

Fresh Press

FRESH PRESS IS A PUBLICATION OF
ORYANA COMMUNITY CO-OP

Winter 2023





FRESH PRESS

**A quarterly publication of
Oryana Community Cooperative**

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OUR STORES

ORYANA TENTH ST.

260 E. 10th St.

Traverse City MI, 49684

Phone 231.947.0191

Store Hours

8 am - 8 pm daily

Winter Sunday Hours 9am - 7pm

ORYANA WEST

3587 Marketplace Circle

Traverse City, MI 49684

Phone 231.486.2491

Store Hours

8 am - 9 pm daily

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

The purpose of Oryana Community Cooperative is to provide high quality food produced in ecologically sound ways at fair value to owners and the community. Oryana owners and staff are committed to enhancing their community through the practice of cooperative economics and education about the relationship of food to health.

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

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**February is
OWNER
APPRECIATION
MONTH!**

10%!



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

General Manager's Report

By Steve Nance

Ready to celebrate? Oryana turns 50 on June 18, 2023!



Oryana turns 50 years young in 2023! In true cooperative fashion, we will celebrate our history, our founders, all those who worked or volunteered at the co-op and served on the Board; in short, everyone who made Oryana the hub of the community it is! And we need your help! What co-op stories do you have? Pictures? Old recipes? Please share your old Oryana stuff!

The team and board are working on a 50th celebration, and we need 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.

I know many of the stories, as told and retold by many of you. As part of new staff orientation, I do a history of Oryana and talk about Dave Poinsett and Chris Morey, a couple of our first general managers, and about David Milarch driving downstate to get bulk beans and rice and cheese at People's

Co-op Warehouse in Ann Arbor. I also do a random quiz, "What does Oryana mean?" The answer?

Jackie Shinnars, one of our earliest members, suggested at the outset a unique name she recalled from the book she was reading at the time, *Chariots of the Gods*. It had a goddess by the name of Oryana, who was known as the Great Mother Earth. As Jackie said, "I think we all liked the idea of Mother Earth, providing sustenance and abundance. She is one of the ancient ones believed to have brought civilization to earth. It seemed fitting that Oryana be the name to represent the food co-op." It does and has served us well!

My personal story with Oryana goes back to having shopped (but not as a member) when the co-op was on Randolph Street. Going back a bit further, my wife Robin remembers when the co-op was in an old garage off 16th behind what served as Third Level Crisis Center where she volunteered. Robin was my connection to Oryana and after we had moved back to Traverse City, she joined Oryana not only as a member but pretty quickly was elected to the board and served as secretary. (I have paperwork with her signature from 1997). This was just after the co-op moved to Tenth Street, which was not the best building on the planet.

I recall being asked to fix a light and found exposed live wires in the walls. (How it did not burn down I do not know.) I was also charged with locking the doors of the co-op and sending members to the library so we could have a quorum (we needed 50 people!) for the annual meeting. I was eventually elected to the board myself after Robin's term ended and was board president just as we expanded. I credit some very smart board members and staff, as the 90's were a difficult time for Oryana.

Luckily, the board hired Bob Struthers, who is now the general manager at Grain Train Co-op in Petoskey. Bob made sure we were full, abundant, and welcoming, and the co-op continued to grow. Bob left and moved west just before the Great Recession and at some point, the board and staff asked if I'd throw my hat in the ring. I was honored to be chosen by the board and started as general manager on January 1, 2010.

So, after 13 years, I now have a few stories of my own! But, I am looking forward to hearing your stories, from both those who have been supporting their co-op for 50 years and those who are just learning what a cooperative is all about. Oryana is a diverse and rich community, and we are very blessed to have one of the most vibrant cooperative grocery stores in the country. We have a lot to celebrate!

I was also charged with locking the doors of the co-op and sending members to the library so we could have a quorum (we needed 50 people!) for the annual meeting.



Board of Directors' Report

By Colleen Valko, President

How often do you find reasons to celebrate? As I write this, we are in the heart of the holiday season, when it feels like every moment of free time is spent planning for or attending gatherings with friends and family. As you read this, it's already 2023 and things may have quieted for you, but at Oryana we will be celebrating all year as we hit a major milestone, our 50th year in business.

A golden anniversary is just as much a time for reflection as it is for festivities. This year you'll be seeing stories of Oryana's roots and the thousands of people who helped get us to where we are today, including our founders in 1973, long-time shoppers and owners, and the folks who keep the shelves stocked and take extra care when packing groceries not to crush the eggs. It has taken 50 years and many hands to grow the business we have today, and we know we're not done yet. The Oryana team constantly seeks to create the best experience for shoppers, owners, and employees. It's these experimenters and bright minds who nurture two vibrant stores and the welcoming energy we feel when stepping inside.

Similarly, the board also strives to constantly improve on its practices and policies. The practice of consistent self-evaluation through policy monitoring helps maintain the board's focus and fosters a culture of growth and cooperation. We've restructured our board meetings to create more space for critical policy review and reflection where we ask ourselves three big questions:

1. Are we doing what we said we were going to do?
2. What can we do to get better?
3. Is this the policy we want?

When it's time to change/refine a policy, the Board Development Committee makes suggested revisions and brings the proposed policy to the board for a vote. For our work that requires deeper discussions and can't fit into our regular monthly board meetings, we hold at least one weekend work session per year to tackle larger strategic topics. This January, that includes work our Bylaws Review Committee is doing to revisit Oryana's governing documents.

If you regularly read my report, you may have noticed I share how the board accomplishes its work in addition to updates on the work we're doing. If you're interested in getting involved with board work, our Recruitment & Nominations Committee is actively seeking applications for prospective board candidates, and we would love to talk with you more!

