

FRESH PRESS IS A PUBLICATION OF
ORYANA COMMUNITY CO-OP

Fresh Press

FALL 2023

WHERE WE ARE NOW AND WHERE WE'RE GOING.



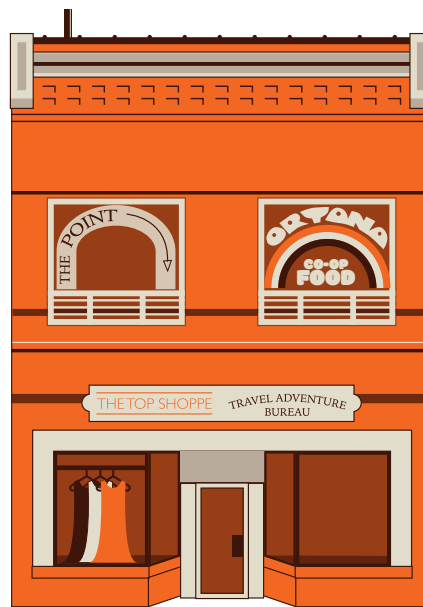
ORYANA WEST 2020



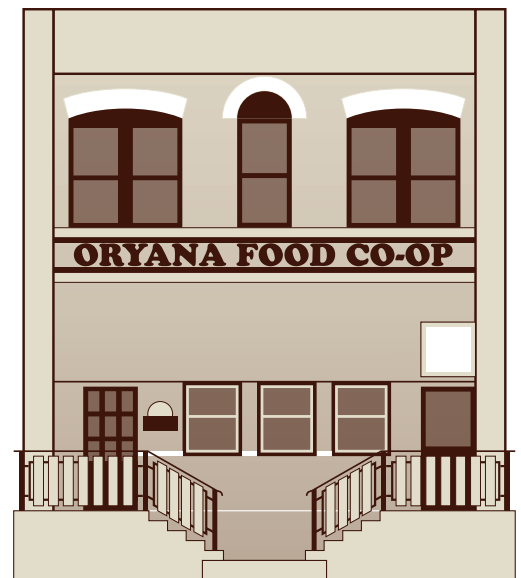
ORYANA 10th Street 1997



BUYERS CLUB 331 W 16th Street 1973

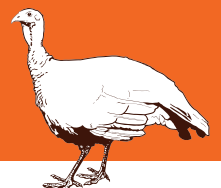


ORYANA Front Street 1974



ORYANA Randolph Street 1980

**ALSO INSIDE: THREE SISTERS • SPROUT CAFE • THE ROCHDALE PIONEERS • HERBS
HOLIDAY HELPERS • SWEET POTATOES • FALL CLASSES • DUERKSEN TURKEY**





FRESH PRESS

**A quarterly publication of
Oryana Community Cooperative**

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OUR STORES

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

Our Board of Directors

Colleen Valko, President
Kaitlyn Burns, Vice President
Cy Agley, Treasurer
Holly Jo Sparks, Secretary
Kathy Baylis Monteith, Director
Chuck Mueller, Director
Marty Heller, Director
Tricia Phelps, Director
Parker Jones, Director

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December is
**OWNER
APPRECIATION
MONTH**

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



General Manager's Report

By Steve Nance

A Fond Farewell

It's hard to believe, but almost 15 years ago I walked into the 10th Street store as the new GM. It was January 2, a Saturday, and a blizzard was howling. My first big decision? Do we fix the busted snow blower that was stuck in a snow drift or replace it? I used my mechanical skills (that was my first adult career) but was unable to get it going, so went and invested the co-op's funds on a new one!

As I move toward retirement, it's a time to reflect and reminisce. I will certainly miss the Oryana team, our owners, and our shoppers. After over 50 years employed in all different business models, (my own small businesses, a partnership, and the corporate world), my time in co-ops has been by far the most rewarding.

Oryana was a mission, a blessing, and a challenge. I thought I knew what I was getting into. I had spent six years on the board and my wife had preceded me, but little did I know that grocery is very fast moving. (Lots of cash, lots of expenses, and lots of product, all coming in and out quickly. Or in some cases, "going bad," as you look at it!) Oryana in 2010 was very bare bones, having just completed expansion of the old Brown Lumber building. For systems, there was an Apple AirPort internet device plugged into a wall outlet and a 12-year-old point of sale system, a very noisy boiler upstairs, little in the way of standard operating procedures, and certainly no administrative or support staff. So, the small team, mostly part time, DID IT ALL!

Somehow it all came together as planned. (We are big on planning at the co-op. These days we have a 10-year vision and the team and GM do a yearly business planning process for all levels and departments of the cooperative). In 2009, sales revenues were about \$8 million, and we had 62 staff and 2600 members. Now Oryana is headed to over \$34 million and has two stores, a small café at the Cowell Cancer Center at Munson, and over 200 staff. Pretty great for our community and amazing for a cooperative grocery store in a rural part of sparsely

populated northern Michigan! (Oryana is the 16th largest cooperative grocery in the U.S. and the 16th largest grocery in Western Michigan.)

Oryana continues to have some amazing leaders and staff and truly wonderful owner- and community-support. I remember waking up at 3 am for weeks as we got close to the final step on opening a second store in Acme in 2014. Sometimes you listen to those 3 am gut checks and we called a halt to the project, with a storm of competition on the horizon as Lucky's Market, Costco, and ALDI all locating in TC. But Oryana did not falter; we stayed true to our mission and supported the cooperative. I hate to seem snarky or boastful, but I am proud that Oryana outlasted Lucky's and the speculators, as we pursued them and won Lucky's in a bankruptcy auction, thus becoming Oryana West.

