

Fresh Press

Fall 2022



**Classes in our
NEW COMMUNITY KITCHEN!**
HOLIDAY GIFT BASKETS
Turkeys & Thanksgiving To-Go
Why I love my Co-op
A Visit to Tanzania | *Holiday Recipes*





FRESH PRESS

**A quarterly publication of
Oryana Community Cooperative**

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OUR STORES

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Traverse City MI, 49684

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ORYANA WEST

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Traverse City, MI 49684

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Michigan Bridge Card Accepted
Bay Bucks Local Currency Accepted

The purpose of Oryana Community Co-op 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.

Our Board of Directors

Colleen Valko, President

Kaitlyn Burns, Vice President

Cy Agley, Treasurer

Holly Jo Sparks, Secretary

Kathy Baylis Monteith, Director

Chuck Mueller, Director

Marty Heller, Director

Tricia Phelps, Director

Christopher Miller, Director

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December is
**OWNER
APPRECIATION
MONTH!**

You pick the day to save

10%!

General Manager's Report

By Steve Nance

Building a Resilient Co-op



After a busy summer we had a short lull at Oryana as September Owner Appreciation Month launched us toward the busy food holidays.

This year has seen inflation rear up and hit food costs particularly hard. Oryana, as an owner co-op, has worked to hold prices steady and offer some solutions – house brands (Field Day), Buy One/Get one (BOGOs), Co-op

Deals - despite rising product and overhead costs. Oryana and other co-ops have seen adverse effects on performance. The first two quarters of 2022 yielded negative net profit, as we were hesitant to increase prices. Despite our best efforts, we have had to increase some prices to assure a sustainable cooperative business. I believe we should see some easing by the end of 2022.

Some exciting things at your co-op!

At the Oryana West location, the Culinary Department is buzzing with lots of new food coming including some favorites and lots of popular items from the Tenth Street location, all made with the same quality ingredients. The bakery at West will be focused on our great Oryana cookies, muffins, scones, and other popular items. West reopened the salad bar which features as many organic ingredients as possible.

The Coffee Bar at West has been busy and soon will offer pastries and other grab-and-go items. We are getting more requests to bring back the “sip and stroll” program, so we are preparing to introduce an Oryana version. We will have local beers and quality wines sold by the glass that can be sipped as you shop or enjoyed in our revamped seating area as you dine with a salad, pizza, sandwich, or other culinary offering.

Fresh meat from West available at Tenth Street!

After lots of hard work by the butchers at our West location, Oryana is pleased to provide fresh meat

at the Tenth Street store. The team is making daily deliveries of selected cuts, including locally-focused beef and pork, and our famous house-made brats.

The Tenth Street Culinary team has been busy with the hot bar reopened, great grab-and-go options, and extended hours. Music is also back at Tenth Street to support our local musicians and offer our community some great live music.

Oryana Constant Improvement projects

The new Community Room at Oryana West is now available and will be our venue for Oryana cooking classes, workshops, community events, and can be used by community groups. Having a community room has been a long-time owner request!

The south entrance at the Tenth Street Store is now enclosed as we have done for the other entrances of both stores. This is to help Oryana maintain energy efficiency and enhance the experience of shoppers and staff.

The compost program

The compost program at Oryana is temporarily unavailable as our provider, BARC, discontinued service. We are at the table as the community works to figure out alternatives for the near and long term. I believe we need a government solution to handle compostable waste on a large scale. We will keep you informed!

Ready to celebrate? Oryana will be 50!

Oryana turns 50 years old in 2023! In true Oryana cooperative fashion, we will celebrate our history, our founders, all those who worked or volunteered at the co-op, served on the Board, and made Oryana the hub of the community it is! And we need your help! What co-op stories do you have? Pictures? Old recipes? Great ideas to recognize the 50th? We are open to your ideas! Email us at info@oryana.coop or drop a note, picture, or memory at Customer Service at either store and watch for more news on events in 2023!

Thanks for patronizing your co-op!



Board Report

By Colleen Valko, Oryana Board President

I was 18 years old the first time I became an owner of a cooperative. I remember the selling points my friends gave and some of the decision making, but few things are clearer than the conversation I had with my mom when I told her that, instead of pursuing free housing by becoming a Resident Assistant (RA) in my dorm, I would instead be paying to live with 15+ strangers in a house off-campus. Thankfully, she supported my decision, and I sent my check to the Michigan State University Student Housing Cooperative where I'd spend three years as an owner and resident. During this time, I took a part time job at the East Lansing Food Cooperative, and you could say I was pretty deep into co-ops, so it's no surprise I quickly joined Oryana when I moved to Traverse City.

I had spent years living and working in co-ops. I firmly supported cooperative principles, but governance documents were not high on my radar. It wasn't until I became an Oryana board member that I truly understood the power in ownership, and now, not only can you find me quoting policies and referencing bylaws, but I know how they affect the

co-op and its long-term goals. Board members have a unique view of Oryana, but we are elected to represent the values and priorities of our owners in everything we do for the co-op.

If an interest in legal documents was a prerequisite for joining the co-op, we'd struggle to grow ownership. It's valuable to be an owner for the sake of being an owner who supports cooperative principles, the values of the business, and trusts leadership to make sound decisions. However, we are overdue for an in-depth review of our bylaws and plans are in motion for this to happen over the next several months. All bylaw changes go before the ownership in the spring and require a vote, so now is a great time to sit down with your beverage of choice to read the documents that drive our decision making and share your thoughts with us.

Our bylaws can be found at www.oryana.coop/co-op/board-of-directors. Board meetings are open to the public on the third Thursday of every month at 5:15pm or you may email cvalko@oryana.coop to share directly with me.

Qualities of Oryana Board Members

By Chuck Mueller, Oryana Board Director

Oryana is committed to a democratic way of doing business. As such, owners of Oryana vote for their board of directors rather than being appointed. Voting for the board of directors is an important opportunity for owners!

