



the Vine

The Davis Food Co-op Newsletter • September 2011



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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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FROM THE
GENERAL
MANAGER

Fair trade does make a difference. Even though the farmhouses do not have indoor plumbing, gas, or electricity, these families have been able to put food on their tables and send their children to school.

By Eric Stromberg

"Coffee is a powerful stimulant. It has the power to lift 25 million people out of poverty. What's in your cup?"

These simple words, on a poster in the cupping room of the COCLA coffee cooperative in Quillabamba, Peru, describe the impact that fairly traded coffee has on the lives of coffee farmers.

Ten years ago, I visited the Aguilayoc Cooperative (a member owner of the

A Visit to a Peruvian Coffee Cooperative

COCLA coffee cooperative) on the eastern slope of the Andes, and my recent reunion with friends I hadn't seen for a decade was very heartfelt. The kindness, generosity, humor, and sincerity of our hosts were wonderful. It felt as welcoming as visiting my grandmother. And the food! Peruvian cuisine is amazing, especially when prepared on a wood stove with farm fresh ingredients.

Aguilayoc is a Quechua community, proud of their heritage as descendants of the Inca. Quechua culture has strong elements of cooperation and community. The tradition of *ayni*, coming together as a community to help each other, was in practice during our visit. The idea is simple—you help pick your neighbor's coffee, and then the neighbors help pick yours. But what if you have a family of six, and your neighbor has a family of 12? To make it fair, you trade something of value if you receive more labor than you can supply.

Growing coffee is hard work. On the farms at the Aguilayoc Cooperative, the shade grown fruit (called "cherries") must be picked by hand. Sixty pound bags of cherries are then slung over the shoulder and carried down the slope to a rutted dirt road where they are poured into larger bags that weigh about 225 pounds. Later that day, the cooperative's truck will come for the bags. After just a few attempts at trying to help lift these very heavy bags onto the truck, my muscles turned to Jell-O, much to the amusement of the seasoned farmers.

The bags are transported to the de-pulping station where the sweet red fruit is separated from the seed, or bean. The beans ferment overnight, and the next day are washed in a series of gravity troughs where the good beans sink and the bad ones float. The fruit pulp is composted, and the water is diverted to containment fields to avoid polluting the streams and rivers. The good beans are then raked out on a large concrete patio to dry in the sun before the trip to the COCLA warehouse, where they are graded and packed for export. About 25 percent of what is picked will produce export grade

coffee. The rest is for the domestic market.

The Aguilayoc farmers are certified organic growers, and this adds an extra layer of work to their tasks. Their level of environmental concern is quite genuine—global warming is a real concern for the farmers, and they are working with COCLA's agricultural and organic specialists to study how they can minimize the impact of rising temperatures by optimizing the forest shade canopy to produce microclimate zones. The complicated goal is to create a layered shade canopy to protect the coffee trees and ensure good ventilation, but not over shade the coffee. They also take into consideration the desire to use native shade tree species intermixed with beneficial but non-native nitrogen-fixing tree species. They are also breeding coffee trees for high quality fruit combined with heat and disease resistance.

The Aguilayoc Co-op is one member owner co-op of the COCLA coffee export co-op. Because of fair trade, COCLA is able to provide technical and agricultural support to the farmers, has a women's co-op, and offers social and educational services to a community of farmers who have felt quite unsupported by the Peruvian government.

Fair trade does make a difference. Even though the farmhouses do not have indoor plumbing, gas, or electricity, these families have been able to put food on their tables and send their children to school. Many of the teenagers I met ten years ago have completed college. Some work as teachers, notaries, and agronomists. Now the big question is how are you going to keep them on the farm?

Knowing the farmers who grow what we sell at our Co-op, even those who live a continent away, is important. This coffee is not a commodity—it is produced with passion by real people whose lives are better for it.

In cooperation,



Welcome to the Food Co-op

By Doug Walter,
Membership Director

Are you new to Davis, or perhaps just new to shopping at the Co-op? We want you to make this your store, whether you're used to a full-line grocery store, or a store that stocks natural, organic, bulk, ethnic, and gourmet foods.

We're a full-line supermarket that's member-owned...

...with an emphasis on healthy foods. You don't have to be a member to shop here, but you'll save money on groceries if you become one.

We're open from 7:00 a.m. to 10:00 p.m., every day.

We're closed on Christmas Day. We close early on Thanksgiving, New Year's Eve, and July Fourth.

The shelf price is our member price.

Non-members pay a five percent surcharge. You'll get member prices as soon as you join. Your member investment can include you and members of your household—they don't have to join separately. Ask us for details.

Pay a five dollar fee and invest 10 dollars in shares to become a new member.

Get a *Join the Co-op* brochure when you walk in the store, or at the registers. Fill out the application, sign it, and bring it to one of the cashiers.

Ownership means you *choose* to have a (big or little) voice in how we run our business. It gives you a stake in our success, and shows support for local food production, con-

sumer-oriented practices, and people working together.

Share investments are refundable.

You can get your share money back when you withdraw from membership. Or you can donate it to the Davis Cooperative Community Fund. Either way, the money you invest is yours.

Cashiers will scan your Co-op card.

You'll be charged the member price (avoiding the non-member surcharge), and you'll receive any appropriate discount. You'll also receive credit for your purchases if we issue an end-of-year patronage dividend to members. We anticipate that depreciation on new equipment will preclude any profits to distribute this year.

If you identify yourself as 62 years old or older, you will receive the working member price. We appreciate members who notify us (on their *Member Application* or *Household Update* form) that they have achieved this status.

Cards or key chain tags are free for members of Co-op households in good standing. Ask a cashier or email dwalter@davisfood.coop for more information.

You'll add 20 dollars to your investment every year in March.

You'll no longer need to invest when you reach \$300 in shares. These amounts are set in our bylaws—read them online at www.davisfood.coop or pick up a copy at our information and food demonstration counter.

You need a California address to join the Co-op.

Members must be California residents. That's all we require—we're not as picky as UCD about who qualifies as a "resident."

It only takes 20 dollars to re-activate an inactive membership.

Just fill out a share certificate and add 20 dollars to your bill at the register, no matter how long you've been inactive. We do need to know the name your "old membership" was under if it has changed.

If you withdrew your membership, then you will need to start a new one.

Volunteer and save more money!

Working members get a five percent discount from shelf prices. Look for information about monthly or weekly member volunteer work at the information counter.

Many volunteers come in each week and qualify for a 16.5 percent discount. Details about member work are part of our regular orientations, held on weekday evenings in our conference room. Orientations this month will be on September 8, and 20, at 6:00 p.m. Look for the sign-up sheet at the information area near registers seven and eight.

We feature local and organically-grown products every day.

We've got fresh organic produce, frozen organic delights, and hundreds of products with organic ingredients. Look for sale prices and tastings of organic foods as we celebrate the Organic Harvest.

Food tastings and demonstrations let you nibble and learn.

We sample foods all over the store, and love to put recipes on

flyers or in cookbooks. Look for sampling at our demo station near the meat counter, and at stands in the aisles. Let us know what you think!

We give you information you can use.