The work of this board and the next stands upon the shoulders of those who served before us over the previous five decades. Similarly, the work of our dedicated Oryana employees builds upon past work. The support and commitment of our owners and shoppers year after year have lifted us to this golden milestone. On

our 50th anniversary, we celebrate all of us and all the moments, big and small, that have made Oryana the community cooperative that it is today.

As a friend of mine recently said, "Oryana may have reached its golden anniversary, but the real gold is the people." He couldn't be more right.

"Oryana may have reached its golden anniversary, but the real gold is the people."

Customer Comments

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

Q: Would you have Owner Appreciation Month in November instead of December so we can take advantage of the 10% discount for Thanksgiving shopping?

A: This is a great question. Oryana Management strives to provide Oryana owners and the community with fair prices while also fairly paying our staff, farmers, and producers. As a cooperative business, we also work to give back to our owners in the form of discounts and other benefits. The quarterly 10% discount has come a long way from the days when it was only offered on a single day each quarter. Back then we didn't allow other discounts, like Senior Day 5%, to be used on top of the 10%, like we do now. The months we picked have also changed over the years. It may surprise you to know that May and December are the busiest months for owners' sales so that's one important reason we feel December is the best choice for the end of the year, at least for the time being.

We hope you were aware of other ways to save in November. For example, we had a lot of great Field Day products related to the holiday. Field Day is our co-op brand that is organic and an exceptional value; we had Field Day stuffing, pumpkin, green beans, corn, and flour, all at great prices. You can always check the Co-op Deals flyer for some great deals as well.

We appreciate you being an owner and giving us your feedback!

C: I wish the coffee bar at West was open earlier than 10 a.m. I'd love to be able to grab a coffee when I shop in the morning. Do you have plans to open it at 8 a.m.?

A: Currently the coffee bar at West is open 10 a.m. - 6 p.m. but we do have plans to open at 8 a.m. and eventually, stay open until the store closes. We are working on getting adequate staffing for the coffee bar and should be up and running in the early morning very soon. Thanks for asking!

C: We need to work with TART to separate the parking needs of Oryana and TART trail users in the parking lot. Could there be a different parking area somewhere? There are too many cyclists using the Oryana parking lot even though the TART parking spots (to the left of the trailhead) are available.

A: It can be frustrating to see someone park in the Oryana lot, taking up a valuable spot, and then watch them go directly to the TART trail instead of into the store. TART trail users do, however, tend to also be Oryana shoppers who park at Oryana, hit the trail, and then come in to shop.

At this time we have not observed an egregious amount of "illegal" parking that is affecting shoppers' ability to find a parking spot. We will keep an eye on the situation and if it looks like parking spot availability is being severely hampered by the TART users, we will address the issue at that time. We can also forward your comment to TART for their consideration. Thanks for chiming in!

C: I love the FODMAP items you sell. This is so helpful to me. Many thanks and keep up the good work!

A: We are so glad the FODMAP* foods are working out for you. It's helpful for us to know that gut-friendly packaged foods like the products that Fody makes are something our customers need. Fody makes salsa, dressings, teriyaki sauce, BBQ sauce, and dressings, that are all easier to digest for people with gut issues. They are also vegan and gluten/lactose-free. Fody brand foods are available at Oryana West.

* FODMAPs or fermentable oligosaccharides, disaccharides, monosaccharides, and polyols are short chain carbohydrates that are poorly absorbed in the small intestine and are prone to absorb water and ferment in the colon, causing intestinal distress. High FODMAP foods include beans, onions, garlic, wheat, and milk.

C: When I visited Oryana West, I wasn't sure about shopping at a co-op. I wasn't sure if I'm supposed to be a member or not. But your staff explained everything and were super helpful and welcoming. I'm a member now. Thanks for making it easy for me!

A: Thanks for letting us know how welcoming the staff at West was when you visited. They are a great bunch, as are the staff at 10th St. We want everyone to feel welcome, whether they are an owner or not, but we're so glad you joined the co-op!

NEW PRODUCTS



From Iron Fish Distillery in Thompsonville (West)

- Aged Whiskey Barrel Smoked Sea Salt
- Bourbon Barrel Aged Maple Syrup
- Cherry Maple Smoked Bitters
- White Oak Barrel Aromatic Bitters



Pacific Foods Organic Plant-Based Chili

Delicious, ready-to-eat hearty chili in recyclable non-BPA lined steel cans. packs a flavorful punch and is high protein.



Soom Dark Chocolate Tahini (West)

Slather on toast, use in your favorite smoothie recipe, generously top cakes and cupcakes, or eat right out of the jar!



Spindrift Sparkling Water

Sparkling water made with carbonated water and real juice from squeezed fruit. No flavors or concentrates. Clean and refreshing.



Primal Kitchen No Soy Teriyaki Organic Sauce & Marinade (West)

Full of flavor and made without soy, gluten, grains, or canola oil, this organic sauce is Certified Paleo, Keto Certified, and Whole30 Approved.



Mother In Law's Gochujang Fermented Chile Paste & Sauce (West)

Flavorful & ready to use, complex & lingering. Fermentation makes these a healthy probiotic food.



Sahtein Falafil Mix (West)

If you're a falafel fan, you should try this mix. It's made in Michigan with simple ingredients. It's also kosher, gluten- and dairy-free. Tastes like homemade. Comes in regular and spicy flavors.

staff picks

Mel

Oryana's Classic Chicken Salad

I love this salad. It's made with local chicken and it's really fresh and filling. I use different vehicles for scooping it, like chips or crackers. It has a variety of textures and is just really good.

Tracy

Gopal's Power Wraps

I like the Thai Mango power wrap (snack stick). This is the perfect snack for eating on the run.

They are packed with good gluten-free foods like sunflower seeds and nori. The Thai Mango is a little sweet and a little salty.

