

FRESH PRESS IS A PUBLICATION OF
ORYANA COMMUNITY CO-OP

Fresh Press

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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

ORYANA WEST

3587 Marketplace Circle

Traverse City, MI 49684

Phone 231.486.2491

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

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Kaitlyn Burns, Vice President

Cy Agley, Treasurer

Holly Jo Sparks, Secretary

Kathy Baylis Monteith, Director

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*On the cover: After the storm, a rainbow appears over
Oryana 10th Street, circa 2000*

September is **OWNER APPRECIATION MONTH**

Oryana owners can take **10%** off
any one shopping trip in September



General Manager's Report

by Steve Nance

Continuing the celebration of 50 years in business

June was Oryana's official birthday month, and we are continuing the celebration!

Because being a cooperative means we are a part of our community, we have been telling our story and celebrating since the beginning of 2023. But instead of having a big party, we chose to have smaller engagements throughout the year to give back to our shoppers and our community.

How we've been celebrating.

- We are supporting various organizations doing amazing work in our community. We are calling this program "Groceries for Good." In June, Oryana gave two percent of sales and owners could round-up at the register every Thursday of the month with proceeds going to five local non-profit organizations.
- We hosted the Smart Commute Week Awards Breakfast.
- Co-op Swag! Now everyone can show their co-op spirit. You may have seen great new Oryana merch, water bottles, shirts, hats, stickers, and more!
- Oryana West loves parties and has been celebrating with vendor visits and sampling by some of our local producers.
- Tenth Street store celebrated with an anniversary ribbon cutting ceremony.
- If you were able to attend the Oryana Storytelling Event at the Opera House in May, it was so much fun, and the stories were very inspiring. They really highlighted how the co-op was a big part of the storyteller's lives. You can watch the recording on our Youtube channel.
- Oryana sponsored the documentary and panel discussion of the film "Gather" at the State Theatre. The film and panel discussed the power of the Indigenous diet to sustain us while living in harmony with the environment.

- Oryana is included in a new book written by Diane Conners (a past Oryana Board Member) and produced by Groundwork Center. The book, *Shared Abundance*, is both very informative and interesting and will serve as a playbook for others that strive to build food resiliency in their regions.

Oryana, another location!

As part of *Oryana Imagined*, our long-term vision, the co-op has long sought to have a collaborative presence at Munson and NMC. We are excited to have been invited to re-open the Sprout Café in the Cowell Family Cancer Center, to bring healthy beverages and grab-and-go options to the amazing Munson staff and to community members receiving treatment at the center. This will start a few days a week and we hope to see this "sprout" grow!

Another energy reduction project, solar at West!

As Oryana invests to address climate change, we have completed projects that reduce the gas and electrical use of the stores. This includes LED lights, solar (electrical and hot water collectors) on the Tenth Street roof, and system modifications to make our boilers more efficient. We are also continuing efforts to get local composting back online. Our newest project is a major installation of solar panels at Oryana West. Our partners at Keen Technical Solutions have completed the engineering and helped us process applications to be able to use current governmental energy grants and tax credits that will save cooperative funds as we lower energy use!

This year Oryana will have more recognition of our past and excitement about our future. After all, 50 years as a vibrant community cooperative grocery store is a big deal!



Board Report

By Kaitlyn Burns, Vice President

As summer arrives, it brings a natural inclination for direction setting. The longer days and warmer weather inspire a desire to explore new horizons and embark on exciting journeys. It is a time when the sunlit path ahead invites us to set goals, make plans, and align ourselves with the energy of the season, propelling us toward our shared direction. For our board work, that direction and collective objective is the Ends policies - Economy, Localism, Wellness, Education, Community, and Model Workplace.

If our Ends policies are our North Star, the bylaws serve as a compass, guiding Oryana toward our intended direction. These carefully crafted rules and regulations outline the framework within which our co-op operates, and provide clarity and structure to its activities, such as election of directors, duties of officers, the process by which decisions are made, and many other topics related to our governance. Bylaws establish the rights, responsibilities, and procedures that govern Oryana, ensuring cohesion, accountability, and a shared purpose amongst owners.

Since Oryana was established in the 1970s, the majority of our bylaws were written nearly 47 years ago! As our co-op has evolved, we have noted that the provisions and practices do not fit the Oryana of today. There was an opportunity to clarify and simplify language, identify updates to accommodate current operational approaches and our larger and growing ownership, and also to optimize use of modern communication technologies. Bylaws revisions must be approved by the owners, and the proposed changes are expected to be on the upcoming 2024 election ballot.

Amidst a wave of nostalgia and excitement, Oryana held the first in-person General Ownership Meeting since 2019! Gathering together this year felt extra special and held an air of significance as it marked the beginning of our 50th anniversary celebrations.

May marked the beginning of our board calendar. We welcomed a new board member, bringing them up to speed on policy governance and both the tactical

and strategic operations of board participation through a robust orientation process that was implemented last year. In addition, we held the Executive Committee election and checked in on our key initiatives for the year.

As a policy governance board, our work is not operational. The board is responsible for the direction – the Ends – and how those Ends are achieved is delegated to the General Manager. Earlier this year, our remarkable leader, Steve Nance, shared his plan to retire. Steve's visionary leadership, tireless efforts, unwavering commitment to our values, and passionate advocacy for sustainable and equitable business practices have been a driving force behind our co-op's success, and our Northern Michigan community is better for that. All this to say, it is no small task to find the person to take the helm and the GM search is not an endeavor the board takes lightly.