This newsletter, www.davisfood.coop, brochures, and store displays reflect developments in nutrition, cooking, food politics, and cooperation. Look for free information about basic topics in cooking and nutrition at the information counter near the northwest door. Also check out our Co-op's classes for this month, listed on the back cover of this newsletter.

Look for a sale price flyer and coupons called Co+op Deals. The plus sign emphasizes the fact that we're stronger together. You'll see these deals in two sales flyers covering parts of each month.

Students can pay with Aggie Cash...

...at registers three and four. There are a few limitations, so ask for a brochure if you have questions. We welcome all students, whether or not you use Aggie Cash.

We make fresh sandwiches, salads and food to go...

...seven days a week. Made-to-order sandwiches are available from 7:00 a.m. to 8:00 p.m. (The deli closes at 9:30 p.m., and the sandwich stuff has to be put away before that.) Rotisserie chickens are available from around 11:00 a.m. until we sell out or 9:30 p.m.

Sandwiches, entrées, salads, and other pre-made delights are available all day long from the case to your left as you come in the southwest entrance.

Fresh food prepared daily for you.

Our two hot food buffets, fresh Mermaid Sushi case, and salad bar make it easy to put together a delicious meal. The salad bar has some organically-grown fruit, vegetable, and salad dressing options. There are over sixty items for building your salad, and more than twenty hot dishes. When you buy dinner from the hot bar, most of the foods were cooked fresh throughout the day!

Enjoy your store.

We've been operating at 620 G Street since 1984. We've renovated each part of our interior, adding products and services our shoppers have asked for. We think that shopping here continues to be what you're looking for: the right products, prices, service, and feeling.

We're here for the benefit of our members.

We're committed to open membership, democratic control, member economic participation and benefit, the autonomy of the co-op movement, continuous education, cooperation among cooperatives, and concern for our community. We've been doing it since 1972.

Come find out what people can build through cooperation!

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.

ORGANIC HARVEST MONTH STAFF PICKS



IAN WEIMER, MEAT DEPARTMENT

Rosie Organic Drumsticks, \$2.69 per pound, in the Meat Department

"Local, organic chicken at a really good price. They taste pretty delicious breaded and oven-baked."



KYLE LOCKHART, FRONT END

Organic Steel-Cut Oats, \$1.49 per pound, in the Bulk Department

"I'm trying to live to be 100 and was told this is one of the foods to eat to get me there. I have organic steel-cut oatmeal for breakfast every morning with fruit."



SHEA MCWHORTER, GROCERY DEPARTMENT

Luna and Larry's Organic Coconut Bliss Dark Chocolate, \$5.59 for a 16 ounce container, Aisle 4

"This is hands down the BEST vegan ice cream I have ever tried. And who doesn't love the combination of chocolate and coconut?"



STERLING NELSON, MEMBERSHIP CLERK

Organic Zephyr Squash from local farms, market price, in the Produce Department

"Zephyr squash is a little firmer than zucchini with a slightly different flavor. I sautéed mine with caramelized onions, purple carrots and a little salt and pepper. Delicious!"

Cool Davis Festival Celebrates Healthy Pathways to a Low Carbon Life!

By Lynne Nittler

Did you know that transportation-related carbon emissions compose more than 50 percent of the average Davis household's carbon footprint? Getting yourself and your kids out of your car and onto your bikes will make both you and the planet healthier.

Did you know the average family emits 2.25 metric tons of carbon dioxide per year just by consuming processed and packaged snack foods? When you choose fresh, local fruit and vegetable snacks, your carbon footprint shrinks while the nutrition value of your snacks increases.

Simple solutions to a complex problem are at the heart of the Cool Davis Festival, which celebrates healthy pathways to a low carbon life.

On Sunday, October 16, the community is invited to the free Cool Davis Festival at the Veterans Memorial Center from 1:00 to 5:30 p.m. The second annual festival will connect low carbon lifestyle choices with a healthy environment, personal well-being, and a thriving community.

Over 50 local exhibits are designed to provoke thought and direct visitors to resources and solutions. They include information, demonstrations and activities in the areas of alternative transportation solutions, home retrofit and alternative energy approaches, water and energy conservation, efficient household systems, healthy and local food choices, preventative health care practices, gardening practices, green living demonstrations, and earth-friendly children's activities.

Be sure to add the date to your calendar, and plan to come learn how low carbon lifestyle choices promote a healthy environ-

ment, personal well-being and a thriving community.

The festival will be preceded by a community-wide day of Service Projects on Saturday, October 15. Under the banner of Healing Our Planet and Our Community, planned projects will provide volunteers the opportunity to have fun while participating in environmental, climate mitigation, and/or eco-justice activities that benefit our environment and our community.

Community volunteers are welcome to join in the planning or to take a shift at the festival. To help with the planning, contact Lynne at lnittler@sbcglobal.net. To volunteer before or during the Festival, contact Mary at marykparton@gmail.com.

Sponsorships for individuals or businesses are still available. Contact Chris at cgranger@dcn.org.

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 Thursday, September 8 or Tuesday, September 20.** 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.



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.

Food Facts

By Julie Cross

Q. What is lemon zest?

A. Zest is the colored part of any citrus peel—lemon, lime, and orange are the most common. The white part of the rind immediately under the zest is bitter, so avoid that. Having spent a whole lot of time as a child with a box grater and an orange “helping” with Christmas baking, I’m crazy for Microplanes, which take the zest off citrus lickety-split. (Also the skin off your finger, so be careful!)

Q. How do I get a box of culled produce for my chicken/goat/rabbit?

A. We’re happy to put our carrot tops and broccoli leaves to good use feeding animal companions, but we aren’t prepared to stop doing the work that earns the pennies that make the Co-op run in order to give stuff away! The ONLY way to get rabbit snack boxes is to call our produce manager, Elizabeth Davidson, at 530-758-2667

extension 140, before 9:00 a.m. each day you want a box. We can’t do standing orders, give stuff away on the fly, or give anyone more than one box.

Q. Thank you so much for your kids’ cooking classes! Our children need to learn to cook and having you supplement what we do at home is so valuable. Thank you!

I have one bit of a suggestion and that is that I am wondering if there is a way to transition to not using as much sugar.

My child came home from the Cooking with Strawberries class and was climbing the walls. Then I looked at the recipe sheet and every recipe had sugar.

I am sure you know that we are facing an epidemic of diabetes and obesity in our children. (Threefold increase in childhood diabetes in the past decades)

I really think we need to re-think how many foods they get used to the taste of that have sugar. I have found that in most recipes I can cut the sugar in half and add a few drops of liquid stevia. Or adding date sugar or dehydrated cane juice is a little bit better.

What we teach them to make is what they will crave as they get older. I love your work. I am just hoping to plant a little seed, to really consider and reconsider any recipe that is made that has sugar. Is there a substitute? There are so many ways to sweeten things.

Thank you for your time and consideration

Sincerely,

A caring mom

A. Thank you for taking the time to write such a thoughtful letter! I quite agree with you that we need to give kids a sturdy foundation of food and cooking information to build upon. Teaching them to make healthier desserts incorporating fruit is, I think, consistent with that goal.

