
4 thick slices of bread

1. Tear the bread into bite size pieces and place on a rimmed baking sheet. Bake the bread at 350°F for 10 minutes. Remove from oven and set aside.
2. Add the oil to a large pot over medium heat. Add the sausage and cook, stirring occasionally, until no longer pink, 5-10 minutes. Add the onion and garlic and cook, stirring, until sausage browns and veggies become golden, about 5 minutes.
3. Add the thyme, a pinch of salt, and the cayenne and stir. Add the wine and cook, scraping up any brown bits, until the liquid reduces by half. Add the tomatoes and beans and bring to a boil. Reduce heat to low and cook about 15 minutes. Add a bit more water or broth if the stew seems too thick. Taste and adjust seasoning to your liking. Serve topped with the toasted bread and a drizzle of olive oil.



Lentil Cassoulet

slightly adapted from Mark Bittman

Serves 4

8 oz French lentils, rinsed, picked over
1/4 oz dried porcini mushrooms
1 cup boiling water
1 leek, trimmed, well rinsed, chopped
1 carrot, chopped
1 small celery root, peeled, chopped
2 tablespoons chopped garlic
salt and pepper
1/4 cup dry red wine or water
1 14-oz can diced tomatoes
1/2 small head green cabbage, quartered, cored, cut into thin ribbons
2 tablespoons chopped fresh parsley
2 teaspoons dried thyme
1 bay leaf
1/8 teaspoon cayenne, or to taste
Scant 1/8 teaspoon cider vinegar

1. Place the lentils in a large pot with enough water to cover about 1 inch. Bring to a boil. Cover, turn off the heat, and let sit.
2. Put the dried mushrooms in a small heat-proof bowl and cover with boiling water. Let soak and soften for 30 minutes. Lift the mushrooms from the soaking liquid and chop. Reserve the liquid.
3. Heat oil in a large skillet over medium heat; add the leek, carrot, celery root, mushrooms, and garlic. Sprinkle with salt and pepper. Cook, stirring occasionally, until vegetables soften, about 10 minutes. Add the wine and cook, stirring and scraping up any browned bits from the bottom of the pan.
4. Add the vegetable mixture to the lentils along with the tomatoes, cabbage, and herbs. Carefully pour in the mushroom soaking liquid, leaving behind any grit left in the bottom of the bowl. Stir to combine and bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, about 30-35 minutes. Remove the bay leaf. Stir in the cayenne and vinegar. Taste and adjust the seasoning to your liking.



Intuitive & Mindful Eating

Finding your Food Rhythm

By Carol Bell, Registered Dietitian

What is your relationship with food like these days?

- A) Torrid affair with bread after getting out of “diet jail”
- B) Dependency on a keto diet (or FODMAP)
- C) Trying to ignore your heart-burn
- D) Celebrating the rhythms of food and life

Trigger warning: this article contains themes about eating, weight, eating disorders, disordered weight & body thoughts, and other diet/lifestyle related material, and may be upsetting.

Our bodies show numerous symptoms from poor eating: excess weight, digestive problems, acne, hormonal swings. Google the symptoms and plenty of advice appears. We are taught to focus on *what* to eat - good fats, fewer carbs, low sugar, optimal protein, more fiber, and leafy greens. Presumably, we do all the right things, and yet may still not have the result we desire. Instead, intuitive and mindful eating is about *how and when* we eat.

In his book, *The Slow Down Diet*, author Marc David describes awareness exercises to decrease stress hormones like cortisol that increase weight gain and decrease digestive ability.

Here are two examples:

- Take a lifestyle inventory of your eating patterns, foods, and habits. Do you eat more when you are feeling stressed? Or less? How often does this happen? Do you eat certain foods when you feel this way? Do you taste your food? How much time do you take to eat?
- At every meal and snack, take a moment to pause and breathe before you begin. Ask yourself if you are in high gear or are about to eat under stress. Take 10 slow breaths.

Digestion slows down and insulin levels run high during chronic stress. It is triggering the release of insulin and glucose to keep the muscles and brain fueled for action. When there is no “action” (i.e. stressed out at your desk) the fuel gets stored as fat rather than used up. This series of events leads to weight gain or poor health. When we are quiet, relaxed, and calm, blood flow circulates through the digestive system easily. Consequently, insulin levels are lower, and a person craves less sugar because there is no “crisis” to demand instant energy.

Intuitive eating is a philosophy of health that encompasses eating with care, intention, and mindfulness. It is about paying attention to how the body is communicating with you. Think of it as an ongoing conversation between your body and mind.

ME: I ate all the right things today and still feel lousy. Why is that?

MY BODY: You ate most of your meals standing up and while multitasking.

ME: Why does that matter? I ate 3 servings of leafy greens today. And flaxseeds!

MY BODY: And you ate them at warp speed. Ever thought of sitting down to eat?