With self-reflection and in preparation for our elections in April of 2023, your board is discussing some essential qualities to be an effective board member. We believe it's important for elected board members to have an assortment of qualities and an interest in learning and developing new skills. Some of these qualities are:

- Collaborative – Enjoy working as a team. Accept and support board decisions.
- Collegial – Listen carefully. Communicate cordially and respectfully.
- Cooperative – Strive to see others' points of view and reach workable solutions.
- Strategic Thinkers – Be future-oriented and endeavor to see the big picture.
- Flexible – Open to new ideas and ways of doing things. Able to change direction or take on new tasks.
- Patient – Board work takes time.
- Proactive – Hard worker, acting in anticipation of needs and focused on life-long learning.

What do you think? Feel free to share your thoughts with us!

Customer Comments

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

You have a lot of hard-to-find items for many special dietary needs or food preferences but I would say your prices are about 10-25% higher compared to many other places I shop that have the same products.

Unfortunately, in the near term, all grocers are likely to see continued price increases and product shortages due to a variety of global and national issues. However, the co-op team works hard to get the best prices for our shoppers; they react quickly, and find alternative solutions and suppliers that will assist in keeping prices as low as possible. We have worked with our biggest suppliers to lower prices on shopper favorites and we have weekly deals and bargains for our shoppers in these inflammatory times. We hope this helps!

I just wanted to drop a quick note of deepest thanks at the end of a long, but very cheerful, First Friends ticketing day (TCFF). I heard some of our volunteers comment that the curry wrap was one of the best wraps they'd ever had, EVER! I myself would have been unable to refuel without your help, so you get extra thanks from me too.

It was our pleasure! We will be sure to pass on your comments to our prepared food manager and her team at 10th St.

Please provide a way for customers to leave their compost, both food waste and compostable cups, plates, etc.

Bay Area Recycling for Community (BARC), our composting service, recently announced a pause on composting due to a staffing shortage and the need for

infrastructure upgrades. This means composting has been discontinued at the co-op in the short term.

Oryana does continue to fund recycling at both stores through our Green Grocer Initiative. We will continue to separate recyclables both internally and at stations provided for customers. While we wait for a community compost solution, our compostable cups, plates, and cutlery can either be recycled or treated as landfill waste.

Sustainable waste solutions are ever evolving at the co-op, so we recommend following the posted instructions at customer waste stations. Thank you for your patience and understanding as we work with BARC and other community partners to find a long-term solution to composting at the co-op. Stay tuned for more updates later this year...

I really miss the live music in the cafe. Will you consider bringing it back?

Thanks for asking! We are slowly launching local music performances. Keep an eye on our events page for upcoming music events.

Will you please put up two signs on the new Boardman loop trail to indicate which way it is to Oryana? I had to double back a couple times to get to you.

We would love to have some signs on the new Boardman Lake Loop trail, but TART controls sign placement along the trail. We are looking into this in collaboration with TART. Thanks for the suggestion.

I've been looking for the gluten-free corn bread at 10th St. but I haven't see it lately. Will you be making this again?

Yes, we will have this back on the shelves soon. Thanks for asking.

Why don't we have "Dinner for Two" bags made for vegetarians? Those dinners only cater to meat eaters.

Glad you asked! At West, we are working on our Dinner for Two options and will be offering a vegetarian version in the near future. At 10th St. we periodically offer vegetarian dinners, and always have vegetarian options for holidays. We also have a catering program at 10th St. that can be tailored to meet specific dietary needs, vegetarian or otherwise.

I dropped and broke the top of a gallon of laundry soap in front of the cash registers. With amazing speed, an assortment of staff rallied to the rescue. Everyone was especially gracious and kind. The mess was completely cleaned up before I finished checking out. The cashiers entertained and soothed me with stories of other "droppings." Instead of being a totally negative experience, it positively reinforced why I am a co-op member. Thanks to all for your help and kindness!

You're welcome! We have certainly had many "droppings" as you put it, over the years, some much worse than laundry soap. (Entire shelves of olive oil and soda have found their way to the floor in the past!) Our staff takes this kind of thing in stride and we're glad it turned into a positive experience for you. Thanks for letting us know about the kindness and efficiency of the staff!

Oryana Wins CCMA Award



Oryana General Manager Steve Nance accepts the CCMA award in Sioux Falls, South Dakota, with NCG Representative Michelle Schry, and Board members Holly Jo Sparks, Marty Heller, Chuck Mueller, and Colleen Valko also present.

Oryana recently received the Cooperative Excellence Award from the Consumer Cooperative Management Association (CCMA). The award recognizes Oryana's achievements as a whole but in particular the extraordinary work of Steve Nance during his decade+ tenure as General Manager and CEO. Steve was thrilled and humbled by the award. "This award comes on the heels of a challenging few years, and it means so much to have the hard work of the Oryana Team celebrated by our peers."

This national award goes to a co-op that demonstrates high achievement in leadership, strategic planning, organizational effectiveness, human resources, and business results. It is the food co-op world's opportunity to recognize colleagues and fellow cooperatives for their outstanding accomplishments.

Over 25 organizations, from local economic development agencies to co-ops from other states, submitted letters of nomination in support of Oryana and Steve.

Understanding Oryana's essential and unique role in the community during the pandemic, Steve not only worked to keep our primary Tenth Street location open, but the team realized a strategic priority at perhaps the most precarious time; a chance to open a second location, what we now call Oryana West.

This expansion was a particularly challenging venture. Steve had been following the decline of the failing Lucky's Market in Traverse City and acquired the business with a winning bid in bankruptcy court. His decisiveness was not only a significant win for Oryana but also meant that a community grocery store remained open, and 62 jobs were preserved at the onset of a global pandemic.

Under Steve's leadership, Oryana has become much more than just a grocery store. Oryana contributes to multiple community meal efforts and was a founding partner with Food Rescue of Northwest Michigan, providing fresh food to neighbors experiencing hunger.

Oryana is one of only seven co-ops in the National Cooperative Grocers Association (NCGA) network to remain profitable each year since 2006. This distinction is especially impressive, given Oryana's dedication to a sustainable wage program and providing excellent insurance and benefits.

Earlier this year, Oryana also won Traverse Connect's Scale-Up North Award. The SUN Award recognizes vibrant and varied companies doing business "up north," their achievements, and their impact on the community and economy.

"Under Steve's leadership, Oryana has consistently been a beacon for what I would consider the triple threat of an inspiring organization," said Kate Redman, Commongrounds Cooperative Project Director. "Oryana is a mission-driven and financially sustainable business that serves, enriches, and engages its members; and lives its words in giving back and leading the community as a whole."