Tristin

Oryana's Curry Chicken Salad (10th)

This salad is really delicious. It has raisins in it and it's so flavorful. Sometimes I warm it up on a tortilla with a little cheese.

Ray

Oryana's Chocolate Chip Cookie

This is a softer cookie, which I like. It's really delicious.

Castello Creamy Havarti Cheese

The taste of this cheese is so good, rich, and flavorful. I like it on crackers and in sandwiches.

Joel

Oryana's Quinoa Tabouleh (10th)

I have this salad every day for lunch. Eating this makes me feel great and keeps me healthy. It has no soy or dairy and it's made with organic ingredients. This is seriously one of the best things we sell!

Luise

Higher Grounds Gran's Blend Coffee

I have a cup every morning. It's a half caff coffee with just enough caffeine to get me going but not so much to make me jittery. It's a perfect medium roast and I enjoy it sweetened with local honey and cream.

Kevin (& Daughter Kennedy)

Chicken Noodle Soup (10th)

After school at Glenn Loomis we sometimes like to stop by the Oryana Cafe to slurp chicken noodle soup while reflecting on the day.

Inflation

How it's affecting the co-op and what we're doing about it.



It's not everyone's favorite topic in the grocery world and yet it's on all our minds – inflation. Budgeting for groceries has become a necessity for many of us, and to keep you in the loop about how Oryana has been addressing this issue, we talked with our Category Manager Eldon Horner,

about the severity of the situation, why it's happening, and what to anticipate going forward.

Firstly, we wanted a better grasp on why food inflation has been so steep. Eldon explained that there are many factors behind the higher prices of nearly everything. The supply chain disruption from the pandemic has still not fully recovered and we are still experiencing many out of stocks. The cost of some types of packaging, like glass, went up dramatically, forcing some manufacturers to switch to plastic. Fuel and shipping costs have also gone up and companies are adding surcharges to their invoices. Nitrogen fertilizer prices for farmers are still much higher than they were two years ago.

From a global perspective, the unrest in Ukraine has disrupted global agricultural exports from both Ukraine and Russia, two grain exporting powerhouses. Ukraine is also a major agricultural exporter of other things like potatoes and sunflower oil. Eldon explained that because of how global commodities work, the U.S. is more likely to export grains to foreign markets to get a better price.

So, how is all this affecting Oryana's operations? It's discouraging to have to raise prices, but the reality is that we still have to keep a store operating and pay staff wages. It's important to understand that in spite of the price increases, we have not increased our margins. It has mainly been an exercise in maintaining margins just to keep up and to continue to be able to operate.

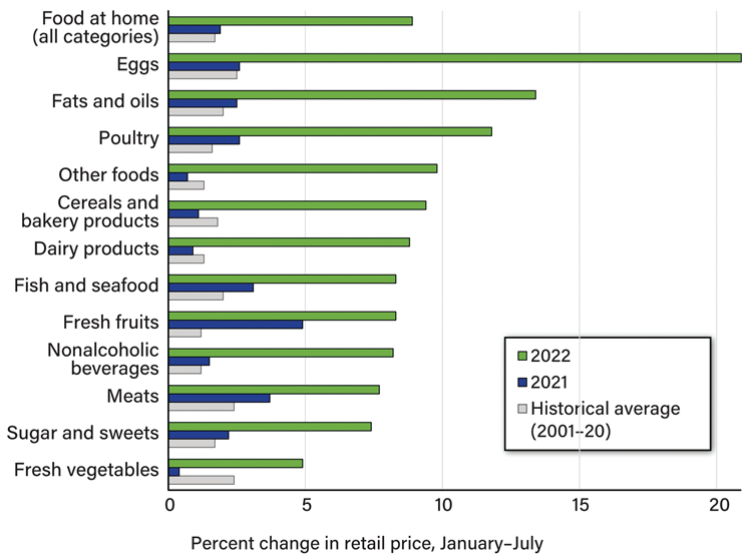


It's not all doom and gloom however. As a co-op we do have some advantages. Eldon said that the Co+op Basics program is now more important than ever. Co+op Basics products are staple

products like bread, milk, pasta, and eggs that are priced below standard margins. Co+op Basics have the bright purple signs so they are easy to locate. There are more than 250 Co-op Basics products in our aisles.

Inflation for major U.S. food categories, January to July 2021 and 2022

USDA Economic Research Service
U.S. DEPARTMENT OF AGRICULTURE



Source: USDA, Economic Research Service using U.S. Bureau of Labor Statistics Consumer Price Index data.

We also have a co-op brand product line, Field Day. Offered through our distributor, UNFI, Field Day is a mostly certified organic, value priced in-house brand. Field Day is only available at independent natural food stores and is an excellent, lower priced, high-quality alternative to current brands.

Another strategy we have up our sleeve is to band together with other co-ops. To gain pricing advantage, co-ops work together to increase their buying power with manufacturers. Thus, we have been able to get lower prices on many popular brands of products including Cascadian Farm, Equal Exchange Coffee, Brown Cow Yogurt, Silver Hills Bakery, Alden's Ice Cream, Applegate Farms meat products, Crown Prince Tuna, Montebello Pasta, and Desert Essence skincare products, to name a few.

The bi-weekly Co-op Deals continue to play an important part in budget shopping. And finally, purchasing in bulk is a great way to stay on budget by avoiding even higher packaging costs.

How are things trending currently? Eldon said that this past summer he saw 2000 price increases per month. Now it's closer to 800. Even though prices are still going up, it's not en masse like before.

We will continue to do our very best to keep prices as low as possible without sacrificing quality. It's been a tough couple of years but we are hopeful for a gradual but steady improvement in food prices in the coming months.

Find **BUDGET FRIENDLY** recipes on our website. www.oryana.coop/blog/budget-recipes/

Become a Board Member



By Chuck Mueller, Oryana Board Member

Oryana is celebrating 50 incredible years of business! One way you can be a big part of Oryana's Amazing Experience is by serving on the board. Oryana owners will vote and elect three board candidates during our General Owners meeting in April.

