



# the Vine

The Davis Food Co-op Newsletter • October 2011



**Davis Food Co-op**  
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Davis, CA 95616

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# The Vine

THE DAVIS FOOD CO-OP  
MONTHLY NEWSLETTER

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## Co-op Principles

The Davis Food Co-op adheres to the principles of cooperatives as revised and adopted by the International Cooperative Alliance in 1995:

1. Voluntary and open membership;
2. Democratic member control;
3. Member economic participation;
4. Autonomy and independence;
5. Education, training and information;
6. Cooperation among cooperatives; and
7. Concern for community.

## Davis Food Co-op 2011-12

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Travis Breckon ('12)

### Second Alternate

Sarah J. Palmer ('12)

(June 30 of the year given is the end of a director's term.)

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## FROM THE GENERAL MANAGER

# Andean Scarves and Shawls Coming to the Co-op

## Hand Woven Products Safeguard Traditional Skills and Support Communities

By Eric Stromberg

Late this month, you'll notice some new products appearing in our Co-op: beautiful hand woven scarves and shawls from a Peruvian weavers collective. The collective, the Centro de Textiles Tradicionales de Cusco, (CTTC) is a non-profit association of weavers created to preserve the pre-Columbian textile and

weaving heritage of indigenous communities in the Peruvian Andes.

The women who create these beautiful hand woven textiles use only natural fibers and plant, mineral, and animal sources for dyes, preserving a tradition of knowledge and skill that predates both the Spanish and the

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## FROM THE EDITOR

# Celebrating Co-ops

By Amy Radbill

I've written here before about my long-time love of food co-ops. When I was a kid, I'd occasionally wind up at Weaver's Way Co-op (in the Mount Airy neighborhood of Philadelphia) on a Saturday morning, after spending Friday night at a friend's house. At the time, the building was long and narrow, and it was pretty packed early on a Saturday, with people literally bumping into one another while picking up grocery basics. I don't know how accurate my memories are, but I have this vision of member volunteers (and I feel like maybe everyone working there was a member volunteer at the time) weighing out beans or grains of some sort from a giant bag and packaging them into smaller bags.

My greatest memory, though, was of how cozy everything felt. Everyone knew my

friend. Everyone knew one another. Everyone lived in the neighborhood (which I also loved enormously), and volunteered at the co-op, and you didn't need to pay cash when you went there to buy something—you just gave your member number to the person checking you out, and they kept a tab. The building itself added to the romance for me: It was long and narrow and old, and I recall it having wooden floors and high ceilings and bulletin boards with notices about all sorts of local events.

I didn't know much about co-ops at the time, but the feeling of that place was just what I wanted on a cold, wet, Saturday morning. What I did know—what was evident even to a child—was that this store was vastly different from the stores in which my family shopped. I knew that the people shopping there had an investment in the store. I knew that the store was more than just groceries—it was a real community, and a real community center. So maybe the things I knew about co-ops were, in fact, the very most important

things to know. And I guess I never really stopped wanting a co-op to be my grocery store.

(I also never stopped wanting Mount Airy to be my neighborhood—so if you wake up some day and find you're living in a 19th century stone house surrounded by trees much older than most of those currently in Davis, you can assume I've found the power to make the world over in my ideal form. No need to thank me!)

So anyway, time passed, and I grew up. There were brief encounters with other co-ops. And then, clearly, I moved to Davis and all my co-op dreams came true. And now, once again, it's National Co-op Month—a month to celebrate all that's wonderful about co-ops (of all kinds, not just grocery co-ops).

And what's so wonderful about co-ops? Well, as much as I loved that creaky old

*Continued on page 4*

# Consumer, Volunteer, Leader: Make it Your Co-op!

By Doug Walter,  
Membership Director

**C**ooperatives are people working together. There are literally hundreds more members now than there were back in the balmy days of summer, so I'd like to welcome you! I'd also like to explain how members of the Davis Food Co-op work together.

You can choose your level of involvement in the Co-op. Some members simply shop here when they want to—and pay the shelf price. The more your Co-op meets your needs, the more you reward it with your patronage. That's economic participation.

Many shareholders go beyond shopping, and participate democratically in their Co-op. We hold elections in the spring, selecting directors to serve on our board. We may amend our bylaws in the same election, and we might seek owner guidance through a referendum or a member-proposed initiative.

Most of the vision for the Co-op comes not from direct democracy but through representative democracy. Directors are constantly monitoring and evaluating our policies, and they seek your input. That's why we publish contact information for directors in this newsletter and on our website. Members are also welcome at board meetings, which are held the first Monday of (almost) every month. (Directors can take two months a year off from meetings if they choose; they also shift to the second Monday to avoid Federal holidays, as with Labor Day last month.)

All our directors are volunteers—but you don't have to be elected to

lend a hand! We have volunteer member work opportunities for adults of different abilities and interests. The best way to explore opportunities to participate is to attend a New Member Orientation here at the store. You don't have to work to be a member of our Co-op, but it suits some members well, and they enjoy the discounts we offer to participants.

## What Kind of Co-op?

During October, National Co-op Month, we tell everybody how co-ops in Davis improve our town. There are three kinds of co-ops,

and each of us is a little different. Rainbow Grocery in San Francisco is a workers' co-op, run by people who use the business as a source of employment. The Artery is a producers' co-op, staffed and supplied by artists who use the retail store as one outlet for their creative works. And the DFC is a consumers' co-op, owned by the people who shop here. If you're interested in more details, visit [www.davis-food.coop/whatis.html](http://www.davis-food.coop/whatis.html) or <http://www.ncba.coop/ncba/about-co-ops/co-op-sectors>.

We're celebrating "Howard Bowers Day" on Saturday, October

22, and donating one percent of our gross sales to a special fund of the Cooperative Development Foundation. The fund honors this long-time manager of the Hyde Park Co-op in Chicago, who was very supportive of young cooperators and co-ops.

The purpose of the Howard Bowers Fund is to promote the consumer cooperative sector, encourage young people to pursue careers in the management of consumer-owned food cooperatives, and provide education and training for managers, staff, and

directors of consumer cooperatives. To do this, the fund makes grants to consumer-owned cooperatives and individuals, and educational organizations in the consumer cooperative sector. Our support of the Bowers Fund is one way we help other co-ops around the nation. Learn more at [www.cdf.coop/howard-bowers-day](http://www.cdf.coop/howard-bowers-day)

*Letters to Doug Walter can be dropped off in the suggestion box, sent to the Co-op at 620 G Street, or sent by email to [dwalter@davisfood.coop](mailto:dwalter@davisfood.coop).*

**MEMBERS: if you—or a member of your household—are 62 years or older, does your Co-op Card trigger a senior discount? If not, please write to [dwalter@davisfood.coop](mailto:dwalter@davisfood.coop) or fill out a Membership Problem form at a cash register. Thanks!**

## FROM THE BOARD

By Members of the Davis Food Co-op Board of Directors

**D**uring our annual membership meeting last May, the Davis Food Co-op Board of Directors asked our member-owners to share their opinions on several topics related to our Food Co-op. Board members also took an informal poll in front of the store during August. We have compiled this report based on responses at the member meeting and in front of the store. We would love to hear other ideas that are not captured here—director email addresses are listed in this very paper (on page 2), so feel free to send us your thoughts. Please note that this is only a small sampling of

our membership on the topics discussed.

## What makes the Davis Food Co-op unique?

Good ambience, attention to kids, local items, ability to order bulk and special order, community support, local flowers, personal assistance, wine tasting, the teaching kitchen, enthusiasm, the holiday meal, great people. Whew, what a list!

Specific staff members were also noted for providing outstanding customer service! Thanks to Mehdi, Vicki, Pedro, Claire, and Jarrod. (We're certain that if we asked more members we would get an extensive list of staff members who serve our customers well—so thank you to all the staff; the board appreciates what

a great job you do.)

## We also asked members what their favorite department is...

...and boy did we receive an extensive list: produce, beer, bulk, teaching kitchen, deli, cheese, general merchandise, front end—we think the list includes our whole store!

Since we are wrapping up our annual membership meeting report, we wanted to express our gratitude to all the staff who put in many hours to help serve food at the meeting, and particularly to Chef Julie Loke. The board believes that sharing a meal together at our annual membership meeting builds community. It is our way of saying thank you to our member-owners. It allows us to spend time together,

reflecting on the past year and thinking about the year ahead.