Where I think we differ is on the

appropriate amount of sugar. This was specifically a dessert class, and when I add up everything a child could possibly have consumed (and many of them don’t eat everything they make) it comes to 36 grams of added sugar, which is the equivalent of drinking a Reed’s Ginger Brew. I wouldn’t recommend that as a regular diet, but the kids are pretty clear on both cooking classes and sweets being a once-in-a-while thing.

I also can’t agree with you that using different forms of sugar is a

significant improvement—particularly if your major concern is children acquiring the habit of eating sweets. Indeed, if the concern is developing a craving for sweet tastes, stevia may not be the best option either.

We don’t ever use high fructose corn syrup, artificial colors or flavors, or partially or fully hydrogenated oil in our cooking classes. I’m happy to discuss classes and ingredients with parents before classes, so they’ll have the information to decide if a particular class will benefit their child.



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.

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www.hoesdown.org

Please leave dogs and alcohol at home

SUNDAY ACTIVITIES
OCTOBER 2
Millennial Bands on crochets in the Capay Valley Region. Pre-register at the exhibit!

BULK BUYS



Cilantro and Quinoa: Perfect Together

By Sarah Mandel

The first time I tasted fresh cilantro leaves in my neighbor Juana's garden, I thought it was the weirdest taste ever. It was neither salt nor sweet nor spicy, but something entirely different and unfamiliar. The best thing I could say was that it tasted green. The idea that you would use such a flavor to improve the taste of food was challenging.

But unlike some people, who never get over that first unpleasant experience with cilantro, I've grown to enjoy it. Now I can appreciate what it brings to other tastes that once were new to me, like quinoa. A couple of nights ago, my daughter Ilah Jarvis was visiting, up to teach one of her pickling classes at the Co-op, and we were fixing dinner together. We had some grilled meat

that cried out to be balanced with vegetables and grain, it was almost time to eat, and we were all tired and hungry.

On the spur of the moment we threw together this month's salad recipe, the basic idea of which had been marinating in my brain for about a week. Ilah, who is a highly imaginative fresh food cook as well as a nutritional consultant, improved my basic idea by suggesting the nuts and the lime juice seasoning rather than an oily dressing. Quinoa doesn't stick together and lump up, which makes it easy to mix the various chopped salad ingredients evenly. It probably took us five minutes to put it together, if that, and it was scrumptious. Of course, we had cooked quinoa on hand.

I soak quinoa before cooking, of

course, which definitely improves the flavor. I know I'm always rambling on about soaking grains, but it makes a huge difference, particularly with quinoa. That trace of bitterness completely disappears—it's created by saponin, a water soluble protective coating on the grain. If time is short, even a brief soak followed by a thorough rinse will make the grain much more enjoyable. Some packaged brands of quinoa actually have been pre-rinsed to remove the saponin for you, but they're significantly more expensive than Co-op bulk quinoa.

Once the grain is soaked and rinsed, I cook it in my little red rice cooker with two parts water to one part quinoa. If your rice cooker slobbers like mine, you can set it in a pie plate to catch the overflow. Or you can cook it on the stovetop. I prefer the rice cooker because it cooks the grain perfectly without burning, and I don't have to remember to set the timer and check it. The cooked quinoa will keep in the refrigerator for up to a week, although its nutritive value gradually decreases. Like many foods, it's best eaten freshly cooked. On the other hand, one of the main beneficial nutrients in quinoa is magnesium, which is good for heart and blood vessel health, and the mineral level will remain stable.

Cilantro, also known as Chinese parsley, is exactly the same as coriander. The name cilantro comes from Spanish and is generally used to refer to the green leaves, which are sold in bunches like parsley, while coriander more often refers to the plant's seed. Cilantro leaves look a lot like flat leaved Italian parsley, and it is actually a botanical relative of both parsley and carrots. It's said to be good for digestion, and is definitely best eaten fresh, as it loses much of its flavor when dried.

It was interesting to work with Ilah on this salad, as she was much more generous than I would have been about how much cilantro she added. She chopped most of a

whole bundle, leaving only a few leaves and stems for the following day's soup. So where it says half a cup of chopped cilantro, I'm not kidding. It was almost like making pesto, she used so much. This meant that the resulting salad was very green and flavorful and was as much a vegetable as a grain dish.

It occurs to me that you could vary this salad by using equivalent amounts of chopped parsley instead of the cilantro, and enhance it with a couple of tablespoons of pine nuts and chopped scallions, and maybe even a few currants for a Middle Eastern touch. Or how about chopped basil and sliced cherry tomatoes? Hmm... sounds good, doesn't it?

That's what I love about improvised cooking. One thing leads to another. If it's good, it makes you think of something else good. The only real requirement is that you have good quality ingredients, and that, fortunately, we Co-op shoppers have aplenty.

QUICK CILANTRO QUINOA SALAD

1 heaping cup cooked quinoa (remember to soak it before you cook it to improve flavor and nutrition)

1/2 cup coarsely chopped fresh cilantro

One medium cucumber, chopped (peel if the skin is bitter)

1/4 cup coarsely chopped Chandler walnuts

For a low-fat dressing: The juice of 1/2 lime or 2 teaspoons rice or other light vinegar.

Or: substitute 1 tablespoon good olive oil mixed with juice or vinegar.

Salt and pepper to taste

Mix quinoa and chopped ingredients evenly, breaking up any lumps of quinoa. Dress with juice or vinegar and oil as desired. Adjust the seasoning with salt and pepper.

Serves four as a side dish, or two as a main dish.

Sarah Mandel can be reached at spmandel@dcn.org.





By Kathy Lorenzato

Friday, Sept. 23, 6:00 to 8:00 p.m.
Davis Food Co-op Parking Lot

Davis offers many local celebrations. April has Picnic Day, May has the Whole Earth Festival, and September has (drum roll, please)... The Eat Local Fair! This second annual, delicious event takes place in the parking lot of the Davis Food Co-

op. It is a chance for local growers, ranchers, brewers, vintners, and bakers to bring a sampling of their fares and wares directly to their local consumers—us! Likewise, it gives us a chance to meet the folks who grow and make our food—knowledgeable people who are directly involved

with, and sometimes are the original founders/owners of the farms/ranches/businesses represented.

Last year's first annual Eat Local Fair was a huge success, and many people suggested that the Co-op offer the event monthly. That sounded like way too much work for everyone involved, but having the fair annually seemed possible.

Although this year's vendors are still being firmed up, here is a sampling of attendees at last year's fair:

- Sudwerk
- Z Specialty Foods
- Pub Bites
- Village Bakery
- Five Dot Ranch
- Llano Seco
- Artisan Baking on Wheels (now called Pizzas with Purpose)

We'll also have a new entry: Three Twins Organic Ice Cream from Petaluma. They'll be bringing their bright green bus named Carl. His license plate reads, "IM CARL." Aren't these the kind of people you want to meet? Bring the kids.

A corner of the Eat Local Fair will be devoted to CSA—Community Sustained Agriculture. Last year's

fair included local growers from Full Belly Farm and Good Humus Produce. These are the folks who deliver a box of farm-fresh fruits and vegetables to your door every month. They can answer any of your questions, get your list of favorites—and not-so-favorites—and sign you up right then and there.