There are so many folks I would like to recognize and thank that supported me and Oryana. As a cooperative we work together for the common good, but I need to thank some of those that were the reason I came to Oryana (and at times, stayed!): my wife Robin, Sandi McArthur, Eldon Horner, Dena Ames, and Lori Korb. Thanks for being the North Stars for Oryana and for being so stable in sometimes choppy seas. I also want to recognize and thank the boards I have gotten to work with. Oryana has always had high functioning governance with talented and committed folks from our ownership. Lastly, I want to thank all the staff, past and present. The Oryana team is the bedrock on which the cooperative has been able to grow, succeed, and move forward at the "speed of trust."

So, as I hand the keys over to a new leader, it is with the knowledge that Oryana, with two amazing stores, a great leadership team and wonderful staff, is truly a strong community cooperative. I look forward to seeing what the future holds for our co-op and I know Oryana will continue to be a shining star in Northern Michigan and that folks will continue to say, "Oryana...it's my happy place!"



Board Report

By Colleen Valko, Oryana Board President

As board president, I'm thrilled to connect with you all during this transformative period at Oryana. Change is in the air, and it is my honor to share some exciting updates about our board's work, from selecting a new general manager to fostering governance that mirrors our values.

With deep gratitude and nostalgia, we are preparing for Steve's retirement at the end of 2023. His contributions as general manager have fueled Oryana's direction and growth since 2010. Steve's unique blend of visionary thinking and business acumen has been a guiding force, propelling us towards unparalleled success, and his capacity to dream big while navigating the complexities of grocery cooperatives has been truly remarkable. We owe a debt of gratitude to Steve for the path he's paved, and we honor his legacy as we step into a new chapter.

As we turn the page, the board finds itself in the midst of our most important task - selecting the next individual who will lead Oryana. As I write this in late August, our search committee is hard at work reviewing and interviewing an exceptional pool of potential candidates. The level of interest and enthusiasm from these talented individuals is a testament to the remarkable reputation our cooperative has earned within our community and industry.

Through September, the committee will conduct interviews, carefully assessing each candidate's alignment with Oryana's values and the identified qualities we want to see in our next leader. By the time the leaves begin to change, and the autumn breeze carries a sense of anticipation, we plan to have chosen our finalists for in-depth interviews with the full board and key Oryana staff. I invite you all to

join me in eagerly awaiting the selection of our next general manager in the next few months.

While we continue our search, it's important to acknowledge the ongoing initiatives that define our cooperative's identity. The review and updating of our bylaws is one such project. These guiding principles, which were last updated in 2017, are the bedrock of our cooperative. We are diligently working with legal counsel and following best practices to ensure that the modernized bylaws reflect our ever-evolving needs. We are on track to present these updated bylaws to the membership for approval next spring.

In addition to the bylaws update, we're excited to announce that we are actively seeking applicants for candidates to join our board of directors! Your participation as owners is what makes our cooperative thrive, and we invite those passionate about our mission to consider joining the board. The diversity of perspectives and voices within our cooperative community is a vital source of strength, ensuring that our vision remains clear and inclusive.

The coming months are filled with anticipation, excitement, and the promise of a bright future for Oryana. As we navigate these changes and initiatives, it's essential to remember that our cooperative's spirit remains rooted in the ideals that have carried us this far. Visionary thinking, responsible governance, and active community engagement are the cornerstones of our success, and they will continue to guide us as we welcome a new general manager and seek fresh perspectives on the board.

Before I end, I must say thank you, Steve, for your years of dedicated service and visionary leadership. Your legacy will forever be woven into the fabric of Oryana!

Customer Comments

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

Would you please offer a discount during a person's birthday month?

We provide many discounts throughout the year through our quarterly Owner Appreciation Months, weekly sales, green discount, senior discounts, among others, and are not looking to add any additional special discounts at this time. But we thank you for thinking of Oryana on your special day!

Why do you sell conventional fruits and vegetables? Since you took over the new store (West) it feels more "mainstream" in regard to food. I shop only at Oryana because I want organic. Please scrutinize your labels more and stop bringing in items with questionable additives. Please stick to organic food.

Thank you for asking this question. When we took over the Lucky's Market store we had our work cut out for us as we examined thousands of products (more than 5000) and systematically began replacing many products with cleaner items, and if we could find them, organic products. This is actually still an ongoing process and we continue to remove/replace products that do not meet our buying standards. Please feel free to inquire about any specific product that contains an ingredient you find objectionable.

As for the produce at West, when we first acquired this store, the ratio of organic vs. non-organic produce was about 50/50. Today the ratio is closer to 80/20 and continues to grow, with about 25% of this being *local* organic. (Our version of *local* is within 100 miles of our stores,

whereas the previous 'local' produce could have come from hundreds of miles away.) We follow certified organic practices to ensure organic integrity. We have steadily been bringing in more organic produce, especially local organic, if it's available.

This second, larger store presented an opportunity to have a bigger variety of produce, including some conventional items. We feel this is one way we can offer shoppers and owners a choice that includes lower cost, non-organic alternatives.

The Tenth Street store produce section has always been committed to organic, and of course, the store itself is a certified organic retailer.

We remain dedicated to our strict buying standards and to offering the highest quality food and products in our region. And we're thankful for shoppers like you who patronize our stores and pay attention to the products we sell. We are always here to address concerns about products, or any other concerns.

I would like to thank Kevin at Oryana West for exemplary customer service this evening. After calling the number, I was connected to Kevin, looking for information on your bulk licorice stone candy. (Unfortunately, I'm in West Bloomfield, and my wife might question my sanity if I took a road trip all the way to Traverse City for some candy!) He was able to provide me the vital information I needed to find them online. I am most grateful for Kevin's assistance during our phone call, even if Oryana

didn't get a sale from me. PS: My wife is a Whole Foods Market devotee, and after shopping at your stores last month, has decided she could now move to the TC area...thanks to Oryana's great produce section!

Thank you so much for your kind words and for acknowledging the great service Kevin provided. And we're happy you could now move to Traverse City due to our produce section! We'll be sure to keep up the good work!

