

# the Vine

The Davis Food Coop Newsletter • January 2011



A Happy and Healthy  
New Year from  
the 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 2010-11 Board of Directors

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

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# Co-op Serves, Benefits Members

By Doug Walter,  
Membership Director

January is a "new beginning" for your membership in the Co-op. Share investments this month affect your good standing for all of 2011 and a little bit of the next year too. Joining the Co-op or investing now actually gives you good standing for longer than at any other time of year. It also guarantees you can participate in this spring's Co-op election.

That's why we say you can get a great deal at the Co-op in January!

Every current shareholder who doesn't yet have a full \$300 invested in Co-op shares—or who isn't ahead on investments—needs to invest \$20 in shares before or on March 31, 2011. The deal we offer is that investments this January give you good standing through March 2012, a total of 15 months. Looking at your cash flow, this gives you more for your money.

You should have a Co-op card with a bar code on it, whether you're a shareholder or a household shopper. Don't throw that card away, even after March 31! We can update our computer information so that it re-validates your card, and those of others in your household.

You'll want to use your Co-op card when you shop, so that your patronage can be added up and any discount applied correctly. You still need to invest in shares until you have \$300 invested. All shares in your account are your money; shares added as part of a past patronage refund help you get to a total investment of \$300 that much faster.

## Food, Profits for the Sake of People

Our co-op is incorporated as a California Cooperative Corporation, and very often makes profits. We reinvest or distribute those profits to sustain our business, to strengthen our cooperative, and to benefit our members. Contrary to what you may hear or read, the Co-op is not non-profit in any real

## Spring Election

We can't promise to repeat the excitement of 2010, but we will have an election this spring. If you think you might be interested in becoming an elected director, this is a great time to start attending meetings and talking to current directors. Their contact information is on page two or the "Board of Directors" page of our Web site. The deadline for member initiatives is 45 days before the "mailing date" for an already scheduled election, which falls on March 8, 2011.

Please contact me (Doug Walter, dwalter@davisfood.coop, or 758-2667, ext. 111) if you'd like more information about the bylaws or the 2011 election calendar.

sense; we have always striven to profit in order to benefit our members and community, in accord with cooperative principles.

Our fiscal year that will end October 1, 2011, is unlikely to show a profit, due to the depreciation expenses on all the new equipment we've bought in the past few years. Our cash flow is looking fine, and the equipment should serve shoppers and workers for years to come. It is entirely possible that profitability will take another several years to return—or perhaps conditions could bring back some profits in 2011. Whether or not they'd be big enough to warrant distribution by patronage refund is a question for our elected directors, not me.

The only reason shareholders with less than \$300 invested would need to invest less than \$20 this spring is if their total investment is \$281 dollars or more. If you do end up with more than \$300 invested, we'll let you know and arrange for you to "even out" at \$300. If you do have more shares invested than are required, thank you! We will use our computer to extend the validity of your Saver Card into 2012.

## MEMBERSHIP

## No Money Left?

Not everyone can invest \$20 by March 31. We understand this, and welcome your membership regardless of your economic status. Co-op membership is open to all—that's one of our fundamental principles.

If hard times have hit you, you don't have to give up your good standing and your vote. Share investments can be made a few dollars at a time—try \$5 each month from January to April. You'll need to apply for an extension of the investment deadline, so look for the pink *Exemption or Extension Application* form at the check stands, or ask a cashier. You can also contact me directly, and we can work out an arrangement that suits your finances.

If you are experiencing extreme financial hardship of the persistent sort, please use the same form to apply for an exemption from this year's share investment requirement.

Letters to Doug Walter can be dropped off in the suggestion box, sent to the Co-op at 620 G Street, or sent by e-mail to dwalter@davisfood.coop.

## 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, January 11, and Wednesday, January 26.** 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@davis-coop.com

# Casting off the Old Year

By Amy Radbill

*I don't normally republish my columns, but I went to write a new column for this month, and I just kept repeating things from this very column. Apparently, the way I feel in this season is consistent from year to year—and why reinvent the wheel? I love the idea and ritual outlined here so much, and I hope you'll find it inspirational too. (Though, you know what? I kind of hate the word "inspirational." Oh well—you know what I mean, right?) This was first published last year, in January 2010.*

To be perfectly honest, January has never felt like the real beginning of the year to me. I'm pretty sure I'm not alone in this—the rhythm of the year for plenty of people begins in fall: There's the new school year—especially true for those of us living in a university town like Davis, and oddly, many of us seem to retain this feeling of something beginning with the school year long after we're done with formal schooling; and for some of us, of course, there's Rosh Hashanah, the Jewish new year.