"We truly believe that all people have a right to high-quality food, and all are welcome in the co-op," said Steve. "This award lets us know that the efforts of our forerunners, staff, and boards – both past and present – and the support of our owners and community have made a difference; this motivates us to keep working hard, to be truly inclusive, and care for future generations of people and families in our community."

NEW Products!



Chocolove Maple Glazed Salted Pecans bar

Strong, bittersweet Belgian dark chocolate and scrumptious maple glazed salted pecans, make for a flavor treat! Made with 70% Cocoa, & Non-gmo verified.



Dress It Up Dressings

Based on classic, homemade salad-dressings, crafted with pure, high quality ingredients and no sugar. Oryana stocks Sesame Tahini, Red Wine Vinaigrette, & Champagne Vinaigrette.



Masala Mama

All-natural Indian simmer sauces, made with fresh ingredients. Free of fillers and additives. Try the Vindaloo Sauce & Coconut Curry Sauce.



Holy Perogy

Made with simple ingredients, these perogies are seriously tasty. We have in stock the Sassy Sweet Potato & Oh So Cheesy flavors.



Econext Laundry Detergent

Not a liquid. Not a powder. Just add a single lightweight square to a load of laundry. For a powerful clean using eco-friendly ingredients.



Nuts For Cheese

100% dairy-free vegan cheese, handcrafted in Canada. In Artichoke Herb, Unbelievable, & Super Blue flavors. Tastes like real cheese!

products we love ♥

Libby

Potato Goat Gouda

It's my new favorite cheese! This cheese is like a combination of a potato chip, sour cream and onion dip, and a really great gouda, which makes it the perfect refined nostalgic snack.

Andy

Super Salve

This salve is great for moisturizing healing tattoos and maybe most importantly, smells like heaven aka, lemongrass, lavender, tea tree, and cajeput oil.

Hunter

Barbara's Jalapeno Cheese Puffs

Not too spicy, perfectly cheesy, AND gluten-free!

Kirsten

Cleveland Kraut

I like the 'Gnar Gnar' flavor which has bell pepper, jalapeno, and chilies. It's spicy and tangy and I just love it!

Ethan

Stonebrewing Delicious IPA

I buy this beer all the time. It's really hoppy and good. It's also gluten-reduced and vegan.

Michael F.

Cadia Chocolate Sandwich Cookies

These are better than Oreos. They are healthier and taste amazing. It's the best cookie in the store!

Donovan

Granny's Jammery Strawberry Rhubarb Jam

This jam tastes really good. I like it on toast with peanut butter.

Justin

GT's Kombucha Tangerine Dream

This kombucha is really bright & flavorful. It makes me feel good inside!

Mark

Clawson Blue Shropshire Cheese

This cheese is a great combination of creamy & buttery with a blue cheese ribbon. It's a really nice, special treat.

Holidays at the Co-op

Oryana is here to help you plan your perfect holiday meal. From local turkey to handmade pies, let us assist with this year's feast. Make wonderful memories with great food from Oryana!

TRADITIONAL DINNER PLATES

Available at 10th St.

Featuring pasture-raised turkey from Duerksen Turkey Farm and delicious sides.

Just heat, eat, and enjoy! Order plates by Friday, Nov. 18 for pick up on Tuesday, November 22 or Wednesday, November 23.

Also available:

- Wheat-Free & Vegan Dinner Plates
- Sides by the pound

From the 10th St. Bakery

Delectable, seasonal, house-made goods featuring organic ingredients.

Pies | Pumpkin Cake Rolls

Cupcakes | White and Wheat Rolls

Holidays To-Go From WEST KITCHEN

- Roasted & herbed turkey by the pound
- Classic, vegan, & wheat-free side dishes by the pound
- Family holiday turkey dinners

HOLIDAY MEATS

All turkeys & hams available at both stores

Local DuerksenTurkey

Local, pasture-raised in Mancelona, Michigan, hormone & antibiotic-free, multiple sizes.

(Available Saturday, November 19.

No preorders, first come, first served.)

Organic Prairie Turkey

Free-range turkeys raised with 100% organic feed, hormone & antibiotic-free, up to 14lbs in size.

Ferndale Market Turkey

Raised in Wisconsin, free-range, antibiotic-free.

Garrett Valley Ham

Humanely raised, vegetarian-fed. Spiral-sliced, glazed, semi-boneless half hams.

Beeler's Hams

Humanely raised, non-GMO, in whole, half, & quarter hams.

Holiday VEGAN & VEGETARIAN Options!

Not a meat eater? We've got you covered! We'll have plenty of plant-based options for your holiday table. Happy meal planning!





Take Care of Your Liver During the Holidays

During the holiday season, it's tempting to stay up later, drink a bit more alcohol than usual, and indulge in more sugary and fatty foods. All these activities add stress to the liver. Your liver, which helps regulate your body's metabolism, gets out of whack by unhealthy sleep patterns or changes in diet or alcohol consumption.

The liver is the second-largest organ in the body (your skin is the largest organ), responsible for more than 500 metabolic functions. It removes toxins, such as alcohol, from the blood, maintains healthy blood sugar levels, regulates blood clotting, stores vitamins and minerals, and produces bile, a fluid that is critical to the digestion and absorption of fats in the small intestine. Your liver is located beneath your rib cage in the right upper abdomen. Since your liver function may be subject to atypical, unhealthy habits around the holidays, you might want to consider how to support your liver at this time of year.

Research has shown that maintaining a consistent schedule is important for liver function, as circadian rhythms are important for helping the liver anticipate the body's demands throughout the day. Studies show that even short-term changes in either sleep or diet can affect the liver's ability to contribute to fat

digestion. Changes in alcohol consumption can also disrupt the functioning of your liver's digestive rhythm.

To keep your liver's clock from getting out of synch and messing with your metabolism, try to maintain your normal sleep schedule as much as possible. It's ok to stay up a little later, but try to avoid staying up more than two hours past your normal bed time. Try to stay cognizant of how food and alcohol affect your liver's timers. Stick to normal mealtimes, if possible. And it's fine to drink a little, but avoid binge drinking, which is defined as more than four or five drinks in two hours. Researchers recommend that in order to keep your liver's clock consistent this holiday season, avoid extreme behaviors.

