

FRESH PRESS IS A PUBLICATION OF  
ORYANA COMMUNITY CO-OP

# Fresh Press

Spring 2022

Culinary  
Medicine

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2022 Election Guide

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General  
Ownership  
Meeting

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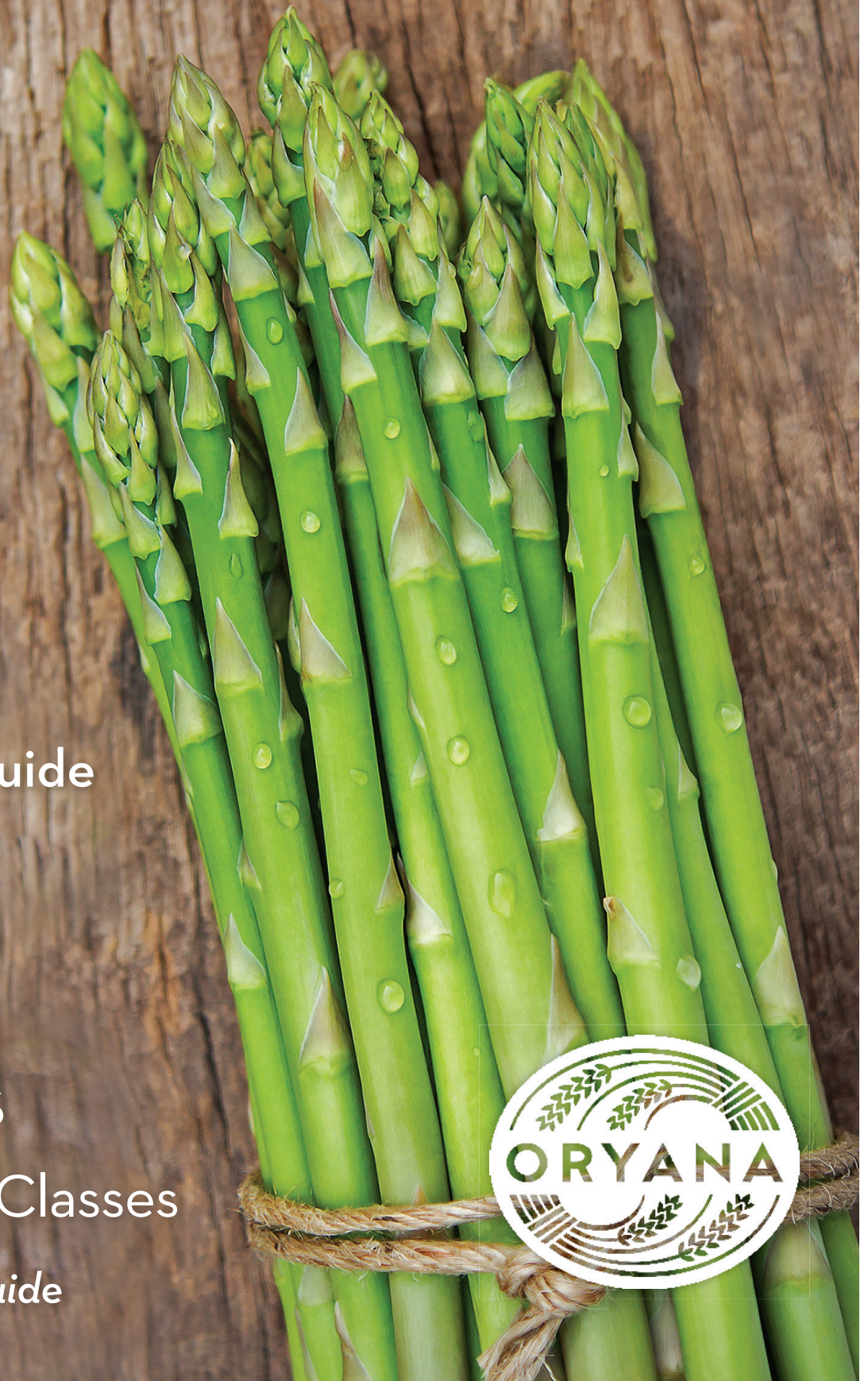
SPRING RECIPES

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Spring Cooking Classes

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*Spring Community Guide*







## FRESH PRESS

**A quarterly publication of  
Oryana Community Cooperative**

**Newsletter Editor and Layout:**

Luisse Bolleber

Proofreaders: Devin Moore, Jenna  
Veiga

**Contributors:**

Luisse Bolleber, Sharon Flesher, Steve  
Nance, Holly Jo Sparks

## OUR STORES

**ORYANA TENTH ST.**

260 E. 10th St.  
Traverse City MI, 49684  
Phone 231.947.0191

**ORYANA WEST**

3587 Marketplace Circle  
Traverse City, MI 49684  
Phone 231.486.2491

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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**May** *is*  
**OWNER APPRECIATION MONTH!**  
*You pick the day*  
**TO SAVE 10%!**



# GENERAL MANAGER'S REPORT

By Steve Nance

## The State of the Co-op 2021/2022



In March 2020, two significant events took place. Oryana acquired a second, larger location after placing the winning bid in the bankruptcy auction of a competitor, Lucky's Market. And a worldwide pandemic swept the country.

Oryana, as a two-store co-op, is thriving. As one store, the co-op had sales of \$16 million in 2019. After adding Oryana West in April,

2020 sales grew to \$26 million. And now, we report sales of \$32 million in 2021. The acquisition (not typical for a co-op) of Oryana West has allowed us to double our contribution to the local cooperative economy.

Oryana has also increased the number of our member/owners from 6,700 to over 10,000! A recent shopper survey confirmed that many folks were Lucky's shoppers and they like the changes and have jumped on board and joined the co-op.

We want to share the numbers to let you know how Oryana is doing as your cooperative business. Despite the challenges of an unreliable supply chain, staffing shortages, inflation, and Covid-19 surges, Oryana's sales grew 23% from 2020. This was almost exactly to the budget forecast (off by only \$1,000 in a \$33 million budget)! Importantly, Oryana's expenses were all well in line with our targets as set by management. Both operating and net incomes improved in 2021 because of positive cash flow that enabled Oryana to support capital improvements at both stores. We also gave back to the community (supporting our ends), and recognized our amazing staff (2 bonuses as well as increased wages in 2021). This is a testament to our knowledgeable and committed leadership team at both stores. It is also the result of

all the hard work by the whole Oryana team and the support by our owners and the community.