We have seen two bikes stolen from your front entrance (10th St.) Please install a security camera or post a sign so bicyclists are aware of the possibility of theft.

Thanks for submitting a comment regarding bike theft at Oryana. We echo your concern over the recent incidents. After a swift investigation, we found that the common thread in both situations was that the bikes were NOT locked. Therefore, this does not reflect a spike in suspicious activity. The bigger issue is folks neglecting to lock their bikes in public places. We are gently reminding shoppers to remember to lock their bikes, which is a practice that all bikers should be accustomed to doing.

The cost of installing cameras is not feasible at this time. We simply do not have the resources to implement the scope of what would be needed to operate a surveillance system.

If you ever see suspicious behavior around the co-op, please let one of our managers know. They diligently walk the premises to keep an eye out. Let us know if you have any further questions!

The Rochdale Pioneers

October is Co-op Month so let's go all the way back to the beginning of the earliest successful food co-op.



PHOTOGRAPH OF THIRTEEN OF THE ORIGINAL MEMBERS
OF THE
ROCHDALE EQUITABLE PIONEERS' SOCIETY.

1. JAMES STANDRING. 2. JOHN BENT. 3. JAMES SMITHIES. 4. CHARLES HOWARTH. 5. DAVID BROOKS. 6. BENJ. RUDMAN. 7. JOHN SOWERCROFT.
8. JAMES MANOOK. 9. JOHN COLLIER. 10. SAMUEL ASHWORTH. 11. WILLIAM COOPER. 12. JAMES TWEEDEALE. 13. JOSEPH SMITH.

You could say that co-ops have been around since the earliest days of human societies where everyone had to share hunting and gathering spoils in order to survive. There were previous small grassroots cooperative attempts in Europe in the mid 1800s, some fairly successful, but the Rochdale Pioneers, as they called themselves, are generally regarded as the prototype of the modern co-operative society and the founders of the Co-operative Movement in 1844.

As populations began moving from rural homesteads to cities and people became displaced from industrialization, workers struggled with unemployment, low pay, unhealthy living conditions, and dangerous workplaces. There were no social benefits, no insurance or healthcare. City dwellers had to rely on private merchants to obtain food and supplies, and to make matters worse, this food was often of poor quality, overpriced, and even adulterated. Many of the townspeople in Rochdale, England were fed up with the situation and decided to take matters into their own hands and form their own cooperative business in order to bypass the corrupt shopkeepers. The founders devised a set of principles or rules by which they would cooperatively operate a business, and those principles are still accepted today as the bedrock upon which all co-operatives operate. The principles have been revised and updated over time, but remain essentially the same as those practiced by the Pioneers in 1844.

On the night of December 21, 1844, 8 pm to be exact, candles were lit, lanterns were hung in the windows, and the door of a nearly empty warehouse at 31 Toad Lane in Rochdale, a manufacturing town just northeast of the city of Manchester, opened for the first time. The reason it opened so

late is because people worked 16 hour days in the 1800s and didn't get off work until around 8 pm. The meager offerings on the first night of business included flour, oatmeal, sugar, butter, and candles. The board of directors chose candles as one of the first items to offer for sale because the local gas company refused to turn on the gas for a co-op, and they used them both to light the store and to sell to members. The store was located on one of the busiest streets in Rochdale and near the town center, and even though the first night did not bring people in droves, it didn't take long for the fledgling co-op to be successful. At first it was only open two nights a week for two hours. But in a few months it opened five nights a week. There were 28 members, or pioneers, on the first day of business, most of whom had paid 3 cents a week into a fund until they accumulated enough for a share.

The laborers of Rochdale had a dream of building an organization that would benefit all the members, not just shareholders and CEOs. They wanted an organization that was democratically-controlled with a fair one vote per person. They organized it so any surplus would either be reinvested in the business or be returned to members in proportion to their patronage. This was the first commercially successful co-operative endeavor and it became a model for the formation of other co-ops in England and around the world.

Today, 179 years later, more than 1 billion people in 95 countries belong to co-ops. Oryana had its own humble start with a few families pooling their resources to purchase food in bulk quantities to divide up among themselves, just as the Rochdale pioneers did. Today, more than 10,000 people are Oryana members, or 'owners' as we like to call ourselves.

HERBS to Help You Feel Great During the Holidays



Chamomile

The joys of the holiday season sometimes coincide with the pains of digestive discomfort. Overeating, indulging in heavy, fatty foods, and poor food combinations can all lead to an upset stomach. Thankfully, nature provides numerous helpful herbs to improve digestion and ease common digestive complaints.

Dandelion improves digestion by promoting healthy bile flow and stimulating salivary and gastric juice secretions. Take it before a meal to improve digestion or after a meal to help relieve gas and bloating.

Artichoke Leaf aids digestion by stimulating bile flow to assist in the breakdown of fats and cholesterol. Artichoke can be used to help reduce heartburn, indigestion, gas, and intestinal cramping.

Ginger is a helpful digestive herb that is a natural remedy for heartburn and nausea. It also helps expel gas from the gastrointestinal tract. Ginger stimulates enzyme production and helps with digestion of proteins, fats, and carbs.

Fennel is a carminative herb that helps reduce gas pain and bloating. It also aids bile flow, helping to digest fats. Fennel can be taken in place of antacids for neutralizing stomach acid.

Goldenseal is well-known for its immune support properties, but it can also be used to aid digestion and soothe an upset stomach.

Peppermint eases digestion by relaxing the lower sphincter muscles of the esophagus. It strengthens and tones the whole digestive tract and stimulates the healthy flow of gastric juices in the stomach. It's also helpful for reducing gas and bloating after a heavy meal. Those with irritable bowels may also benefit from peppermint.

Lemon Balm can relieve stagnant digestion, ease abdominal cramping, and promote overall digestion. The volatile oils in lemon balm contain chemicals known as terpenes that relax muscles and relieve symptoms such as excess gas.