2012 will be a very special year, as it is the both Davis Food Co-op's 40th anniversary and the United Nations' "Year of Cooperatives." The board and staff have been thinking about how to commemorate these two milestones and we welcome your input. We look forward to some exciting events in the next twelve months, not the least of which will be another shared meal in spring 2012 in conjunction with our next annual membership meeting. So if you missed our last membership meeting, please keep an eye out as we would love to share an evening with you next May!

Thank you  
Your 2011-2012 Board of Directors

# CO-OP MONTH STAFF PICKS— P6 PRODUCTS



## LISE SMIDTH, CHEESE DEPARTMENT

**Cowgirl Creamery Mt. Tam, \$25.99 per pound in the Cheese Department (local, small producer)**

"This cheese has an amazing flavor, creamy and delicious. The cows that produce the milk graze on grasses at Pt. Reyes, and you can really taste it in the flavor of the milk, which is produced by the family farms of Straus Creamery. I like that it's produced so sustainably, by such nice people. It's really worth the price because you don't need very much!"



## DOUG WALTER, MEMBERSHIP DIRECTOR

**Route 3 Syrah, \$12.99, Rominger West Chapman Vineyard Red, \$26.99, and Gundlach Bundschu Gewurztraminer, \$20.99 (local, small producer)**

"We are so lucky to live in a county and region with such great grapes and such great winemakers. Also, if you can't say 'Gundlach Bundschu Gewurztraminer,' you shouldn't be driving."



## JULIE CROSS, EDUCATION COORDINATOR

**Equal Exchange Chocolate Caramel Crunch with Sea Salt, \$4.15, Aisle 5 (cooperative, small producer)**

"Simply the most fabulously salty crunchy chocolate in the universe!"



## JULIE LOKE, EDUCATION AND COOKING CLASS ASSISTANT

**Fresh Flowers from small, local farms, Produce Department, \$5.99-\$11.99 (seasonally available from local farms including Yolo Bulb, Good Humus, and Full Belly)**

"Fresh flowers make any room look fun and beautiful, and make me smile. Who needs a special occasion for flowers? Not me!"

## From the General Manager

*Continued from page 2*

Inca empires. Dye sources include flowers, nuts, leaves, tree bark, insects, and minerals. Mordants help produce varying shades and colors from these sources. Recently, knowledge of the traditional fiber and dye sources and mordants began to disappear as cheap, synthetic dyes and fabrics became commonplace—during the 1990s the community of Accha Alta all but abandoned the use of traditional dyes and natural fibers. But the weavers of CTTC are determined to keep their cultural heritage and knowledge alive, and this community is very proud of their return to using sheep, alpaca, llama wool, and natural dyes for their weavings and traditional clothing.

The CTTC works with nine different communities located in the beautiful high valleys of the Andes. Most of these 350 weavers speak Quechua at home, and Spanish for business. Children are also an important part of the mission of CTTC; about 250 children and teenagers learn skills from their parents with the goal of one day becoming master weavers and dyers.

This past June, I had the opportunity to visit the CTTC and meet some of the weavers. The CTTC's mission is to strengthen communities, build cultural pride, and of course to ensure fair pay for skilled work. The results are gratifying: I witnessed both beautiful textiles and community pride.

When you purchase these handmade scarves and shawls, you not only get a thing of beauty, you help build community, preserve ancient tradition, and provide a fair trade wage for an Andean family.

In cooperation,

## From the Editor

*Continued from page 2*

Weaver's Way building, I think we can all agree that the critical factor is not the building that houses any co-op. As Doug Walter's article on page 3 puts it, "Co-ops Are People." So they are, and the collective spirit of the people who make up any co-op is what makes that co-op so special and so powerful. And if co-ops are people, they're very much the kind of people I want to get to know better, the kind of people I want in my life—the kind I want to rub elbows with on a cold, wet morning when I'm shopping for bulk foods.

*Amy can be reached at [amymorgan95616@gmail.com](mailto:amymorgan95616@gmail.com). By Eric Stromberg*

## Member Orientation

Want to know more about your Co-op? Interested in volunteering? Just looking for some free entertainment? Attend the New Member Orientation ("old" members welcome) **at 6:00 p.m. on Tuesday, October 11 or Tuesday, October 25.** We'll even throw in two hours of work credit for your attendance! The orientation is free, but sign-up is required. Sign up at the Member Information Desk. Sorry, no phone reservations. Co-op members may register by email to [jcross@davisfood.coop](mailto:jcross@davisfood.coop).



## ASK THE CO-OP

Got a question the Co-op staff can help you answer? Our knowledgeable staff members are on call to give you the information you need on food, health, agriculture, Davis, community, cooperation, and much more. If you have questions, we'll get you an answer! Submit questions to Julie Cross at [jcross@davisfood.coop](mailto:jcross@davisfood.coop).

## Food Facts

By Julie Cross

**Q:** I am wondering what is in the spray that is misted over the produce periodically. Is it plain water? I am allergic to citric acid (corn allergy, and citric acid is derived from corn usually) and will avoid eating the produce if it's misted with a citric acid wash. Thank you for any info!

**A:** The misters in produce dispense nothing but our own reverse osmosis filtered water.

**Q:** I am a loyal Co-op shopper and supporter, as well as a vegetarian. I have recently decided to go vegan and am feeling a bit isolated, not having

any vegan friends and surprisingly, finding them hard to come by at UCD. I was wondering, do you know of any vegan/vegetarian support groups or social networks in the Davis community where I might be able to find some guidance and understanding through this transition?

**A:** I don't. And that seems wrong, so we fixed it! The wonderful Superworker Dani Lee has agreed to lead Club Vegan, a monthly gathering and information exchange for vegans (and the vegan curious). For more information, friend the Davis Food Co-op Club Vegan on Facebook, or attend the regular meetings on the first Thursday of each month at 7:00 pm in the conference room at your Co-op.

**Q:** I was wondering if "microbial enzymes" are vegetarian or not. By vegetarian I mean that it does not contain any products from slaughtered animals. Please let me know. Thanks for your help.

**A:** Microbial enzymes or vegetable enzymes are produced without any animal products. If you see "enzymes" alone, it generally means a mixture of rennet and vegetarian enzymes, and so not safe for vegetarians. Our *Local Cheese* brochure (available at the cheese counter) has a list of local vegetarian-friendly cheeses.

**Q:** The insides of our three-gallon plastic water bottles are,

well, green What's the best way to clean them?

**A:** With all plastics, you want to avoid scratching or damaging the interior surface — scratches greatly increase the chance of leaching. You also want to avoid putting anything into your bottles that might be difficult to rinse out. White vinegar is my favorite cleaning agent in this situation, although unscented or mint Dr. Bronner's is a close second. If you use a brush or mop, be sure it doesn't have metal bristles or edges that will scratch the surface.

**Q:** I am thinking again about having a more balanced diet—adding omega-3s. I think I heard at some point that cooking flax destroys the nutrients. True? Good source for this kind of info? Better ideas for omega-3 sources?

**A:** Ideally, you would go out into the field, harvest organic flax, grind it up and eat it right there. That's because flax goes rancid fairly quickly, and grinding it allows you to absorb more of the nutrients.

Failing that, your best bet is to buy whole flax that has been kept refrigerated and grind it right before using.

However, just as canned peas are better than no vegetables at all, almost all flax preparations will provide some benefits. Whole flax is also an excellent source of our friend, fiber. Add ground flax to salad, muffins, yogurt, smoothies, etc.

Cooked flax is still a rich source of nutrients. The exception is flax oil, which should not be used for frying because that can create free radicals.

Please don't go overboard on flax, since an imbalance of omega-3 and omega-6 has been very loosely linked to a number of health problems. It's always a good idea to consult your healthcare professional before making a dietary change or adding supplements.

## Winner of the Eat Local Challenge, 2011

By Kathy Lorenzato

*In July, the Davis Food Co-op hosted an "Eat Local Challenge" for our facebook fans. We invited folks to post a photo of a terrific meal or dish they prepared using ingredients from local farms, along with a description of the dish (if not the recipe!) and the name of at least one of the farms that grew the food. On August 1, we selected our finalists and invited our community to vote for their favorite. The photo with the most "likes" on August 5, was crowned winner of the Eat Local Challenge, and awarded two free tickets to the Village Feast. Below, winning member Julia Luckenbill describes the dinner she designed.*

**Vine:** Julia, what is the name of your recipe? And where did you get the idea for it?

**Julia:** My recipe was an entire dinner so it didn't have a name. It could be called 'Dinner to celebrate Frida's birth' as it was created as a gift for my friend Aarti Leverenz a few days after the birth of her new baby.