Now is the time and opportunity for owners who love Oryana and want to participate at a higher level to consider serving on the board.

I am very happy and honored to serve on Oryana's board and would like to share with you some of my thoughts about why I love Oryana and chose to serve on the board.

- Sustainability - Oryana has existed in Northern Michigan for 50 years. It has grown tremendously and currently has over 10,000 owners, 2 stores, 200 staff members, and over \$32 million in annual revenue.
- Follows the cooperative business model, which emphasizes and adheres to core democratic principles
- Well-trained, helpful, friendly, and committed staff
- Strong board and administrative leadership
- Strategic focus on improving the health and welfare of people in our region
- Provides advocacy and education about food, personal, and environmental health
- Gives back so much to our community

- Supports local farmers and businesses
- Committed to Diversity, Equity, Inclusion and Belonging in its policies and practices
- Welcoming to all

Being part of a team and a full participant on the board helps guide Oryana into the future, safeguarding its function, purpose, and mission. As elected board members, we serve as your representatives and ambassadors in our community. I am so proud to be an owner/board member of Oryana, an organization which has earned both local and national recognition for excellence and has displayed amazing growth for 50 years.

LEARN MORE ABOUT JOINING THE ORYANA BOARD

Visit our website: oryana.coop/co-op/board-of-directors/

Join us for a Q & A session at 4:45pm Thursday, January 19, 30 minutes before our regularly scheduled board meeting. RSVP cmueller@oryana.coop.

Attend a board meeting to get a first-hand experience of Oryana's board.

Further questions? Call Chuck Mueller at 231-409-6289.

Winter Self Care

Co-op Winter Self Care Essentials

Winter in Northern Michigan is beautiful, but cold weather and gray days make self care essential. Learn to embrace the seasonal shifts by nurturing your body, mind, and spirit. Try some of these winter self care ideas.

FOOD

Winter is the perfect time to have a pot of soup simmering on the stove or something delicious cooking all day in your crockpot. Dig into your locally grown root vegetables, make a nourishing broth from bones or vegetable scraps. Try your hand at some homemade bread to go with your warming dinner. Enjoy some citrus fruit to boost your vitamin C intake.



SKINCARE

Michigan winters can really take a toll on your skin. Cold, blustery weather outside can leave your skin raw, while indoor heat zaps moisture from your skin. To compensate, use a richer moisturizer on your body after showering. Stay hydrated by drinking plenty of fluids. Consider investing in a humidifier to restore moisture to the air in your home.



SUPPLEMENTS

Most of us are cooped up inside during winter daylight hours, lowering our sun exposure, thus depleting our Vitamin D stores. Pick up a high quality Vitamin D from Oryana. More helpful supplements to take in winter to boost your immune system: Vitamin C, zinc, elderberry, B complex, garlic, curcumin, and echinacea.



EXERCISE

Getting outside in winter is invigorating and can help your mind & body relax. Any form of exercise will help keep up your spirits. No need to fear the cold with the proper outdoor gear. Buddy up with an exercise friend or sign up for a class. Try something new like dancing, yoga, high intensity interval training, or jump roping.



TREAT YOURSELF

If there's ever a time to indulge, it's now! Take a long soak in the tub with epsom salt or bubbles, give yourself a facial, make some decadent Grocer's Daughter hot chocolate, take a nap, find a peaceful guided meditation on YouTube, simmer some mulled wine, try a new herbal tea, bake an indulgent cake or some gooey cinnamon rolls, sleep in!



JOURNALING

There are many benefits to writing. Research shows that writing is linked to improved mood and reduced stress levels. Buy a cool looking journal (we have some nice ones) and start jotting down things you're grateful for, your short and long term goals. Use your journal to vent after a tough day. Record your dreams, ideas, and great quotes.

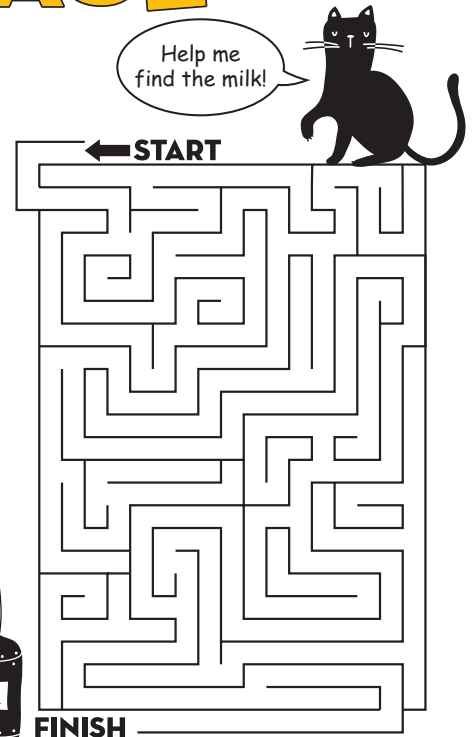


CO-OP KIDS PAGE

WORD SEARCH

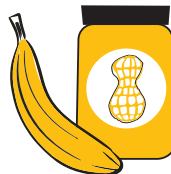


Organic
Oryana
Vegetable
Community
Fruit
Local
Fresh
Potato
Tomato
Lettuce
Broccoli
Apple
Orange
Lemon
Onion
Turnip
Mushroom
Corn
Cucumber
Peach
Farm
Healthy