Oryana made significant investments in both stores. Some of the projects at West included the entrance enclosure, a reset—including new fixtures—of the produce department, a remodel and move of the coffee bar, installation of LED lights (with a return on investment of 4-6 years based on electrical use savings), and a refit of the meat area. At Tenth Street we finished the Boardman Room for board meetings, trainings, and staff meetings, and included an ADA elevator.

Additionally, Oryana's financial health is excellent as we had positive cash flow and capitalized improvements that increased total assets almost \$1 million in 2021; plus, Oryana only has \$718,000 in long-term liabilities. Also, I would note that the value of the Lucky's Acquisition is estimated at \$4 million, based on the tax assessment, but that full amount is not reflected on our balance sheet because we can only "book" \$860,000, our winning bid from the bankruptcy auction.

As a cooperative, Oryana also gives back to owners and the community. In 2021 we gave almost \$1 million in shopper discounts. We gave donations in the amount of \$71,000 and the Outreach and Education Team supported things like cooking classes and education on the relationship between good food and health. Oryana, as a cooperative, is an economic engine for good and when we are successful, we can support our ends, those visions of more Localism, Economy, Wellness, Education, Model Workplace, and Community. This year, the board has also approved a patronage rebate. This is a sort of deferred discount based on how much an owner has patronized the co-op, as recognition and appreciation of your support.

So, we are excited about 2022 and beyond. We plan to reinvigorate our culinary departments, add more local products, and add a community room and teaching kitchen at West. We plan on being ever more inclusive, and an accepting and welcoming store and workplace. We enjoy sharing with more owners and shoppers what we call the "Amazing Oryana Experience," and providing good food access to more of our community. Thanks for supporting your co-op!

INCOME STATEMENT	2021	% OF SALES	2020	% OF SALES
NET REVENUES	\$ 31,941,215.00	100%	\$ 26,024,029.00	100%
COGS	\$ 20,391,001.00	64%	\$ 16,608,634.00	64%
GROSS PROFIT	\$ 11,550,214.00	36%	\$ 9,415,395.00	36%
LABOR & BENEFITS	\$ 6,761,308.00	21%	\$ 5,739,005.00	22%
OPERATING EXPENSES	\$ 4,108,038.00	13%	\$ 3,497,975.00	13%
OPERATING INCOME	\$ 680,868.00	2%	\$ 178,415.00	1%
OTHER INCOME	\$ 565,193.00	2%	\$ 42,902.00	0%
NET INCOME	\$ 1,246,061.00	4%	\$ 221,317.00	1%

BALANCE SHEET	2021	2020
CURRENT ASSETS	\$ 5,572,842.00	\$ 4,809,298.00
PROP & EQUIP	\$ 4,027,222.00	\$ 3,882,381.00
OTHER ASSETS	\$ 480,819.00	\$ 424,008.00
TOTAL ASSETS	\$ 10,080,883.00	\$ 9,115,687.00
CURRENT LIABILITIES	\$ 1,427,405.00	\$ 1,169,694.00
LONG-TERM LIABILITIES	\$ 718,268.00	\$ 1,309,241.00
TOTAL LIABILITIES	\$ 2,145,673.00	\$ 2,478,935.00
OWNER EQUITY	\$ 7,935,210.00	\$ 6,636,752.00
TOTAL LIABILITY & OWNER EQUITY	\$ 10,080,883.00	\$ 9,115,687.00



## Board of Directors' Report

By Holly Jo Sparks, President

With Oryana's annual election for the Board of Directors around the corner, owners may be asking themselves, "What qualifications are needed to make a strong Oryana Board?" and "What does the Board of Directors do?"

The first cooperative principle "Voluntary and Open Membership" also applies to Oryana's Board of Directors. Any co-op owner in good standing can become a candidate to serve on the board. It is Cooperative Principle #2, "Democratic Member Control," that necessitates a democratically-elected board. Cooperatives are democratic organizations controlled by their members—those who buy the goods or use the services of the cooperative—who actively participate in setting policies and making decisions. This includes electing directors to represent them. As such, board members owe their allegiance to the owners and to the mission and ends of Oryana.

An important job responsibility of the board is to represent its owners. To authentically represent the owners, board members need to intentionally and actively engage with owners. It is important for board members to recognize the diverse needs of our owners as a whole, not just a small segment. Studying data and listening to our owners about their needs and wants helps us be a more effective board member. The board is committed

to looking at a variety of ways we can actively engage with our owners on an ongoing basis.

There are many aspects and dimensions to being a board member. Directors must regularly practice good leadership and governance, serve the community, and help steer the future of the cooperative. Oryana's board uses a governance system known as Policy Governance, which includes agreements about how the board will work together, how to empower and hold accountable the co-op's management, and how the board will articulate Oryana's purpose and reach its mission and ends policies, which include economy, localism, wellness, education, community, and model workplace.

To fulfill their fiduciary duties, Directors must prepare for monthly board meetings by reading the related monitoring reports and updates created by the CEO, ask questions, listen, and continuously strive to broaden their perspective and better represent the community we serve.

**The board is committed to looking at a variety of ways we can actively engage with our owners on an ongoing basis.**

In addition to board meetings, teamwork and serving as part of a committee is a very important aspect of being a board member. Board committees are small groups of individuals who advise the board on a specific area of board work. Committees currently include the Executive Committee, Recruitment & Nominations, Board Development, and Bylaws Review. Ad hoc committees or working groups also exist, as needed, to support the planning of the General Ownership Meeting, or to review specific topics of interest when the board is looking to learn strategically.

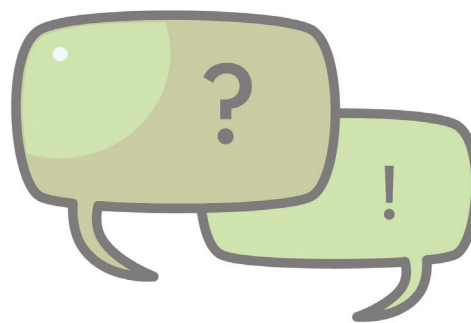
Individually, directors participate in ongoing educational events, such as seminars, workshops, conferences or even reading groups. Recent events offered by our cooperative training and educational partner, Columinate, have included: "Board Process-Intentional & Focused," "Finance Training for Directors," "The Abolitionists Challenge," "Board Election Process," and "Explorations in Policy Governance."

Each director brings their own passions and experiences to the table. As long as they possess the ability to learn, ask insightful questions, and act on behalf of the owners in the interests of Oryana's future, the decision is up to YOU.



# Customer Comments

Your feedback, suggestions, and questions are welcome! Email us at [info@oryana.coop](mailto:info@oryana.coop) or fill out a comment form at Customer Service.