As we prepare for the transition, the board is working with a consulting partner and executive search firm to support in the process of identifying the next General Manager. Their ability to articulate and execute a clear vision, set goals, and align the team toward our common objective, the Ends, is of utmost importance, as they serve as the driving force behind Oryana's progress and growth. Selecting the right General Manager is a critical task, as their leadership has a profound effect on our cooperative's trajectory and long-term success.

While we are celebrating 50 years, we are already looking forward to what the next 50 could look like, as the work we are doing today sets the direction for the cooperative's future. This year's 50th anniversary milestone serves as an opportunity to reflect on our roots, values, and progress. It is also a reminder that we are actively writing the next chapter in Oryana's history.

With that, I want to extend gratitude to Oryana's owners and my fellow board members. From those who laid the foundation in 1973, to those I work alongside today, it's an honor to take this journey with you. Enjoy your summer!

Customer Comments

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

I enjoyed the Cheese Madness sampling. Will you please keep sampling more cheeses?

We're glad you enjoyed trying all the different cheese samples we had during Cheese Madness in March. We currently sample different cheeses every Tuesday, Wednesday, and Friday at 10th St. We are considering adding more days to the sampling schedule. West is also working on regular cheese sampling. Thanks for asking!

The music in the cafe (10th St.) is so loud sometimes that I can't hear what people are saying and it's hard to have a conversation. What can be done about this?

Feel free to ask the cafe staff to turn down the music in the cafe. They are happy to accommodate your request.

Please bring back fresh squeezed orange juice. I would love to see this at both stores. In Germany and Austria, grocery stores have a self-serve machine that squeezes oranges into juice on the spot. I believe this would be very popular.

The fresh squeezed orange juice was a popular item back in the day at Lucky's. When Oryana acquired Lucky's in 2020, it was in a rough spot financially. (Our acquisition took that store out of bankruptcy.) Needless to say, we had to implement many changes to get the store up to Oryana's operating standards. Our team found out pretty quickly that the fresh squeezed juice program was VERY costly to operate due to the intensive labor involved and expensive equipment with

high failure rates; plus tons of food waste. Unfortunately, the juice did not generate enough sales to keep it in production. Ultimately, it was too expensive to sustain the operation and our GM decided it was no longer a wise use of our owners' resources.

In the decision to do away with the program, our cooperative was able to put the space to a great new use as our coffee bar. While we don't have fresh OJ there anymore, we do have a full menu of made in-house smoothies and juices. We hope you check it out!

Please sell the bulk nut butters at West like you do at 10th St. Also, please open West at 7 or 7:30 am.

We hear your request to bring bulk nut butters to West. The good news is that it's coming soon. The entire bulk department at West is scheduled for a redesign, and there will be bulk nut butters there, just like at 10th Street.

Regarding West opening early, we tried, but no one came! Therefore, we do not have any plans to adjust our morning hours at this time.

Please sell the lettuce in plastic bags, instead of the plastic clam shells.

We hear your concern with the clam shell packaging as we are all working to be more mindful of our plastic consumption. We support a vast network of farms, from small to large, all of whom do their best to provide fresh products while maintaining a sustainable business operation. While we would love to see all our producers reduce their packaging, it's unfortunately harder for some

than others. Many of our producers choose to use the clam shells because it keeps the product fresher for longer (compared to the bags.) One of our local farms, Lakeview Hill Farm, has started to sell their lettuces in bags and it's been well received! We hope to see more farms transitioning to this practice in the future. I hope you check out some of the bagged lettuces that we do have. As a co-op owner, you know the power of voting with your dollars!

Walking up the many steps in the narrow staircase to reach the co-op is my first memory (of Oryana.) It must have been 1974 because I was with child and was putting in my volunteer time. While waiting for the first customers, I wrote on a 3x5 card, "Can anyone help me have my baby at home?" and attached it to the community bulletin board. Lee and Gary Cheadle thought they could help me! This was the beginning of the Northern Michigan midwife movement. Other memories are purchasing food in bulk to get us through the long winters. Buying 50 lbs of soybeans, wheat berries, lentils, split peas, etc. made life affordable in our little community on Peshawbestown Rd. Grinding the wheat to make flour, grinding the soybeans to make tofu from scratch, were part of our daily chores. Oryana made the back-to-the-land lifestyle possible. In later years, to complete my work requirement, I burned a wood sign that said 'ORYANA' and it hung at the entrance of the Randolph St. store for years. I now live in Taos, New Mexico. I am so grateful for the experiences of those early years.
Vicki Pfeiffer

Thanks, Vicki, for sharing your comment! It's gratifying to know that Oryana played a pivotal role in people's lives back in the day.

things we love

Beer City Dog Biscuits

Our dogs love these biscuits! They are handmade in Grand Rapids, Michigan using spent grains from Founders Brewing Co. and packaged by a team of people with intellectual and developmental disabilities.



Grillies Halloumi Slices

Halloumi is a specialty cheese from Cyprus that does not melt, making it perfect for frying or grilling. Grillies slices are pregrilled making them ideal for snacking, sandwiches, and cheese boards.



The Brinery Bacon Style Strips

Tempeh, which is made from organic cultured soybeans, gets the royal treatment with vegan "bacony" flavors infused in thin strips that fry up perfectly and taste incredible in the usual suspects like BLT sandwiches & avocado toast.



Dry Roasted Everything Bagel Cashews

One of the best crunchy snacks ever! Everything bagel seasoning - garlic, onion, sea salt, poppy seeds and black & white sesame seeds - is fantastic on roasted cashews. Find them in the bulk section.



Dress It Up Champagne Vinaigrette

This vinaigrette is the next best thing to homemade. It's made with simple ingredients and has a great delicate flavor. Not only is it good for fresh seasonal greens, it's also delicious as a marinade for meat or vegetables.