I got the idea from my friend Cindy Dolan. We were canning apricot jam and talking about the birth of Frida. Cindy shared that she likes to cook a lovely dinner for people who have new babies. I thought, I can do that! I wanted to see if we could make the dinner particularly special by making it as home-grown as possible. I thought Aarti would appreciate that, as we'd shared garden duty at the Sunwise Co-op when we lived there and had enjoyed cooking from our garden.

**Vine:** What was your process, or the method to your madness?

**Julia:** In order to make the dinner almost entirely from the garden and Village Homes (where I live), I first harvested that day's produce and eggs, and then looked at the ingredients to determine the shape of the meal. I decided to add honey from our neighbor Djina Biers-Ariel's Twisted Sisters beehive, and the olive oil we helped

harvest from a friend, Connie Balasek's orchard, Quinta do Sol. I also went to our U-pick CSA at Pacific Star Gardens in Woodland to harvest a perfect melon for the project.

**Vine:** What is special about your dinner?

**Julia:** I think the key points of the meal are that it is vegetarian, as well as gluten and dairy free. It can even be vegan if you eliminate the egg and the honey. Here are the details:

First course: kalamata olives in olive oil (optionally served on fresh bread such as Ciabatta)

Second course: salad composed of lightly pickled beets with egg, greens and ripe fig (optionally served with blue cheese).

Third course: fava bean soup, fresh melon, fried potatoes with shallot, zucchini "pasta." (optional Romano).

Fourth course: sorbet made of seasonal fruit.

**Vine:** Are you excited about attending the Village Feast? Have you ever attended before?

**Julia:** I am thrilled to be chosen to go to the Village Feast! I am taking my father, a foodie who loves anything from the south of France. I've never been to the feast before and was deeply hoping to get to go.

**Vine:** Any other comments for our readers?

**Julia:** I think the other thing it would be fun to share is that I am making an organic 'farm' in the yard of the classroom where I teach. (Author's Note: Julia is the Coordinator/Demonstration Lecturer at the Center for Child and Family Studies at UCD). In the last year, our farm-to-school project has produced many fun snacks such as fava beans, as well as many toddlers who enjoy broccoli! It's fun to share the slow food/local eating concept with children so young.

Thanks again for the opportunity to go to this dinner!

STAFF  
PROFILE

# Gastronomic Guru: Lis Harvey

By Georgia Mckenzie

*Every so often, I'm privileged to write about some of the fine people who work here at the Co-op and today, we get to learn about Lis Harvey. She's pretty darned dynamic and busy, helping to organize and promote the special programming that we Co-op members enjoy. And with that, take it away, Lis!*

## What do you do?

I'm a food teacher! (Stole that from my fabulous co-worker, Julie Loke; she has a Culinary Arts degree, and teaches me something new every time we're in the kitchen together.) Officially, I work for Education and Outreach, a subsidiary of the Membership Department. We're the folks who run the Teaching Kitchen, set up the demos in the store, schedule and staff events, make brochures, maintain the DFC Kids' Club, staff our Farmer's Market information booth, visit DJUSD classrooms and elder communities and other organizations to spread the good word about healthy food and choices, and generally make merry. You can sometimes see my handiwork on the white board held by the wrought-iron carrot at the entrance to the store! It's a tiny aspect of my job, but I love making zippy signs to inform members about what's going on at the Co-op: which classes still have seats left, which parties are coming to a parking lot near you, etc.

## What did you do before?

I used to be a touring singer/songwriter, but I was always a major foodie. My husband and I moved here six years ago, then I became a mom, and then a Co-op



Superworker writer for this very publication. I retired from music in 2008, following the birth of my son, because while sleeping in my car and playing at pizza parlors was glamorous, being someone's Mommy lit a pilot light in my soul. Now that Penn is preschool-age, it's possible for me to also have this job. Which is indescribably swell.

## What do you like about the Co-op?

Seriously, I love my boss to bits. (That's Julie Cross, FYI.) She's a true genius, and my coworkers are like walking beams of sunlight. This is still a job, of course, and I'd rather be fishing, yada yada... but I work for a cooperative, independent business that serves as a town square of sorts. It's an unusual, extraordinary corporation—and community. The staff shares great

core values. That puts a smile on my face, even in the darkest times...like...monthly accounting, or when the bottomless to-do list gets me down. For a living, I get to talk about taste and create good food! All while helping Co-op members and our community find their own food path. It's kinda dreamy. OK, sometimes it's stressful. Imagine organizing and executing our annual delicious free dinner for the entire city of Davis on Christmas Eve (we typically serve 800)...or sending 600-plus special order turkeys to their respective Thanksgiving tables the week before that holiday. How about designing, crafting, then teaching a 45-minute class on recycling to dozens of second grade classrooms over the course of the school year or designing, crafting, then teaching a 2-hour class on the ins and outs of Champagne cocktails? The latter may not sound stressful, but remember, I'm on the clock. In Education and Outreach, we have a special "after events" rule: when we get home, we get to drink beer in the shower.

## Best thing you've ever had from the Co-op?

My favorite Co-op meal of late is anything the Meat Department pre-marinates or rubs. I took home and grilled some 5-Dot Ranch skirt steak that they'd treated with a Red Tail Ale marinade—delicious. And Jim made some outrageous wild shrimp ceviche this past summer; I really hope to eat that again.

## Favorite day off activity?

Day off? What parent has a day off? Just joshin'. When the opportunity arises, I love public land foraging for fruit (*reminder: Davis has*

*no rules against this and pick me, I wanna go! G.M.*). My favorite spot is Putah Creek in lower Davis, where the Royal Farm used to be. Figs and blackberries and plums, oh my! When I'm not scheduled at the Co-op, I cook for friends and family, plus spend a lot of time at my adopted co-housing community. I co-blog with my dear friend, Amy Radbill, *The Vine's* editor. Penn's school is, of course, a parent co-op. My cup runneth over with cooperative relationships!

## Last words for the co-op members?

I heart the Davis Food Co-op. It has shaped my life and my family, and I love what our Co-op stands for—people working together for

healthy choices, and a healthier future. I also love the store, in all its store-y glory. Before I became an employee, I was a very frequent shopper. Now I work here and, well, at least it's not as embarrassing that I show up every. single. day.

*GP Mckenzie is not at the Co-op every single day. Usually due to the restraining order. Thank you Lis, for all that you do!*

**RAJA'S TANDOOR**  
OPEN for Lunch Mon-Sat. 11-3 & Dinner 7 Days a Week 5-9 pm

**Buy 2 Entrees  
Get 1 FREE!**  
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**207 Third St. • Davis • (530) 753-9664**

# Davis Neighbors' Night Out

By Rae Gourand

**H**ave you stopped to chat at the mailbox lately? You might want to make a point of it this week if the September rush has had you a little preoccupied: There's a good chance there's something brewing in your neighborhood in the days to come.

On Sunday, October 9, The City of Davis, UC Davis, and the Associated Students of UC Davis (ASUCD) will host the sixth annual Davis Neighbors' Night Out (DNNO)—a celebration of our local community (and an opportunity for Davis to put itself on the map for the number of block parties held in a single town in a single day). Of course block parties increase face-to-face familiarity and communication between neighbors, but this year's DNNO is specially timed to allow new and returning UC Davis students to participate in the festivities: those behind the vision for DNNO believe that beginning the academic year on a positive note will reduce the potential for misunderstandings or conflicts by opening lines of communication between all of Davis' residents.

The Davis Neighbors' Night Out event has grown tremendously since its beginnings, from 60 neighborhood block parties in 2006 to 129 parties last year. Party sponsors organize activities that give neighbors an opportunity to introduce themselves, exchange phone numbers for neighborhood watch lists, and plant the seeds of future neighborhood events. Those who signed up to host neighborhood events for DNNO prior to September 5, were entered into a lottery for a special guest to attend their event.

This year's surprise visitors include the mayor, city council members, UC Davis chancellor/provosts, ASUCD senators, the police and fire departments, and Unitrans' historic London double-decker buses.