*C: Oryana would be a great location for electric car charging stations. You could charge while you shop or have a snack. Is this in the works?*

A: This is a great question! We are currently working with TCLP to get some charging stations installed. We're hoping to see them in our parking lot in summer 2022!

*Q: Is it possible to offer brown paper bags to use for bulk items? I try to bring my own containers from home but if I forget them, I'd like to avoid using plastic. I love your bulk section.*

A: We do have paper bags available to use for bulk items. They are located in the produce area. You can ask any staff member for assistance in locating these. We recommend using these bags for smaller amounts or lighter items, as they can sometimes break if you use them for heavier bulk products.

*C: I would like to follow up on the comment in the last Fresh Press about the produce bins at West. My dislike for the bins is not the bins themselves but more the way the produce section is organized. There should be signs that say either the category, for example fruit/citrus, etc. or signs that say "organic" or "conventional." It's disorienting to me that the conventional limes and the organic limes sit a few bins apart but are not labeled well, so it's challenging to know what I'm choosing. There should be a better organizational flow and large signs on the bins or hanging above the bins. This would save me from doing laps around the bins and looking quizzically if what I picked up is organic. I appreciate the design of the bins and with some signage redesign and rearranging, I think it will all make sense.*

A: Thank you for your follow-up comment on the produce bins at West. We are glad you asked as we have recently reset the produce area to better define and separate the organic from the conventional. We worked to consolidate the organic produce, not just for ease of identification, but also to help maintain the organic integrity. We have been treating the organic produce at West the same way we do at 10th St., where we follow practices to maintain our organic certification. The only step that's missing right now is that the water used to rinse and clean the produce is not filtered like it is at

10th St. but we plan to address this soon. The signage has improved as well, (and large hanging signs are coming soon) and you shouldn't have to wander around in confusion any more! Finally, we switched to eco-friendly LED lights in the produce area making it a brighter, healthier, and happier shopping experience.

*C: Please reconsider purchasing Chobani yogurt. They support and normalize fascism by collaborating with Ivanka Trump. Ivanka Trump called the insurrectionists 'patriots' immediately after they attacked our Capitol on January 6, 2021. I am an Oryana owner and believe we should not support unethical companies.*

A: Thank you for reaching out to us. We really appreciate your communication, as well as your consideration for the products we carry. We have created a statement about our policy for product boycotts. It states: "Oryana serves a very diverse customer base with individuals on both sides of any issue. The role of our co-op is to educate and inform our members and the community on the relationship between food and health so they can make informed decisions.

To best fulfill the wants and needs of our owners, products are expected to adhere to the Oryana Purchasing Guidelines. Oryana does not engage in political boycotts of products that meet our Purchasing Guidelines. Instead, we encourage our owners and customers to make their own choice and vote with their dollars by supporting those companies they like and believe in. The decisions consumers make will be reflected in the sales of individual products. When, for any reason, products don't sell, the co-op stops carrying them."

We appreciate your dedication to your purchasing power, and encourage you to continue to do research to determine what products work best for you, be that for health, taste, or personal reasons. If there is a product that we do not currently offer that you would feel more comfortable purchasing, we are always happy to take product recommendations/requests as well. Thank you again for your communication, and for being a co-op owner!



# ORYANA FOR GOOD



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

## Here is a glimpse of what we accomplished in January & February 2022

### Value of Fresh Food Donated to Food Rescue of NW Michigan

**\$16,266**

#### COOP Ukraine

**\$1,000**

To help support the Ukrainian cooperative community's immediate and ongoing needs during this time. COOP Ukraine includes 300 markets throughout Ukraine.

### Beans For Bags

**\$2,641**

The following organizations shared in this money from Oryana & generous shoppers:

Love, Inc., Human Nature School, Saving Birds Through Habitat, Paddle Antrim, TCAPS Generations Ahead, Sophiea Safe Haven Sanctuary.

### Sponsorship of a Community Anti-Racism Series

**\$200**

#### Misc. Donations

**\$690**

Mid-Michigan Honor Flight, Carmelite Monastery, GTACS, Arts For All, + more.



# Celebrate Spring!

*in our community*



## Visit the SEED LIBRARY at Traverse Area District Library

The main library on Woodmere Ave. in TC has a seed library on the second floor where you can get FREE seeds to plant and grow in your garden. This is one of more than 100 seed libraries in Michigan! The library strives for (but doesn't guarantee) seeds that are organic, non-gmo, and open-pollinated. The seeds come from companies and local farmers/gardeners. Seed libraries promote community, protect seed diversity, and teach about the agricultural roots of our region. Everyone is welcome to help themselves to seeds but if you want to drop off seeds, please take them to the reference desk.

## ORGANIC TRANSPLANTS ARRIVING IN MAY



Organically-grown plant starts from Forest Garden Organic Farm in Maple City will be available starting mid-May. Cold weather plants arrive first, followed by warm weather starts a couple weeks later. The farm uses organic seeds and the soil mix meets organic standards and is made with good stuff like compost and worm castings. Unlike plant starts at other stores, Forest Garden grows the plants with soil blockers, eliminating the need for pots and reducing plastic waste. You end up with a nice, compact block of soil that's ready to go in the ground. The farm chooses varieties that work well in this area. Happy gardening season!

## Oryana Community Partners Spring Guide



Oryana owners enjoy savings  
at these local businesses

- **Pine Hill Village Gardens**  
10% off all organic garden application products, fertilizers, pesticides, and soils
- **Krull's Compost**  
10% off 40 lb bags of high quality compost
- **SEEDS Ecology & Education Center**  
10% off EcoCorps labor, up to 5 hours. Skills include landscaping & gardening





## What's For Dinner? *Favorites*

About 10 years ago we offered a weekly tasting in the 10th St. store where you could visit with a friendly member of the marketing team, sample a delicious dinner dish, grab the recipe, and shop for the ingredients to take home. This was our “What’s For Dinner?” program, designed to encourage people to experiment with easy, healthy home cooked meals. We ended up with dozens of simple, basic recipes, and we thought it would be fun to dust off a few and share them again. Here are three dinner dishes that were popular with shoppers back in the day.