Devon Cream Company Clotted Cream

Clotted cream is made by heating milk or cream for many hours until the cream rises to the surface and thickens or clots. Fabulous on toast or scones with your favorite jelly or jam.



Boss Mouse Cheese Applewood Smoked Butter

This decadent treat is made right in Kingsley, Michigan from locally-sourced milk. It's hand cut & wrapped, with a 2-hour apple wood cold smoke for every batch. Enjoy on fresh bread, over steak, or with your favorite veggies. Yum!



Zatik Solar Mineral Sunscreen

A light, fragrance-free face and neck moisturizer that provides broad-spectrum UVA/UVB protection. Made with fresh organic herbs and is alcohol-free. This is a perfectly sheer sunscreen, great to wear under your daily moisturizer.



Murphy's Naturals Mosquito Repellent Candle

The natural ingredients infused into this candle keeps those buzzing and biting mosquitoes far away. It really does work, according to staff testimony. The aroma is pleasant and not overwhelming.

Garden Party Pilsner

Soak in the long days of summer with a crisp and refreshing Garden Party Pilsner! Specially crafted by our friends at Right Brain Brewery for our 50th anniversary, this beer is the perfect companion for all of your backyard summer celebrations.



summer homeopathy



SPRAINS/BRUISES

Arnica Montana This is the first remedy to consider for trauma and injuries, falls, bruises, & sprains. Helps to relieve inflammation and pain, and promote healing. Available in gel and pellets.



BEE STINGS

Apis mellifica For the burning, stinging, redness, and swelling of bee stings. Also a great remedy for hives.



MOTION SICKNESS

Cocculus Indicus Motion sickness remedy for your long car and boat rides.



POISON IVY

Rhus toxicodendron A remedy for all symptoms of poison ivy.



SUNBURN

Cantharis Relieves the severe pain following a burn or sunburn and promotes faster healing.

Belladonna - for sunburn, red painful skin.



INSECT BITES

Ledum palustre For relief of insect bites or bruising.

Although we look forward to everything fun that summer has to offer, we also remember summer's not-so-fun challenges. Take care of typical summer ailments like insect bites, sunburn, and allergies with gentle homeopathic remedies. Our Wellness departments carry a huge variety of homeopathics, many of which can relieve summer stressors. Our friendly Wellness staff are happy to help you find the right remedy for whatever summer challenge is ailing you.



ALLERGIES

- **Galphimia glauca** - relieves itchy nose and sneezing due to hay fever
- **Sinus Calm** - relieves nasal congestion, sinus pain and pressure, and headache due to the common cold or allergies
- **Allergy Calm** - for itchy, watery eyes, sneezing, itchy nose
- **Dr. Nenniger Triple Allergy Defense** - helps reduce the duration and severity of allergy symptoms from pollen

FIRST AID CREAM Calendula Cream

Multi-purpose first aid cream ideal for cuts and scrapes, chafing, minor burns, and sunburn. It promotes healing and helps to fight infection. For all ages and skin types. Also comes in a gel.



The Middle Years of Oryana

How Oryana survived near bankruptcy in the late 1990s



Completed expansion ribbon cutting in 2006



Oryana before expansion



Adding an extension to the west side



Staff in 1998 at the east entrance

Fifty years is an impressive milestone for a business, especially since only about 36% of businesses make it to their 10th birthday, and only about 21% of those make it to their 20th anniversary, according to the U.S. Bureau of Labor Statistics. Food co-ops, like any business, experience challenges and growing pains that must be successfully navigated in order to stay in business. Many food cooperatives in existence today were born out of the counterculture movement of the 1970s where people saw food issues as central to a new, more sustainable way of life. According to *Grocery Story, The Promise of Food Co-ops in the Age of Grocery Giants*, by Jon Steinman, the 1970s birthed upwards of 10,000 food co-ops, including Oryana. Co-ops supported revolutionary change and played a critical role in the growth of the organic, fair-trade, and local food movements, but they weren't necessarily adept in the nitty gritty of running a business. According to Steinman, "Most relied on truly bottom-up democracy and depended upon members for both financing and labor. Member labor kept prices low."

After transitioning from a back porch buying club to a retail store with a small space on Front Street, Oryana learned some hard lessons in business management. Dave Poinsett, one of the co-op's earliest paid staff members, recalled the time when Oryana was robbed. Instead of

making nightly deposits at the bank across the street, cash and checks were stuffed into a bag and hidden in a bucket of dry beans. Thieves broke into the co-op one night and stole the cash, about \$1500, an enormous sum at the time. This was Oryana's entire working capital and the theft was the first major challenge that almost sent Oryana into bankruptcy. Dave recalled the despair of the incident. "We believed that wholesome food and natural living could change the world, and that food co-ops like Oryana were a good way to make that happen. Now it was all about to end, at least for Oryana." But through Dave's sacrifice of working 60 hours per week and other strategic fixes, Oryana was slowly able to right itself and continue selling healthy food and attracting new members.

The business steadily grew and soon a bigger storefront was needed. The co-op moved to a spacious building on Randolph Street in 1980 where it was very successful for many years. With continuing growth and sales reaching over \$1 million, the co-op again needed to move and after an extensive search, Oryana purchased the Brown Lumber building on Lake St. in 1997.

This move, although much anticipated, heralded a difficult period that severely tested the co-op's mettle, nearly taking it to the brink of ruin. A heavy debt burden, a quirky old building in an obscure location, cash flow problems, lack

of staff training, all these factors and more had to be dealt with. "It was the worst location," said Steve Nance, Oryana's current General Manager. "There was no retail synergy and no drive-by traffic. And the neighborhood was a bit sketchy. I picked up needles on the railroad tracks behind the co-op." Steve's wife, Robin Nance, served on the Oryana board of directors at the time.