Everything that is available for tasting at the Eat Local Fair is available for purchase inside the Co-op. So mark your calendar now to celebrate the autumn equinox in our parking lot by sampling some of the remarkable and delicious bounty of our region. And while you're there, ask a friend to take a photo of you and the kids standing next to Carl. You won't be disappointed.

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.

Visse P. Storm, DDS
Family Dental Practice
623 7th Street, Davis, CA 95616
(Corner of 7th & F)
530-756-3232
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Offering Risk Assessment Screening in Breast Cancer Prevention

Lunchables

By Julie Cross

This article was published in its original version in March of 2002 and occasionally since then. We've updated some information, but the basic idea remains the same.

Food and science—it's a dream topic for any *Vine* writer, since most of us spend time thinking about aspects of that odd intersection. There's so much room in the topic: food safety; recipe construction; nutrition; biotech; irradiation; and, my personal favorite, foods that nature never invented, in packaging only a scientist could love.

I am not generally allowed to go to conventional grocery stores, possibly because it's very hard to get me back out of one in a reasonable amount of time. Last week, however, I was both on vacation and on a mission to write my article. This led me to spend more than an hour in the Nugget market on Covell.

There are many miracles of modern food packaging available in a conventional grocery store: pancake syrup in a microwavable package, complete with an icon that changes color when nuked to the appropriate temperature; bacon already cooked to a crisp in a shelf-stable package (this, alas, reminds me far too strongly of a certain brand of dog treats); frozen chicken nuggets in the shape of dinosaurs (which somehow contain more fat per serving than the mozzarella nuggets from the same company); purple ketchup in a fancy bottle at just a bit more than the same brand of ketchup sans food coloring. Isn't food science wonderful?

But, as always when I'm allowed into the conventional stores, I ended up in front of my all time favorite shock value food display: the Lunchables. For those of you who haven't shopped outside the Co-op in the last 30 years, Lunchables are meal kits of kid-attractive foods—crackers, cheese, and

Lunchables contain remarkably low food value per dollar and a remarkably high amount of landfill material

lunchmeat, mini tacos, mini pizzas, mini hot dogs. They're (over) packaged in compartmented trays, and come with a juice drink and candy to complete the putative meal.

Nugget has 33 facings of Lunchables. I chose a package of cheese and salsa nachos, one of the few vegetarian options. My \$3.49 package contained:

- 1.75 ounces of chips**
- 1.25 ounces of cheese sauce**
- 1 ounce of salsa**
- 3/8 of an ounce of candy (a Nestlé Crunch bar)**
- a 6.75 ounce Capri Sun drink**

The chips are about the size of a nickel, so you can scoop up every drop of 21 grams of fat in the package. The sugar laden drink may be enough to quench the thirst caused by the amazing 890 milligrams of sodium. The amount of sugar and salt will probably kill your hunger, but the amount of food won't—you get just under five ounces of food, including the candy.

Lunchables contain remarkably low food value per dollar and a remarkably high amount of landfill material, and they're the very model of an unhealthy diet. There's almost nothing right about Lunchables, and it's got to be confusing to your average eight-



year-old to have all that wrapped in an attractive package and marketed right at them.

The thing that offends me most about Lunchables, though, is the underlying message sent to kids (and harried parents)—that it's not only okay but even desirable to buy gratification in a package. True, that's a message that marketers have always sent, but it's somehow more alarming when it's (a) directed at kids and (b) in a form that blatantly leads kids to eat killer food as a regular meal.

What do you do if your kid longs for Lunchables? Probably the best argument from a child's point of view is financial. Economically, Lunchables are a poor choice, and most kids are sensitive to value. Let your child buy the Lunchable of her dreams provided that she figure out the true cost per pound of the ingredients, and then compare them to the cost of those same foods bought in bulk. I guarantee you that your eight-

year-old can see the problem with tortilla chips that cost more than \$10.00 per pound.

And, of course, you must offer an alternative. Any housewares store will have a sturdy, reusable container with several little compartments (in fact, the Co-op has just such containers!). It's a great project for a Sunday afternoon to look through cookbooks and help your child plan a few lunches for the next week. Meal planning lets a kid learn any number of skills, and kids are generally in favor of lessons that you get to eat in the end. Best of all, an afternoon spent with a favorite grown up sends kids far better messages than that of Lunchables—that you care about your child, including what she eats, that even an eight-year-old can make good food, and that eating healthy and delicious food is rewarding. Take that, food marketers!



Georgia Mckenzie

Schooled Lunch

Some would say, “Why, Ms. Mckenzie, should we listen to you about cooking lunches for children?” After all, my children are furry or made of pixels. I must point out that my opinions are valid because I was a child at some point, back in the stone ages when acid wash and Flock of Seagulls were cool. My second qualification is the number of times I have been described as “child-like” or “childish.” You can’t beat that. Recently, I had even more child experience. I had the pleasure of hosting kids for the summer. Kids who spoke very little English. Needless to say, lunch skills became very important. Time to improvise.

First, a word about packing lunches for a school day: It’s all about packaging. You can pack the world if you have the right lunch kit. The Co-op has some great stainless steel tiffins and plastic lunch containers to make meals on the go easy. The best part is...compartments! This is key to making lunch a success. After all, who wants a soggy sandwich? Store your meat separately from your lettuce and bread, so the end result of freshly combined ingredients equals awesome. Think about it: Salad that’s not sad and wilted. Lunch that’s neat, stackable; and if you toss in a thermos, comes with lovely warm soup. Go you.

Now to the food. First and foremost, work with familiar foods. If your kids like chicken,

use chicken. Fond of eggs or cheese? Eggs and cheese it is. In my case, rice in its myriad forms was my friend. To preserve your sanity, and theirs, explore how that favourite food is prepared. I had never made congee before, although this tasty rice porridge is known the world over and is great under spicy mapo tofu. Now, I can make brown or white rice congee in 30 minutes. Go me.

Second thing to consider is customizability. If you have one child who likes a cheese sandwich with tomato and one who likes it without, it’s pretty easy to make them both happy. Establishing a set of controlled options—say, a choice of crackers or fruit—is key. Unfortunately, everything can’t be on the table, because depending on the child, a “healthy” meal might wind up consisting of cola, chocolate cookies, and fries. Choices of say, an apple, peach, or orange with a homemade hamburger or some tuna fish give kids a sense of control while reducing the fights over what to eat.

My third tip is the easiest—have fun! Use cookie cutters with fun shapes for less square sandwiches. Entice kids with snack friendly, pre-cut slices of fruits and veggies for raw eating. Play with your food, and allow the kids to play too. For some good (if over-the-top for working parents) ideas, hit the Google for “bento boxes.” Bento is a traditional Japanese style of packing lunch. There are traditional foods, but mostly, bento is the art of making tasty, pretty meals to go. Perhaps cutting sandwiches into Snoopy shapes or crafting cucumbers into a cavalcade of frogs won’t be a daily occurrence, but there are some cool quick tips to make tasty, visually appealing lunches. Sites I found useful were: BentoLunch.net, happylittlebento.blogspot.com and katsbentolove.blogspot.com. All offer great western style cooking with a bento finish. There are tons more, but don’t blame me if you get hooked.