## Warm Spinach Salad with Fried Egg and Potato

*Slightly adapted From Martha Stewart*

4 tablespoons olive oil  
1 lb yukon gold potatoes, baked or boiled, cooled, diced medium  
Sea salt and pepper  
2 tablespoons red wine vinegar  
1 tablespoon Dijon mustard  
4 green onions, thinly sliced  
1 pound baby spinach, coarsely chopped  
2 oz Parmesan cheese, shaved  
4 eggs

1. In a large skillet, heat 2 tablespoons oil over medium heat. Add potatoes; season with salt and pepper. Cook until potatoes are browned, about 10-15 minutes.
2. Whisk together remaining 2 tablespoons olive oil with vinegar, mustard, green onions, salt, and pepper in a large bowl. Add the spinach and Parmesan (do not toss); set aside.
3. When the potatoes are done cooking, transfer to the bowl with spinach and dressing. Toss salad until the spinach is slightly wilted and divide among 4 plates.
4. Heat the skillet over medium and gently add the eggs. Cook until whites are almost set, about 1 minute. Cover, turn off heat, and let stand until whites are just set but yolks are soft, about 2 minutes more. Top each salad with a fried egg.

## Quinoa Sweet Potato Pancakes

*From Jan Parsons*

1/2 cup quinoa  
2 eggs  
2 cups shredded raw sweet potato  
4 green onions, finely chopped  
1/2 bunch cilantro, finely chopped  
1 teaspoon salt, divided  
1/4 teaspoon pepper

1/4 cup all-purpose flour or GF flour  
Vegetable oil for frying  
Optional topping: sour cream

1. Bring quinoa, 1 cup water, and 1/2 teaspoon of the salt to a boil. Cover, reduce heat, and simmer 15 minutes. Remove from heat and let steam for 5 minutes. Uncover, fluff the quinoa, and allow to cool.
2. Beat the eggs in a bowl and add the sweet potato, green onion, cilantro, flour, cooled quinoa, and remaining salt and pepper. Mix until combined.
3. Heat the oven to 200°F and line a sheetpan with a double layer of paper towels. Heat a small amount of oil in a large skillet over medium-high heat. Scoop the mixture, about 1/4 cupfuls, into hot oil and press to flatten. Cook until golden, about 3 minutes per side, and keep warm in the oven until ready to serve. Serve with sour cream. Makes about 20 pancakes.

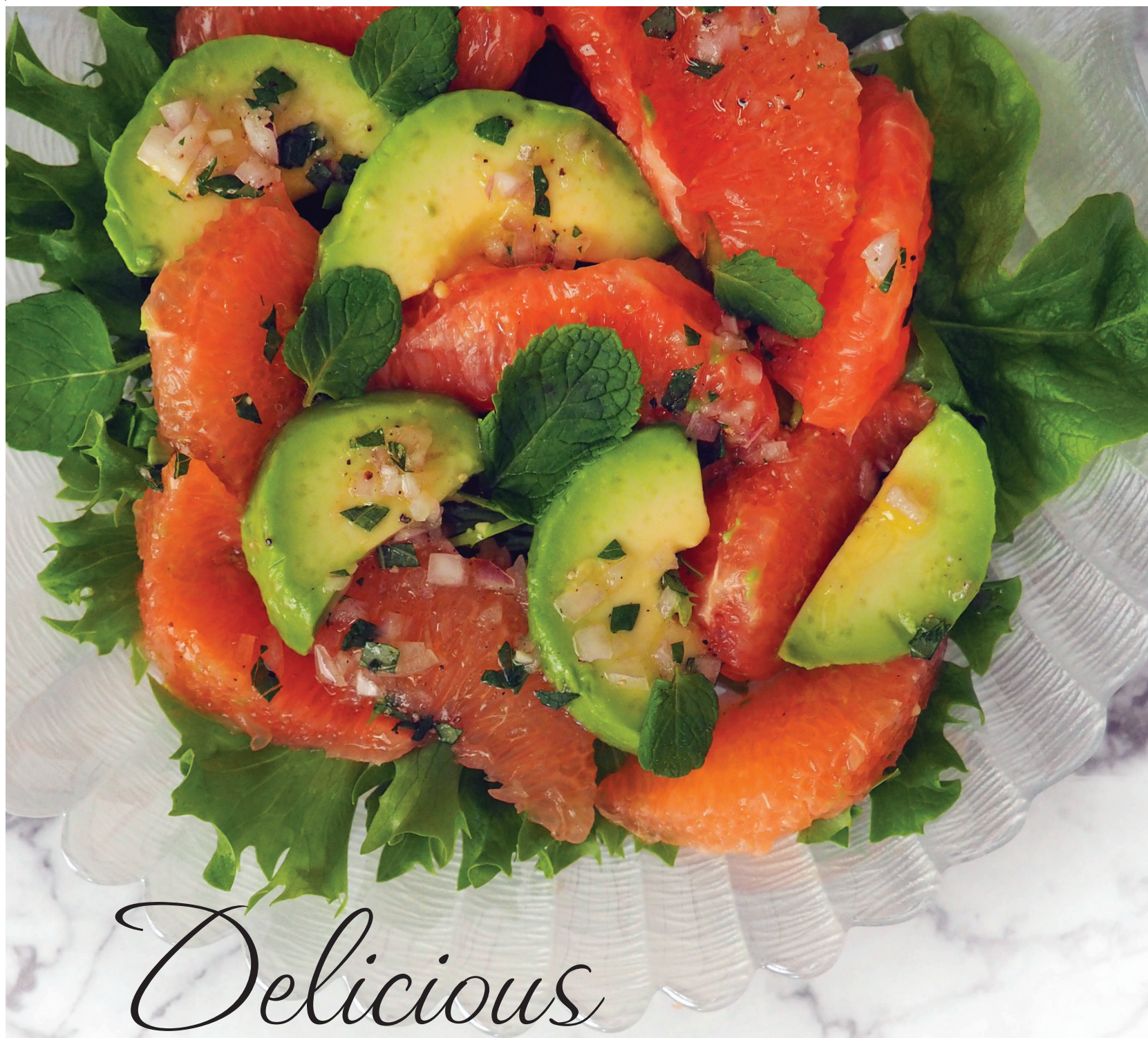
## Curried Red Lentil Soup with Lemon

*Adapted from Vegetarian Times*

2 cups red lentils  
1 qt. low sodium vegetable broth  
1 large onion, finely chopped  
3 celery stalks, finely chopped  
2 large carrots, sliced  
2 cloves garlic, minced  
1/4 cup chopped cilantro  
2 teaspoons curry powder  
2 tablespoons lemon juice  
Salt and pepper, to taste

1. Bring lentils, vegetable broth, and 4 cups water to a simmer in a large pot. Skim away foam that rises to top. Reduce heat to medium-low, cover, and simmer 5 minutes, stirring occasionally.
2. Add onion, celery, carrots, and garlic. Simmer, uncovered, for 20 minutes. Add cilantro and curry powder and cook 15 minutes more, or until lentils are soft. Season with salt and pepper and stir in lemon juice.