Linda Waddell was the general manager who orchestrated the move to Lake St. but her tenure was short-lived and she left the co-op soon after. With a vacuum of leadership, several staff members took on management roles to keep the co-op functioning. Joan D'Argo, Sandi McArthur, Eric Bartell, and Phil Thiel collectively ran the co-op as best they could while a search was underway for a new general manager. "They were all great people and very committed to Oryana, but it's a little tricky with four people in charge," said Woody Smith, another board member at the time. Even more assistance was needed and the board itself took an active role in day-to-day activities. "We were so busy helping run the store and making sure employees showed up," Robin said. "They didn't have any systems in place, no employee handbook, no rules to speak of. When they moved there was still a lot of hippie stuff going on, but when you expand and have a bigger mortgage, you have to start pushing a business model." Steve echoed his wife's concerns. "The little hippie co-op had to grow up!"

According to Woody, one of the biggest issues with the move was that the plan depended on lots of volunteer labor. "They thought volunteers would build out the space but that didn't happen. They needed to pay professionals to get the work done and spent all the money on the renovation. So, all the money was gone, and the renovation was still incomplete." Oryana faced a serious dilemma; it didn't have enough money to pay the staff.

Right around this time the board hired a new general manager, Bob Struthers. Bob had retail experience working at Wolohan lumber, and practical skills that came in handy when the roof and floor needed repairs. One time, a staff member found Bob under a sink and asked him if he was a plumber, to which Bob replied, "No, I'm the general manager!"

Handyman skills aside, Bob's most significant contribution was his business acumen. "He brought discipline to running a grocery store," Woody said. After fixing the roof, Bob's first order of business was fixing cash flow. "I told the buyers not to buy too much product so we could make payroll," Bob said. "It was a really bad situation and it had to have been scary for a lot of people for a few months in the beginning. But then we got things balanced out pretty quickly," he explained. He streamlined operations and brought a new efficiency to the ordering process. "There was a buyer for everything, and we had five or six department managers. That was a lot of people with not the most efficient use of time." Bob also made some key staffing promotions and changes, balancing the inventory, focusing on category management, and improving overall operations even more. He was able to utilize smart business tactics without losing sight of the co-op's values.

The many changes that had to happen to keep the co-op viable were not always popular. Bob encountered some resistance, both from staff and members. A big controversy at the time was whether or not to sell meat. The only "meat"

Oryana had when Bob showed up was canned tuna. Alcohol was another category that met with resistance, but as the co-op started meeting more members' needs, and carrying high quality local and organic products, the more it thrived.

Bob was also smart about customer service," said Steve. "He eliminated the surcharge and changed the perception of Oryana as being exclusive. He knew the shelves needed to be full and abundant, and that we needed to offer better customer service and be more welcoming. Shopping became a much nicer experience. With these changes we started growing!"

Another factor that coincided with Oryana overcoming its struggles was a burgeoning interest in natural and organic food. The organic sector was growing fast and Oryana was poised to capitalize on the trend. Bob was instrumental in Oryana acquiring retail organic certification, no small undertaking. Because of Bob, we were the first co-op in the country to become a certified organic retailer. "I was really proud of that," Bob said. "It was a really cool thing. I thought, why wouldn't we become certified if we're holding those values, why wouldn't we demonstrate those values to our operational approach, why wouldn't we want to be a leader in that?"

With Bob's strong hand steering the co-op and nearly annual double-digit growth, the board decided in 2005 to expand. After consulting with architects and considering various green building options including rammed earth construction, the board committee settled on an 8,000 foot brick block extension with lots of LEEDS inspired features including low VOC cement, high efficiency heating and cooling, use of reclaimed materials, and many other features. After a few construction snafus - the removal of the concrete floor of Brown Lumber was complicated because it was three times thicker than anticipated, and heavy construction machinery had fallen into an old basement they were not aware of - Oryana welcomed the community to a beautiful new store in 2006.

"That's the story of the middle period," as Woody put it. "We went through some growing pains. Some people thought we were becoming a traditional corporate business, but you need to give people a good experience. People liked Oryana's mission and values. If the store experience isn't good, the rest doesn't matter. So without sacrificing the values and commitments, Oryana became really good at creating fair pricing and offering the amazing Oryana experience. Just delivering a great experience, that is at the root of its success. People would try it and then they came back."

As any successful co-op can attest, it takes the collaboration of many players in the co-op's growth, and Oryana benefited from a great many people contributing their time and effort. Dedicated employees who believed in the co-op kept showing up and putting in their best work, members stayed loyal and kept renewing their memberships every year. Gradually the community got to know and support Oryana. At times it took a herculean effort to overcome the odds and continue its mission to provide the best, highest quality food around. The founding members of Oryana can be proud that their small cooperative endeavor of procuring healthy food at reasonable prices for their families is still going strong 50 years later. Here's to the next 50 years!

2023 Microloan Recipients

We are pleased to present the recipients of this year's annual microloans. In partnership with Crosshatch Center for Art + Ecology and Grain Train Natural Foods Markets, Oryana is proud to offer zero interest loans to innovative farmers and food producers in our area. Oryana believes in the power of the local food system and recognizes that the development of thoughtful, ethical growers and makers creates a stronger and more resilient community. This year we offered funds to assist with two worthy endeavors.

Great Lakes Treats



Great Lakes Treats is a licensed wild-foraged and cultivated medicinal and culinary mushroom supplier in Traverse City. Jill and Aaron Grenchik started their business in 2017 and currently sell their products at many retail locations, at the Sara Hardy farmer's market in Traverse City, and through online sales. The company requested funds for renovations of their warehouse in Williamsburg with the intention of creating commercial kitchen space, as they outgrew their current space. They also plan on developing a controlled area for mushroom cultivation as well as investing in a freeze dryer for preservation needs. One project currently in development is an in-house made shelf-stable mushroom beverage product. The couple runs the business by themselves and they hope to hire employees upon completion of this space.