Horehound is a member of the mint family and is commonly used to treat coughs, but it's also a great digestive aid due to its bitterness. Horehound helps soothe indigestion and upset stomach.

Chamomile is known as a digestive relaxant and can be used to treat various gastrointestinal disturbances including flatulence, indigestion, and diarrhea.

All of these herbs are available at Oryana in various forms.

Dandelion



Fennel



Mint



Everything you need to *gather and give thanks*

Oryana is here to help you plan your perfect holiday meal. From local turkey to pies & sides, let us assist with this year's feast. We make everything from scratch so you don't have to!

Holiday Meats

All turkeys & hams available at both stores

Local Duerksen Turkey Fresh

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

(Available Saturday, November 18.

No preorders, first come, first served.)

Organic Prairie Turkey Frozen

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

Ferndale Market Turkey Frozen

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

Garrett Valley Ham

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

Beeler's Hams

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

Niman Ranch Hams

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

Holidays To Go From our Kitchens

TRADITIONAL DINNERS

(Available at BOTH stores)

Featuring pasture-raised turkey from Duerksen Turkey Farm and delicious sides. Just heat, eat, and enjoy!

Preorder plates available **at 10th St. only.**

Order by Friday, November 17 for pick up on Tuesday, November 21 or Wednesday, November. 22.

Also available in the deli case:

- Wheat-free & vegan dinner plates
- Roasted & herbed turkey by the pound
- Classic, vegan, & wheat-free side dishes by the pound

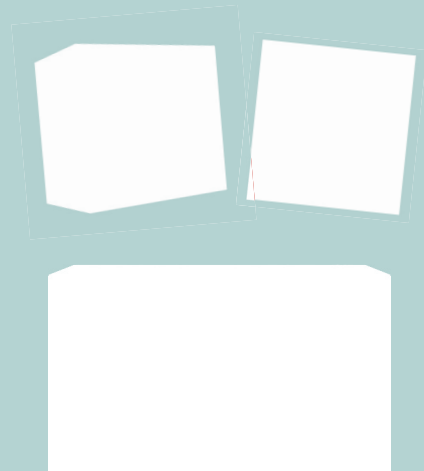
From the 10th St. Bakery

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

Pies | Pumpkin Cake Rolls
White and Wheat Rolls

Vegan 'Meats'

Plant-based and vegetarian options. Located in the frozen section.



Available at West only



Holiday Helpers

Products you didn't know you needed for your holiday table!



Sage from the BULK section. Your stuffing can always use more sage!



4th & Heart Ghee
Ghee is clarified butter. It has a high smoke point & is the perfect fat for sauteing.

Lars Crispy Onions

Tastes like home-made! For topping all your casseroles.



Simply Organic Turkey Brine Seasoning Mix

Save time with this perfect premixed combo of spices for brining your bird.



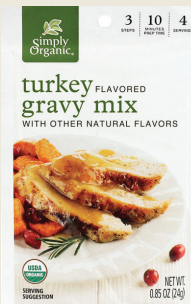
Gay Lea Coconut Whipped Cream

Fantastic plant-based whipped topping for holiday beverages & desserts.



Simply Organic Turkey Gravy Mix

The next best thing to homemade, convenient & fast during holiday meal prep.



Dufour Plant-Based Puff Pastry Dough

Flaky, delicious vegan dough made with organic palm fruit oil. For next-level vegan desserts.

Simple Mills All-Purpose Baking Mix

Features a delicious seed/nut blend & no added sugar. Makes excellent cookies & biscuits.



Duerksen Turkey

Our Local Turkey Provider



Oryana is pleased to offer turkey from Duerksen Turkey Farm in Mancelona. Rick and Sue Duerksen have been raising turkeys since 1979 when they first bought their farm. They humanely raise white broad

breasted turkeys that are allowed to roam green pastures and dine on insects and grass during the warm months. The birds are also fed a supplemental non-GMO grain.

The Duerksens raise 5000-6000 turkeys every year. The whole family, along with a dedicated team of friends, pitches in just before Thanksgiving to help process the birds in their MDA-inspected facility, sometimes working 16-18 hour days, to ensure they fulfill all pre-orders.

"It takes roughly 10 people per two shifts for six days straight to make this happen," Sue explained.

Some of their favorite ways to serve leftover turkey is, of course, a turkey sandwich, with turkey pot pie coming in a close second. Turkey pozole soup and turkey & dumplings are also family favorites.

"We also want to let people know that turkey isn't just a holiday food. We offer over 30 different turkey products year-round," she added. Visit duerksenturkeyfarm.com to learn more.

FRESH TURKEYS available starting Saturday, November 18, first come, first served, no pre-orders.



Three Sisters

A recipe through the ages

The term 'three sisters' poetically evokes a rich traditional companion planting method practiced by Indigenous peoples for at least 5,000 years. The three sisters—maize, beans, and squash—perfectly complement one another. The beans resupply the nitrogen that the maize extracts from the soil while utilizing the sturdy maize stalk for support. The squash prefers semi-shady conditions and traps moisture that the maize and beans provide. From this perfect synergy of plant camaraderie comes a nutritious, delicious trio of foods that has nourished Native Americans for generations.

Three Sisters Soup *by Darylin Berryman*

Corn, beans, and squash contain complex carbohydrates, essential fatty acids, and all nine essential amino acids, allowing most Native American tribes to thrive on a plant-based diet. The Tewa and other Southwestern United States tribes often included a "fourth sister" known as Rocky Mountain bee plant (*Cleome serrulata*), which attracts bees to help pollinate the beans and squash. The three sisters means love, community, and health, therefore any time you make three sisters soup, be sure to share!