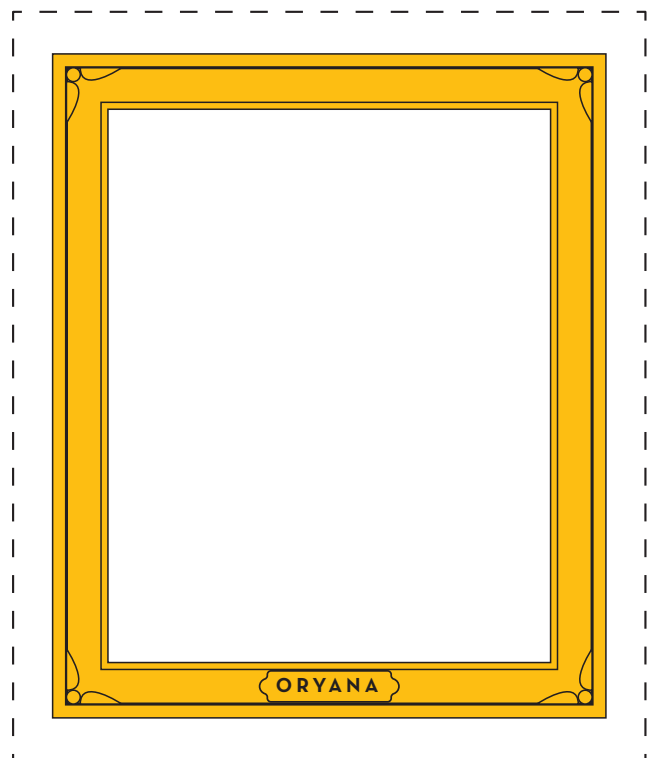


Let's make PEANUT BUTTER BANANA PINWHEELS

4 10-inch whole-wheat tortillas
1/3 cup salted peanut butter
4 ripe bananas



1. Spread the peanut butter evenly on the tortillas.
2. Lay a banana across each tortilla at the edge closest to you.
3. Gently roll the tortilla around the banana until all of the banana is wrapped.
4. Slice into 1-inch pieces and serve.



What do you think Oryana looks like?

The name Oryana comes from a South American goddess of fertility, harvest and abundance. Draw what you think she looks like in the frame above. Cut around the dotted line and drop off at the customer service desk at either Oryana location.

Oryana For Good 2022

The cooperative principle of 'Concern for Community' is one of the cornerstones of Oryana's business practices. One of the reasons we strive to maintain a positive growth pattern is so we can continue to give back as much as possible to our community. From our Beans for Bags program to our annual Microloan Program, and many other avenues for contributing, we always have 'giving' on our minds. We believe that helping our community members strengthens and nourishes our community as a whole, and we are honored to be in a position to give generously year-round. Here are some of the highlights of our giving efforts in 2022.

Total Donations & Sponsorships

\$168,145

Microloans
Awarded

\$12,970

BEANS FOR
BAGS

\$15,801

Charitable
Recipients

146

Value of fresh food
donated to Food
Rescue of NW Michigan

\$85,000

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

\$982,317

Partial list of 2022 contribution recipients:

20 Fathoms
Archipelago Project
Arts for All
Bayridge Butterfly Pathway
Big Little Hero Race
Bikes & Bras
Blue Ribbon Run
Brickways
Carter's Compost
Central Grade School PTO
Cherry Capital Cycling Club
Cherryland Humane Society
Child & Family Services
Conservation Resource Alliance
First Congregational Church
Friends of Kalkaska Library
Generations Ahead
Grand Traverse Pavillions
Grass River Natural Area
Great Start Collaborative
Groundwork Center
GTACS
Habitat for Humanity
HANDDS To The Rescue
Huntington's Disease Society
Long Lake Elementary PTO
M-22 Challenge
Manistee Catholic Central
Master Gardener Assn
Michael's Place
Mid Michigan Honor Flight
Mission Blues
National Writers Series
NMC
NW Michigan Ballet Theater
NW Michigan Community Action Agency
Old Towne Neighborhood Assn
Ryan Collins Memorial
Slavic Church Bake Sale
Summit City Grange
TADL
TART Trails
TCFF
Title Track



No Knead Bread

No Need to Knead!

No knead bread was first introduced to the world by the New York Times about 12 years ago, courtesy of Jim Lahey, owner of Sullivan Street Bakery. It's a simple recipe for yeast bread that requires no special knowledge. The beauty of this recipe, as its name implies, is that it requires very little effort, although it does require time. It takes about 24 hours from start to finish, but gosh, is it ever worth it! A long, slow rise guarantees excellent flavor and texture. It has a fantastic crispy crust and for all intents and purposes, yields an impressive artisan loaf of bread. All you have to actively do, including measuring, mixing and one minute of kneading, is plop the dough in a Dutch oven, bake, cool, and enjoy!

Equipment Note:

You will need a Dutch oven with a lid to make this bread. What is a Dutch oven? It's a heavy cooking pot with a tight-fitting lid, typically made of seasoned cast iron. You can find one online or in kitchen supply stores.



How to make no knead bread:

2 cups whole wheat flour
2 cups all-purpose flour
2 teaspoons sea salt
1 teaspoon active dry yeast
2 cups room temperature water

1. In a large bowl mix the flour, salt and yeast together using a whisk. Pour the water into the bowl and mix with a wooden spoon until all the flour is incorporated. The dough will be sticky and shaggy, but don't worry about this. Cover the bowl with plastic wrap and let it sit overnight or for at least 12 and up to 18 hours at warm room temperature, about 70 degrees.
2. Generously sprinkle a work surface with flour. Scoop out the dough from the bowl onto the floured surface and sprinkle with a little more flour. Knead the dough, adding as much flour as needed to prevent sticking, for about 1 minute, and shape it into a smooth ball. Cover with a dish towel and let sit for 1 hour.
3. Remove one rack from your oven and arrange the remaining rack a few inches from the bottom of

the oven. Place a 5 qt Dutch oven with lid in the oven and heat to 450°F.