Lakeview Hill Farm



Lakeview Hill Farm is a certified organic farm in Leelanau County specializing in hoophouse and greenhouse production. They grow a variety of vegetables with a focus on tomatoes, cucumbers, salad greens, and microgreens. The farm is also committed to utilizing renewable energy on all aspects of the operation. They employ five year-round, salaried employees, and two seasonal employees. This loan will support the revitalization of the historic farm house for use as a farm store, increasing access to farm fresh products in Leelanau County. For this project they need to purchase produce display coolers, display tables, and display freezers.

CO-OP KIDS PAGE

VEGGIE SCRAMBLE!

OORILCBC ☐☐☐☐☐☐☐☐

UTCETEL ☐☐☐☐☐☐☐☐

ACIPSHN ☐☐☐☐☐☐☐☐

RATCOR ☐☐☐☐☐☐☐☐

RLIGAC ☐☐☐☐☐☐☐☐

NITPUR ☐☐☐☐☐☐☐☐

SHIDAR ☐☐☐☐☐☐☐☐

BONUS WORD! ☐☐☐☐☐☐☐☐☐☐

What vegetables do chickens grow?

*Find the answer below!



COLOR BROC THE CO-OP EXPLORER!

DOES IT GROW ABOVE OR BELOW THE GROUND?

Circle the correct answer



Radish

ABOVE **BELOW**



Tomato

ABOVE **BELOW**



Potato

ABOVE **BELOW**



Cherry

ABOVE **BELOW**

SCAVENGER HUNT

Can you find these at Oryana?

A purple vegetable ☐

A leafy green ☐

A dried fruit ☐

A fruit that grows on a tree ☐

Something that's in a shell ☐

EGGPLANT*

As early as 1826, the French said the same, that the food you eat has a bearing on your state of mind and health. Research continues to provide evidence that when our gut is out of balance, we can experience brain fog, poor concentration, depression, and anxiety. Some foods even hijack our brains similarly to alcohol and other drugs!

In the intestinal lining of the gut lives a tiny world home to trillions of different microbes and bacteria, known as the microbiome. The job of the microbiome is vital to survival and well-being. It helps the immune system have the proper response, regulating when the body is sick or well. It also extracts energy (nutrients) from food with other processes to ensure good absorption. Absorption is the way every cell in the body is nourished. Quality of diet greatly affects the function of this biome. The nerves around the gut that use brain power to make neurotransmitters is called the enteric nervous system, or “second brain.”

Neurotransmitters, like serotonin and dopamine, play an essential role in mental health, mood, and energy. Many emotions we experience could be a sign of what is going on in the gut, not the brain. Serotonin, one of the main neurotransmitters responsible for depression, is made in the gut! The connection between the gut and the brain is the vagus nerve, one of the largest nerves in your body.

Stress has many symptoms. Slowing or even stopping digestion is one of them. Our bodies are wired to deal with stress in limited amounts, but chronic stress, when the stress response is turned on most of the time, leads to confusion in the body and it responds with sickness and disease.

Stress increases cortisol (a hormone produced in the adrenal gland,) sending signals to your brain to hold on to fat and sugar for an emergency. To keep up with the stress response, the body craves sugar and carbohydrates for fast fuel. Sugar and quick carbs temporarily improve mood by causing a rapid release of glucose, but once blood sugar drops, your mood drops with it. Using food to make yourself feel better is called emotional eating. This kind of eating, if it becomes the norm, provides insufficient nutrients, which causes you to forage for quick energy foods again. Emotional eating fills you up but your gut is empty of nutrients it needs to function at its best.

Low sugar and high fiber foods produce a slower glucose release, providing a steady level of absorption. Eating a varied diet that includes nutrient-rich foods gives you the balance you need to feel better.

For me personally, as I reflected on my habits around food, I was able to slowly change the way I perceive food. Early in my food journey, I reached for sweets to relieve stress. When I learned about gut bacteria, I realized the foods I ate were feeding bad bacteria. This disrupted my gut health and caused inflammation, which then resulted in brain fog, lack of concentration, depression and anxiety, all symptoms that I struggled to manage. The bad bacteria in my gut dictated what I was craving, perpetuating a vicious cycle. If I ate junk, I craved more junk. Many people use food to comfort themselves. This was true for me too.

Processed food, the main component of our American diet, is full of white flour, sugar, and simple carbohydrates. It's also

loaded with preservatives, dyes, artificial flavors, hormones, and antibiotics, all of which are known to suppress mood and cause inflammation. You can best achieve neurotransmitter balance by transitioning to a diet rich in plant proteins, fruits, nuts, legumes, and whole grains.

But here comes the challenge. Depression and low energy make it difficult to be motivated to plan a healthy meal and cook from scratch. Yet cooking your own healthy food puts you in control of what goes in your body. This is a surefire way to nurture your gut and start to feel better.

I started out slowly, with intention. I knew I needed to change my lifestyle but do it in small steps. I prioritized eating as a way to take better care of myself. I chose to shift time I could have spent doing something else to focusing on learning all I could about eating for nutrients. I fed myself better and changed the way I made food for my family. I shopped with a grocery list to help me focus only on healthy foods. I cooked extra to have for another meal. I tried new vegetables often, and learned different ways to prepare them. In my experience, sometimes the struggle is not knowing how to prepare a vegetable.