3 cups peeled and cubed Kosmaan (pumpkin)
2 cups cooked Miskodiismin (kidney beans)
2 cups fresh, shaved off the cob Mndaamin (corn)
1 large yellow onion, finely diced
3 garlic cloves, crushed
3 large tomatoes, blanched & chopped
1 red bell pepper, chopped
1 bay leaf
1/2 cup chopped parsley
6-8 cups water
Salt & fresh pepper, to taste

Sauté the onion, garlic, bell pepper, and cubed pumpkin in a soup pot until the onion starts to get tender; add the beans, tomatoes, corn, bay leaf, and 6 cups of the water. Season with salt. Bring to a boil. Reduce heat to low and simmer until the pumpkin cubes are tender, around 8-10 minutes. Add more water if too thick. Remove bay leaf and garnish with lots of chopped parsley.

- You can use canned or frozen vegetables or make mini cobs by slicing the whole corn into disks.
- Another option is to roast the vegetables before making them, as roasting will enhance the flavors.
- If you make the soup in the summer, you can switch out the pumpkin for yellow and green squash and white northern beans to lighten the look and taste. There are as many versions of the three sisters recipe as there are stories of their origin. These ingredient choices give the soup a summer to fall color theme with the yellow corn, orange pumpkin, and red beans.

After reversing her gestational diabetes in 2015 through a plant-based diet and exercise, Grand Traverse Band of Ottawa & Chippewa Indians Tribal member **Darylin Berryman** has made it her goal to share her knowledge of plant-based cooking.





Gluten-Free Holiday Desserts

Mochi Bars with Cranberry Glaze

Adapted From Bob's Red Mill

1 cup Bob's Red Mill sweet white rice flour
1 cup sugar
1 teaspoon baking powder
1 13-oz can full-fat coconut milk

2 eggs
1/4 cup butter, melted
1 teaspoon vanilla extract

Glaze:

1/2 cup fresh cranberries
1 cup powdered sugar
1/8 teaspoon salt

1. Preheat oven to 325°F; spray an 8 x 8-inch baking dish with cooking spray.
2. In a small bowl, combine flour, sugar, and baking powder. In a larger bowl, whisk together coconut milk, eggs, butter, and vanilla extract. Add the dry ingredients to the wet and mix well to combine.
3. Pour batter into the prepared pan. Bake until set and browned, about 1 hour. Let cool completely.
4. For the glaze: Place cranberries and 2 tablespoons water in a small saucepan. Cook over medium heat until cranberries start to pop. Pour cranberries into a fine mesh sieve over a bowl and press them through the sieve with a rubber spatula. Scrape off the bottom of the sieve into the bowl. Add the powdered sugar and salt and mix until smooth and there are no lumps of sugar. Add a few drops of water if it's too thick. Drizzle over cooled cake. Keep refrigerated.

Eggnog Cheesecake

adapted from glutenfreeandmore.com

2 cups MI-Del gluten-free gingersnap crumbs
4 tablespoons unsalted butter, melted
3 (8-oz) packages cream cheese, softened
3/4 cup sugar
3 large eggs
3/4 cup eggnog
1 teaspoon vanilla extract
1/4 teaspoon nutmeg
1/4 teaspoon sea salt

1. Heat the oven to 325°F. Spray a 9-inch springform pan with cooking spray.
2. In a medium mixing bowl, combine the gingersnap crumbs with the melted butter. Press this mixture firmly into an even layer on the bottom of the springform pan.
3. Place the cream cheese into the bowl of an electric mixer fitted with the paddle attachment. Beat until smooth. Add sugar and beat until combined. Add the eggs, eggnog, vanilla, nutmeg, and salt. Beat until smooth, scraping the sides and bottom of the bowl a few times.
4. Pour mixture into the pan. Bake for 55 to 60 minutes or until set and no longer jiggly in the center. Remove the cheesecake from the oven and let it cool slightly. Refrigerate for at least 4 hours or preferably overnight. Serve sprinkled with more nutmeg or whipped cream. Can be made 2 days ahead; keep covered with plastic wrap in the refrigerator.



SPOTLIGHT on SWEET POTATOES

What's not to love about sweet potatoes? Not only is this root a comforting sweet food with a soft creamy texture, it's also super nutritious. Sweet potatoes are rich in the antioxidant beta carotene and high in fiber. They are also a good source of potassium, manganese, and vitamin E. Baked, roasted, fried, mashed, made into soup or casseroles, however you prepare them, sweet spuds will round out your menu during the holidays and all year round.

Recipes reprinted from grocery.coop



Garlic Parmesan Smashed Sweet Potato Rounds

4 small sweet potatoes
1/4 cup unsalted butter, divided
4 cloves garlic, pressed
1 tablespoon fresh rosemary
1/2 teaspoon salt
Freshly ground black pepper
1/4 cup grated Parmesan cheese

1. Heat the oven to 400°F. Use about one tablespoon of butter to grease a large sheet pan with a rim. Score the skin of each sweet potato with a paring knife, cutting four evenly spaced lines from tip to tip. This will make it easier to flatten the rounds after baking. Cut into 1 1/2-inch-thick rounds. Place the rounds on the sheet pan, cover tightly with foil or another baking pan, and roast for about 20 minutes, until soft when pierced with a paring knife. Remove the pan from the oven, and set the oven on broil. Use a fork to flatten each slice to about a 3/4-inch-thick round.
2. Melt the remaining butter in a small pan; add garlic and rosemary, and stir for a few seconds. Use a spoon to drizzle a little bit of the butter mixture over the sweet potato rounds. Sprinkle with salt, pepper and Parmesan cheese, and place under the broiler for 2 minutes or so, until crispy and browned. Serve hot.