This is the ongoing conversation I've been having with myself over the past year. My family members eat at different times, so I had to find ways to distract myself from feeling lonely, bored, or irritated hearing my own chewing. Sitting still to eat felt like a punishment on top of having to eat a special diet to please my body. The dining chairs

are uncomfortable and the view of the kitchen is ugly. The couch is comfy but slouching and watching the news gave me reflux. I rearranged the furniture four times last year to find the optimal place for the dining table and chairs. The view improved but I was still eating unconsciously and too fast.

Transforming a relationship with food begins with nurturing the self. What do your body and soul crave? Look beyond the immediate need for chocolate, wine, bread, or a sugar splurge and see what is there. Are you going unconscious while eating in front of the TV or computer? What do you wish to “tune out” with regard to your meals? Do you eat in the car instead of taking time to nourish yourself? If your body could speak to you, what would it say?

Ultimately, I realized my own challenge is not the furniture, the food, the view, the TV, my family, the clutter on the table - it's me. My soul craves connection (lunch anyone?), permission to have quiet time and rest, a break amidst a chaotic work schedule, and a gourmet dinner that I did not have to cook!

Intuitive Eating Activities:

1. Make a commitment to eat meals without any distractions. No phone, computer, magazines, books, or work tasks. Sit, breathe, relax, savor the food. Feel your body. Think about people you love. Reflect on joyful moments in your life. Be grateful for the people you've never met who helped grow, raise, and bring this food to you.
2. Pay attention to cravings - what are they telling you? Do you crave foods? Love? Excitement? Touch? Variety? What else?
3. Make a list of 20 things other than food that nourish your mind, body, and spirit. What makes you laugh? How do you like to relax? What helps you feel more connected?

Keep this list handy and add to it over the next few weeks as you discover more ideas. The next time you feel the need to reach for food, can you reach for something else that nourishes your soul?

Resources:

The Slow Down Diet, Eating for Pleasure, Energy and Weight Loss, Marc David, MA

50 Ways to Soothe Yourself Without Food, Susan Albers, PsyD
Intuitive Eating: A Revolutionary Anti-Diet Approach, Evelyn Tribole, MS RD

Mastering Mindful Eating: Transform Your Relationship with Food, Michelle Babb, MS RD

Carol Bell is a Registered Dietitian and Licensed Massage Therapist at Table Health in Traverse City, Michigan.
231-333-1331 | inbox@TableHealthTC.com
www.TableHealthTC.com



Winter Cooking Classes

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 and recipes will be provided ahead of time.

How to Grow Sprouts

Tuesday, January 18, 6 - 7 pm
Instructor: Robert Sainz, DC

Learn how to grow fresh sprouts in your kitchen year-round. From lentils to sunflower seeds and spicy radish seeds, sprouts are incredibly nourishing and a great way to boost your nutrient intake. Sprouting is an easy way to grow your own food and Dr. Sainz will take you through all the steps including what seeds to use and what equipment you will need. It only takes a few days to have fresh, crunchy sprouts ready for your salads and meals.

Winter Salads

Tuesday, February 22, 6 - 7 pm
Instructor: Loghan Call

Join Chef Loghan as we dive into the art of making winter salads with local ingredients. We'll explore different vegetables, greens, and grains that can create hearty, delicious, and locally-sourced salads, even in the heart of our Michigan winters. We'll cover some easy salad dressing ideas as well! As always, Chef Loghan's classes are taught through the lens of 'food as medicine' principles and showcase how we can get as many nutrients as possible in each meal through sourcing, diversity, and moderation.

Warming Winter Soups & Stews

Tuesday, January 25, 6 - 7 pm
Instructor: Ali Lopez

Warm up your body and soul with a hearty, homemade bowl of roasted vegetable soup. Or how about a customizable vegan chili with marvelous toppings? Join Chef Ali in her cozy kitchen where she will choose the best local ingredients available to make two delicious vegan dishes that will help you enjoy cold winter evenings. Ali also offers lots of helpful cooking tips and her recipes are uncomplicated, full of flavor, and satisfying.

Vegan Indian Meal

Thursday, March 3, 6 - 7 pm
Instructor: Tarah Elharden, Satya Pillay

Tarah and Satya of Traverse City's Zest Plant-Based Kitchen will share some easy and delicious Indian dishes you can make to warm up a winter evening. Indian cuisine, known for its diverse and warm, complex flavors, lends itself perfectly to vegan palates. Join these two in their kitchen as they show you how to prepare Spicy Braised Cabbage & Potatoes (Khubi Fry) and Sweet Potato Tamarind Curry.

How to Make Fire Cider

Thursday, February 10, 6 - 7 pm
Instructor: Katie Nehil

Come and learn how to put common herbs and produce to work for winter wellness. Join Registered Nurse and Clinical Herbalist Katie Nehil to learn how easy it is to prepare Fire Cider. This preparation is an herbal vinegar infused with aromatic herbs, fruits, and vegetables, some of which you may have grown in your garden or already have in your spice cabinet! Fire Cider has traditionally been used as a winter ally to help keep germs at bay, and can be an important part of your winter wellness plan.