For the few weeks of the holiday season, sticking to these guidelines will ease your transition back to normal days, once the holidays are over. In the long term, maintaining a regular schedule and reducing alcohol consumption can safeguard your metabolism and help prevent disease.

Sources: columbiasurgery.org/liver/liver-and-its-functions
www.nytimes.com/2016/12/22/health/your-liver-doesnt-know-its-the-holidays.html

FUN LIVER FACT

The liver is the only organ that can regenerate itself after damage. A liver can regrow to a normal size even after up to 90% of it has been removed.

A FEW GREAT PRODUCTS FOR LIVER SUPPORT*



Flavonoids in green tea have been shown to decrease the liver's glucose production, helping your body regulate blood sugar more effectively.



Milk thistle is thought to reduce damage to the liver caused by free radicals, which are produced when your liver metabolizes toxic substances.



A high quality herbal blend made specifically to support the liver. Contains milk thistle, turmeric, dandelion, and burdock.



Another great blend of herbs that can help support healthy liver function and detoxification.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any diseases. Consult a licensed health care professional before starting any supplement.



Baking Project!

Make Some Biscotti

Biscotti are classic Italian cookies that get their signature crispness from being twice-baked. First, you cook the dough in logs, cut the log into slices, then bake the slices. Biscotti keep well and are perfect for gift giving. Stuff them in a cellophane bag with a colorful ribbon to give to your friends and family. You can experiment with the cranberry biscotti recipe by substituting hazelnuts or slivered almonds for the pistachios. You could use orange zest instead of lemon zest (or omit the zest.) Or add in chocolate chips, dried cherries, or candied ginger. You can omit the chocolate topping, although it does take these cookies from great to spectacular! Since they are very dry they can be stored for a long time, about 1 month, in an airtight container.

Cranberry Pistachio Biscotti

From epicurious.com - Makes about 3 dozen biscotti

2 1/4 cups all-purpose flour
1 1/2 teaspoons baking powder
3/4 teaspoon salt
6 tablespoons (3/4 stick) unsalted butter, room temperature
3/4 cup cane sugar
2 large eggs
finely grated lemon zest from 1 lemon
1 1/2 teaspoons vanilla extract
1 teaspoon whole anise seed
1 cup dried cranberries
3/4 cup pistachios
8 oz. white chocolate chips

1. Preheat oven to 325°F. Line 2 large baking sheets with parchment paper.
2. Sift first 3 ingredients into a medium bowl. Using electric mixer, beat butter and sugar in a large bowl to blend well. Beat in eggs 1 at a time. Mix in lemon zest, vanilla, and anise seed. Beat in flour mixture just until blended. Stir in cranberries and pistachios (dough will be sticky). Turn dough out onto lightly floured surface. Gather dough together; divide in half. Roll each half into 15-inch-long log. Carefully transfer logs to 1 prepared baking sheet, spacing 3 inches apart.
3. Bake logs until almost firm to touch but still pale, about 28 minutes. Cool logs on baking sheet 10 minutes. Carefully transfer logs to a cutting board. Using a serrated knife and gentle sawing motion, cut logs crosswise into generous 1/2-inch-thick slices.* (You can make them a little longer by cutting them on the diagonal.) Place slices, 1 cut side down, on prepared sheets. Bake until firm and pale golden, about 9 minutes per side. Transfer cookies to racks and cool.
4. Line another baking sheet with waxed paper. Stir white chocolate in top of double boiler over barely simmering water until smooth. Remove from over water. Dip 1 end of each cookie into melted chocolate, tilting pan if necessary; shake off excess chocolate. Place cookies on prepared sheet. Chill until chocolate is firm, about 30 minutes.

Milk Chocolate Biscotti

From Nick Malgieri - Makes about 4 dozen

1 cup cane sugar
1 1/2 cups chopped, skinned hazelnuts or walnuts
1/2 cup unsweetened cocoa powder
8 oz. milk chocolate, cut into 1/4-inch pieces
2 cups all-purpose flour
2 teaspoons baking powder
Pinch salt
4 large eggs
1 teaspoon vanilla extract

1. Set a rack in the middle level of the oven and pre-heat to 325°F. Cover 2 large cookie sheets or jelly roll pans with parchment paper or foil and set aside.
2. Place the sugar, nuts, cocoa, and milk chocolate in the food processor and pulse until finely ground.
3. Mix the flour, baking powder, and salt and sift into a mixing bowl. Stir in the chocolate mixture.
4. Whisk the eggs and vanilla in a separate bowl and stir into the flour mixture to form a dough.
5. On a lightly floured surface, press dough together. Divide dough in half and roll each half into a tight log the length of the pans you are using (14 to 18 inches). Place each log on a pan and flatten slightly. (If the dough is very soft, use a spatula to transfer it to the pan.) Bake until well risen and firm, about 30 minutes. Cool the logs on the pans for 10 minutes.
6. After the logs have cooled, detach from paper and slice them about 1/2-inch thick with a sharp serrated knife.* Place back on paper-lined pans, cut side down, and bake again until dry and crisp, about 20-23 minutes. Cool on pans and store in a tin or plastic container with a tight-fitting lid.

Optional: melt 1/2 cup of chocolate chips and drizzle the biscotti with the melted chocolate. Let the chocolate harden before storing.

**Cutting the logs can be a little tricky; take your time. If the ends break off, use a sharp steak knife to score the dough at the ends, then gently saw and press down the serrated knife to make the slice.*

VEGAN MAIN DISHES *for the Holidays*



*Ali Lopez is a wellness chef, certified health coach, and a graduate of the Institute for Integrative Nutrition.
ali@ali-lopez.com*

By Ali Lopez

Thanksgiving has always been one of my favorite holidays, as it is a chance to remember all that we are grateful for. And good food is something I am very thankful to be able to prepare, as well as share with friends and family. While I can easily make a meal out of the side dishes, sometimes it's fun to make a centerpiece vegetarian or vegan dish whether or not you are serving turkey. Here are two of my favorite meatless dishes, packed with nutrition and great flavor, that are impressive enough to serve as a main course on the holidays, but are also great on those nights when you want to take a little more time cooking and enjoy a special meal.