Sweet Potato Salad with Spicy Chickpeas

1/2 teaspoon Dijon mustard
1/4 cup olive oil

1/2 teaspoon lemon juice
1 teaspoon sherry vinegar
2 teaspoons finely chopped fresh mint
Salad:
1 12-oz can chickpeas, rinsed, drained
4 tablespoons olive oil, divided
1 teaspoon cumin
1 teaspoon chili powder
1/2 teaspoon cayenne
1 tablespoon minced garlic
1 1/2 teaspoons sea salt, divided + black pepper, to taste
3 medium sweet potatoes, peeled
1 10-oz. package spinach
1/3 cup sliced almonds
1/3 cup dried cranberries
1/3 cup thinly-sliced red onion
3 oz crumbled goat cheese (optional)



1. Heat oven to 400°F. While the oven heats, whisk together the mustard, olive oil, lemon juice and vinegar. Add the mint; season with salt and pepper to taste.
2. Line two sheet pans with parchment paper. Toss chickpeas with 2 tablespoons olive oil, spices, garlic and 1/2 teaspoon salt; pour onto a sheet pan and roast for 20 minutes.
3. While the chickpeas roast, halve the sweet potatoes and cut crosswise into half-moons. Toss with remaining olive oil, salt and black pepper. Spread onto the second pan. Set timer for an additional 20 minutes and roast until potatoes are done and chickpeas are crisp.
4. Arrange spinach on a platter; top with prepared veggies, chickpeas, almonds and cranberries, and sprinkle with goat cheese if desired.

Sweet Potato Greens Gratin

2 lbs sweet potatoes, peeled, sliced 1/4-inch thick
1/2 pound kale or Swiss chard
1 teaspoon smoked paprika
1 teaspoon chili powder
Salt & black pepper, to taste
4 tablespoons butter, melted
1 1/4 cups heavy cream
1/4 cup shredded Parmesan or smoked cheddar cheese

1. Heat the oven to 375°F and butter or oil a 9 x 13-inch casserole dish.
2. Wash, chop, and blanch the kale or chard for 3 minutes in boiling water; squeeze out excess liquid. Line the bottom of the casserole dish with half of the sweet potato arranged in a single layer, with slices overlapping slightly. Sprinkle with half the smoked paprika, half the chili powder and a pinch of salt and black pepper. Spread half of the kale or chard evenly over the sweet potatoes. Drizzle with half the melted butter. Repeat with another layer of sweet potatoes, spices, kale or chard, and butter. Pour the heavy cream evenly over the top.
3. Cover with aluminum foil and bake for 30 minutes. Remove foil, sprinkle the cheese evenly over the gratin, and bake another 10-15 minutes until bubbly and cheese is beginning to brown. Serve warm.



Audacia

Handcrafted Elixirs

For Logan and Naomi Call, a confluence of auspicious factors all manifested harmoniously to birth their new business, Audacia Handcrafted Elixirs. It was a classic silver lining in the storm when Logan was forced to cease his catering business during the pandemic. He bartended to make ends meet and during this time he saw the need for better non-alcoholic offerings. This revelation led to a collaboration with his mother, Naomi, and the two experimented in creating a unique non-alcoholic spirit.

Mother and son just happened to have the perfect assets for the endeavor; Naomi is a certified herbalist & nutritionist with a reverence for alchemy and has tinkered for years with traditional herbal teas, tisanes, and alcohol-free beverages. Logan has experience both as a chef and visual storyteller, whose passion lies in being of service to creating a more resilient future. Audacia, which means “boldness” in Italian and Latin, is representative of their collective ethos; the determination to create and be of service without compromising quality or integrity.

A year or so after they got started, a third partner joined in. Roman Albaugh came on board as a co-founder and advisor. With many years of experience as a bartender, Roman helped fine-tune the recipes and brought invaluable knowledge to the development of Audacia.

The elixirs are made with whole, clean, carefully-sourced ingredients that are brewed to achieve robust flavor. They are made by hand in small batches with quality and integrity every step of the way. This process allows them to create flavor complexity without the

“Each of our elixirs are formulated to extract and deliver the greatest health benefits while providing a uniquely complex drinking experience.”

need for extracts, flavoring, or other chemical compounds and stabilizers. Their ultimate goal is to balance an incredible craft elixir experience that rivals any traditional cocktail while

simultaneously providing nourishment. That concept is what inspired their tagline of “Drinking reimagined,” the idea that we can create a future where the art, act, and joy of drinking can actually cultivate health without any sense of compromising the experience.

They have a line of three elixirs —Citrus Botanical, Floral Berry, and Earthly Roots (the third of which will debut later this year)—that they created with the goal of nourishing body, mind, and spirit. Serendipitously, one result of this wholesome approach turned out to be three distinct elixirs that appeal to different palettes. They are specially crafted for use in a variety of creative ways.

A great deal of thought has gone not only into the elixirs themselves but also into a helpful guide on their website for how to get the best results in cocktail creation. Some of their advice includes a minimum suggested list of cocktail making tools, best flavor pairings, suggested sweetener types to use (and avoid), and recommended amounts to use per cocktail to achieve the best possible flavor experience.

Visit audaciaelixirs.com for more information and recipes.



Fall Classes

Join us for a fun hands-on class to learn some new techniques, make fabulous food using the best ingredients, and enjoy the company of other food lovers. Space is limited and registration is required. See you in the community kitchen at Oryana West!

- Cooking classes: \$40 for owners, \$45 for non-owners
- Herbs class: \$15
- Register via our events page at oryana.coop
- Class location: Oryana West

One Chicken, Three Meals

Tuesday, October 10, 6 - 8:30 pm
Instructor: Adam Weinrich

Learn how to prepare a whole heritage broiler chicken raised on a local farm. Heritage birds take a bit more time to reach maturity but grow into healthier birds that have a richer, more flavorful meat. Adam Weinrich, co-founder of Anavery Fine Foods in Traverse City will show you how to spatchcock (aka butterflying) a whole bird and discuss best roasting practices. You'll then make a delicious fall curry chicken salad and a rich chicken stock that you can use to make nourishing and delectable soups or stews.