City of Davis staff member Stacey Winton shares your fellow Davisites' words about previous DNNO events:

"We had a very successful and well-attended party (Ovejas and Miller Drive) that many of the 40-plus established residents and newer neighbors in our neighborhood enjoyed."

"In our neighborhood, an annual block party is now a five-year-old tradition, but this is the first time that we have organized it to coincide with Davis Neighbors Night Out. Your assistance made it half as time consuming to plan, and it doubled the fun. Everyone appreciated the visits from Gunrock and the local police, and the highlight of the whole evening was a ride around the block on a double-decker bus. I'm not sure how we'll top all that next year."

"It was the first time our block participated. As the host, I was worried that no one would show up; partly because one third of the residents on our street are students. I was so pleased when all but one household participated!"

"I just wanted to personally thank you and your staff for all of the support you give for DNNO. Our neighborhood has two annual block parties (Memorial and Labor Day), but after tonight, I think we'll permanently move the Labor Day party to DNNO! The kids LOVED the glowsticks and when the fire engine came down the block everyone went crazy. I will never forget the look of complete awe on



our 2-year-old son's face!"

"We had a fabulous time, and several families with children from Birch Lane and Madrone Lane joined us. In fact, my daughter is in a 1/2/3 grade traditional combination class at Birch Lane, and three of her classmates came! Plus, our special police guests were Birch Lane graduates themselves! I asked them if that was a coincidence, and they said no, they planned it out that way. We were so touched. My

daughter and her friends took pictures from our Davis Neighbors Night Out and the police officers to their class to share on Monday. We had about 70 people, way more than I expected. Thanks for everything; we look forward to next year."

For more information about DNNO or to find out more about hosting an event for a DNNO to come, visit the City of Davis website

at [www.cityofdavis.org/neighbors](http://www.cityofdavis.org/neighbors) or contact City of Davis staff member Stacey Winton at (530) 757-5661.

*Rae Gourand is a writer, writing instructor, and editor in Davis. If you'd like to know more about her current workshops and projects, check out her new blog at [allonehum.wordpress.com](http://allonehum.wordpress.com).*


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## PRODUCER PROFILE

By Kathy Lorenzato

“Inconceivably delicious ice cream produced in a sustainable manner,” is the motto for Three Twins Ice Cream. Three Twins gets its interesting name from the time when founder Neal Gottlieb was just out of the Peace Corps and living with his fraternal twin, Carl, and Carl’s fiancée—also a twin. They called their household, “Three Twins,” and the name stuck. Neal wanted to run his own business, and was influenced by the Peace Corps’ approach of “doing well by doing good.” After a year of research, Neal found a hole-in-the-wall former taqueria in San Rafael and rebuilt it into an ice cream shop that opened in August 2005. In the early days, Neal was alone in the shop, making ice cream in the morning, selling it all afternoon, and doing accounting and paperwork at night. Eventually Neal was able to expand his bright green ice cream shops to Napa and San Francisco, and began to sell his ice cream wholesale to restaurants and select grocery stores.

In 2006, Three Twins Ice Cream became a certified organic company. Gottlieb uses organic milk (free of antibiotics and hormones) from Beretta Dairy in Santa Rosa, and organic cream from Wallaby Yogurt in the Napa valley. For sweetener he uses organic evaporated cane juice. His vanilla comes from organic orchids. There are no artificial flavors or colors in the ice cream. Three Twins Ice Cream is now produced in a 4,200 square foot plant in Petaluma, the largest dedicated organic ice cream factory in the US.

Three Twins Ice Cream shops are bright green, inside and out. The company’s big green ice cream truck—also named Carl—takes the delicious stuff out to farmers’ markets and special events. Gottlieb’s business philosophy is also green. All of the dishes and utensils in the shops are compostable, and all of their waste is composted.

They offset the emissions of the plant, and Three Twins is a proud member of One Percent for the Planet, donating a portion of their sales to grass-roots environmental organizations.

For Neal, making ice cream is not only fun, it’s creative, limited only by his imagination. Now Three Twins Ice Cream is coming to the Davis Food Co-op with these flavors:

- Madagascar Vanilla
- Milk and Cookies
- Bittersweet Chocolate
- Mint Confetti

But at the ice cream shops in San Rafael, Napa, and San Francisco, they rotate 100-plus flavors including:

- Milk Coffee
- Dad’s Cardamom
- Strawberry Fields
- PBC3 (peanut butter cookie confetti crunch)
- Strawberry Je Ne Sais Quoi (with balsamic vinegar)
- The Chocolate Project (chocolate ice cream with flecks of dark chocolate, cacao nibs, chocolate cookies and chocolate chips—I may need an insulin chaser just writing that)
- Mocha Difference (coffee ice cream with flecks of dark chocolate)
- Lemon Cookie (voted Best Lick in “Best of SF 2010: Eat and Drink.” It apparently has a cult following.)

(OK, just reading about that strawberry with the balsamic vinegar is boring a hole in my frontal lobe; not to mention that coffee ice cream with flecks of dark chocolate pretty much sums up my idea of Nirvana. Anybody up for a field trip to Napa?)

This is ice cream you can feel good about eating. In fact, it’s better for the planet if you do. Three Twins Ice Cream is also available to cater your wedding, graduation, b’nai mitzvah, silver anniversary, or Girl Scout Fly-up ceremony. You can find them at [www.threetwinsicecream.com](http://www.threetwinsicecream.com)



Three Twins founder Neal Gottlieb

*Kathy Lorenzato is a music therapist and has worked at UC Davis Children’s Hospital for 22 years. She has shopped at the Co-op even longer.*

# From the Ground Up

## Farmer-Owned Brands on the Rise

By Thaleon Tremain, General Manager, Pachamama Coffee

(Originally Published in *The Cooperative Grocer* magazine, July 2011)

What do the following have in common: Divine Chocolate, Pachamama Coffee, Tillamook, Organic Valley, and Florida's Natural? They are all "farmer-owned" brands, and they're actively promoting it.

Farmer-ownership is nothing new, of course. But only recently has farmer-ownership emerged to become a focal point of product differentiation and it's beginning to change the way we view our food.

As you walk through your local natural foods grocery, you are likely to find several brands promoting their unique ownership structure. You might notice more products from independent local farms. You might also notice more products from farmers who have pooled their resources and, in a democratic way, organized themselves into marketing cooperatives. A prime example of a farmer-owned marketing cooperative is CROPP, best known for their Organic Valley brand of dairy products that emphasize "Farmer-Owned" on the packaging. Other popular farmer-owned brands include Cabot Creamery, Ocean Spray, Divine Chocolate, and Pachamama Coffee.

You can easily find farmer-owned brands in local food co-ops today, but this has not always been the case. Kevin Edberg, the executive director of Cooperative Development Services, observes, "What is interesting is the emergence of farmer-owned branding outside of dairy, with products like orange juice and coffee. Ocean Spray and Florida's Natural now differentiate their brands by farmer-ownership. And note that this is not just an added feature—it truly drives to the core identity of the brand. Now that is interesting."

I am the general manager of Pachamama Coffee, a US-based marketing cooperative 100 percent owned by thousands of small-scale coffee farmers around the world. In my

role, I pay close attention to the marketing and promotion of "farmer-owned" brands. "natural," "organic," "fair trade," and "eco-friendly" are all movements that took root in the food cooperative community in the United States. Like those before it, the burgeoning farmer-owned movement finds its roots firmly in the cooperative community and is poised for growth.

I worked for a small farmers' cooperative in rural Bolivia while serving as a Peace Corps volunteer in the 1990s. I helped to finance and market our members' corn, peppers, beans, and citrus to wholesalers in Santa Cruz—12 hours away, along challenging mountain roads. It was not a good business. I learned first-hand that the person who often works the hardest (the farmer) is paid the least. She earns less (and faces greater risk) than the processor, who earns less than the distributor, who earns less than the marketer, who earns less than the retailer.

*Farmer-owned brands are making a difference and adding value by connecting with people in a more direct, visceral way.*

At that point, it became apparent to me that a great deal of the risk, and hardship, faced by small-scale farmers could be alleviated if they could communicate directly with end consumers via a high-quality, branded product. More than 15 years following my experiences in Bolivia, the success of cooperatives like Organic Valley only reinforce this belief.