Gradually, I felt better and change became easier. When you feel good, you're less likely to be reactive to stressors. Like it did for me, making the right food choices can help you create a great atmosphere in your gut for growth of good bacteria. Here are some examples of things you can try:

- Fermented food like sauerkraut feeds good bacteria in your gut. Kraut has a steady home in our fridge!
- Choose breakfast foods featuring high quality protein and complex carbohydrates. I added more vegetables to my eggs in the morning, spinach, onion, sweet potato, to name a few.
- I try to keep vegetables in the center of my meal, building other foods around it. (This will take time.)
- Roasting vegetables like brussel sprouts, broccoli, and beets is easy and delicious! I toss them in olive oil and spices and bake on a large tray. The leftovers taste great in my eggs or on a salad the next day.
- Omega-3 essential fats are important as well. The body can't make them, so we must get them from food. They are found in fish, nuts, oils, and leafy vegetables. I make a habit of adding walnuts to my smoothie and sprinkling seeds or nuts on my salads. Salmon is high in Omega-3. Baking or grilling a few pieces can become leftovers on top of a salad the next day too!

Recognize that you are the author of your own story. It can be modified to match your current values. Do you believe in health, longevity, and treating your body respectfully? Do your eating habits match those beliefs? How would your life be if you were free from symptoms right now? Start with baby steps. Start by changing just one food to help increase your energy levels. More energy helps you connect with others. Let's start connecting!

NOTE: This article is provided for educational purposes only and does not constitute providing medical advice. The information should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician.

MAKE A SUMMER FERMENT

Mid to late summer

is that glorious time of year when gardens, farmers markets, and kitchen counters are overflowing with gorgeous, fresh produce. We eat those plump tomatoes and the succulent corn on the cob as fast as we can, but when all that deliciousness piles up quicker than we can eat it, it's time to think about how to preserve it for later. Fermenting is one easy way to preserve some of the fresh bounty. You don't need any special equipment to make a ferment, just a mason jar, salt, your veggie of choice, and time. Sauerkraut is a great ferment to try first if you've never done it before.

How are sauerkraut and other veggies fermented?

Sauerkraut is made by a process called lacto-fermentation. Beneficial bacteria are present on the surface of the cabbage and on all fruits and vegetables. *Lactobacillus* is the same bacteria found in yogurt and other cultured products. When submerged in a salty brine, the bacteria begin to convert sugars in the cabbage into lactic acid. This is a natural preservative that inhibits the growth of harmful bacteria and what gives fermented foods their characteristic tangy/sour flavor.

VEGETABLES + WATER + SALT + A FEW DAYS = DELICIOUS, TANGY, PROBIOTIC-RICH GOODNESS!



OTHER VEGGIES YOU CAN FERMENT: cucumbers, green beans, cauliflower, carrots, red and green tomatoes, peppers, onions, radishes

Summer Kraut

- 1 small head fresh green cabbage
- 1 small head fresh purple cabbage
- 2 small carrots
- 3 tablespoons fine sea salt (do not use iodized salt)
- 2 large bowls
- 2 clean wide mouth quart jars with lids

1. Remove wilted outer cabbage leaves. (Save one to use to cover the cabbage in the jar.) Cut cabbages in quarters and cut out the tough inner core. Thinly slice or shred the cabbage and carrots with a sharp chef's knife or mandoline slicer.
2. As you are shredding the cabbage, add it to the bowl and sprinkle some salt on it. Keep sprinkling the salt as you add the cabbage. Add in the carrots. Toss the mixture to evenly distribute everything. You will notice liquid starting to release from the cabbage. Let it sit for a few minutes to allow cabbage to continue softening and releasing liquid.
3. Start scooping the cabbage into the jars. Fill them up about half way and then press the cabbage down using a pestle or kraut stomper. If you don't have these tools then use a fork or spoon to press down the cabbage. Keep adding cabbage and pressing it down until the jar is full, leaving 1 1/2 inches of headspace. The cabbage should be covered with its own liquid. Place a piece of one of the larger outer leaves of the cabbage over the surface of the sliced cabbage (or use a glass weight.) This will help keep the cabbage submerged in its liquid. Rest the lids on the jars but don't tighten. This will allow air to flow in and out of the jar, but will prevent dust or insects from getting into the jar.
4. Place on a plate or pan and let it sit on the counter away from direct sunlight. Some of the liquid may seep out during the first day or two of fermentation. Whenever you're in the kitchen, periodically press the cabbage down to keep it submerged. Any exposed cabbage will go bad after awhile. Using fresh cabbage ensures there will be plenty of liquid, but if after 24 hours, the liquid has not risen above the cabbage, dissolve 1 teaspoon of salt in 1 cup of water and add just enough to submerge the cabbage. If you see foam or white "scum" you can scrape this off, but don't worry about it. If there is mold, you can also simply remove the moldy kraut and continue fermenting.
5. Start tasting it after 3 days; when it tastes good to you, remove the top leaf, screw on the cap, and refrigerate. You can also let it continue fermenting for 10 days. Sauerkraut will keep for 6 months in the fridge.



Fermented Beets

- 1 1/2 pounds beets, any kind, peeled, sliced thin
- 2 cups filtered water
- 2 teaspoons fine sea salt
- Optional: pinch peppercorns or red chili flakes
- Optional: 2 cloves garlic

1. Stir the water and salt together in a bowl until salt is dissolved.
2. Arrange the beet slices in a wide mouth quart jar, along with optional seasonings. Pack them in tightly but leave about an inch of headspace. Pour the brine over the beets and cover them completely.
3. Place a weight over the beets to keep them submerged, or check them frequently and press them down. Rest the lid on the jar. Let sit at room temperature for 1 - 2 weeks. The warmer your kitchen, the faster they will ferment. Transfer to the fridge and use within 6 months. The brine may become cloudy after awhile due to the starchiness of the beets.