Plant-Based Holiday Cooking

Tuesday, October 24, 6 - 8:30 pm
Instructor: Linda Szarkowski

In partnership with VegMichigan, you will learn how to prepare a sumptuous vegan feast for family and friends featuring easy dishes for your holiday meal. You will make a classic Creamy Green Bean Casserole, Sweet Potato Casserole with Apples & Crunchy Rosemary Walnuts, Shaved Brussels Sprouts Salad with Creamy Garlic Dressing, and Balsamic Mushroom & Olive Pâté. We will also be sampling a few popular vegan holiday roasts that are available for purchase at Oryana.

Herbs for Pain & Inflammation

Thursday, November 9, 6 - 8pm
Instructor: Sierra LaRose

Learn how herbs can easily be incorporated into your life to ease chronic pain and reduce inflammation. Sierra, founder of Bear Earth Herbals, will explore the ins and outs of turmeric supplements and how they work. She will also talk about nutrition, gut health, and other important factors in keeping our joints and muscles healthy. Samples and hot tea will be available during the class.

Vegan Holiday Desserts

Tuesday, November 14, 6 - 8:30 pm
Instructor: Caroline Golbeck

In partnership with VegMichigan, indulge in the sweetness of the season with our easy & delicious desserts, perfect for the holidays. Join us in the kitchen with Caroline, a trained baker and self-proclaimed dessert lover, while she teaches you to make delectable vegan treats. Together you will make Chocolate Truffles, Amaretti Cookies, Apple Cranberry Crisp, and Spiced Poached Pears. Elevate your holiday table this season with compassion and flavor!

(Re)Discovering the Deliciousness of Heritage Pork

Thursday, December 7, 6 - 8:30 pm
Instructor: Adam Weinrich

Farm-raised heritage pork is like no other pork you have tasted. Heritage pork is a beautifully marbled, deep red, flavorful steak-like meat with just the right amount of fat, making it a joy to cook. Adam Weinrich of Anavery Fine Foods raises heritage pigs on his family farm in Traverse City, and he will share some of his favorite ways to prepare his pork including a rich, juicy steak and Southeast Asian Pork Tacos. He'll also oven roast thick cut bacon from the farm and discuss ways to use bacon fat.

Exploring Asian Influences

Thursday, December 14, 6 - 8:30pm
Instructor: Tom Sisco

Asian cuisine encompasses a vast array of styles and in this class we are focusing on Filipino, Vietnamese, Japanese, and Chinese cuisines in particular. Chef Tom Sisco will touch on these cultures with several distinct dishes to explore both the similarities and differences in flavors, ingredients, and techniques. Together you will make Filipino Garlic Fried Rice, Spicy Peanut Chicken, Vietnamese Spring Rolls, Sweet & Spicy Cauliflower, Japanese Pork Tenderloin, Sesame Noodles, and Szechuan-Style Green Beans.

Holiday Wrap & Reuse

Did you know that people use over 4 million pounds of wrapping paper every year, and only a small portion of it gets recycled? This holiday season, consider trying some creative and sustainable ways to wrap your gifts. There are plenty of eco-friendly, festive ways to wrap your presents without having to purchase anything. Look around your house because you most likely have plenty of materials to reuse creatively. Here are a few handy things you can use for gift wrapping:

- **FOR WRAPPING**

newspaper, magazine pages, maps, paper shopping bags, coloring pages, sheet music, construction paper, parchment paper, envelopes, fabric, burlap, tissue paper, old t-shirts, scarf, pillow case, feed sacks

- **FOR TYING**

string, twine, kitchen twine, rope, shoelace, yarn, ribbons, thread, leather belt, etc.

- **ALTERNATIVE CONTAINERS**

cans, jars, baskets, socks, clay pots, mugs, milk cartons, pretty bowls, take-out box

INSPIRATION

Here are some ideas we came up with using everyday materials from home:

1. Felt, glitter, string, & pine cone
2. Office supplies: manila envelope, stickers, message paper
3. Co-op shopping bag, twine
4. Butcher paper, paint pattern applied with a fork
5. Old sheet music
6. Old road map
7. Pretty scarf
8. Brown paper bag and fresh winter greenery
9. White newsprint and ribbon weaving
10. Paint-speckled butcher paper, bay leaf, string, cedar sprigs
11. Scrap piece of fabric, yarn



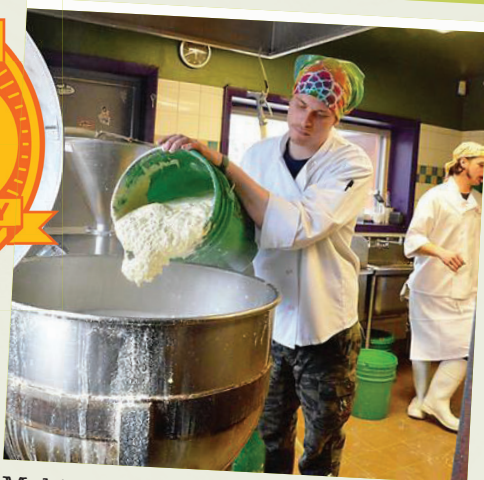




Leadership Team Building with
Habitat for Humanity, 2014



Outside the 10th Street Cafe
2012



Making tofu, circa 2013



Raffle Fun at the 2011 General Membership
Meeting

A final retrospective

What we've been up to for the last decade

...and what we're planning for the future

In the previous issue of Fresh Press, we told the story of some of the difficult middle years of Oryana and how, through the diligence and hard work of many people, the co-op overcame its challenges and went on to become the largest food co-op in Michigan and the 16th largest in the nation. Members and customers continued to support the co-op, and the board and staff did their level best to keep it all afloat in the face of financial crisis in the late 1990s.

Bob Struthers, Oryana's general manager from 1998 - 2009, emerged as a key player in catching Oryana as it was falling and taking it into the 2000s with a solid customer service program, many new, local, and organic (and sometimes controversial) product offerings, and a continuously improved physical store. In 2009, Bob announced that he was moving to New Mexico and the search was on for a new general manager.