4. Very carefully remove the heated pot from the oven, set it on a heat proof surface, and remove the lid from it. Take the ball of dough and drop it into the pot. Don't worry if the dough looks misshapen in the pot. Cover the pot and place it back in the oven.
5. Bake for 30 minutes. Remove the lid and bake for another 15 minutes until golden brown. Remove pot from oven and let cool a few minutes. Remove the bread from the pot with a large metal spatula or using oven mitts or carefully tip the dutch oven over so the bread falls out; let bread cool for 1 hour before slicing with a bread knife.

Notes:

- The long, slow fermentation is what yields the bread's great flavor.
- You can substitute rye flour for the whole wheat flour, or use all white flour.
- Some no knead bread recipes call for lining the pot with parchment paper for easier removal. Use the parchment to lift the bread out on a cooling rack.





Our co-op, like most food co-ops, had humble beginnings. It all started when a few families got together to buy healthy food in bulk quantities because they couldn't find the whole foods they were looking for in local grocery stores. Vegetarians had few options in those days and if you wanted to bake your own whole wheat bread or make your own hummus from scratch, good luck. The dozen or so families established the club in the community room behind the Michigan Consolidated Gas Company office and started making their list of what to buy together. On June 18, 1973, this small group officially became the Oryana Food Cooperative. Instead of paying high prices for small packages of wheat flour and jars of natural peanut butter at regular stores, the group found a wholesaler, the People's Food Co-op, in Ann Arbor, and began making regular trips to pick up their 50 lb bags of flour, brown rice, and 5 gallon containers of peanut butter. After awhile they built up a small stock and stored it on Tom and Nancy Lucci's back porch. More families joined in and the process became a bit cumbersome, and the members decided it was time for a more streamlined pre-ordering process and a central location.

They hopscotched around a few times; they borrowed the back of Third Level Crisis Center on 16th Street and another space by Ace Hardware on Front Street before settling on a permanent location.

In 1974 the co-op moved to its first formal storefront on 123 1/2 West Front Street in an upstairs space. It boasted 600 square feet and volunteers took charge of its operation. The late Linda Henry, who was one of Oryana's founding members, recalled some early memories of that space.

"It was pretty crummy when we first got there. People would just come and hang out and play guitars and stuff. Some would even sleep there all night. We bought this big, old refrigerator for all the cheese and milk. We thought it was such a great deal, maybe \$20, but then we had to get a new motor and freon and that was \$120, a huge expenditure. Back then if we brought in \$15 or \$20 a day, it was a good day. If we made \$100 on a bake sale or a benefit, it was like a big windfall."

Eventually, the People's Co-op wholesale operation evolved into the Michigan Federation of Food Co-ops, which ran its own mill and warehouse, selling Michigan-grown organic grains, beans, and flour to co-ops nationwide.

In 1975 Oryana started receiving truck deliveries rather than sending volunteers to the downstate warehouse, and sales were at \$15,000.

We love to hear stories of early Oryana volunteers, lugging heavy bags up the stairs. "It was all hands on deck when the truck arrived," Jim Crockett recalled. "I remember the long staircase on Front Street. Someone would call me up and tell me the truck is on the way and I'd go and help if it was my turn. I carried 100-pound bags up those stairs."

Rob Serbin also remembered those early days. "I remember schlepping 50 pound bags of flour, cases of juice, and five gallon pails of peanut butter, fire drill-style while the truck was double parked near the curb. I'd get a call from Becky Mang or Debra Trowbridge with very little notice, typically with the plea that the truck is going to be here in 45 minutes and can I help? And when I could, I would team up with whomever else could make it, hopefully logging in the 6 hours a month that entitled a household to the working discount, 15% off the normal co-op prices." To keep track of inventory, a giant green chalkboard listed all the prices of products.

As the co-op became more popular and needed more space, a building was found on Randolph Street, an old print shop and photography studio. Oryana purchased the building and fully remodeled it. Mike Williams, (pictured on the cover,) spearheaded the renovations.

Oryana continued to blossom at this location and launched some ambitious projects. In 1981 Oryana hosted its first community banquet, which was the first introduction for many people to delicious "natural" foods. In 1985 the co-op purchased land on Cherry Bend Rd. and constructed a commercial soy and deli kitchen space. At this facility they made tofu and tempeh, as well as hummus, eggrolls, tabouleh, spinach pie, and lots of other tasty items. Oryana enjoyed great community support on Randolph Street before moving to the current location at 260 E. 10th Street in 1997.

Today, Oryana Community Co-op continues to thrive with two locations, over 10,000 owners, 200 employees, nearly 200 local vendors, and \$32 million in total sales. We couldn't have done it without you, our owners! We THANK YOU for joining and patronizing your co-op and giving us your feedback so we can continue to improve and provide our community with the highest quality food and a place for gathering where we can mingle and enjoy convivial times together.



Then and Now



Front Street



Randolph Street



Tenth Street



Oryana's first official logo was designed by Tim Nielsen. Tim won a logo contest that was announced in the February 1980 newsletter.



Oryana 1970s Trivia

- 1978 membership fee was \$5
- Oleson's baked honey wheat bread for Oryana at 99¢ a loaf
- The volunteer work requirement for co-op members was 8 hours per year
- New products in 1979: papaya sticks, bee pollen, fresh goat milk



Stay tuned for 50th anniversary **EVENTS** coming up this year including a block party this summer, a story slam at the Opera House, and a farm tour, plus lots more!

BACK IN 1973...

Richard Nixon was president
Average income was \$12,900
A first class stamp was 8 cents
A new house cost \$32,000
A gallon of gas cost 39 cents
The Exorcist was a popular movie
Minimum wage was \$1.60/hour
Chicago Sears Tower completed
The Endangered Species Act passes



1973 ad in the Record Eagle for a food club meeting

ORYANA FOOD COOP —Friday evening at 7 the Oryana Food Coop will meet at the Blue Flame room of Michigan Consolidated Gas Co., 110 E. Front. Traverse City. Those attending are to use the back entrance. For further information call 947-7022 or 947-2500.