Speaking of temperature, the fifth tip?

Keep cool (or hot). For basic food safety, good insulated lunch bags plus strategically sized freezer packs or a good thermos can help ensure that cold foods stay cold and hot foods stay hot. (Don’t underestimate the cooling power of a frozen juice box either.)

My sixth and final tip is my best one. Add kids. Get them to help prep the food and offer planning suggestions. Food is fascinating, especially for the children who get to eat it. The more in control and connected the kid is to the food, the more likely they’ll eat what’s in the bag. And that’s a lunch that’s really satisfying.

Georgia Mckenzie is still principle of uni multimedia and is now quite tired of rice. For at least a month.

A Very Sad Day in the Co-op World

By Melanie Madden

(This article was originally published on August 10, 2011, on the Co-op's blog, The Big Tomato. Visit us at davisfoodcoop.blogspot.com)

As diverse as we are, and distant as we may be from our food co-op neighbors throughout the United States, co-ops everywhere are connected by our common principles and values. On August 9, 2011, food co-ops across the nation were joined together in mourning the loss of our colleague Michael Martin of Brattleboro Food Co-op (one of DFC's P6 sister stores) in Brattleboro, Vermont.

The tragedy surrounding this loss is as heartbreaking and senseless as I can imagine. Michael was fatally shot at the Co-op and one of his coworkers has been charged with first-degree murder. It is a story that rattles everyone who hears it; I know this because as the details have been unfolding since the shooting was first reported, I have been following the developments and telling this story again, and again, to anyone who will listen, even though they didn't know Michael and had maybe even never heard of Brattleboro. Maybe I've been sharing the story because it's a way to relieve some of the burden of the grief; maybe with hopes that it will start to make sense. Can it ever make sense?

I met Michael five months ago at a P6 meeting in Lawrence, Kansas. We talked over drinks at the hotel bar at the end of the first day of meetings. I sat next to him at our group dinner at Free State Brewery. I have a hard time reconciling those memories with the news of his tragic

death. It is a very sad story, indeed.

An outpouring of love and support from the national Co-op community has been directed Brattleboro's way, along with prayers and wishes for peace and healing in the face of such immeasurable grief. Comments on postings on Brattleboro Food Co-op's Facebook page have been coming in since the news first dropped, and one Brattleboro co-op member's lovely blog post (thisvlife.wordpress.com/2011/08/10/even-the-potatoes-are-sad) talks about how the only saving grace of this trauma in what we thought was our safely insular co-op world is that we have the mutual support of our co-op network to share our grief with.

On behalf of the Davis Food Co-op, we want to extend our condolences, love, and wishes for healing and hope, from our Co-op to Brattleboro's. Our thoughts are with their entire community. Thank you for taking the time to read this.

The family requests that flowers be omitted; rather memorial gifts would be appreciated to the Waterbury Area Food Shelf, 57 South Main Street, Waterbury, VT 05676, or to the Michael Martin Memorial Fund, care of the Brattleboro Savings and Loan, 221 Main Street, Brattleboro, VT 05301. To send online condolences, please visit www.perkinsparker.com



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Mussels and Frites

By Tony Gruska

Mussels are one of my favorite seafood choices, and they are also a hot menu item in many bistros and restaurants. Since our restaurant serves sustainable seafood, we are fortunate to have a readily available sustainable and local source of mussels in Tomales Bay.

The Davis Food Co-op is also concerned about ocean friendly seafood and carries a nice variety in the store, including mussels. As a matter of fact, the Co-op was recently recognized as one of the most sustainable seafood retailers in California on Greenpeace's updated seafood sustainability scorecard, which was released in April. To see the scorecards for all California grocery stores, visit www.greenpeace.org/usa/en/campaigns/oceans/seafood/supermarket/

Across the Atlantic, Europeans have centuries of experience eating seafood now endorsed by sustainable seafood lists, which makes them a great source of ideas for preparing such fish and seafood as herring, mackerel, squid, sardines, clams, mussels, oysters, etc. In Belgium, mussels are often served with fresh herbs and aromatic vegetables in a stock of butter and white wine. In France, the *éclade des moules* is a mussel bake popular along the beaches of the Bay of Biscay. In the Netherlands, mussels are sometimes served fried in batter or bread-crumbs, particularly at take-out food establishments. In Belgium, France, and the Netherlands, mussels are also often consumed

with French fries (frites) or bread and Belgian beer.

Here is a recipe for mussels that make a great accompaniment to a cold Belgian beer, which of course the Co-op also carries in many varieties, both domestic and imported.

MOULES FRITES WITH AIOLI

1 teaspoon Dijon mustard

2 egg yolks

1 cup olive oil

2 teaspoons white wine vinegar

2 teaspoons fresh lemon juice

Salt and freshly ground black pepper, to taste

Oil for frying

2 pounds Yukon Gold potatoes, peeled and cut into 1/4-inch thick sticks

2 tablespoons unsalted butter

2 sprigs thyme

1 bay leaf

1 cup chopped shallots

1/2 fennel bulb, chopped

1/2 large onion, finely chopped

1 cup dry white wine

2 1/2 pounds mussels, beard removed and scrubbed

Aioli

Make the mayonnaise: In a large bowl, food processor, or blender, whisk mustard and egg yolks. While whisking constantly, slowly drizzle the olive oil in a thin stream until the mayonnaise begins to emulsify; whisk in vinegar, lemon juice, salt, and pepper.

Frites

Pour oil into a 6 quart heavy pot or large deep skillet to a depth of two inches, and heat over medium-high heat until a deep-fry thermometer reads 375°. Add potatoes

and cook until tender, about 8 minutes. Using a slotted spoon, transfer fries to a rack on a baking sheet to cool. Increase oil temperature to 385°. Working in batches, add cooled potatoes and cook until golden brown and crisp, about four minutes. Using a slotted spoon, return fries to rack; season with salt.

Mussels

Meanwhile, heat another large, deep skillet over high heat. Add olive oil, butter, herbs, shallots, fennel, and onions. Sauté until fennel and onions are soft. Add wine and mussels, then season with salt and pepper, and cover. Cook, occasionally shaking skillet, until all mussels are opened, about 5 minutes. Divide mussels between two large bowls. Serve with frites and aioli.

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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How we shop in Davis...

Q: Please have vegan refried beans in the deli bar. Just use some garlic for seasoning!!! They (the beans) usually have chicken broth or cheese!

Anonymous

A: Thank you for your suggestion. We will see what we can do.

Lisa Carruthers, Deli, Bakery, Cheese and Meat Dept.

Q: My Spider sense tingles uncomfortably every time I pass by the coconuts. How is it possible that we can buy such things as coconuts for \$2, \$3, or \$4? Does this seem wrong to anyone else?

I propose a remedy to scratchy, itchy irritations to our food morals. Inspired by those Davisites who are self-taxing their cars and paying a carbon offset fee for their commutes, I want to be able to pay a voluntary fee for items that I feel are priced unconscionably low. It's not DFC's fault, I know. It's this crazy market—distribution—unfair wages yadda yadda system.