Roasted Cauliflower with Mushroom Gravy

There are plenty of roasted cauliflower recipes out there but this one you can carve and serve with gravy. What fun!

- 1/4 cup olive oil
- 1 cup onion, diced medium
- 4 garlic cloves, finely chopped
- 1 pound assorted mushrooms, chopped
- Sea salt
- 3 cups vegetable broth
- 3 tablespoons cornstarch
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh sage
- 1/4 cup red wine (or 1 tsp red wine vinegar)
- 2 tablespoons tamari
- 1 teaspoon maple syrup
- 1 teaspoon black pepper, or to taste
- 1/2 cup chopped fresh parsley
- 1 head cauliflower (about 2 lbs.) - leaves and outer stalk trimmed off (make sure small stalk remains to hold cauliflower together)
- 4 big carrots - cut in thick chunks
- 4 medium potatoes - cut in large chunks
- 1 big onion - cut in thick wedges
- 1/2 cup vegetable stock

The Gravy

1. In a large skillet, heat the oil over medium heat. Add the onion and garlic and cook, stirring occasionally, for about 3 minutes. Add the mushrooms and cook, adding a few pinches of salt, stirring occasionally, for 15 minutes.
2. Meanwhile, in a small bowl, whisk together 1/2 cup of the vegetable broth and the cornstarch to make a slurry, then set aside.
3. Add the thyme, sage and wine to the mushroom mixture and reduce until the wine is almost evaporated. Stir in the remaining vegetable broth and the tamari and maple syrup then bring to a boil. Whisk in the slurry and bring to a boil again. Season with the pepper and stir in the parsley. Keep warm until ready to serve.

The Roast

1. Preheat oven to 400°F. Arrange the potatoes, onions and carrots in a roasting dish (or a big cast iron skillet works too) with the cauliflower in the center. Don't crowd the dish. Place the cauliflower upside-down and pour 1/3 cup of the gravy into it. Give it a good shake to distribute the gravy. Place cauliflower right-side up and brush more gravy on the top to cover it. Add 1/2 cup of vegetable stock to the bottom of the dish (this will help steam the veggies.)
2. Pour about 1/3 cup of gravy over top of the veggies. Cover the dish tightly with a lid or aluminum foil and bake for about 45 minutes. Uncover and check to see if it feels tender (using a small knife it should go in easy) and then brush more gravy on. Bake for another 30 minutes or until tender (uncovered). Remove from the oven and serve with any extra gravy on top or on the side. I like to carve in wedges like a cake but you can also cut in slices like steaks.

My Favorite Vegetarian Meatloaf

Like every great meatloaf recipe, this is also great the next day in sandwiches, on really good bread, hot with more melted cheese or cold with LOTS of ketchup!

1 1/2 cups cooked brown rice*
1 cup raw walnuts
1 cup raw cashews
1 yellow onion
3 cloves garlic
4 oz shiitake mushrooms (or all baby Bella mushrooms)
4 oz baby bella mushrooms
olive oil
1 teaspoon dried thyme

1 teaspoon dried sage
1/2 cup chopped fresh parsley
4 large eggs
1 cup cottage cheese
12 oz cheddar cheese, grated
1 teaspoon salt
1 teaspoon fresh ground black pepper
1/2 cup ketchup (optional, but really good)

*Cook the brown rice using your favorite method. I put my favorite method below. Chef Ali Pro Tip: Cook more rice than you need so you have extra for a future meal or snack!

1. Preheat oven to 375°F. Place walnuts and cashews on a baking sheet and toast for 8-10 minutes, until lightly browned. Cool.
2. Meanwhile, small dice 1 onion and mince the garlic. Clean and finely chop the mushrooms. Finely chop the fresh parsley. When the nuts have cooled, finely chop them with a knife or in a food processor. In a large skillet, heat about 2 tablespoons olive oil over medium heat. Add the onion and garlic and cook until translucent, about 3 minutes. Add the mushrooms, thyme, and sage. Cook about 5 minutes, until the mushrooms are golden. Transfer to a large bowl.
3. In a small bowl, lightly beat together 4 eggs. In the large bowl, combine the onion and mushroom mixture with the toasted walnuts and cashews, parsley, cooked rice, cottage cheese, cheddar cheese, beaten eggs, salt and black pepper.
4. Grease a 9-inch loaf pan, line the bottom with parchment paper, and grease it again. Pour the mixture from the bowl into the pan. Spread the ketchup on top (or if not using brush with more olive oil.)
5. Bake 1 hour until golden brown. Let cool in pan for 30 minutes, then invert loaf and remove from pan and slice.

*Cooking rice using Chef Ali's pasta method

1 cup long or short grain brown rice
6 cups water
big pinch of salt

In a pot over high heat, bring the water and salt to a boil. Add the rice and stir. Continue to boil uncovered until tender, with the water bubbling rapidly, for 20 minutes. Start tasting at 18 to 20 minutes. Keep cooking until the rice is tender. Remove from heat and pour into strainer, then pour back into pot. Cover and let steam for 5 minutes to finish cooking.



Panther Coffee

Traverse City boasts several great coffee roasters (several of which Oryana sells), including one you may not have tried yet, Panther Coffee. Joel and Leticia Pollock started roasting beans and developing a wholesale enterprise down in Miami, Florida, back in 2010. Ten years, six Miami stores, and about 100 wholesale accounts later, the Pollocks decided they wanted to be closer to Joel's family in Traverse City and started splitting their time between the two locations. They purchased the old Courtade schoolhouse on Hammond Road and turned the property's barn into a roastery.

The couple had a great deal of experience in the industry as coffee buyers and roasters, consultants, trainers, and tasters. Along the way, they developed many relationships with trusted coffee producers in different countries. Those close relationships ensure Panther Coffee gets to roast some of the finest coffee beans around. The farms they work with are located throughout the world in the tropical mountainous areas where coffee is found, primarily in South and Central America. They also have suppliers in Africa and even Haiti. Before the pandemic, Joel and

Leticia traveled with members of their team about four to five times per year to visit their coffee growing friends and partners.