During the time when Oryana expanded in 2006, Steve Nance happened to be the board president. He had been introduced to Oryana by his wife Robin, who had had her own stint on the board.

"Bob left and moved west just before the Great Recession," said Steve. "At some point, some of the board and staff asked if I'd throw my hat in the ring. I made a decision of the heart, and with my wife's support, left my corporate job and became an 'unintentional, intentional grocer' and started as general manager on January 1, 2010."

Although Steve did not have experience as a grocer, he was well equipped with a business and corporate background to steer Oryana on to its next chapter. Bob had already been gone for awhile and Steve arrived just as the recession was hammering the economy. This, in combination with an immediate need for new store operations systems and critical infrastructure improvements (snow was blowing into the GM's office through 40 year-old windows, covering Steve's laptop), made for an intense first few years of the 2010s at the co-op.

Several other items on Steve's agenda were creation of a robust business plan, (the existing plan was a single, handwritten page on lined paper) hiring a human resources professional, purchasing new computers, updating offices, and implementing a new point of sale system. "I didn't realize how bare bones this operation was," Steve said, referring to the lack of key in-house services like accounting and human resources. At that time Oryana had a finance manager who was an independent contractor and no human resources personnel.

"I was a change agent," said Steve. "I wasn't popular with everyone. I knew we had to grow the co-op as a business, that we had to go to the next stage of growth to take us into the next decade or we wouldn't be able to sustain it." But he had the support of key staff members, and owners and shoppers became fans when they noticed the many improvements in the store. Steve and the staff implemented Member Appreciation Days and other sales and discount tactics. He also focused more intensely on energy efficiency, a special interest of his.

Steve, along with the board, soon began concentrating on Oryana's growth, and started envisioning a second store. "Based on a 10-year strategic vision, we spent three years preparing for a second location in Williamsburg. But, instead of that happen-

ing, I had to advise the board of directors, staff, and owners that it was not the right time and too much risk for the co-op. That was one of the hardest business decisions I've ever made. This happened as competition came to town in the form of ALDI, Costco, and Lucky's Market, a location we had quietly also explored."

All the competition affected our sales, but throughout the 2010s, the Oryana team worked hard to keep Oryana viable. We refreshed Oryana with a remodel of the café, added 800 square feet for seating, and upgraded, repainted, and rebranded, so the co-op was able to withstand the pressure of the new competitive environment. With a resilient team and plenty of work, we started regaining sales in 2018.

Then in 2020, while a pandemic was just getting underway, the co-op did something extraordinary. Oryana outbid competition for the local Lucky's grocery store during the national chain's bankruptcy proceedings. This was an incredibly bold move that displayed fine business acumen and perfect timing. When the Lucky's in Traverse City first became available, it was only available in a package of six stores. Since Oryana wanted only one store, Steve spent weeks searching for other independent stores and co-ops in Ohio, Colorado, and Missouri that were willing to collaborate and pursue their local stores at the bankruptcy auction. All of this intense legwork came to fruition when Oryana was the successful bidder of the Lucky's Market in Traverse City. One day the store was Lucky's, and the next day it was Oryana, without a single day of closure for the transition. It was like magic.

If anyone can be proud of an accomplishment, it's Steve. "I am proud that I was able to correctly assess that our main competitor, Lucky's Market, was in trouble - and that I had the gumption and trust of the board to be able to pursue and acquire them in bankruptcy in 2020, just as the Oryana team became 'essential workers' as a worldwide pandemic turned the world upside down."

After the acquisition, sales jumped from \$16 million to \$26 million in 2020 with now two locations. In 2022, sales for both stores were over \$33 million, with the Oryana West location doing over \$17 million and the Tenth Street location still bringing in \$16 million. The increase in revenues has helped increase our positive impact dramatically, including sales of locally grown and locally produced products at over \$9 million, maintaining more than 200 local jobs, and more giving to our amazing local non-profit organizations.

What does the future hold for Oryana? The current vision, 'Oryana 2030,' calls for continued growth, including a third store, as well as smaller outposts including Oryana kiosks, carts, and zero emissions food trucks that would operate at local events during the summer months. We recently partnered with Munson Medical Center to open Sprout Cafe in the Cowell Family Cancer Center. (See p. 20 for details.) Sales projections are forecast to reach \$60 million annually by the end of the decade.

As we move confidently into the mid 2020s, we continue to be grateful for the support of our community. Thank you!

GET ON BOARD!

You, too, can run for the board of directors!

If you are passionate about Oryana's purpose and mission, consider running for the board of directors. Oryana is seeking co-op owners who are committed to a robust local food economy for three positions that will be available in the April 2024 election.

The board sets the direction of the co-op by crafting long-range strategies to fulfill our mission while upholding our values. The board monitors the co-op's progress to ensure it's going in the right direction.

Our board follows a policy governance structure, where daily operations and decision making are left to the general manager, while the board oversees the general manager and focuses on the long range vision. Board members represent the ownership as a whole, rather than their own personal agenda.

Nominations will run in the 2024 spring edition of the newsletter and elections will be held at the general ownership meeting (GOM) in April. The deadline for inclusion in the newsletter is January 31, 2024, but prospective board members can run for a seat at any time leading up to the GOM. For complete details and instructions on how to apply for the board, visit oryana.coop/board-of-director or email candidate@oryana.coop.

ORYANA'S BYLAWS UPDATE

Interested to learn more about our bylaw revision process? Visit www.oryana.coop/blog/oryanas-bylaw-revision-process/

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Sprout Cafe is Open!

As part of our vision for expanding our footprint in the region, we have partnered with the Cowell Family Cancer Center to operate the center's cafe a few days a week to start. The cafe serves visitors, staff, and patients at the center and currently offers our signature coffee beverages, juices and smoothies, and a selection of premade sandwiches, salads, and baked goods. If you happen to be in the CFCC, stop by and see us!