# *Delicious* **Spring**

*Cleansing food  
that your body  
is craving*

Seasonal spring food in Michigan doesn't really get underway until asparagus makes its debut in late May or June. But post-February, our bodies start craving lighter fare and cleansing foods after a long winter of heavy, hearty eating. Avocado and grapefruit make a fabulous pairing for cleansing. Peas and cilantro are also cleansing, as well as asparagus. So until more seasonal veggies and fruits start showing up, enjoy one of these delicious recipes for a spring boost.



## Charred Asparagus with Tarragon Aioli

*from grocery.coop*

Dress up broiled asparagus with this luscious, lemony tarragon aioli.

1 bunch asparagus, tough ends trimmed  
2 1/2 teaspoons olive oil, divided  
Freshly ground black pepper  
Salt to taste  
1/4 cup mayonnaise  
1/2 or 1 small clove garlic, minced  
1/2 teaspoon lemon zest  
1/2 teaspoon lemon juice  
1/2 teaspoon dried tarragon

1. Heat broiler on high and set a rack 6 inches away from it. On a sheet pan, toss asparagus with 2 teaspoons of olive oil, a few grinds of pepper and a pinch of salt. Broil for 2-5 minutes and check for browning; shake the sheet pan to roll the asparagus spears around to brown evenly.
2. For the aioli, put the mayo in a small bowl, add the garlic, lemon zest, lemon juice, 1/2 teaspoon olive oil, and tarragon, and mix well. Serve with the asparagus.

## Carrot Pea Fritters

*from grocery.coop*

These flavorful Indian fritters (called pakoras in India) are packed with peas and carrots and served with a dollop of minty raita.

### Raita

1 cup plain yogurt  
1/4 cup fresh mint, chopped  
2 scallions, chopped  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper

### Fritters

3 cups finely shredded carrots  
1 cup frozen peas, thawed  
1/2 cup finely chopped onion  
1 tablespoon minced fresh ginger  
1/4 cup chopped cilantro  
1 cup chickpea flour  
1/2 teaspoon turmeric  
1/2 teaspoon ground cumin  
1/8 teaspoon cayenne  
1/2 teaspoon salt  
vegetable oil for frying

1. For the raita, place the yogurt in a medium bowl and stir in the, mint, scallions, salt and pepper. Refrigerate.
2. Heat the oven to 200°F and line a large, heat-safe plate with a double layer of paper towels. In a large bowl, combine the carrots, peas, onion, cilantro, and ginger, and toss to mix. In a small bowl, combine the chickpea flour, turmeric, cumin, cayenne, and salt. Stir to mix, then stir into the carrot mixture, mixing until a thick dough forms. Use a quarter-cup measuring cup to scoop the carrot mixture and flatten each portion to a half-inch thick patty.
3. Place a large skillet over medium-high heat for about a minute, then drizzle in about 1 tablespoon oil, tilting the pan to cover the bottom. Place several portions of the carrot-pea mixture in the pan, leaving an inch of space between them. As they start to sizzle, reduce the heat to medium-low. Cook for about 2 minutes, and use a thin metal spatula to carefully turn the fritters. Cook for 2 minutes on the second side, then turn and cook on the first side again for 2 minutes more, until the fritters are nicely browned and crisp on the outside. Place on the prepared plate in the oven to keep them warm as you finish the remaining fritters. Serve warm with raita.

## Avocado Grapefruit Salad

*from grocery.coop*

Tart grapefruit, creamy avocado, and sweet honey mint dressing combine for a great tasting, healthy salad.

2 pink grapefruits  
2 avocados  
1 tablespoon shallot, minced (about 1 small shallot)  
1 tablespoon fresh mint, minced  
1 tablespoon honey  
2 tablespoons grapefruit juice (squeezed from the removed membranes)  
1 lime, zest and juice  
4 cups Bibb or leaf lettuce, washed and torn into pieces  
Salt and pepper to taste

1. Peel and segment the grapefruit, removing the white membranes. Squeeze the membrane into a bowl and reserve 2 tablespoons of juice for the dressing. Halve, pit, and peel the avocados, then slice lengthwise into half-inch slices.
2. In a small bowl, prepare the dressing by whisking the minced shallot, fresh mint, honey, grapefruit juice, lime juice and zest, and a pinch of salt and pepper.
3. Place a cup of lettuce on each of four salad plates. Top the lettuce with equal slices of grapefruit and avocado. Drizzle each salad with approximately 1 tablespoon of dressing.





## SPRING Cooking Classes



### April in Paris

Tuesday, April 12, 6 - 7 pm  
Instructor: John Wojnarsky

Join Chef Wojnarski of Black Star Farms for an April night in Paris! Chef John will take you on a French culinary tour by preparing a complete, Parisian-inspired meal. He will start with a Niçoise Salad, then demonstrate how to make a Ratatouille With Eggplant, Tomatoes, and Herbs topped with a Pan Seared Rosemary Orange Chicken Breast, and end with simple but divine Silky Chocolate Truffles. Bon appétit!

### Cook Once, Eat Three Times

Tuesday, April 26, 6 - 7 pm  
Instructor: Ali Lopez

Three delicious vegan meals are just a short prep time away! Chef Ali, who is a master meal prepper, will get you organized for making the base ingredients for several hearty, satisfying meals that only require some heating and composing. Turn perfectly cooked beans, vegetables, grains, and fresh sauces into a variety of fast and fabulous dinner combinations. Good-bye hunger pangs, hello fast & healthy dinner!

### Delectable Spring Brunch

Thursday, May 26, 6 - 7 pm  
Instructor: Andrea Deibler

Pick a weekend this spring to feature a fabulous brunch menu that Andrea created. She is going to demonstrate how to make the star of your brunch, Crepes with Spinach and Gruyere Cheese. Also on the menu is a simple but oh-so-good Asparagus Frittata. And for a sweet component, she will whip up some Fresh Strawberry Scones. Your family and guests will swoon!

### Thai Favorites

Thursday, June 9, 6 - 7 pm  
Instructor: Nancy Allen

Learn how to craft a few signature Thai dishes with Chef Nancy Allen, author of 'Discovering Global Cuisines: Traditional Flavors and Techniques.' Chef Allen will show you how easy it is to make a classic Thai Coconut Curry with Vegetables and Chicken Satay, plus she'll cover the ins and outs of making Jasmine Rice correctly. It'll be a Thai feast to remember!

### Vegan Italian

Tuesday, May 10, 6 - 7 pm  
Instructor: Lisa & Ryan Moberly

With a little creativity and flair, Italian cuisine can be veganized with delicious results. That's where the Moberlys come in! Join Lisa & Ryan of Rad.ish Street Food to make a rustic but satisfying vegan Italian supper. On the menu is Creamy Zuppa Toscana, Classic Italian Chopped Salad, and a Garlic Compound 'Butter' Spread for a crusty loaf of bread. Dinner is only an hour away!