SHARE YOUR MEMORIES!

Do you have any great memories, photos, stories, memorabilia, etc. of the early days of Oryana? Please share them with us! Email marketing@oryana.coop



Bailey's Farms Kombucha

Following your heart can be the best way to start a business, and that's just what JC and Steve Bailey did in 2021. JC had a small farm in Traverse City where she tended goats and bees and produced honey and goat milk soap. But in early 2021, she received some inspiration during a meditation session to contact Angela Macke of Light of Day Tea Farm. JC had been dabbling in making kombucha at home and raved to Angela about how wonderful her teas were for the kombucha. Right around this time, as synchronicity would have it, JC's nephew Steve was making some major changes in his life. He had recently retired from a long career in law enforcement and had developed a new interest in making kombucha. The timing was right and it worked out perfectly for the two of them to join forces and start a new commercial venture making kombucha featuring Light of Day tea. Light of Day Organics is the only USDA organic/Demeter biodynamic certified tea farm in North America.

JC already had a serious kombucha hobby that she started in 2018. She made it regularly, using Light of Day teas and tisanes, selling it at their farmstand and giving it away to friends and family. When she started getting serious about it together with her nephew, the two began by taking online classes, reading lots of books, and consulting with other kombucha professionals. They also consulted with SCORE, a local non-profit business mentoring organization. In addition, they signed on with Arrowhead Incubator, a Native American-

focused economic and business incubator non-profit.

Even though it's just the two of them running the company, their products are available not only at Oryana but at dozens of locations throughout northern Michigan. They also sell downstate in the Detroit, Lansing, and Grand Rapids areas. The top selling flavor is Hummingbird Nectar (which is flavored with Montmorency Cherry, Hibiscus, Blueberry, Grape, Currant, Elderberry, and Maple Syrup.) They just came out with a brand new flavor, True Hoppiness. (Yerba Mate, Ginseng, Ginkgo Balboa, Reishi Mushrooms, Nomi, Ashwaghandha, Astragalus, Lemon Balm & Peel and Hops)

As with most small businesses, the heavy workload and long hours can be challenging at times, especially in the summer months. But JC says that even though it's a lot of hard work, they gained a whole new community of friends in the process.

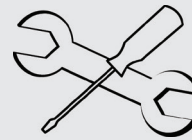
There are many things to be grateful for in their business but JC put it best: "We find joy in providing top service to all we meet whether it be at markets, stores, or in the community. That was one of our goals - always give love. The kombucha is just a vessel. We are so energized by supporting local agriculture that honors the earth through sustainable practices. There is nothing better than tasting the real ingredients come through in our product. We are also very honored to provide a non-alcoholic beverage that can satisfy that need, to have something really special and healthy."

Learn more about the company at baileysfarms.com.



STORE IMPROVEMENTS

Keeping your co-op in tip top shape



We are rather fond of acronyms around here and one of them is OCIPS - Oryana Constant Improvement & Projects. This means just what it implies, that we are constantly tweaking things, improving and upgrading the physical premises as well as operating procedures. We do this to take good care of our owners' resources, to keep our facility in top shape, to improve safety and be more energy efficient, and to keep everything looking bright and clean. There are no idle hands when you are running Michigan's largest food cooperative. To keep you updated, here are some of the projects we have been working on the last several months.

- The south entrance at 10th St. was enclosed, similar to the east entrance, in order to improve heating and cooling efficiency and to create more space for carts and seasonal merchandising. It has a 'garage' door for easy access with pallets of produce.
- The east entrance also got some attention. We tore out the old concrete and replaced it with ADA compliant concrete that now drains properly.
- The sidewalk along the south side of the cafe was badly deteriorated and has now been replaced.
- The meat department at West was remodeled and updated.
- The produce section at West got new fixtures and signage and a reset of some of the displays.
- West has a new freezer to offer

more promotions of frozen product.

- The salad bar at West reopened!
- The culinary department at West implemented some new equipment and a new software system to improve operations. The crew is also shifting many of the recipe ingredients to be more in line with the standards of 10th St. culinary. You can now find many of your favorite cafe foods at both locations. And...West is in the beginning phase of a bakery operation, and we plan to have many favorite 10th St. baked goods available at West.
- Coming up soon: we are looking at deploying electric vehicle charging stations. This could be partially funded by grant money and also net a tax incentive.



Winter Cooking Classes

Take an in-person or online cooking class with Oryana! You'll work with guest chefs and culinary experts to gain valuable tips and techniques. In-person classes take place in our new community kitchen at Oryana West.

transitioning away from gluten with Registered Dietitian Carol Bell. She will show you how to make gravies & sauces and how to cook with GF grains. She'll go over GF breads & wraps, how to make starchy food swaps, and what foods to avoid that have hidden gluten ingredients. Get ideas and recipes for easy, delicious gluten-free meals and snacks. (Demonstration class)

Make, Take, & Bake Apple Pie

Thursday, February 16, 6 - 8 pm
Instructor: Laura Cavender

Whether you are a baking pro or beginner pie maker, this class is for you! We will taste and discuss different apple varieties, then you will choose your own blend of apples, make and roll out your dough, and assemble your pie, which you will take home to bake. You will learn about making a top crust vs. a streusal topping, and even pick up tips for making decorative crusts. Please bring your own pie plate. Don't worry, we will have a freshly baked pie to sample in class!