Most people are familiar with the term 'fair trade', but Panther Coffee is purchased on a direct trade model. The farm visits and frequent communication allow them to ensure the coffee quality and the ability to verify sustainable, responsible agricultural practices and fair wages for the workers, both permanent and seasonal. They pay a higher price for the coffee to support those initiatives. Those prices are far above prices required for fair trade labeling. They tend to buy coffee from smaller farms, which usually find most certification programs financially prohibitive. Although Panther Coffee carried organic certification, the Pollocks prefer the trust and verification model in working closely with a small network of producers.

For now, Joel and Leticia have a staff of two in Michigan, but they employ 62 people in total. "It's a very diverse team and enthusiastic culture," said Joel in describing their employees. In fact, this is one of the things Leticia finds particularly rewarding about their business, seeing how well the team members work

together, in addition to the strong relationships with Panther Coffee producers and, of course, their delighted customers.

A current and vexing challenge for the company is inflation. "The price of everything is high and went up so quickly. Having a margin to continue to operate is the biggest challenge," said Joel. Shipping problems have also taxed their business. They do their best to find shipping containers that will arrive on time but there are no guarantees. The unreliability of supplies makes it harder to maintain consistency. "You just have to adjust, be creative, and plan carefully," Joel said.

In spite of these challenges, Joel and Leticia are looking into expansion in Traverse City. The couple plans to open a retail location in Traverse City in the future and have spent most of their time in 2022 thus far in Michigan as they strategize their next endeavor. Although the coffee market in Traverse City is already robust, Joel explained, "Traverse City keeps growing and people are moving here."

Learn more about Panther Coffee at www.panthercoffee.com.

Build a Gift Basket



Gift giving can sometimes feel like a chore, but with gift baskets, you can fill them with thoughtful and tasty items that most everyone will enjoy. Oryana is stocked full of high quality products to build the perfect basket at any price point. Check out a few we put together to inspire you.

STEP 1: PICK A THEME

The theme can be specific to the recipient – coffee, tea, spicy food, etc. Or your theme can be more general – spa day, international foods, snacks, etc. See some of our sample baskets below for ideas!

STEP 2: CHOOSE THE “BASKET”

Your basket does not have to be a basket! Get creative with your gifting vessel: reusable bag, large mug, pretty bowl, etc.

STEP 3: FILL THE BOTTOM OF YOUR BASKET

This is the secret to a beautiful, full looking basket. You can fill the bottom with filler (newspaper, colored paper, etc.) or you can fill it with bulky gifts (blanket, socks, scarves, bags of coffee, etc.).

STEP 4: BUILD YOUR BASKET

Fill the basket so everything is visible and facing the same direction. Fill anything empty (glass jars or mugs) with more gifts.

STEP 5: TO WRAP OR NOT

Feel free to skip cellophane or plastic wrap and large bow. Let your gifts do the talking, and avoid the extra waste.



COZY GIFT BASKET

- Grocer's Daughter Milk Drinking Chocolate
- Herbnmeds CBD Caramels
- Purely Elizabeth Apple Cinnamon Pecan Oatmeal
- Food For Thought Strawberry Preserves
- The Ginger People Gin-Gins candy
- Little Secrets Crispy Wafers
- Dandie's Mini Marshmallows (hidden underneath!)
- African Market Basket



LOCAL GIFT BASKET

- Higher Grounds Coffee
- Food for Thought jam
- Wildflower Soapworks bar soap
- Erg! fruit & nut bar
- Northern Elderberry Elixir
- Bear Earth Herbals chest rub
- Delectable Edibles maple sugar



PAMPER YOURSELF GIFT BAG

- Cute Maika tote
- Zatik toner
- Kitsch mini spa rollers
- Patchology foot mask
- Last Swab reusable cotton swabs
- Pranarom essential oil
- Bee Joyful soap (local)
- Creation Pharm Amber Cream (local)
- Honeybee Gardens refillable pressed eye shadow compact

We are happy to build a basket for you! Let us know a theme and price range and we'll take care of the rest! Please give us 48 hours notice.



Fall Classes

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

Let's Get Cooking!

Perfect Paella

Thursday, October 6, 6 - 8:30pm
Instructor: Malu Schlueter

Learn to make delicious, authentic paella, a popular Spanish rice dish, with Malu, Oryana West's Prepared Foods Manager. Malu will take you through all the steps of this dish, and show you how the freshest ingredients, the right pan, and patience will yield a masterpiece of saffron-scented rice, seafood, meats, and vegetables. Treat your family on a weekend with this showstopping meal.

Make Your Own Bagels

Tuesday, October 11, 6 - 8:30pm
Instructor: Ethan Coyler

Have you ever had a warm bagel fresh from the oven? Now is your chance to learn to make fresh bagels at home! Avid baker and former Oryana bakery team member, will teach the basics of how to proof, shape, boil, and bake a batch of bagels. Each student will go home with the start of a batch to make at home and a recipe for perfect, homemade bagels. Break out the cream cheese!

Chocolate Truffles & Mousse

Thursday, October 27, 6 - 8:30pm
Instructor: Jody & DC Hayden

Join Jody and DC Hayden from Grocer's Daughter Chocolate for an evening of

decadence! We'll make rustic truffles and chocolate mousse, perfect to add to your holiday dessert repertoire, and enjoy a tasting of chocolates from nibs to white chocolate. Explore the nuanced flavors of chocolates from different places around the globe and learn about the origin of chocolate, the tropical fruit called cacao!

Layering Flavors: How to Enhance the Flavor of Any Dish

Tuesday, November 1, 6 - 8:30pm
Instructor: Michelle Rodriguez

Learn how to enhance the flavor of any dish through layering flavors. Cooking is the art of enhancing and balancing the flavors of sweet, salty, umami, bitter, and sour and Michelle will help you hone your flavor skills in this class. Together you will make delicious Roasted Red Pepper and Tomato Harissa Soup, Wild Mushroom Risotto, and Pumpkin Panna Cotta for a sweet ending.

Plant-Based Indian

Thursday, November 10, 6 - 8:30pm
Instructor: Tarah Elhardan, Satya Pillay

Indian cuisine, known for its diverse and warm, complex flavors, lends itself perfectly to plant-based cooking. Join Tarah and Satya of Zest Plant-Based Kitchen in Traverse City for an evening of hands-on cooking as they prepare some of

their best-selling dishes: savory chili bites (bhajiyas), tomato and coconut red lentil stew (dal), and spicy braised cabbage and cauliflower (khubi fry).