But why does brand ownership matter to the farmer? Let's compare the business of a rice brand to that of a rice farmer. The brand owner sets the price of his rice to include profit margins that he is willing to accept in exchange for the finished product. Most brands name a price that covers costs

and provides a sustainable return on capital. However, the rice farmer has no say in the price he is offered, because no single producer can influence the market. As a result, the farmer must accept the price that is available in the market and he will do so even if it does not cover his cost of production. The difference is that the brand owner has a differentiated product that the consumer values as unique, while the farmer is selling an undifferentiated commodity on a global market, far removed from the end-consumer.

From the farmer's point of view, Raul del Aguila, the president of Pachamama Coffee, and the general manager of the COCLA farmers' cooperative in Quillabamba, Peru, states: "We only want a good, stable price for our coffee harvest. It's difficult to run a business when you don't know what the market price will be next week. To gain greater independence, our farmers need to sell more value-added products and fewer raw commodities."

Farmers who own successful brands set their own prices and capture the benefit associated with product improvements, because they have the economic incentive to pay close attention to detail. After all, it's their name and—in some cases—their picture on the package.

### Know Your Farmer

Brands promoting themselves as farmer-owned are finding new ways to introduce the customer to the farmer. Organic Valley is perhaps the leader in this respect. The "Who's Your Farmer" feature on their website "aims to align the independent, farmer-owned brand with consumers who share its values, spirit and dedication to local organic food. To deepen the connection between Organic Valley farmers and consumers."

"It's clear that the community wants to know where their milk comes from, and we want to create easy and fun ways to get to know our farmers," said Theresa Marquez, chief marketing executive for Organic Valley.

Edberg believes that, "Farmer-owned brands are making a difference and adding

value by connecting with people in a more direct, visceral way." As you might guess, this movement is consumer-driven as much as it's farmer-driven. There is a growing consumer demand to support small-scale family farmers of high-quality products. Whether at the farmers' market, the food co-op, or the local farm C.S.A., more people today want to know about the people and places that produce their food.

And who better to deliver this information than the farmer herself? Purchasing farmer-owned brands puts more power and more income into the hands of the farmer, and that is an appealing alternative for many consumers.

"It's not just a nice thing to do," concludes Kevin Edberg, "it's voting for democratic control of capital in a cooperative economy."

### Some Leading Farmer-Owned Brands:

Cabot Creamery, [www.cabotcheese.coop](http://www.cabotcheese.coop)

CoffeeCSA.org, [www.coffeecsa.org](http://www.coffeecsa.org)

Darigold, [www.darigold.com/](http://www.darigold.com/)

Dio Chaang Coffee, [www.doichaangcoffee.com](http://www.doichaangcoffee.com)

Divine Chocolate, [www.divinechocolateusa.com](http://www.divinechocolateusa.com)

Farmer-Direct Cooperative, <http://farmerdirect.coop>

Florida's Natural, [www.floridasnatural.com](http://www.floridasnatural.com)

Milk Thistle Farm, [www.milkthistlefarm.com](http://www.milkthistlefarm.com)

Musselman's, <http://musselmans.com>

Ocean Spray, [www.oceanspray.com](http://www.oceanspray.com)

Organic Meadow, [www.organicmeadow.com](http://www.organicmeadow.com)

Organic Prairie, [www.organicprairie.com](http://www.organicprairie.com)

Organic Valley, [www.organicvalley.coop](http://www.organicvalley.coop)

Pachamama Coffee, [www.pachamama.coop](http://www.pachamama.coop)

Prairie Farms, <http://pficecream.com>

Tillamook Cheese, [www.tillamook.com](http://www.tillamook.com)

Welch's, [www.welchs.com](http://www.welchs.com)

Westby Creamery, [www.westbycreamery.com](http://www.westbycreamery.com)

# Summer on the Farm

## Preparing for the Fall Harvest—and Beyond

By Sandy Weaver

When I wrote this, summer was in full swing on the farm in Yolo County with bountiful harvesting, fall planting, farm events, and luscious-tasting summer vegetables. Here's how busy some of our farmers were leading up to this harvest season....

In addition to harvesting close to 200,000 pounds of tomatoes this year, **Farm Fresh to You** harvested melons, peaches, potatoes, corn, onions, garlic, cucumbers, and grapes. In July, winter squash were planted for harvest this month—including such delicacies as Sugar Pie pumpkins and Delicata, Kabocha, Red Kuri, and Butternut squashes. The fourth annual Capay Tomato Festival raised money for the Kathleen Barsotti Nonprofit for Sustainable Agriculture. The two winner tomatoes were the striped Marvel, and in the cherry tomato category, the Chiquita. August was the height of the tomato season, and on August 13, the farm celebrated its 35th anniversary. Some of the first signs of fall on the farm were the drying fields of sunflowers, geese flying over in formation, and the beginning of the fall planting of vegetables to be harvested this winter. On September 25, the newly created first annual Capay Crush took the place of the regular second Saturday farm tour.

**Riverdog Farm** purchased a 1994 potato harvester this year in order to improve their potato harvesting efficiency. The harvester is more sustainable as well, since the machine has a higher capacity to return uplifted soil back to the field.

Their tomatoes, peppers and eggplants were slower to ripen this summer because of the cool nighttime temperatures. They had an

abundance of summer squash because that grows in a wide range of temperatures. They harvested Costata, Romanesco, Zephyr, Patty Pan, Sunburst, and Ronde De Nice to name a few. This summer Riverdog Farm had some high school students working with them, some of whom were relatives of employees and some of whom had become interested in agriculture independently. If students work 500 hours at an agricultural related job they earn an agricultural proficiency award from the State FFA (Future Farmers of America). The FFA program is a national agricultural leadership organization that prepares students for farm related educations and careers.

Many things were growing at **Good Humus Farm**—from arugula to zinnias—but peaches abounded. They harvested a number of varieties of peaches this summer, including Suncrest, O'Henry, and Flavortop nectarines. The Suncrest is particularly special—it's a large freestone peach described in Epitaph for a Peach (David M. Masumoto, HaperOne, April 1996) and in Slow Food USA's Ark of Taste. They held a Peach Party to enjoy the summer harvest and to support the One Farm at a Time farm preservation project.

In addition to the Peach Party, Good Humus held an adobe oven building workshop. The farm's summer also included jam making; planting the greenhouse for fall crops; filming the vegetable harvest for a documentary, *The Last Crop*; and holdings meetings about Hoes Down, One Farm at a Time, and the October Art Farm Show. In addition to farming.

At **Full Belly Farm** they had their hands full with Armenian

cucumbers this year. They were coming in by the truckloads from the fields. The farm was in full production this summer with tomatoes of many varieties, melons, onions, peaches, corn, and Chinese and Japanese eggplant, to name a few crops. They also have unpasteurized, frozen organic apple juice. Full Belly is also getting ready for their big event of the year, the Hoes Down on October 1. (Full Belly's CSA program has had a partnership with the Charlotte Maxwell Complementary Clinic since 1994, through which they offer their produce to clients of the clinic. The clinic serves low-income women with cancer by providing holistic health services, and they are currently raising money to help keep the doors open.)

At **Terra Firma Farm** July is one of the busiest months of the year (although a farmer never really rests). Keeping up with the harvesting of tomatoes, corn, melons and peaches—which usually come in all at the same time—is hard work, and it's especially taxing if the weather is hot. With tomatoes, one can time several plantings over a period of time so the harvest season is longer, but peaches are another story. Peaches have a very short window of time for harvesting, and each year, Terra Firma works to improve their peach growing and harvesting to bring us a more perfect peach. (And this year was difficult for peaches, with rain and cold weather during the bloom period creating ideal conditions for disease and poor pollination.) Every year they are expanding their orchard to bring us a better peach and of course, they are also busy bringing us watermelons, corn, more than 15 varieties of tomatoes, cucumbers, potatoes, and everything else under the sun.

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*Sandy Weaver is longtime Co-op member  
and food and farming activist.*

# Brunch: Cheerful, Sociable, Inciting

By Tony Gruska

The exact origin of the word "brunch" is not exactly clear. However, the word is most certainly a British invention, first used in 1895 by Guy Beringer in an article titled "Brunch: A Plea," first printed in the English magazine, *Hunters Weekly*.

Instead of eating heavy meats and savory pies after church, Beringer proposed a lighter meal with tea or coffee, marmalade and other breakfast dishes. He wrote, "Brunch is cheerful, sociable and inciting. It is talk-compelling. It puts you in a good temper, it makes you satisfied with yourself and your fellow beings, it sweeps away the worries and cobwebs of the week."