Can we unleash the Education Dept. on this? Answering the question, "who loses most when we buy cheap coconuts?" is too specific. It would leave out people whose Spider sense goes off at cheap

bananas. Can you give us some big-stroke answers of who is losing out when we buy cheap food - and—create a small, simple way we can pay a fairer price at our own discretion so that my noisy conscience will shut up for a little bit while I chomp on these coconuts? Thanks.

J.R.

A: In order for our Co-op to thrive in a highly competitive market, our retail store must satisfy our customers. It can be a difficult juggling act to balance this aim with our goals of providing sustainable, higher-quality, locally grown and produced foods, and contributing to a more sustainable food system, given the widespread expectation that all fruits and vegetables should be available on grocery stores' shelves during every season at a consistently low price. We do our best to educate our shoppers of the impact of their purchasing decisions, and to encourage them to make choices that support our local farmers and producers.

We recognize that a complex matrix of factors goes into every shopper's purchasing choices, and that price is always a consideration. If we sold only organic, seasonal produce from local farms, our Produce Department would be a lot smaller and the prices would be a lot higher.

It isn't ideal, but the profits we make from the sale of imported luxuries like coconuts and bananas make it possible for us to sell local peaches when they're in season for \$3/lb instead of \$8/lb; it's possible that if we raised the prices of imported produce in order to more heavily subsidize the local offerings, our shoppers would just go elsewhere for cheaper bananas and coconuts.

We'll continue to offer coconuts and bananas at their current margins as long as our shoppers are willing to buy them, and we are

grateful for our community's continued patronage of our store, which keeps us in the black and allows us to follow our goals of educating consumers and improving the sustainability of local food systems.

Melanie Madden, Marketing Coordinator;
Beth Tausczik, Store Manager;
Elizabeth Davidson, Produce Manager
Doug Walter, Membership Director

Q: Last week's regular sharp yellow cheddar tasted like it had American cheese mixed in and was not, from my point of view, good.

J.L.

A: Sorry to hear that you did not care for the sharp cheddar cheese. Feel free to ask anyone in the delicatessen for a sample in the future. If the problem persists, let us know.

Lisa Carruthers, Deli, Bakery, Cheese and Meat Dept.

Q: The bread pudding that was in the hot food bar is delicious! You should feature it more often.

Anonymous

A: Thank you for the compliment!! I will pass it on to the kitchen and we will try to make it again.

Lisa Carruthers, Deli, Bakery, Cheese and Meat Dept.

Q: Noah's cranberry-orange scones can only be described as "ultimate perfection." Davis Food Co-op is very fortunate to employ a master baker.

D.K.

A: Thank you for the compliment. We feel as though the DFC recipe is the best too! Noah did a great job for us. Unfortunately, he has moved on to other endeavors.

Lisa Carruthers, Deli, Bakery, Cheese and Meat Dept.

Q: You always seem to be out of samples. Thanks!

Anonymous

A: We didn't have very many samples in June, did we? That's when a lot of our volunteers leave, and it took a little while to find new ones and train them. You can visit the demo-station Monday-Friday from 3-7 and Saturday from 12-4 for samples now.

Julie Cross, Education Coordinator

Q: Classical until 9:00! Can we get one more hour of classical and then start the jazz? Thank you, Bija!

E.M.

A: I'm so glad you dig the classical music in the mornings! Unfortunately the Muzak schedule is set up in two hour increments (to keep things diverse and interesting to staff); increasing one block to three hours long would throw the whole schedule off.

Bija Young, Advertising and Brand Manager

Q: The yellow mangos from Ecuador were spoiled inside (6/14).

Anonymous

A: These mangos looked okay on the outside but were bad when opened - so we won't carry them until they are better quality.

Elizabeth Davidson, Produce Manager

Q: Please put a garbage can/box by the inside eating area. It's a drag to have to carry one's garbage outside to toss it. I may not be done shopping.

I came in on a VERY VERY Hot day—the cool air felt great—one suggestion—it was almost COLD so maybe you can turn it down a degree or two and save some money and energy? Thanks.

E.

A: Thank you for your thoughtful

suggestions. We will put several small garbage cans underneath the counter in the inside eating area. Hopefully that will work for folks grabbing a quick bite before shopping. Heating and cooling our old building appropriately can be a challenge. We have made a number of adjustments for the hotter summer conditions. Please let me know if you feel the store is still too cool.

Beth Tausczik, Store Manager

Q: I would like to praise Sally Hensel in the cheese department for her excellent service, bright smile, willingness to help, and knowledge of her products.

A.P.

A: Thank you. We always love to hear great comments about our employees!

Lisa Carruthers, Deli, Bakery, Cheese and Meat Dept.

Q: The meat person was very accommodating in chopping a pound of liver for me. Thank him please. However, liver should not be chopped. Why are you freezing liver in one and two pound blocks? One and two pound blocks of liver do not cook well. Thin (relatively thin) slices do. Please slice the liver before freezing it. If you can't cut frozen liver (and the meat man said it was too hard to cut thin), how do you expect the home cook to do so? I do not use one or two pounds at a time and do not want to refreeze. Thank you!

Anonymous

A: Please call us ahead of time and we will slice you any amount of liver that you would like. Unfortunately, we do not sell enough liver to offer it fresh.

Lisa Carruthers, Deli, Bakery, Cheese and Meat Dept.

Q: I think it would be helpful if all the beers containing coffee were labeled with an extra stick-out label or some other kind of highlight to help people trying to locate caffeineated beers.

R.

A: We've found that when there are too many signs on a shelf, it can actually make finding a specific product more challenging. We carry only three caffeinated beers, and they have a dedicated spot on the shelf; if you ever need help locating a specific type of beer, feel free to ask for assistance.

Bija Young, Advertising and Brand Manager

Q: I wish you would carry half bottles of good wine. I'd like to try the high-end wines before paying for a whole bottle.

R.F.

A: Thanks for your request; I have always wanted a small selection, because I think it's really important to know if a wine will please your particular palate to determine if it is worth the price. Given your request, I think I will give it a shot!

Currently my favorite wines that we carry that are available in half bottles are: Qupe Syrah and Marsanne, Clos de L'Oratoire, Chateaneuf-du-Pape, and Seghesio Old Vine Zinfandel. There are several French wines and Chardonnays that I would love to try out as well. Let me know if you have anything you specifically would like to see.

Claire Ceklovsky, Wine Buyer

Q: I was curious why Perky's Crunchy Rice Cereal is more expensive in bulk than if you buy it by the box? I thought not having to pay for packaging made things cheaper?

C.

A: Most of the time it is more economical to buy in bulk. However there are some exceptions, so it does make sense to compare prices. Vendor pricing strategies, different suppliers, and greater overhead in bulk all contribute to the kind of discrepancy you noticed.

Beth Tausczik, Store Manager

Q: Does broccollette (in produce) have the same nutritional value as broccoli?

J.

A: The two are very close in nutritional values. Broccoli is slightly higher in fiber. Broccollette is a better source of Vitamin A.