Mushroom Foraging 101

Tuesday, November 15, 6 - 8pm
Instructor: Jill & Aaron Grenchik

Do you love morel mushrooms but never seem to find them? What if we told you that there are other choice mushroom varieties commonly found right in our Northern Michigan forests? Here is your chance to join certified mushroom experts Jill and Aaron Grenchik as they instruct you on how to begin the hunt for some of these woodsy treats. In addition to an informative presentation, they will craft a divine Cream of Mushroom Soup perfect for a chilly evening.

Cheese Tasting 101

Tuesday, December 13, 6 - 7:30pm
Instructor: Sue Kurta

Join Sue Kurta of Boss Mouse Cheese for a cheese extravaganza. Nibble and sip your way through this delicious 90-minute class. You will learn how to put together an impressive cheese course or platter, while hearing the history of one of humanity's oldest foods. You will enjoy local cheese and wines and leave with the tools to put together perfect cheese and wine pairings.

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

Registration required via our
events page at oryana.coop.

Class Location:
Oryana West Community Kitchen

Meet our instructors online at oryana.coop/cooking-classes.



Why I love My Co-op

By Heather Spooner

October is Co-op Month, a great time to celebrate our principles and to educate people about the value of belonging to a cooperative. Our name, Oryana Community Co-op, demonstrates the fact that you, our community members, own the co-op. Cooperatives make the world a better place and emphasize important principles including democratic control, inclusivity, and giving back to the community. Heather Spooner, one of Oryana's 10,300 members, reflects on her experience of owning a piece of the co-op.

Memories of my early childhood are set in the fragrance section of the local shopping mall. Fluorescently lit counters neatly curated with scents I associated with various people in my life flashed before me at eye level. I vividly recall the squeak of my velcro sneakers as I walked through each department store collecting white fragrance sample cards like Halloween candy to stuff into my clear plastic jelly purse. Swirling, toxic clouds of Calvin Klein, Elizabeth Arden and Clinique Happy combined to create the fragrance of my youth.

Years later, I am happy to report that my pastimes and my olfactory senses have evolved. My Friday nights are no longer spent at a shopping mall collecting perfume samples, but instead spent perusing the aisles of my favorite co-op. The chemical scent of perfume was replaced with that distinct co-op smell we all love so dearly.

When I moved to Traverse City I desperately longed to commune with like-minded people. I longed for a place and people that felt like home. People who valued community and equity. People who were willing to do things differently. It only took a short amount of time to realize that the very community I was seeking was right under my nose.

For the first few months of my move north, sitting in the cafe brought a sense of community unlike anywhere else in the city. Tables filled with small gathering of friends catching up over their newest knitting projects, a book club chatting quietly over chocolate chip cookies, a sweet young family on vacation grabbing

a sensible lunch after days on the road, I looked forward to the days when I had people to share this space with.

Beyond the warmth of the cafe and past the giant tubs of nut butter lies a business that is owned by its the very people who shop and gather there. I don't believe there is a better way to share a sense of belonging than sharing ownership in something that shares your values.

After hearing about the history and community values of the business, I was quickly taken by the co-op business model and became a member on my first trip. Since that first trip, each time I shop at Oryana it feels like a homecoming. Inevitably I will run into a friend, a fellow downtown business owner, members of the Up North Pride board, and a farmer or two. It brings me great joy knowing that I've invested in a project to strengthen our community with so many of the people I now call my friends.

While it has been years since my nose hairs have been singed by the chemicals of the latest designer fragrances, my memories at the department store fragrance counter remain. With subtle notes of handmade soap, the warming essence of today's hot bar, and a bulk spice finish, would you like a sample of our newest fragrance called, "I love my co-op because...?"

Heather Spooner is a local artist and business owner. Her favorite Oryana item is the chocolate chip cookie from 10th Street.

A Visit to Tanzania



Michael, in the red and black shuka (traditional maasai cloth), sits next to his friend Barnoth

Oryana staff member, Michael, traveled to Tanzania in Africa and shares some adventures from his epic journey



Michael, who works in the produce department at Oryana 10th St., confided in his co-workers that he had a hankering to travel and meet new people. A fellow staff member suggested he check out [interpals.com](https://www.interpals.com), a penpal website that helps people find others around

the world. This is how Michael first met Barnoth from Tanzania. The two struck up a friendship and corresponded for over a year via whatsapp on their phones. Barnoth's native tongue is Swahili but, Michael said he speaks good English. Barnoth had gone to high school, even though most Tanzanians don't complete their secondary education. "His father sold some cows and that enabled him to go to a Catholic high school," Michael explained. School in Tanzania is compulsory and free through the 6th grade. After that, you have to pay. And even then, children sometimes do not go to school because they have to stay home to help their families.

Michael visited in November, 2021, the hottest time of year in

that region when daytime temperatures hover at 100°F with high humidity. The journey itself took three days: Michael traveled to Detroit and then hopped on a plane to Washington DC, which took him to Addis Ababa, Ethiopia, a flight time of 13 hours. From there he took another plane to Zanzibar, and changed planes one more time to take him to his final destination, Kilimanjaro International Airport in the city of Moshi, where Barnoth picked him up. From there they drove on very bumpy roads to Ilboru, the hill village where Barnoth lives with his family: his parents, brother Khalid, sisters Fatuma and Halima, other relatives, and Goodlucky, a 7-year old orphan boy Barnoth found abandoned.

Barnoth had taken care packages he made from Christmas donations from Oryana employees to distribute to the Maasai people in Lengijabe, a desert village where his grandparents grew up. The area had been struck by a bad drought. Barnoth hired a driver to make the 4-hour trip and that's where he found Goodlucky. No one knew what had happened to Goodlucky's family. Michael decided he wanted to make sure that Goodlucky will get a solid, full education, so he committed to paying \$600 per year for him to go to a local Catholic School until he graduates.

When Michael first arrived in Ilboru, all the villagers were waiting, ready to greet him. A woman, who was the village leader, made a speech in Swahili to welcome him. Exhausted and jetlagged though he was from his long journey, Michael

stood up and also made a small speech in Swahili. He had taught himself basic Swahili with books and Youtube videos. For the special occasion, they had prepared a grand feast for Michael featuring ndafu, a whole roasted goat.