We agree with Beringer's sentiments wholeheartedly at Monticello, and serve brunch on both Saturdays and Sundays from 9am until 2pm every weekend. Our menu has a good mix of breakfast, lunch, sweet and savory selections. Of course, anything with produce changes ingredients based upon seasonal availability.

The following recipes are favorite menu items for many brunch customers.

## POTATO PANCAKES OR LATKES

- 2 pounds Yukon Gold potatoes
- 1 medium onion
- 1 tablespoon flour
- 1/2 cup chopped scallions, including the green part
- 1 large egg, beaten
- Salt and freshly ground pepper to taste
- Vegetable oil for frying

Using a grater or a food processor coarsely shred the potatoes and onions. Place potatoes and onions in a fine-mesh strainer or tea towel over the sink or a bowl and squeeze to remove as much liquid as possible.

Sprinkle flour over shredded potatoes and onions and mix with your hands until combined. Mix in the scallions, egg, salt and pepper.

Heat a thin film of vegetable oil on a griddle or non-stick pan. Place about 1/4 cup of the potato mixture, in a pancake shape, on the hot surface and fry for a few minutes until golden and crisp. Flip the pancake over and brown the other side. Remove to paper towels to drain. Serve immediately with sour cream and fresh apple sauce.

## CORNERED BEEF HASH

- 2 tablespoons (1/4 stick) butter
- 1 tablespoon olive oil
- 2/3 cup finely chopped red onion
- 2 medium shallots, thinly sliced
- 1 sprig fresh thyme
- 1 clove garlic, minced

2 cups finely chopped left over corned beef

2 cups chopped potatoes  
1/4 cup heavy cream

Melt the butter in a heavy skillet over medium heat. Add the olive oil and onion and cook until it begins to brown slightly, approximately six minutes. Add the shallots, sprig of thyme, garlic, corned beef, potatoes, and black pepper to the skillet, and stir to combine. Once combined, add the cream. Cook until the cream has been absorbed. Spread the hash evenly over the pan and allow to cook until browned. Serve with poached or over-easy eggs.

*Tony Gruska is the chef/owner of Davis' Farm to Table restaurant, Monticello, next to the Davis Food Co-op. His business partners are his wife, Rhonda and local farmer Jim Eldon who owns Fiddlers Green Farm in the Capay Valley. The menu showcases seasonal appropriateness, regional resources, freshness and minimal interference between source and plate.*



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# Paper Shopping Bags are Still Useful for Some Things

**Q:** Your efforts to get us to use our own bags are great! It's working—but I have a new problem—I used to use the paper bags as non-compostable, non-recyclable-garbage garbage bags. Any creative ideas for that? I thought maybe a discussion in the newsletter would be good (or have you had one and I missed it?). Just a fun thought. ...I know there is always the old plastic bin and wash it every so often after dumping stuff in city trash bins.

S.H.

**A:** We think that our paper bags are still a fine choice for trash can liners, and that even with a five cent price tag (which we donate to Tree Davis), they're still a pretty good deal!

Melanie Madden,  
Marketing Coordinator

**Q:** Eastar one-gallon round BPA-free water bottles are preferable to the current ones—Enviro product square bottom bottles. They seem to have leaky seams! I've returned 2 so far.

Anonymous

**A:** Enviro has changed their construction on the one-gallon bottles. They should not be leaking

any more.

Becky Santos, Bulk Buyer

**Q:** It would be nice if the lid on the tahini bucket in the bulk section was cleaned before it is put in the fridge. The lid always has soot, or some such black grime coated on it. Clean is good.

Anonymous

**A:** Thanks for the heads up on the tahini. We will check regularly for cleanliness.

Becky Santos, Bulk Buyer

**Q:** The receipt does not reflect whether or not we receive a sale price which is deceptive. What is worse is that now the sale price does not show up on the computer as the items are scanned. Seems deceptive. Please just fix it!

A.

**A:** Our new register system presents quite a conundrum here: we are not trying to deceive anyone, but the way our system works, the only way for our receipts to reflect itemized sale prices instead of aggregate savings totals would result in a doubling or even tripling the lengths of the receipts, which we're reluctant to do for obvious reasons (costly, wasteful). If there is overwhelming demand from our membership for us to make this change we will try it out, but in the meantime, I am in contact with the manufacturer of our scan software to see if there is a more practical solution to this quandary.

Rachel Quinn,  
Scan Coordinator

**Q:** The pine nut shortage is apparently over. They are now available for \$15.00/lb retail. Why still overpriced here?

J.R.

**A:** Our pine nut price will be coming down. Our price reflects what our suppliers are charging us.

Becky Santos, Bulk Buyer

**Q:** When customer brings his/her own shopping bag, the five cents could be donated to a "save the state parks" fund or something similar. Raley's has started this approach and it would be great if other groceries followed this lead to maintain our state parks from potential vandalism when there are no managers on site.

H.G.

**A:** Thanks for the suggestion! For now we will continue to donate the five cents bag surcharge to Tree Davis and let shoppers keep their five cent incentive for bringing their own bags which they may then donate however they choose. Yolo Food Bank and One Farm at a Time have convenient receptacles to donate spare change. If we decide to name a different beneficiary of our bag surcharge, we will certainly give some consideration to our state parks.

Melanie Madden,  
Marketing Coordinator

**Q:** I love the Co-op. Because of my devotion, I beg of you to train your superworkers in bulk to break up the brown sugar when filling the bin. Yes, brown sugar develops chunks—that is not what I'm talking about. Big hangin' blocks of brown sugar in the bin make me walk away, instead of getting what I need.

Anonymous

**A:** I'm sorry that you had a big chunk of sugar to deal with. I will do my best to inform everyone so that it does not happen again. Thank you for being a devoted and responsible member.

Becky Santos, Bulk Buyer

**Q:** How about outside signage for "Entrance" and "Exit." Footprints painted would be fun.

F.K.

**A:** Thanks for the suggestion. While we probably won't paint anything on the walkways I will look into the possibility of lettering above the doors.

Bija Young, Advertising and  
Brand Manager

**Q:** Thanks for the huge assortment of salads (without meat) at the deli and the huge number of vegetarian and vegan options at the hot food bar. I'm not a Co-op member—live and shop at the Sacramento Co-op there.

M.K.

**A:** Thank you for your loyalty and appreciation! Why not join the DFC?

Lisa Carruthers, Deli, Bakery,  
Meat & Cheese Mgr

**Q:** The glass salt and pepper shakers, oil/vinegar decanters, and sugar jars are bad quality. Over the course of several months, we watched the lids corrode and rust. The purpose of purchasing these items is for dry storage, so one does not notice this happening until way past the 30 day return policy. I was told by the vitamin aisle manager that no one ever complained about them. Well I just did. Since I was offered no compensation for returning the six items, I want to bring this to other members' attention so they don't purchase these items and have to throw them away (recycle) soon after but not soon enough for a refund. The price point, by the way, was inflated, not worth the item!

M.M.

**A:** Thank you for bringing this incident to my attention. The houseware products carried at our store are considered "typical Co-op merchandise." In fact, several California co-ops share the same distributors. While we will definitely investigate other options to stock, the Davis Food Co-op's main objective is providing affordable housewares.

Karen Poirer, Housewares Buyer

**Q:** I am so disappointed after reading your ad for Jimtown Store dips that they are not in stock here. I didn't realize your ads covered other Co-ops. I will drive to Sacramento since I'd planned to stock-up big—your loss.

M.M.

**A:** Sorry for the confusion! Our bi-weekly Co-op Deals are shared with other Co-ops, but the Weekly Specials that we run every Wednesday in the Davis Enterprise (and online at [davisfood.coop/sales.html](http://davisfood.coop/sales.html)) are exclusive to us. I'm sorry that the clerk who helped you was unable to locate the Jimtown Spreads; they are located in the Deli Department in the low case between our Salad Bar and Deli Meats. Thanks so much for bringing this to our attention so we can correct it—thanks to your input; we've been able to follow up with this staffer so that it won't happen again.

Melanie Madden,  
Marketing Coordinator

**Q:** Noah's scones are much missed! Please consult him regarding the correct technique for the texture. Thanks.

D.K.