These classes are offered live via the Zoom app. You will receive an email with recipes and class details two days in advance. After class, we will share a recorded version.

- Register at [eventbrite.com](https://www.eventbrite.com). You must have an email address to sign up for Zoom classes. Cost: \$10
- Closed captioning now available.

A man with short brown hair, wearing a dark blue long-sleeved shirt and khaki pants, stands in a room filled with shelves of mushroom cultivation blocks. He is leaning his right arm on one of the shelves. The shelves are made of black metal and hold numerous rectangular blocks of substrate, which are covered in small, light-colored mushrooms. The background is a plain white wall.

OUR LOCAL
VENDORS

Midnight Harvest

Produce supplied to Oryana:
Shiitake Mushrooms

Matthew Hall founded Midnight Harvest in 2018, but his research into growing mushrooms commercially started in 2014 when he began studying growing techniques extensively. After living downstate and contemplating a move back up north, he decided that farming was what he wanted to do. But a desire to operate year-round spurred his interest in fungi (an indoor operation.) Now Matthew produces hundreds of pounds of shiitake mushrooms in his facility in Interlochen and sells them to local restaurants and retail outlets. "In total, it's only about 500 sq ft, but I use a vertical system which is very efficient," said Matthew. He expects to grow 2500 lbs this year.

According to Matthew, it takes about 9-10 weeks to grow a shiitake mushroom from start to finish. This painstaking and scientific process starts with a substrate material, which is a mixture of pulped hardwood and wheat bran. Once this substrate is mixed with water, it becomes an ideal habitat for wood-loving fungi. This mixture goes into a special bag that allows air exchange, but the bag must first be sterilized via steaming. Then it's ready to be inoculated with spawn. Once the bags have been inoculated, they are sealed and the spawn is allowed to incubate. Inside the bag, the mushroom produces its mycelium mass by consuming the hardwood pulp. Once it has reached a certain stage, Matthew removes the bag and places the entire mass or block in the fruiting room, a space where oxygen and humidity are carefully controlled. The blocks will start to fruit out mushrooms in about 5 days.

Matthew says that mushrooms store well in the refrigerator when you cut them up, as opposed to leaving them whole in a bag or container. They can also be frozen or dried if you purchase more than you can use right away.

As for preparing mushrooms, Matthew advises that all mushrooms, even white button mushrooms and portobellos (technically the same species) should always be cooked thoroughly. Edible mushrooms may contain mycotoxins but cooking neutralizes those components. Eating some raw mushrooms may cause gastrointestinal irritation. Matthew likes to fry mushrooms in oil and then use them in other recipes.

Matthew particularly enjoys the potential for innovations of fungi in all kinds of applications beyond food production, such as bioremediation. But right now he is seeing success in tests with growing morels.

One of many challenging features of his work is the need for cleanliness and sterility. Everything has to be handled carefully and if a tiny bit of mold contaminates a bag, it will spoil the whole batch, after which he has to determine where the mold came from.

As for the future, Matthew hopes to someday have a large mushroom farm focused on education, production, and innovation. He envisions a visiting farm where people can experience mushrooms in a new way.

You can find Midnight Harvest mushrooms in the produce section at Oryana West.

Visit www.midnight-harvest.com for more information.

MICRO LOANS FOR FARMERS AND OTHER FOOD PRODUCERS

ZERO-INTEREST LOANS

DESIGNED TO BOOST A FARM OR FOOD BUSINESS
AND ELEVATE OUR REGION'S FOOD SYSTEM

NO APPLICATION FEE

LOANS OF \$500 TO \$10,000

APPLICATIONS NOW OPEN

DEADLINE FEBRUARY 14TH
LOANS AWARDED IN MARCH

FUNDS
PROVIDED BY

NORTHEAST
REGION

Grain Train
NATURAL FOODS MARKETS

SOUTHWEST
REGION



COMMUNITY CO-OP
SINCE 1973

FOR MORE INFORMATION AND TO APPLY,
CONTACT DANIEL MARBURY AT
(231) 622-5252 OR
DANIEL@CROSSHATCH.ORG

CROSSHATCH.ORG/MICRO-LOAN

A PROJECT FROM
ORYANA COMMUNITY CO-OP
GRAIN TRAIN NATURAL FOODS MARKETS
CROSSHATCH CENTER FOR ART & ECOLOGY

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

TART ART

Meet Michigan artists Kellie Bambach and Adrienne Pickett, creators of the new public art installation at the TART trailhead at 10th St. off the Oryana east parking lot. Enjoy the mural and furniture installation that creatively captures the indigenous flora and fauna of our region. Oryana contributed \$10,000 to this project.