Ilboru, like most small villages around the country, consist of small mud/manure brick structures. But Barnoth built a relatively modern one-room house with a tile floor and bathroom with a sink, toilet, and shower. (The shower didn't work; Michael bathed with a bucket of water, a cup, and a bar of soap.) This is where Michael stayed with Barnoth. The rest of the family lived in the mud structures, called nyumba za udongo, in their compound.

The family shared with Michael that they wished they could encircle their compound with a cement wall for privacy, better security, and to keep stray dogs out of their living space. The cost however, \$700, was prohibitive. But Michael came to the rescue! "I gave them the \$700 they needed for the wall. They had it up in several days," he said.

Michael was generous with Barnoth's family even before he arrived in Africa. Barnoth's mother had broken her leg when a tree fell on her while she was out foraging for wild greens in the hillsides, but the cost to treat her leg was more than the family could afford, \$500. "I sent them \$500 and she was fully recovered by the time I got there."

A typical day for Michael started with Fatuma delivering breakfast: chai, eggs, chapati, fresh fruit, and sometimes a dish reminiscent of French toast, but made with chapati. Food in Tanzania, Michael explained, was greatly influenced by India. For most meals the family eats ugali, a kind of stiff, playdough-like polenta. You use your right hand to break off pieces of it. Other dishes they commonly eat are beans, anchovies in tomato sauce, chicha, a type of wild spinach, sweet potatoes, rice seasoned with cardamom, goat meat, and beef. The meat was quite tough and was eaten with pili pili sauce, a spicy African hot sauce. Chai, instant coffee, and tea are popular beverages.

Most days, as soon as the sun came up, Michael and Barnoth explored the neighboring hill villages on foot. "We walked all over," said Michael. "It was a lot of walking on steep hills. The ground is uneven, there are jagged rocks, holes, garbage, big dust piles, manure. You have to watch your step. When you walk through villages it's very tight. I got a lot of attention everywhere I went. They weren't used to foreigners."

Most people in Tanzania rely on small-scale farming in the hill villages. "They had cows, goats, chickens. People grew corn and lots of vegetables, carrots, tomatoes, collard greens," Michael said.

Sometimes the two went home and took a siesta during the hottest time of the day. Then after dinner, more strolling, when it was cooler and more pleasant. Sometimes they went into the city and took Goodlucky with them.

Michael and Barnoth also took some trips farther afield. They visited two national parks: Arusha National Park, featuring a prominent volcano, and Tarangire National Park, named after a river. Michael hired a driver with a jeep and they, along with Barnoth's sisters and Khalid, went on safaris and enjoyed seeing giraffes, rhinos, zebras, cheetahs, gazelles, warthogs, and hyenas.

Zanzibar, a group of Tanzanian islands which sit 22 miles east of Tanzania's coast, was another fascinating place that Michael and Barnoth visited. Zanzibar was once an independent country but merged with the mainland, then called Tanganyika, in 1964. (Fun Fact: Freddie Mercury of the band Queen was born in

Zanzibar.) Michael was very interested in the differences between the islands and the mainland. "The people in Zanzibar are Muslim and dress very formally. It was very clean. We walked through the maze of Stone Town, a labyrinth of centuries-old limestone buildings. It's easy to get lost in there. In Arusha dogs are a big problem, but in Zanzibar, feral cats are everywhere."

Visiting Tanzania was an eye-opening experience for Michael. "It was hard to see people struggle with poverty. Some of them are really suffering. I decided I had to make the trip about what I can do to help. It was also shocking how everyone wanted to see me, all the people from the village. It was an event. Nothing like that has ever happened to me. Usually I'm not noticed, but there I was important. If someone like me with such low status can really do something, imagine what others can do."

In spite of the poverty he witnessed, Michael formed a bond with the country and its people. "I love the people, their attitudes. They are wonderful, they try so hard and appreciate everything. They don't have much, but they are super nice."

Michael had planned on staying longer than one month but the heat and humidity were tough to handle. He plans to go back some day in the cooler season, which is our summer.

Michael advises anyone who may ponder a visit to Tanzania to find someone local. "Don't go unless you're friends with someone because you'll get lost and it will be too much of a shock. You need a guide. Even just doing transactions. If you're with a local they will negotiate the price. I tried to do it once in Swahili but that made it worse!"

When he does go back, he will be welcomed with open arms. "After spending that time with them, I'm a part of their family now," Michael said.



Where is Tanzania?



Goodlucky (r) with a little friend



Michael & Barnoth wandering on rocky paths

RUN FOR THE BOARD!



If you are passionate about Oryana's purpose and mission, consider running for the Board of Directors! Oryana is seeking energetic co-op owners who are committed to a robust local food economy. The Board is comprised of 9 Oryana owners, with 3 positions that are up for election in April 2023.

The board sets the direction of the co-op by crafting long-range strategies to fulfill our mission while upholding our values, and we monitor the Co-op's progress to ensure we are going in the correct direction.

Our Board follows a Policy Governance structure, which is different from many traditional board formats. In Policy Governance, daily operations and decision making are left to the General Manager, while the board oversees the General Manager and focuses on the Co-op's overarching goals (Oryana's Ends Policies). Board members represent the ownership, not their own personal agenda.

Board terms are 3 years and positions are open to all owners who are in good standing 30 days prior to the election. The monthly commitment is about 8 to 20 hours per month, though the amount can vary. This includes participation in the monthly board meeting, as well as one or more committee meetings each month.

The board is supported with resources for training, as well as a stipend.

Nominations will run in the 2023 spring edition of the newsletter and elections will be held at the general ownership meeting (GOM). The deadline for inclusion in the newsletter is January 31, 2023, but prospective board members can run for a seat at any time leading up to the GOM. For complete details and instructions on how to apply for the board, please go to oryana.coop/board-of-directors. If you have any questions, please email candidate@oryana.coop.

Oryana Community Cooperative

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Our store on 10th St. was once a lumber store, Brown Lumber & Supply. Can you tell when this photo was taken based on the car models? (Looking SW from the corner of 10th & Lake St.)