**A:** We use the same Co-op recipe for all of our scones. We will look

into the technique. Thank you.  
 Lisa Carruthers, Deli, Bakery,  
 Meat & Cheese Mgr

**Q:** Kerin and Fran are both  
 awesome workers – helpful, kind.  
 Need more like them!  
 Anonymous

**A:** Thank you for the compli-  
 ments! Kerin and Fran are awe-  
 some. I've filled out Customer  
 Service Stars so that they can be  
 included in our Employee of the  
 Month acknowledgments.  
 Bija Young, Advertising and  
 Brand Manager

**IN BRIEF:**

**We do carry:**

- Peanut Butter Zebra Cookies  
 (delivered Mondays &

- Thursdays)
- Woodchuck Pear Cider

**We'll look into:**

- Sabra Hummus-Spinach Arti-  
 choke flavor

**Yes, we will order:**

- Heidi Swanson's vegetarian  
 cookbooks, *Super Natural Food  
 Every Day* and *Super Natural  
 Cooking*
- Large body pumice stones


**No longer carried due to slow  
 sales (but may be special-  
 ordered):**

- BWC hair care line (can be  
 special ordered)

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## BE INVOLVED

If you've got moxie and seriously love your Co-op,  
 you can VOLUNTEER at the Davis Food Co-op!

HOW? Come to an orientation!  
 Dates and times are listed in The Vine. More  
 information can also be found in the tan  
 brochure, "Be Involved", near the registers.



June and Jean Millington	10/1
Janiva Magness	10/7
Sourdough Slim w/Bob Armstrong	10/8
Nathan James	10/13
I See Hawks in LA	10/14
Claire Lynch	10/23
Tom Russell	10/29
Antsy McClain and the Trailer Park Troubadours	11/4
Joe Craven	11/18
Bill Scholer	11/19

**And much more! Check our  
 website for upcoming events.**  
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Tickets available at  
 Armadillo Music, 205 F Street, Davis,  
 and Kimes Hardware,  
 35 Main Street, Winters



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# the Co-op Calendar

## Class Schedule

Unless otherwise noted (with an asterisk), all classes are vegetarian with vegan and omnivore options discussed. Most adult classes last roughly 2 hours; classes for kids are 1 ½ hours, and In Good Taste classes 1 hour. Classes are held at the Teaching Kitchen, 537 G Street. Please park in the Co-op parking lot.

Children's classes are divided into levels—choose the session at the right level for your child.

**Level 1 (roughly ages 3+ to 5):** speaks clearly and understands directions (two sessions are offered to accommodate demand)

**Level 2 (roughly 5 to 8):** can follow directions with help and supervision

**Level 3 (roughly 8 to 12):** reads and follows directions, needs help for new ideas and skills

Payment in advance is required to reserve a seat. You may make payment by mail to The Davis Food Co-op, Attn: Julie Cross, 620 G Street, Davis, CA 95616, or in person (cash or check only) to our store at 620 G Street. Payment is accepted at the door only if seats are still available—most classes fill up quickly.

### Kids Can Cook – Popcorn

Level 1 October 7, 3:30 p.m.

Level 1 October 27, 3:30 p.m.

Level 2 October 14, 3:30 p.m.

Level 3 October 21, 3:30 p.m.

We'll move beyond the popcorn bag to homemade popcorn treats and flavorings. (Gluten-free.)

### Vegan Fall and Winter Suppers

Tuesday, October 4, 6:00 p.m.

It's a new season, and there are new delicious fruits and vegetables around which to build your vegan meals! We'll make soups and stews, hearty sandwiches, and wholegrain-based dishes to nourish you through the cold months.

Instructor: Amy Radbill \$25

### HANDS-ON College Snacks For Success!

Wednesday, October 5, 6:00 p.m.

This fun, hands-on class will help you through college with loads of energy! Snacks include fresh juices, trail mixes, raw dips to have with veggies or crackers, and smoothies ... all of these ideas provide energy without weighing you down and take very little time to prepare.

Instructor: Margaret Gomes \$30

### BASICS: Making Ahead and Freezing\*

Thursday, October 6, 6:00 p.m.

If your budget or diet rule out take out, don't despair. We have recipes for casseroles, stews, loaves and soups to freeze for later, as well as tips for producing and saving multiple meals in quantity. Gluten-free.

Instructor: Amy Radbill \$25

### Harvest Thai Curries: Red, Green and Yellow\*

Saturday, October 8, 2:00 p.m.

Learn how to make three different Thai style curries and how to serve them with our local seasonal bounty.

Instructor: Sarah J. Palmer \$25

### INTRO to Pomegranates

Sunday, October 9, 2:00 p.m.

Learn how best to extract pomegranate arils for salads, how to juice them for cocktails, and how to store your bounty. Don't let this delicious fruit pass you by! 1 hour class

Instructor: Lis Harvey \$7

### INTRO to Gluten Free Flours

Tuesday, October 11, 6:00 p.m.

The hard part of gluten free cooking is learning the whys & wherefores of the flour. This class is a prerequisite to our GF Baking classes.

Instructor: Amy Radbill \$7

### BASICS: One Pot Meals! \*\*

Wednesday, October 12, 6:00 p.m.

Short on time, space and cookware? We'll make hearty tortilla soup, mom's favorite spaghetti meat sauce and a tasty chicken chili. All recipes are easy, work as entrees or sides, and will make enough to share or have left-overs.

Instructor: Rebecca Tryon \$25

### Chicken Soups and Stews\*\*

Thursday, October 13, 6:00 p.m.

Chicken soups and stews are old-fashioned basics—and needn't be labor intensive. Learn to make broth from scratch (or to cheat without compromising your soup!) and how to make both fantastic chicken soup and irresistible chicken with dumplings.

Instructor: Amy Radbill \$25

### HANDS-ON Easy Home Canning Pie Filling

Saturday, October 15, 2:00 p.m.

Get a jump on holiday baking and gift giving! You will learn the tools, techniques and science of making and preserving pie fillings using hot-water bath canning. Students take home a jar of homemade apple pie filling.

Instructor: Dennis Zanchi \$30

### In Good Taste: Cheese Extravaganza

Sunday, October 16, 2:00 p.m.

We have hundreds of cheeses—how to find the one you love? We'll taste the newest and a few favorites in the fast, fun class.

Instructor: Lis Harvey \$7

### Cooking with Cardamom

Monday, October 17, 6:00 p.m.

The queen of all spices! We'll try Onion Fried Rice, Navrathan Khorma "nine gems" with nine different vegetables, nuts, and cream, and cardamom cookies.

Instructor: Viji Gururajan \$25

### Soup's On! Minestrone

Tuesday, October 18, 6:00 p.m.

Learn to make low fat and delicious soup from scratch using whole ingredients. We'll use fresh seasonal vegetables to make a vegetarian version of this sturdy, versatile soup, along with learning tricks for maximizing flavor!

Instructor: Trena Heinrich \$25

### Not Your Grandmother's Meatloaf\*\*

Wednesday, October 19, 6:00 p.m.

Meatloaf is easy, economical and, now, creative! We'll modernize meatloaf 3 fun ways: quinoa and gorgonzola, oatmeal and Italian sausage, and sneaky veggies.

Instructor: Rebecca Tryon \$25

### HANDS-ON French Pastry for Beginners

Thursday, October 20, 6:00 p.m.

We'll start with "choux" pastry, for cream puffs, gougeres, and eclairs. Then learn to make pate sucre dough, pastry creme and apricot

glaze, for a classic French fruit tart with seasonal fruit.

Instructor: Julie Loke \$40

### The Great Pumpkin (and Other Winter Squash)

Saturday, October 22, 2:00 p.m.

What should we do with the Great Pumpkin, and how about all those other squash? We have tips, tricks and various ways to prepare these fantastic, healthful vegetables.

Instructor: Sarah J. Palmer \$25

### BASICS: No Fail Comfort Formulas\*

Sunday, October 23, 2:00 p.m.

You can cook comfort foods with confidence and ease—no recipe required! We'll set you up with three no-fail formulas—for crustless quiche, savory bread pudding, and Shepard's Pie.

Instructor: Lis Harvey \$25

### INTRO to Buying, Storing, and Using Food

Monday, October 24, 6:00 p.m.

Is shopping, storing and preparing food one of your headaches?

Here's relief! Join us for an interactive class to give you easy tools to make shopping, storing, and using food enjoyable and healthy.

Instructor: Dennis Zanchi \$7

### Veggie Teens: Soul Food

Tuesday, October 25, 6:00 p.m.