Julie Cross, Education Coordinator

Q: Where did the drawings for kids go???

L.P.

A: They haven't moved far! The drawings live in their tray on the bottom shelf of our member information counter, near the children's books. If the tray is ever empty, or you have trouble locating the drawings, please let a cashier or any other staffer know and we'll make sure to put more out!

Melanie Madden, Marketing Coordinator

Q: Request that we carry camel and horse milk. In Kazakhstan, people drink camel milk and in Mongolia—horse milk. It is very good for the heart. If you sell it here, I am sure people will like it.

A.K.

A: There are currently no (legal) suppliers or distributors of horse or camel milk in our region, that we are aware of.

Melanie Madden, Marketing Coordinator

Q: Your cheese and meat departments offer GREAT customer service!! Thanks.

A.

A: Thank you for the nice compliment. It's always nice to hear that our customers appreciate our customer service.

Lisa Carruthers, Deli, Bakery, Cheese and Meat Dept.

Q: The goji berries in bulk are more expensive than the packaged ones. Why? Both are organic too!

S.B.

A: While most of the time it is more economical to buy in bulk, it does make sense to make price comparisons. When we source an item from several sources—like goji berries—the cost per pound can vary quite a bit. We base the retail price on our cost, thus we have an occasional counter intuitive price. I hope that answers your question.

Beth Tausczik, Store Manager

Q: Request that we carry "Davis" Blankets. The Chamber of Commerce used to carry these—\$100.00 or so. It had scenes of Davis. It makes a great gift. There is not much "Davis" here to take as gifts.

Thanks.

N.T.

A: Alas, we don't have a source for this item—perhaps the Chamber of Commerce does? We're happy to offer suggestions of nice Davis gifts to carry to relatives. Small bottles of Yolo Press Olive Oil, Pepper Peddler Coffee, and Joy and Taylor's Chocolates have all been big hits with my relatives, as have Davis Food Co-op sweatshirts, T-shirts, hats and water bottles.

Julie Cross, Education Coordinator

Q: I think the marinated great white beans don't belong at the prices of the olives. Seems very excessive.

M.G.

A: In setting the price per pound for each of our self-serve areas (hot bar, salad bar, and olive bar), we take into account all items in each area.

Julie Cross, Education Coordinator

Q: Request that we carry more organic vegetarian and vegan products. Many (sausage, cheese, etc) are not organic. Wondering why this is?

H.

A: We aim to carry a wide variety of vegetarian and vegan choices, with a range of flavors, textures, ingredients and prices. We don't want to

price anyone out of shopping at the Co-op by only carrying organic choices. If there's a particular product you'd like, please let us know.

Julie Cross, Education Coordinator

Q: Please consider making more muffins with applesauce instead of soybean or canola oil. It's tasty, easy and healthier.

Anonymous

A: Thank you for your suggestion. We will look into recipes with applesauce.

Lisa Carruthers, Deli, Bakery, Cheese and Meat Dept.

IN BRIEF:

We do carry:

- Vegan Black Forest Cookies
- Psychology Today magazine
- Notebooks
- Sierra Nevada Organic Cream Cheese

We'll look into:

- Mariposa Sandwich Bread and Baguettes
- Larger bottles of unscented massage oil

Yes, we can order:

- *Organic Manifesto* by Maria Rodale
- Multiple bottles of Almond Glow Unscented Skin Lotion
- *Super Natural Cooking* and *Super Natural Cooking Every Day* by Heidi Swanson

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

- Twin Labs Emulsified Norwegian Cod Liver Oil, Mint Flavored



9/2

Joe Louis Walker

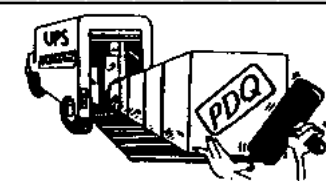
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the Co-op Calendar

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: Breakfast Yum

Level 1 Thurs., Sept. 15, 3:30 p.m.

Level 1 Tues., Sept. 20, 3:30 p.m.

Level 2 Fri., Sept. 16, 3:30 p.m.

Level 3 Thurs., Sept. 22, 3:30 p.m.

Pancakes, breakfast wraps, and more—with make-ahead instructions included to make everyone's life a little yummi-er in the mornings. \$20

Intro to GF Flours

Thursday, September 1, 6:00 p.m.

The hard part of gluten free cooking is learning the whys and wherefores of the flour. This class is a prerequisite to our GF Baking classes. Demonstration, about 1 hour.

Instructor: Amy Radbill \$7

Glorious Gluten-Free Pizza

Tuesday, September 6, 6:00 p.m.

A gluten-free diet is no reason to miss out on pizza. In fact, homemade pizza tastes a lot better than delivery, and gluten-free pizza is super simple to make—join Amy Radbill to learn how!

Instructor: Amy Radbill \$25

Tiffin in TamilNadu (Hands-On)

Wednesday, September 7, 6:00 p.m.

September is a good time to visit the Southern state of Tamilnadu. The rains have receded, the weather is mild and one can enjoy great food, including Adai (mixed lentil and rice crepes), Vadai (a savory fried snack) and Tomato and Coconut Chutney.

Instructor: Viji Gururajan \$30

Tomatoes

Thursday, September 8, 6:00 p.m.

Join us to celebrate tomatoes.

Instructor Amy Radbill has recipes that use their juicy, meaty abundance in recipes sweet, spicy, and savory, including a Southern style tomato pie; an updated "BLT" with tomatoes, tofu bacon, and basil; and tomato chutney.

Instructor: Amy Radbill \$25

Beyond Baba Ganoush: Learning to Love Eggplant

Friday, September 9, 6:00 p.m.

Many folks feel challenged by this beautiful vegetable. Learn how to select and prepare different varieties of eggplant and make an eggplant and tomato tart, an eggplant gratin, and a spicy eggplant spread with Thai basil.

Instructor: Holly Ista \$25

Pressure Canning Without Terror (Hands-On)

Saturday, September 10, 2:00 p.m.

Learn the tools, techniques and science of home pressure canning, and rediscover this traditional, economical way to preserve vegetables long after harvest season. This is a hands-on class where you will prepare a jar of carrots to take home.

Instructor: Dennis Zanchi \$30

Momnivores' Dilemma: Take Back the Snack!

Sunday, September 11, 2:00 p.m.

Out with graham crackers and goldfish, in with carrot chips and almond dip. Toddler mom Lis Harvey will help you stage a food revolution and take home a "menu" for a month of scrumptious school snacking.

Instructors: Lis Harvey \$25

Sauce for the Vegans

Tuesday, September 13, 6:00 p.m.

With the right ingredients, it's really not hard to make a delicious vegan cream sauce, gravy, or "cheese" sauce. Join Amy Radbill to find out how to make these and other sauces

even a meat eater will love!

Instructor: Amy Radbill \$25

Olive Oil Love

Wednesday, September 14, 6:00 p.m.

Learn all about olive oils and how to use them to make delicious baked goods. Lemon, lavender, and other herbs show off the natural aroma of olive oils and lend themselves to exciting flavor combinations.