Helpful tools for making vegetable ferments:

- sauerkraut stomper or pestle for packing jars with cabbage
- fermentation lids (these are called Pickle Pipes) - featuring one-way airlocks that vent gas automatically so they require no babysitting
- mandoline slicer for perfect, thin slices
- glass weights for keeping food submerged in brine
- fermentation springs: keeps food submerged in brine during fermentation

Summer Grazing Board

With summer in full swing and outdoor entertaining on our minds, we can't think of a better way to serve a delicious spread without the fuss and heat of cooking than a beautiful, bountiful grazing board. Trays, platters, big plates, large cutting boards, etc. all can serve as a vessel for presenting a simple yet stunning array of seasonal fruits, complimentary cheeses, meats, crackers, veggies, dips, and anything else you can dream up that will fit on your platter. Easy entertaining at its finest!

Tips for assembling a grazing board

- If you don't have a fancy board, use a baking sheet lined with parchment paper.
- Start with your cheeses; choose 2 - 3. Slice or cube blocks of cheese. For soft cheeses, include a butter knife. Space the cheeses apart.
- Add one or two small bowls of dip, like hummus.
- Next, assemble little piles of cut up fruit, veggies, meats, etc. Make everything bite-size.
- Add some crackers, breadsticks, or bread slices.
- Fill in remaining spaces with nuts, dry olives, baby greens, anything small.





Anavery Fine Foods

A family farm practicing ethical standards in raising heritage breed animals

One hundred. That's how many sheep Anavery Fine Foods has. 78. That's how many acres Adam Weinrich and Dandan Zhu own on Secor Rd. just a few miles southwest of Traverse City. Three. That's how many families owned and farmed the land before they purchased it in 2019. Three is also how many children the couple have, and whose names inspired the business name: Annabelle, Veronica, and Henry.

Adam grew up in Michigan, while Dandan grew up in China and studied in Texas a few years; the couple met in Hong Kong where they were both busy with finance careers. Working long hours in a big city was not the kind of lifestyle that sustained them and they knew they wanted to try something completely different, something neither had any experience with...farming. With a desire to be near Adam's parents in Traverse City, they shopped for property in the area. It took two years of searching before the Secor Rd. property came to their attention. Although it had been a beef and dairy farm in the past, it hadn't been actively farmed in the previous 10 years.

Learning how to farm involved plenty of trial and error along the way. Adam sought out local mentors to help. For each type of animal they raise, Adam found local experts who gave them detailed advice. These kinds of connections with like-minded farmers really inspired Adam and made him appreciate the endeavor that much more.

Anavery grows some of its own hay for the animals and sources the remainder, along with field corn, from neighboring farms. The farm utilizes regenerative methods and never uses any artificial or chemical inputs.

Most of the farm's business comes from meat subscriptions where customers purchase from the farm directly, in addition to selling through Oryana. Adam and

Dandan are pursuing ancillary opportunities for food production on the farm in partnership with other folks who may be interested in starting a value-added farm business. They are currently proposing a fresh cut flower business and fresh pickle business where partners can use the land, equipment, and customer relationships to develop a profitable specialty.

One of the most satisfying aspects of the family's venture is the building of connections: between customers and their food, between their family and the land and animals, and between their family and the families that patronize the farm. According to Adam, farm living is a great antidote to modern society. "People can feel very disconnected from everything. It's all lonely and alienating. Those connections between the land, our animals, and our customers, that's what gets us out of bed every day, and motivates us to work hard."

Something that Adam finds challenging about his young business is how much time, effort, and money it takes to get to a scale for the business to be financially feasible. "We're almost there," said Adam. "It takes a lot of effort to produce food. We have most of the infrastructure, we're still buying tools, we still need another barn and more fencing. The process of going from zero to a viable sustainable scale is long and expensive. But it's getting there."

"We are first generation farmers on a third generation farm. My parents help out, Dandan's parents help. Our kids are raising the goats. We're lending them the money and they are learning all about how to care for and sell goats. They already decided when they get paid they will purchase more goats."

Learn more about Anavery Fine Foods and how to join the Meat Club by visiting www.anavery.com.



SUMMER CLASSES

Canning Food At Home

In Partnership with MSU Extension

Instructor: Kara Lynch, MS, RD

Water Bath Canning High Acid Foods

Tuesday, July 11, 6 - 7:30 pm

Cost: \$10 (or both for \$15)

Location: 520 W. Front St. TC (next to the fire station)

Learn research-tested techniques for canning high acid foods such as tomatoes, pickles, fruits, and sauerkraut using a water bath canner and a steam canner. Don't lose a single tomato to spoilage, and learn how easy it is to preserve your food.

Pressure Canning Low Acid Food

Wednesday, August 9, 6 - 7:30 pm

Cost: \$10 (or both for \$15)

Location: 520 W. Front St. TC (next to the fire station)

Does the thought of using a pressure canner intimidate you? This class focuses on canning low acid foods that you can't safely preserve in a water bath canner. Low acid foods you might want to can include meats, fish, beans, corn, etc. We will show you all the steps for pressure canning and remove the fear factor so you feel confident operating a pressure canner and preserving fresh foods that you will enjoy all year long.

To register for canning classes, visit the events page on our website or register at: events.anr.msu.edu/Oryana2023/

Marvelous Summer Mocktails

Wednesday, July 19

Instructor: Jack Lankford

Cost: \$40/owners - \$45 non-owners

Learn how to whip up festive, fruity drinks without spirits for friends and family this summer. In this class, master mocktail maker Jack will show you how to create your own delicious summer mocktails featuring cherries, strawberries, and basil, as well as tropical fruits. You will learn how to make flavorful syrups from scratch along with delicious fresh infusions which will form the base of your mocktail creations. You'll learn about flavor pairings, herbs & spices, and make a few savory snacks to go with your mocktails.