South Eastern U.S cuisine done veggie style means side dishes galore (which also make great side dishes for Thanksgiving.) We'll make the classics: collards, mac n' cheese, BBQ baked beans, biscuits and sweet potato pie. Open to students age 12-19 only.

Instructor: Julie Loke \$20

Series Class - Take all three for \$45

### Kerala Cooking with Pumpkin

Wednesday, October 26, 6:00 p.m.

It's pumpkin season, and time to learn to cook pumpkin the Indian way! Pumpkin Puliserry, Pumpkin Theeyal and Pumpkin Halwa.

Instructor: Viji Gururajan \$25

## **BASICS: Holiday Help** Friday, October 28, 6:00 p.m.

Holidays are scary when you're a novice cook! We'll do a quick survey of potential problems (gravy, pie crust, what to feed vegetarians, putting your hand in a turkey) and take questions in this helpful class. Instructors: Julie Loke & Julie Cross \$25

## **HANDS-ON Fruit Kim-chee** Saturday, October 29, 2:00 p.m.

Fruit kimchee blends salt, garlic, ginger and red pepper with sweet fruit. This lacto-fermented condiment is traditional to Korea and beautifully compliments grilled meat and tempeh. An excellent way to preserve fall fruit without all the sugar and heat of jam making. Please note that fruit kimchee will develop very low levels of alcohol with age. Vegan. Gluten-free. Instructor: Ilah Jarvis \$30

*\*Some recipes contain meat  
\*\*No vegetarian option*

## **Special Events**

### **Board of Directors Meeting** October 3, 7:00 p.m.

**The (Not-Very-Scary) Haunted House**  
(Formerly the Teaching Kitchen, 537 G Street)  
Monday, October 31  
1:00 to 5:00 p.m.

Stop by for a scare and a snack!

### **Wine and Beer Tastings**

6:00 to 8:00 p.m.  
Co-op Conference Room

Wine & Beer Tastings to benefit Willett PTA  
October 7 – Fall Brews  
October 14 – Enviro-Wines  
October 21 – Kuleto & Odisea

## CLASSIFIED

*Classified ads are free to Co-op members in good standing. Limit: one 30-word ad per month per household. The deadline for the November issue is October 3. Submit your ad via email to amymorgan95616@gmail.com or to the editor's box in the administration offices. Please indicate which category. No phone calls. You must resubmit your ad each month you want it to run. We do not send confirmation emails for classified ads received.*

*A classified ad does not represent Co-op endorsement of the products or services offered. We reserve the right to edit the ad or to reject any ad deemed unsuitable. Please proofread your ad carefully.*

### **CLASSES/EDUCATION**

**ALEXANDER TECHNIQUE** enhances balance and coordination. Stephen Brown, Ph.D., 757-2955, sbrown@dcn.org

**A PARENT COOP NURSERY SCHOOL DCCNS** has openings in Early Explorers: playtime for parents and children 15-24 months Toddler Program: children 24-36 month. Parents participate twice a month. www.dccns.org or email dccnsregistrar@hotmail.com

**ART LESSONS BY JOYCE** studio is open again! One day workshops or ongoing lessons for age 4-adult, beginner-advanced. Realism-abstract in all mediums, 2D and 3D in S. Davis. (530)756-1182

**AWAKENING TO SPIRIT GROUP** begins soon: Looking for a soul-connected spiritual community? Group meditation and spiritual discussion and practices from teachings of mystics like Eckhart Tolle, Byron Katie, others. More info at www.soulwisdomtherapy.com; Deborah Cohen, MFT, (916) 491-1216; debcohen@hotmail.com

**BECOME A MASSAGE THERAPIST.** Cost \$1025. Start dates: Day Program October 18th or Evening Program November 7th. www.mtdavis.com or 530 753 4428.

**BUDDHIST MEDITATION & STUDY GROUP** in Vipassana/Theravada tradition - Thursdays in Davis, 7:00 - 8:30 PM, at the Unitarian Church of Davis,

27074 Patwin in the Bridgehouse (Redbud Montessori), over the bridge beyond the parking lot: Meditation, Tea Break, Dharma Discussion. For more information, visit our website www.davinsightgroup.org or contact Jo at 530-867-5743 or crescent.young@gmail.com

**CREATIVE WRITING CLASS:** The Davis Art Center is offering a creative writing class for teens and adults beginning October 4 at 7:00 PM. The instructor is Don Schwartz. Contact DAC online or at 756-4100 for details.

**DAVIS CHILDREN'S CHORALE** is looking for new members, ages 8-14. Do you love to sing? Would you like to meet new friends and have fun? Are you interested in learning more about music? For more information, visit www.vapinc.org/dechor.php or e-mail mgaard@gmail.com.

**DAVIS ORIGAMI GROUP COME FOLD WITH US AT OUR MONTHLY MEETINGS.** First-time folders and more advanced folders welcome. For more information please email andrew.hudson13@gmail.com or call 753-6093.

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**INSIGHT MEDITATION GROUP OF DAVIS** Weekly Buddhist Meditation & Study Group Thursdays, 7:00 - 8:30 PM Unitarian Church of Davis, 27074 Patwin Meditation, Tea Break, Dharma Discussion. Contact Jo at 530-867-5743 or jocrescent@hotmail.com Web site: www.davinsightgroup.org/

**LOOKING FOR A COMMUNITY TO SUPPORT YOUR GROWTH AS A WRITER?** Private year-round workshop meets in Davis on Sundays. Fall session beginning September 12. Email Rae Gouirand (rgouirand@gmail.com) for more information.

**LOOKING FOR A SOUL-CONNECTED SPIRITUAL COMMUNITY?** Davis Awakening to Spirit group meets third Saturday of each month, 10-12. Group meditations, spiritual discussion and experiential practices from teachings of Eckhart Tolle, Byron Katie, Pema Chodron, others. Contact Deborah Cohen, MFT: (916) 491-1216; www.soulwisdomtherapy.com debcohen@hotmail.com

**PIANO LESSONS** offered by an Associate of the London College of Music. beginning to Advanced levels. All ages. Your home or mine. Over fifteen years of teaching experience. Reach Susan at 758-1519 or susanhills@pacbell.net

**THICH NHAT HANH/PLUM VILLAGE MINDFULNESS SANGHA:** Fresh Breeze Sangha in Davis, Thursdays, early evening. Beginning practitioners welcome. No fees. Contact John 707-330-0890 Lotusforyou@comcast.net

**YOGA IN WEST DAVIS** 90-minute classes taught by certified Sivananda Yoga instructor in Village Homes. Open classes, Beginner classes, Prenatal classes. Sivananda Yoga For Kids and Teens offered through Davis Art Center. **FIRST OPEN CLASS IS FREE**, \$13/class afterward. Private Lessons also available. Visit www.VillageYogaDavis.com

### **PROFESSIONAL SERVICES**

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**SPANISH LANGUAGE TUTOR/TRANSLATOR:** All ages and levels welcome - Individual classes in a relaxed atmosphere - UC Davis teaching and translation of agriculture, biology and history topics background - Specialized translator of Old Spanish, 15th - 18th century. Please call Beatriz at (530) 757-2538 or e-mail her at beatrizcabazon@gmail.com

**S&S COMPUTER REPAIR** Now open in Westlake Plaza! Free diagnostic. Competitive pricing. 10% off for Co-op Members. 1260 Lake Blvd. Suite 104, Davis. (530)792-7290 support@yolotechsolutions.com.

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### **EVENTS**

**INTERNATIONAL FESTIVAL,** Free-admission: Oct. 1, 2011 at Veterans' Memorial Center, noon to 6 p.m. sponsored by International House Davis. Music, food, dance, international fashion show, country tables and tons of things for kids!

### **FOR SALE**

**BAMBOO PLANTS FOR SALE.** Fifty plus varieties available including clumping, running, and drought tolerant varieties. Expert advice included. Daniel J. Nurco, M.Sc., Ph.D. phone: 530-756-7997, internet: www.DavisBamboo.com

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**YOUR FOOD-ALLERGIC CHILD: A PARENTS' GUIDE:** by Janet Meizel. Recipes, nutrient tables, med ingredients, resources. Available at Avid Reader

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*The Vine* is also available online at [www.davisfood.coop](http://www.davisfood.coop). If you wish to stop receiving *The Vine* in the mail, contact the membership department at (530) 758-2667.

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