All 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



If you visit the summer farmers market in Traverse City, you will see a long line of people waiting to peruse the offerings of 9 Bean Rows Farm & Bakery from Suttons Bay. Oryana is fortunate to carry bread from this popular establishment including their excellent sea salt fennel bread.

Founders Nic and Jen Welty first started a CSA at Black Star Farms in 2006. Two years later they launched their own business, which they named 9 Bean Rows. (The name comes from a W.B. Yeats poem.) This is where they started growing specialty vegetables, lettuce mix, fine greens, sweet corn, and pumpkins. Nic and Jen appreciate the delicacy of freshly harvested foods and are super careful in their harvesting methods. They harvest at low temperatures with a minimal amount of handling to ensure the highest quality and freshest produce.

They also started the bakery around this time and began making European pastries and rustic breads. The couple's college pursuits helped prepare them for their future farm careers: Nic has a MA in horticulture and Jen has degrees in crop science and culinary arts.

The farm on Duck Lake Rd. is 14 acres in size with 2 1/2 acres in vegetable

crop production. They are a no-till farm, which means they don't disturb the soil by plowing or tilling it. No-till practices preserve and stabilize soil and prevent it from being eroded by wind and water. They also refrain from using chemical fertilizers or pesticides and instead rely on hand labor to keep the vegetable beds free of pests and weeds.

As with all businesses, challenges abound. Hiring great people is their ultimate goal and the biggest trial. Another intertwined challenge is affordable housing for their workforce. Access to capital to keep all the machines, equipment, and people working is also of huge importance. But the rewards of producing great food are worth navigating the hurdles. They love seeing happy customers and connecting with the community on many levels. One of their mottos is, 'Good food is for everyone.'

The couple are also involved with another enterprise, the Michigan Farm Cooperative, which Nic actually organized. Nic saw the need to connect local large and micro farmers to markets and resources that would help farmers see greater profitability. Farm to School initiatives helped solidify the cooperative as a viable alternative

to going it alone. The co-op offers a seasonal, yearround CSA, where participants get weekly boxes full of all kinds of fresh food including vegetables, eggs, meat, and bread from various local farms. The mission of the co-op is to cut out the middle man in order to offer a wide selection of fresh local produce, delivered onsite. The co-op services restaurants, caterers, schools, grocery stores, and other food-based businesses, and their weekly delivery route serves Leelanau, Benzie, and Grand Traverse Counties. In 2019, MiFarm Co-op received a microloan from Oryana to help them purchase a refrigerated truck.

Nic and Jen have big plans for the future. They are currently adding on to the baking and retail facility to house a large wood-fired oven. They also plan to start a boutique winery and have already started planting fruit for this endeavor. This year they hope to break ground on a housing project for their workers. And finally, renewable energy production and a carbon positive way of life is what will consume their focus in the upcoming years.

Visit the farm store at 9000 E Duck Lake Rd, Suttons Bay or their website: [www.9beanrows.com](http://www.9beanrows.com)

# 9 Bean Rows

Farmstead • Cafe • Bakery







# Culinary Medicine

By Sharon Flesher

Culinary medicine is a relatively new field with the goal of helping patients improve their health through an enlightened approach to eating, from how to shop for healthy ingredients to learning how to prepare whole foods.



Anyone who has picked up a diet plan book may be shocked to learn that doctors receive very little nutrition education in medical school. The emerging field of culinary medicine aims to change that, with food-as-medicine programs popping up at health institutions as fast as potatoes sprout in a hot kitchen. And, incidentally, your future culinary medicine physician may also be able to help you with the sprouting potatoes.

Medical schools, hospitals, and even insurance providers are embracing culinary medicine, teaching doctors how to better help their patients by prescribing food to treat illness. They also provide practical advice, like how to prep produce, to enable them to successfully make dietary changes. Some physicians are even training as chefs.

As University of Michigan Health describes it, “Culinary medicine fills an important gap in the current care model, moving beyond simply recommending dietary changes to helping people successfully—and even enjoyably—incorporate them into daily life.”

Once again, the wider community is catching up to Oryana. From its beginnings in 1973, Oryana has been all about the relationship of food to health. The co-op’s mission has always been more than simply providing healthy food at fair prices, recognizing that folks also needed a supportive infrastructure: accessibility, education, recipes, and cooking classes. With nearly half a century of leadership and practice, the co-op is now an integral partner for area health professionals who are getting on board with food as medicine.

We learned as children, “You are what you eat,” said Carol Bell, a dietitian on staff at Table Health, an innovative medical practice in Traverse City. “It’s finally coming around to where more physicians and more health care professionals are starting to understand the power of that.

“And Oryana is always a part of our conversation because they have the best produce in town, plus they have a lot of supplements, and food products that are dairy-free, gluten-free, or vegan.”

Table Health’s doctors Andrea Stoecker and Jennifer Lyon have trained in functional medicine, which seeks to address the root cause of illness, and utilizes food as a key strategy in restoring health. These physicians may prescribe foods, teas, or supplements to target certain illnesses or to maintain good health.

“They will often recommend that patients work with me because the patients need help implementing those plans,” said Bell.

Functional medicine is a natural ally for the emerging field of culinary medicine, which blends the art of food and cooking with the science of medicine. It’s not just a doctor telling you to eat more veggies. Culinary medicine practitioners also provide advice in planning and preparing meals, storing leftovers, and even facilitating access to healthy foods. In Flint, for example, the Hurley Children’s Clinic operates inside the Flint Farmers Market and has offered food prescriptions with \$15 vouchers at the market for its patients.

Perhaps the best way to describe culinary medicine is to define what it is not.

“Culinary medicine is not nutrition, dietetics, or preventive, integrative, or internal medicine, nor is it the culinary arts or food science,” wrote Dr. John La Puma, a trained chef, in a 2016 article published in *Population Health Management*. “It does not have a single dietary philosophy; it does not reject prescription medication; it is not simply about good cooking, flavors or aromas; nor is it solely about the food matrices in which micronutrients, phytonutrients, and macronutrients are found.”

The old food pyramid, replaced a decade ago with MyPlate, and the often vague advice doctors give their patients to improve their diets have been ineffective at halting the increase of lifestyle-related illnesses. According to the Centers for Disease Control, chronic diseases such as heart disease, cancer, and diabetes are the leading cause of death and disability in the United States, and poor nutrition is a primary contributor. Culinary medicine aims to correct this tragedy by bringing doctors and their patients into the kitchen.