Backyard Conservation & Native Plants

Tuesday, August 8, 6 - 7:30pm

Instructor: Cheryl Gross, President, Plant It Wild

Cost: \$15

You can transform your yard space by creating a beautiful, healthy habitat where native plant and animal species will thrive. Join us and learn about the critical importance and benefits of utilizing plants that are native to our region. Cheryl will discuss what native plants actually are and how to identify them, how native plants support birds and insects, how they reduce or eliminate the need for chemical fertilizers, pesticides, and irrigation, thrive in local soils and weather conditions, and more. This is a fun, information-packed class you won't want to miss if you are ready to start transitioning your yard away from non-native, invasive-filled, input-intensive lawns and yards to a functional ecosystem and dynamic space that blooms all season long.

Indian Cuisine

Saturday, September 23, 11 am - 1:30 pm

Instructor: Tom Sisco

Cost: \$40/owners - \$45 non-owners

BACK BY
POPULAR
DEMAND!

Dive into a world of Indian spices as Tom, who trained with renowned Indian chef Julie Sahni in NYC, introduces you to several iconic dishes redolent with warm spices. You will learn all about bold (but not necessarily hot) spicing of food. Together you will make a classic Red Lentil Dal with Spinach, Cumin Potatoes, Lemon Ginger Rice, Chicken Braised in Spiced Yogurt Curry, Chickpeas with Spiced Vegetables, and Aasaan Chapati.

Honoring Indigenous Foods

Thursday, September 14, 6 - 8:30 pm

Instructor: Darylin Berryman

Cost: \$40/owners - \$45 non-owners

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Immerse yourself in the richness of some of the varied cuisine of original American cultures in this informative class with Chef Berryman. Darylin, who is a Certified Native Food for Life instructor, and who also grows her own traditional native foods, will focus on some of the true foods of North America. Together you will make No-Fry Bread, Wild Rice Soup, Boston Baked Beans, and a refreshing Apple Pecan Raisin Salad.

- Class location: Community room at Oryana West
- To register visit our events page: www.oryana.coop/events



OUR
COMMUNITY
PARTNERS

An update on Carter's Compost

By Megan Alexander

Simply saying that Carter's Compost is a local grass-roots company does not provide a full picture. The original downtown TC bike-powered compost service was started in 2011 by an 8-year-old boy, Carter Schmidt, who had a great idea. In the 10 years that followed, Carter rescued over 47,000 pounds of food scraps that were otherwise landfill-bound, and turned them into rich compost. While biking over 3,000 miles, Carter and his team sequestered over 20 tons of carbon from the atmosphere through the salvaged food waste.

In 2022, I had the honor of continuing Carter's legacy. It was as if the stars aligned when I connected with the Schmidt family to talk about how this invaluable community asset could continue to operate.

I had much to learn in the first year, so I decided to change as little as possible and spend all six months of the season learning how the process works. I also got to know the people in the compost community (aka Compost Champions), and together we continued to regenerate Michigan soils through organic waste diversion.

The 2023 season brings with it some changes, most notably more capacity through partnerships with the SEEDS Farm at Historic Barns Park and Lightwell Lavender Farm on Old Mission Peninsula. Our pick-up locations had been limited to downtown Traverse City, but with these two new sites, Carter's Compost is poised to triple the number of households it serves with pickups in TC, and a drop-off location on Old Mission.

I jumped into the composting world with both feet, joining several local, state, and national initiatives to educate

and advocate for returning nutrients and organic materials from food waste back into local soils through composting.

Food for thought: What we throw in the trash does not decompose or add back to the system in any way. Instead, it turns into methane gas. Composting allows food waste to decompose and turn into a carbon-rich product. Carbon wants to live in the soil, and your plants want it there. It's a core nutrient for plant health. Not only does adding compost to soil contribute carbon, it maintains moisture levels and reintroduces tons of happy microorganisms to the soil surrounding a plant's roots.

We live in a beautiful area of water, forests, farms, orchards, and vineyards. Carter's Compost believes that the resilience and beauty of our community is inseparable from the health of the land we live on. Transforming our food waste into fertile compost is one small way we can collectively have a broader impact on our area and strive to keep it beautiful for future generations, mitigate greenhouse gas emissions, and sequester carbon in the soil.

Carter's pickup service is bike-powered and runs May through October, with weekly or bi-weekly pickup options. The Old Mission site offers a drop-off subscription for peninsula residents. Carter's is excited to accept most residential kitchen scraps into its piles. If it came from the earth, Compost Champions are encouraged to compost it with Carter's so it can be transformed into compost that can return to our community soils.

To learn more about Carter's Compost or to become a Compost Champion, visit www.carterscompost.com.

MAWBY
Sparkling Wines
VINEYARD TOUR



Join us on Sunday, August 13

to celebrate Oryana's and Mawby's 50th anniversary with a vineyard tour at MAWBY Sparkling Wines!

Start with a welcome pour and enjoy two more wines while we sip and stroll the property. Owner and Winemaker Mike Laing will share the MAWBY story and the rich history of the 50-year-old vineyard.

Tickets are limited, so be sure to reserve your spot today. Tickets available on Eventbrite.

We will be walking less than a mile in sandy and hilly conditions. Please wear appropriate shoes and dress for the weather. Tour times: 10am & 11:30am, 45 minutes each.

Cheers to 50 years of Oryana and MAWBY and many more to come!



Oryana Community Cooperative

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