Instructor: Selina Wang \$25

Intro to Figs

Sunday, September 18, 2:00 p.m.

Learn how best to use up all those figs bombing the bike path. What's all the fuss about wasp larvae? Find out in this class!

Instructor: Lis Harvey \$7

Intro to Home Ec: Buying, Storing, and Using Food

Monday, September 19, 6:00 p.m.

Got pantry? If shopping, storing, and using food is one of your headaches, here's relief! Dennis will help you discover tasty, nutritious food that's easy to prepare.

Instructor: Dennis Zanchi \$7

Cerchiamo di Mangiare! (Hands-On)

Wednesday, September 21, 6:00 p.m.

From our favorite hostess, a plan for the perfect Italian dinner party: a Bruschetta appetizer, Tuscan salad, Pollo Arrosto and a delicious Dessert! Buon Appetito!

Instructor: Stephanie Shimada \$30

Pickles! (Hands-On)

Saturday, September 24, 2:00 p.m.

Discover how easy it is to make pickled vegetables! Salty and tart carrots, peppers, cauliflower, radishes, and oh yeah, cucumbers, spiced with peppercorns, allspice, garlic and dill. Naturally fermented with good bacteria so they are vinegar-free.

Instructor: Ilah Jarvis \$30

Hands-On Teens Cook September

Tuesday, September 27, 6:00 p.m.

Chef Jules says September is party time for vegetarian teens, with Potato Skins, Homemade Roasted

Corn Salsa with chips, Spring Rolls, homemade soda, and OMG Cupcakes!!! Open to students age 12 to 19 only.

Instructor: Julie Loke \$20

Stuffed with Goodness Gluten-Free

Wednesday, September 28, 6:00 p.m.

Have your veg and main dish in one with delicious stuffing! Southwest polenta stuffed peppers, wild rice stuffed zucchini, and more.

Instructor: Rebecca Tryon \$25

Knife Skills 101 Hands-On

Thursday, September 29, 6:00 p.m.

Pack up your knives and bring them along to this hands-on class. Learn basic cutting techniques, tricks, and knife sharpening to make your cooking at home easier.

Instructor: Staff \$30

In Good Taste: Olive Oil

Friday, September 30, 6:00 p.m.

We live in a premier olive oil region. Join us for a tasting of olive oils from near and far and find the one that's just right for your tastes.

Instructor: Staff \$7

*contains meat

Wine and Beer Tastings

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

Wine and Beer Tastings: To benefit FARM Davis

September 2 Notable Locals:

Senders, Spoto, and Marr

September 9 Berryessa Gap

September 16 Revolution and Rubicon

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 October issue is September 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

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

BECOME A MASSAGE THERAPIST only \$1,025. Start dates: September 16 Weekend Program, or October 18 three days a week program. www.mttidavis.com or 530-753-4428

BUDDHIST MEDITATION AND STUDY GROUP in Vipassana/Theravada tradition - Thursdays, 7:00-8:30 PM, Unitarian Church of Davis, 27074 Patwin, in the Bridgehouse (Redbud Montessori) Meditation, Tea Break, Dharma Discussion. www.davisinsightgroup.org or contact Jo: 530-867-5743, crescent.young@gmail.com

CO-DEPENDENTS ANONYMOUS: Only requirement is a desire for healthy, loving relationships. New flexible, more social format and new meeting time! Saturdays, 9:30 to 11:00 a.m., Davis Lutheran Church, 317 E. 8th Street, (8th and B). Woodland meets Friday evenings. Questions? Barbara 753-2868 or Lisa 867-0370.

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.hudson19@gmail.com or call 753-6093.

DCCNS A PARENT CO-OP NURSERY SCHOOL: Early Explorers (Fri-

days, 12:00-1:30 p.m.) playtime for parents and children 15-24 months; Toddler Program (Monday and Friday, 9:00-11:00 a.m.) children 24-36 month. Parents participate twice a month. www.dccns.org or email dccnsregistrar@hotmail.com

EIGHT-WEEK MINDFULNESS-BASED STRESS REDUCTION program starts Oct. 4 with free info class. Led by Denise Dempsey, member of Sutter Center for Integrative Holistic Health. 530-304-4341 StressReductionPrograms.com

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

SINGING LESSONS Treat yourself or a loved one to lessons with professional vocalist and educator Eve West Bessier, M.Ed. Increase range, improve tone, sing on pitch, enhance performance, prep for auditions. Kids, teens, adults. (530) 756-6021.

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

WOMEN-OVER-FIFTY ONGOING SUPPORT GROUP Self-Esteem/Depression/Anxiety/Relationships/Retirement/Grief/Life Transition Marilyn Stettler MFT (License #14328) Free 1/2 hour interview 530-902-1285

YOGA IN VILLAGE HOMES 90-minute classes; Sivananda Yoga instructor. Open, Beginner, Prenatal classes. Kids and Teens Yoga through Davis Art Center during school year. **FIRST OPEN CLASS FREE, \$13/class afterward.** Private Lessons available. Visit www.VillageYogaDavis.com

ZEN MEDITATION: Bird Path Zen Community of Davis meets weekly. Call Eric, 795-9596.

PROFESSIONAL SERVICES

ASPIRING OR COMMITTED VEGETARIAN? Get weekly vegetarian cooking inspiration from a local Davisite at www.vegetarianized.com. Email Adrienne@vegetarianized.com. I also teach monthly cooking classes for the Cities of Davis and Vacaville!

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FRIEDMAN PHOTOGRAPHY offers natural and affordable photography (perfect for DFC members) for weddings, Quinceaneras, Commitments, B'nai Mitzvah, and family or business gatherings or portraits. Pets, too. Contact laurief@dcn.org or 758-9668. www.friedmanphotography.com

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WEBSITE DESIGN: Web design is all about you and your user, get connected with them; see my samples at <http://auspiciouswebdesigns.com>; Randall Larson-Maynard; awd@auspiciouswebdesigns.com; 530.574.0645.

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**Upcoming Events at the
IRH INSTITUTE FOR RESTORATIVE HEALTH**

Weight Loss Seminar
with Shelly Rogers, FNP-C
Wednesday, September 14th
5:30 to 7:00pm
Seminar on the topic of "Fat and its role in health and weight loss." \$25.
Please RSVP to info@4irh.com or call us at 530.758.4474.

Healthy Living Workshop
with Dr. Eric Hassid
Thursday, September 22nd
5:30-7:00pm
IRH founder Dr. Eric Hassid will present his renowned Healthy Living Workshop on the topic of sleep. Classes are on-going throughout the year and cost \$25/each or \$120/series.
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The second annual **EAT LOCAL FAIR** at the Davis Food Co-op

Friday, September 23
6:00 to 8:00 p.m.
FREE!

- Free samples from local producers, including: Drinkwell Softers, Joy and Taylor's Raw Chocolates, Winters Cheese Company, Z Specialty Foods, and more!
- Barbecue from Llano Seco Rancho.
- Meet the farmers at our CSA Fair and learn about Community Supported Agriculture
- Live music from The Souterrain
- A reading by local author Brenda Nakamoto from her book, *Peach Farmer's Daughter*



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