Learn to Make Gyoza

Thursday, March 2, 6 - 8:30 pm
Instructor: Rorie Raimondi

Gyoza, or Japanese pan-fried dumplings are a street food favorite, and Rorie is going to show you how easy and fun it is to make gyoza from scratch. You will make two fillings,

one vegan and one meat: Five Spice Roasted Chickpeas with Green Onions, and Marinated Ground Pork. Rorie will help you perfect your dumpling-crafting skills so you can make these at home. Served with a simple dipping sauce, gyoza are a fun weekend cooking project.

Bagels From Scratch

Thursday, March 16, 6 - 8:30 pm
Instructor: Ethan Colyer

Have you ever had a warm bagel fresh from the oven? Now is your chance to learn how to make deliciously chewy bagels at home! Avid baker and former Oryana bakery team member Ethan will teach the basics of how to mix, proof, shape, boil, and bake a batch of bagels. Each participant will go home with the start of a batch to make at home and a recipe for perfect, homemade bagels. We'll sample fresh bagels together.

Making Homemade Pasta

Tuesday, February 21, 6 - 8:30 pm
Instructor: Richard Armstrong

Learn how to make fresh pasta at home with high quality ingredients and a little elbow grease. Expert pasta maker, Richard, will teach you the basics of pasta dough followed by rolling, cutting, and shaping the pasta. Together you will make two quick & delicious sauces and learn how to properly cook your fresh noodles. You'll go home with a ball of fresh pasta dough to cook in your kitchen.

Honoring Indigenous Foods

Thursday, January 26, 6 - 8:30 pm
Instructor: Darylin Berryman

Indigenous cooking highlights ingredients native to the area where you are cooking. Focusing on the nutritional and cultural significance of native ingredients, Darylin, who is a Certified Native Food for Life instructor and also grows her own traditional native foods, will discuss foods native to the Midwest. Together you will make Wild Rice Soup, Zesty Chipotle Slaw, Pinto Bean Tacos, Vanilla Chia Pudding, and to quench your thirst, Sage Orange-Infused Water.

Gluten Free Meals

Thursday, February 9, 6 - 7 pm
Instructor: Carol Bell, M.S., R.D.

Adapting to a gluten-free diet may seem daunting at first but it doesn't have to be. Learn plenty of tips for

CLASS LOCATION:
Oryana West Community
Room & Kitchen

COST:
\$40 for Oryana owners
\$45 for non-owners

REGISTRATION
Register for classes on our
website or on eventbrite.com

Zoom Cooking Class Series with Ali Lopez

Blue Zones Cooking

Tuesday, January 17, 6 - 7 pm

Blue zones are rare longevity hotspots around the world where people are thriving into their 100s. Ali will introduce you to this concept via the cookbook, "The Blue Zones Kitchen" by Dan Buettner, which explores the food traditions of the Blue Zones. Ali will make one dish from each cuisine featured in the book, five in all, including Okinawan Dashi Broth and Ikarian Garlic Spread.

Cozy Vegan Comfort Meal

Thursday, February 2, 6 - 7 pm

Winter is the perfect time to indulge in cozy and classic comfort foods, and Ali will share some of her favorite comfort recipes. She will demonstrate how to make her vegan versions of a classic Caesar Salad, Macaroni & "Cheese" and a decadent but healthy Chocolate Mousse for dessert.

Weeknight Dinner Ideas

Thursday, March 9, 6 - 7 pm

Even experienced home cooks who enjoy meal prep can be stuck in a rut when asked the daily question, "What's for Dinner?" Ali to the rescue! Ali will share two easy, hearty dishes that are perfect for a winter weeknight supper: Hearty Mexican Lasagna and Creamy Polenta with Caramelized Onion, Mushrooms, Kale and White Beans.

These classes are offered live via the Zoom app. You will receive an email with recipes two days in advance. After class, we will share a recorded version. Closed captioning is available. Cost: \$20 for Oryana owners, \$25 for non-owners.



Healing Soup

From Ali Lopez

It's soup season and this is one of my favorite soup recipes to help boost your immunity and keep you healthy all winter long. Or if you are not feeling great, it has great healing powers. This soup packs a powerful health boost with its warming spices: turmeric, ginger, cinnamon, cayenne. They are not only flavorful but provide anti-inflammatory, antioxidant, antiviral, and cancer-fighting benefits.

Coconut milk contains a compound called lauric acid, which is a potent antiviral and antibacterial substance.

Garlic contains allicin, a compound that may help ease inflammation and block free radicals. Allicin is only released when garlic is crushed or chopped, and then it takes about 10 minutes to develop. Once it's developed, you can lightly cook the garlic while keeping its health benefits, which is why I add it at the end of the recipe. It also tastes better this way, and you are less likely to end up with burnt tasting garlic.

Immunity Boosting Lentil Soup

3 cloves garlic, minced, set aside
1 tablespoon coconut oil or butter
1 medium onion, diced
1 large carrot, peeled, diced
1 tsp ground turmeric
1 tsp ground ginger
1 tsp curry powder
1/2 tsp ground cinnamon
1/2 tsp cardamom
1/4 tsp ground cayenne
1/4 tsp ground black pepper
1 cup red lentils
2 cups vegetable stock (or water or bone broth)
1 13.5 oz can full fat coconut milk

Optional add ins: fresh greens (dandelion, spinach, kale), fresh herbs (cilantro, basil, parsley)

1. In a medium pot, add the coconut oil and cook the onion over medium heat until translucent; add the carrot and cook for a few minutes; add spices and cook for 3 more minutes until fragrant.
2. Add lentils, broth, and coconut milk. Bring to boil, reduce heat to low and simmer uncovered for 30 - 45 minutes, or until lentils are very soft. Turn off heat and add the garlic immediately and stir. (This cooks the garlic enough to moderate the intensity of it while preserving all of its health benefits). For some bonus nutrients add greens, fresh herbs, a squeeze of fresh lemon, and for probiotics, top with a bit of dairy or non-dairy yogurt.

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STORIES & MEMORIES
from days of co-op past.
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