The pioneers of culinary medicine recognized patients often did not know how to implement nutritional advice and doctors did not know how to help them. They observed it was not enough to simply recommend a dietary approach; the patient could have barriers including limited access to healthier foods, lack of food preparation skills, and, most frequently, time constraints. So the movement developed a curriculum that teaches physicians evidence-based nutritional approaches to disease along with the practical skills of healthy at-home cooking.

Like other healthcare institutions that have launched culinary medicine programs, U of M outfitted a teaching kitchen for learning practical skills centered on health and food. Locally, the non-profit Groundwork Center for Resilient Communities has plans to establish a teaching kitchen. It has been in the culinary medicine vanguard, organizing presentations and collaborating with other local organizations to provide training in healthier ways of eating.

Oryana West will also soon be home to a new teaching kitchen. Oryana will offer a variety of classes and has already initiated communication with local associations, such as Disability Network Northern Michigan, to ensure we foster accessible education to practical and healthy eating.

The pandemic sent most teaching kitchen programs to Zoom-land, and the result has been a proliferation of demonstrations freely available on internet platforms such as YouTube. From Tulane University’s Goldring Center for Culinary Medicine, which established the first dedicated teaching kitchen at a U.S. medical school, videos are available on its website and YouTube demonstrating the best ways to chop various vegetables. The Cleveland Clinic, Harvard Medical School, and Grand Rapids-based Spectrum Health are among dozens of health institutions that have online resources for those interested in learning more about culinary medicine.





# 2022 CO-OP VOTER'S GUIDE

As a community-owned grocery co-op, our owners have a say in what we do and how we do it. Voting is the connection between you and the strategic direction of our co-op. By casting your vote, you are helping to ensure that our Board is made up of people who share your perspective. The Oryana board steers the direction of the co-op by creating the policies that the General Manager interprets. Board members are owners just like you and represent YOU! We invite you to learn about the candidates and vote!

## ELECTION FAQ

### Q: WHO IS ELIGIBLE TO VOTE?

A: You are eligible to vote if you were an active owner of Oryana as of 30 days before the General Ownership meeting. No one else may vote on your behalf.

### Q: WHY SHOULD I VOTE?

A: Democratic control is a fundamental principle of cooperatives. When you vote, you make your voice heard and play a role in guiding the future of our co-op.

### Q: HOW CAN I VOTE?

A: You can vote online or by paper ballot. Eligible owners who have given Oryana a valid email address by March 22, 2022 should already have received an email directing them to their unique online ballot. Once completed and submitted, you will receive an email confirmation that you voted. Online voting must be completed by April 21, 7:20pm. To vote by paper ballot, pick up a ballot at the customer service desk at either store, fill out the ballot, and place in the secure ballot box.

## Join Us For Our Virtual GENERAL OWNERSHIP MEETING

Thursday, April 21, 7-8 pm



TO VOTE ONLINE: If we have your updated email address we will send:

1. A secure link to the voting website
2. Your Elector ID (which is also your Owner #)
3. Your unique password

Simply follow the link and the instructions on the page to vote in Oryana's 2022 election.



**In-store voting  
ends April 20, 4pm.  
Online voting runs  
through April 21,  
7:20pm.**



# International Principles of Cooperation

All cooperative businesses around the world operate in accordance with the following 7 cooperative principles.

**Voluntary and Open Membership** – Cooperatives are voluntary organizations, open to all people able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.

**Democratic Member Control** – Cooperatives are democratic organizations controlled by their members—those who buy the goods or use the services of the cooperative—who actively participate in setting policies and making decisions.

**Member Economic Participation** – Members contribute equally to, and democratically control, the capital of the cooperative. This benefits members in proportion to the business they conduct with the cooperative rather than on the capital invested.

**Autonomy and Independence** – Cooperatives are autonomous, self-help organizations controlled by their members. If the co-op enters into agreements with other organizations or raises capital from external sources, it is done so based on terms that ensure democratic control by the members and maintains the cooperative's autonomy.

**Education, Training, and Information** – Cooperatives provide education and training for members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperative. Members also inform the general public about the nature and benefits of cooperatives.

**Cooperation among Cooperatives** – Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.

**Concern for Community** – While focusing on member needs, cooperatives work for the sustainable development of communities through policies and programs accepted by the members.

## MEET THE 2022 BOARD CANDIDATES

We have three open seats on the Oryana board of directors. Online voting is available until April 21 and in-store voting through April 20.

Candidate statements and videos are also posted on our website and in the store. Votes will be counted at the general ownership meeting and the winners announced immediately.

We asked each candidate to respond to the following questions:

1. Why are you interested in serving on the board of Oryana?
2. How do your values align with those of Oryana?
3. What strengths would you bring to your role as a director on the board?
4. What are some of the most significant challenges and opportunities you see facing Oryana?
5. How would you represent the owners as a director of the board?

Candidates on next page







## Colleen Valko

*Incumbent*

In my two terms on the board, I have witnessed resounding successes and difficult challenges in the company of dedicated and passionate employees and board members. With five years of Oryana board service, four as treasurer, I am eager to apply the knowledge and experience I have gained to a third term and am excited to support our co-op's ambitious goals.

Recent years have shown it is impossible to predict what we will face in the future. To address the inevitable challenges and opportunities, we must continue to fully understand our unique value proposition that helps to maintain a vibrant and competitive edge in our region. It is essential that the board reflect on and improve our processes to support healthy board perpetuation. This is key to protecting the owners' assets and ensuring a fiscally sound and viable co-op. In the three committees I sit on, we are already tackling some of this work and are only at the beginning. I value respecting the democratic process and acting in the best interests of the owners and am deeply committed to the thoughtful monitoring and evaluation of Oryana's ends policies. It has been an honor to represent you in this work for the past five years.

My career path is driven by my personal passion for food and our local economy. In addition to my experience serving on Oryana's board, I have worked for local and natural food businesses with a focus on strategy, planning, and analysis for over a decade. I am truly excited to dive into the work ahead of us and feel that my leadership orientation and hands-on experience working in the food industry and with cooperatives will continue to be an asset for Oryana and its owners.



## Tricia Phelps

I have long appreciated Oryana as a leader, collaborator and institution in Traverse City. In 2020 I moved to Old Town and my appreciation for it has only expanded throughout that time. After 10 years in the local food industry and five years leading a successful mission-aligned business, I believe I can give back to the co-op with my time and show my appreciation in new ways.