So the actual New Year, the January 1st celebration, always feels a little strange to me—more like a pause in the middle of the year than anything else. But on the other hand, who am I to snub my nose at a chance for a new beginning? A clean slate is a clean slate any time, and it's nice to have multiple chances each year to take stock of our lives, shake things up, make some changes.

At a new beginning, when there are changes to be made, some of us like a little ritual to help move us in the right direction. My favorite part of Rosh Hashanah has always been *tashlich* (tahsh-leeek), a word that means "casting off." *Tashlich* is a lovely ritual that takes place on an afternoon during Rosh Hashanah, alongside a flowing body of water. People usually gather as a community to do this, although the ritual itself is a solitary one. The idea is to take bits of something representative of the past year's mistakes and missteps—frequently breadcrumbs one has brought for the purpose—and cast them on the water, allowing the water to carry them away (or the ducks to eat them, if you happen to be near the ducky sort of water).

The general idea is very simple: Take a few moments to reflect on what you'd like to let go of, what you'd like to change, how you'd like to live your life differently. Then you literally let go: Cast off the mistakes, and give them to the water; let the water carry them away.

A few years ago, this ritual was interpreted beautifully by Jen Lemen, a blogger I'm fond of. She wrote an entry titled "A Little Ritual for Letting Go of Fear and Other Things That Weigh You Down" (go on and Google the title if you'd like to read the entry—it's very inspiring if you like this sort of thing!). I don't think Jen knew about *tashlich* when she came up with the ritual, but she was specifically inspired by Rosh Hashanah and Yom Kippur (the Day of Atonement, which closely follows the new year). I like that she didn't know about *tashlich* actually—that she came up with such

a close relative of the idea makes it feel as if there might be some cosmic logic for this sort of ritual. Jen's ritual focused specifically on fears that were keeping her from progressing in her life the way she wanted to, and if you do this, you can certainly focus on whatever it is that's holding you back or getting you down. Her ritual also involved actually writing out the fears/blocks/whatever on leaves or rocks with a water soluble marker. Then she let them go in the water, to be both dissolved and swept away.

You needn't be Jewish to use this sort of ritual for yourself. And perhaps more importantly for some of you: You needn't be a tree-hugging, granola-making sort! All you need is the desire to mark a new beginning in a significant way and to add a conscious, active element to the changes you'd like to make in your life. Ritual, even if you don't exactly believe in it, can be a surprisingly powerful force. In fact, I don't believe that belief has anything to do with it—I think the power of ritual is in the action. The awareness of that power comes only through practice and the repeated performance of the ritual.

Ritual isn't, of course, magic. It won't wash you clean all by itself—you still have to work to make changes. But the action required by ritual can propel you forward in ways you may not expect. Maybe this is the year to find out.

Amy can be reached at  
amymorgan95616@gmail.com.

# Local, Sustainable Values Make Us Competitive

By Eric Stromberg

The grocery business is tough. While most everyone shops for groceries, the competition is fierce, and the profit margins are razor thin. Effects from the state budget and the economy in general have reduced sales. Now we have a new Trader Joe's to deal with.

Prior to the opening of new competition, I talked with consultants and the managers of many other cooperatives and independent grocers. Trader Joe's does not seem to be singularly responsible for the demise of any co-op food stores, but they are a force to contend with. They operate about 350 stores with combined annual sales of over eight billion dollars. The Davis Food Co-op operates one store with annual sales of 18 million dollars.

How do we compete? Principles and values help to set us apart. The International Cooperative Principles include calls to action for support of community and of other co-ops. The Davis Food Co-op has a long history of giving and sharing with members and the greater community. We also belong to the National Cooperative Grocers

Association, giving us access to cooperative purchasing power. This purchasing power helps, but it does not level the playing field because only part of what we offer can be sourced through our virtual chain of 114 independent cooperatives. So, we have to try harder. We do this by foraging for the freshest, best quality local foods, specialty products, organic products, beer, wine, and wellness products. We do business with over 500 local vendors (from within 100 miles) because we believe keeping it local keeps it fresh, and is beneficial to the local economy. Depending on the season, 70 to 80 percent of our produce is local. And since 2005, we have avoided selling unsustainable fresh or frozen seafood choices.