Oryana has always been a shining example of how to invest in and support our local community. I've been proud to work alongside Oryana in this space and bring a lot of the same values of localism, community, and economic sustainability to the table. Additionally, as I've developed a workplace culture at Taste the Local Difference, I've also been grateful for Steve and the management's transparency in showcasing what they do to be a high-quality employer. I believe allowing other employers to better understand how Oryana "lives its values" only continues to expand its impact.

As an entrepreneurial leader, I believe my strengths are in creative problem solving and building systems and culture. Additionally, because my work is deeply entrenched in the local food scene and marketing local food, I believe those are also strengths I will bring to the table that benefit Oryana, its members, and the board.

I'm curious to learn how the growth of the staff (with the additional location) and Covid-related challenges in the last two years have impacted staff culture, hiring, etc. I recognize this as a challenge in many businesses right now and would look forward to supporting the GM alongside others on the board in these efforts.

Policy governance is new to me in practice, but I look forward to learning and contributing as a thought partner while maintaining focus on key values that represent Oryana's member interests.





## Chuck Mueller

*Incumbent*

I have been fortunate that Oryana owners have entrusted me to represent them for seven years as a board member. Thank you! I take this role and responsibility seriously. During this period, I have learned much about Oryana and our incredible community.

I have given a lot of thought about running for another term. I am choosing to run again because of my strong passion and commitment to Oryana's mission and ends. I will continue to make meaningful contributions to the board as we move forward into the future.

Our 50th anniversary is in 2023! Oryana has made an incredible impact in our community! It has been my honor to be part of the "Amazing Oryana Experience" as an owner and board member. I affirm the values and cooperative business model which are foundational for Oryana. People, planet, and purpose before profit is a simple but powerful way to describe the guiding star for Oryana, something that I embrace. We are fortunate to have an excellent board, staff, administrative team and a loyal group of supportive owners to assure success now and in the future. To date, we have over 10,000 owners!

My social work experiences in special education and child welfare have given me the skills to work with a diverse population of people and be a more effective board member. If elected for another term, I will be part of an amazing team at Oryana. One of our biggest challenges ahead is balancing the needs of our owners and maintaining fiscal strength and growth while being true to our mission and ends. That, of course, is why I am so passionate about Oryana Community Cooperative. We look beyond profit and keep our sights on our mission to impact the health and welfare of our owners and community.



## Andrew Moore

Hello Oryana community! My name is Andrew Moore and I'm hoping to serve Oryana, its owners, and the Board because I believe healthy, sustainably-minded, and connected neighbors are the core of a happy and thriving community. I would cherish the opportunity to serve you by supporting the organization in its proven mission and ends policies while offering a fresh perspective as Oryana looks towards the future.

Emily (my wife) and I are owners because our values closely align with that of the co-op. As a Type-1 diabetic (along with Emily's work as a conservationist), healthy, local, and sustainable food options are not only important to our diets but are true to who we are. We are so grateful that Oryana exceeds our needs and is a celebration of all the good Northern Michigan has to offer.

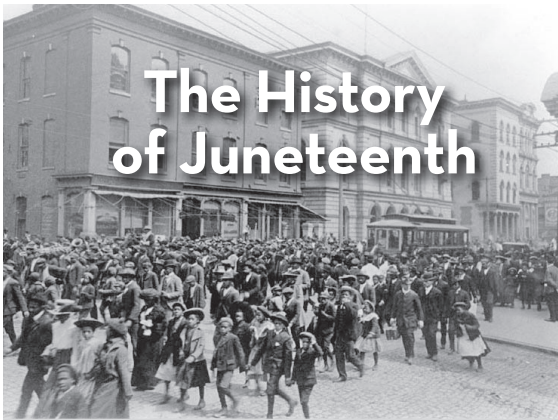
I'm lucky to call my passion 'work' on a daily basis - connecting food, people, and place at Cherry Republic. As Marketing Director and leadership team member, my most important role is ensuring our organization's values and vision are authentic and meaningful to team members and customers alike. I believe my experience shaping and sharing core human-centered principles is a natural fit for the Oryana board.

Oryana has been a successful co-op because its inclusive and locally-focused character resonates with our Northern Michigan community. I'm happy to say Oryana is wonderful as it is! That said, there are always opportunities. As our community continues to evolve and diversify, my hope is that Oryana is on the forefront of change, driving inclusive and innovative ideas while keeping the spirit of Northern Michigan at heart.

Oryana is a special place and I'd love to join the decades of amazing work and love that Oryana staff, owners, and board members have put into our community.



# The History of Juneteenth



Emancipation Day celebration in Richmond, Virginia, 1905

Juneteenth (also called Emancipation Day or Freedom Day) is a holiday commemorating the ending of slavery in the United States. On June 19, 1865, Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that enslaved people were now free. This was 2 1/2 years after President Lincoln's Emancipation Proclamation, which had become official January 1, 1863.

Enslaved people had been granted 'absolute equality of rights and rights of property between former enslavers and enslaved people.' At this time, this news was commemorated with prayers, feasts, and musical celebrations. Following this, in 1866, Black Texans commemorated Juneteenth over generations in what became prominent outdoor events involving speeches, parades led by Black cowboys on horseback, and picnics with signature Texas barbecue. Today, Juneteenth is celebrated similarly to how it began: with religious services, speeches, educational events, family gatherings, picnics, and festivals that center around music, food, and dancing.

Celebrations can look different for everyone. Some great ways to celebrate Juneteenth include eating and drinking red foods and beverages, shopping at Black-owned businesses, listening to stories from Black families who are willing to share about their history, or even joining in on a live video chat from home!

It took over 115 years for Texas to acknowledge Juneteenth as a holiday, though it is now one of 47 states that does so. Michigan Governor Gretchen Whitmer declared June 19 as Juneteenth Celebration Day. If you choose to celebrate this joyful holiday, remember that you can do so by assisting African American-led or -focused businesses and nonprofit organizations, such as the Detroit Black Community Food Security Network, Black Urban Growers Association, and Fair Fight.

## Oryana Community Cooperative

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

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## A Tribute to Lois Golightly

Lois Golightly, a long-time Oryana owner and active member in the 1980s, died in December, 2021. She was 90 years old. Lois and her husband Warren were members of co-ops in the Detroit area and joined Oryana soon after they moved to Traverse City in 1981. Lois spent over 200 hours working tirelessly on the Oryana bylaw committee as a volunteer doing research in the county law library and learning about the non-profit act. Warren, who died in 2018, was also an active member and helped Oryana move twice, from Front St. to



Lois, second from left, assisting at a general membership meeting at the Opera House in TC

Randolph St, and again from there to Lake St. Lois often called us at the store to ask us questions about bylaws and procedures and she always kept us on our toes. We will miss hearing her voice and having those meaningful conversations. Rest in peace Lois.