Nonetheless, new competition has had the effect of reducing sales. Your support is essential to keeping it local and keeping your Co-op strong, healthy, and sustainable. In the food fight of Davis versus Goliath, may Davis prevail.

In co-operation



*New competition has had the effect of reducing sales.*



# P6 STAFF PICKS



## APRIL KAMEN, GROCERY DEPARTMENT

**Yolo Press Olive Oil, \$16.99, Produce Department (on top of the Olive Bar)**

**"I just love visiting Mike Madison's farm for community harvest days—the farm itself is so beautiful, just really well-planned and you can see all the work he's put into it. You can also taste it in this wonderful local olive oil—it's so good I just want to drink it!"**



## RACHEL LAGOMARSINO, PRODUCE DEPARTMENT

**Organic Purple Carrots from Riverdog Farm, Market Price, Produce**

**"When I go home for the holidays, I love to bring back interesting and unusual produce that's grown locally and sold at the Co-op. Local purple carrots from small farms definitely qualify! They're beautiful, tasty, nutritious, AND they turn your tongue purple!"**



## KATIE BIELSKI, NIGHT MANAGER

**Apple-a-Day Apple Juice, \$2.59, Dairy Cooler**

**"This is just the best apple juice—it's so tasty! I don't always get a chance to eat as many fruits and veggies as I should, but a single glass of this juice is like eating two apples."**



## CATHY SPECK, SAFETY DIRECTOR

**Bolani Sweet Jalapeño Sauce, \$5.89 for 10 ounces, Dairy Case (near fresh pasta & sauces)**

**"Even saying the name 'Bolani Sweet Jalapeño Sauce' makes my mouth water. I first tasted it at the Farmers Market, absolutely loved it, and now that we have it at the Co-op, that makes it taste even sweeter—and the price is delightful, as well! I think I'm gonna eat some now!"**

## STAFF PROFILE

# Dannielle McKim

By Kathy Lorenzato

**D**annielle is a local girl—she grew up in Dixon and now lives in Winters. She's worked at the Co-op for the past four years and vastly prefers it to her previous jobs at Round Table Pizza and Togo's. She found corporate restaurant chains to be stifling and rigid, and just plain didn't enjoy them. She loves working at the Co-op Deli.

Dannielle works the 2:00 to 10:00 p.m. shift—she's a closer. The morning shift is in charge of setting up the hot bar for lunch and dinner, and Dannielle's staff takes it

down at night. She also slices meats and cheeses, makes sandwiches, and is in charge of ordering for the "hummus wall." She enjoys working at the Co-op because everyone works hard together. The staff is open-minded and takes ideas from each member.

When she's not working at the Co-op, she's a busy mom of two kids: Devin, her son, is 11 years old, and her daughter, Ainsley, is 5. Dannielle cheers on her son at his football games, and works every Friday morning in her daughter's kindergarten class. Dannielle benefits from a close extended family—her sister-in-law, Theresa, also works at the Co-op Deli doing the morning shift, and during that time, Dannielle baby-sits her young daughters. In the afternoon when Dannielle comes to work, they switch off children and daycare duties. Her mother-in-law picks up her son from school and makes dinners for the kids and Dannielle's husband of 17 years. This well-structured support system benefits everybody: The need for expensive daycare is eliminated, aunties get time with their nieces and nephew, the kids are close to their cousins, and grandparents get extra time with their grandkids.

Family plays a vital role in Dannielle's life. Several years ago, her parents-in-law adopted a little girl with multiple handicaps.



Dannielle's son, Devin, was very young at the time, but he loved to play with her, push her wheelchair, get her toys for her, and even help to feed her. The little girl died at 9 years old, when Devin was only 3, and he was devastated. At Christmas time later that year, he told his parents he wanted a baby sister—it was at the top of his Christmas list. Dannielle had been extremely sick throughout her pregnancy with Devin and told him, "Sorry. No more babies." However, a few years later she became ill with the flu—or so she thought. Sure enough, she was pregnant. Luckily the morning sickness was less intense this time around. And Devin was ecstatic—he got his baby sister. Although they now have the sibling rivalry typical of any brother-sister pair, they are also very close.

Although being a working mom is busy, Dannielle loves what she's doing. She even finds an hour or two of quiet time to be with her husband after her shift. So the next time you're at the Co-op Deli, say hello to Dannielle, or her sister-in-law, Theresa, and admire her wall of hummus. These women put a literal spin on the family feeling at the Co-op.

*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.*

### Correction

Last month we failed to credit two photos on pages 4 and 7 to Deb Westergaard. We regret the error.

—The Vine staff



## 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 bought a kohlrabi at the 11 percent sale, then realized I didn't know what to do with it!

**A.** Think broccoli stem, but a little sweeter. You can eat it raw or cooked, and peeling it is usually nicer than not. Try slicing it super thin and layering it in a casserole dish with a little grated Parmesan.

Pour some cream on top and bake, covered, until tender, say 30 minutes at 350 degrees. A true over achiever will then uncover the dish and top with buttered crumbs, followed by a little more baking until golden.

**Q.** I was diagnosed with gastroparesis, where the stomach does not empty. I am told to eat a fiber-free diet. I am trying to gather simple tasty recipes. Someone suggested you might have some suggestions for foods or recipes that I could eat/use. I would very much appreciate any information. Thank you.

**A.** It would probably be a good investment to consult a nutritionist for help in diet planning. A good nutritional database will be helpful to you also, allowing you to look up the fiber content of foods prepared in different ways. I like Nutrition Data at <http://nutritiondata.self.com/>

As far as foods go, most meat and dairy items should work well for you (although you'll want to take a little care with fats.) For produce and grain items, you probably won't be able to achieve absolute zero fiber. You can reduce it to the bare minimum by following the exact opposite of my usual advice: use refined flours, peel and seed produce and cook well, and choose juices over whole fruit.

Your best bet for recipes will be cookbooks from the late 50s and early 60s, at the height of the refined food trend. If you'll let me know what you're looking for, and what you like, I'm happy to search my recipes for what might be most helpful to you.

**Q.** I need vegetarian suet for a Christmas pudding recipe, but I don't see how it can exist.

**A.** Suet is beef fat, usually from around the kidneys, with a pretty high melting point. It adds both flavor and fat to steamed puddings (which are spongy cakes rather than the creamy confection we call pudding.) You can actually buy

"vegetarian suet" in Britain, which is vegetable fat with rice flour mixed in. For most recipes, very cold butter or non-hydrogenated shortening will make a good substitute.

**Q.** How can I get more leafy greens into my daily meals?

**A.** My favorite trick is a grilled cheese with a big handful of spinach in the middle. As the sandwich grills, the spinach wilts into cheesy deliciousness. I'm also a big fan of baby bok choy, which is super quick to clean and cook. Give it a rough chop and put it on a square of aluminum foil or parchment. Top with a nice salmon fillet, sprinkle with soy sauce, and seal the foil to make a pocket. Bake at 350 degrees for about 15 minutes for a quick healthy dinner. Or fry some nice chard ribbons with a little oil, garlic and red pepper while you cook udon noodles. Toss the drained noodles in with the greens and turn off the heat. Let the mixture rest while you poach an egg to serve on top. Heaven!

**Q.** What other squash besides pumpkin can you make into a pie filling?

**A.** Any hard-skinned winter squash would be delighted to fill your pie (or your ravioli, or make a nice soup). Most of them don't come in a tidy little can, but that's an easy problem to solve: Wash and halve your squash (oh, please be careful!), scoop out seeds, and place squash cut side down on a baking sheet. Bake until tender, anywhere from 40 minutes to two hours depending on the squash and the oven temperature. Let cool before you scoop the soft pulp out of the shell.

**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.

# BULK BUYS



## Doctoring up Dried Soups

(and Growing Green Onions too!)

By Sarah Mandel

I'm going to eat more vegetables. I bet you say it too. We don't even dare to make a resolution because everyone knows what happens with resolutions—by Valentine's day, they've faded away.

So how do we do it? There is the purist school of thought, which steams up whole heads of cauliflower or enormous broccoli crowns, and this approach works great when the vegetables are hot and fresh. Impromptu dinner guests have been known to carve up and devour an entire cauliflower as an hors d'oeuvre, with nothing but a little salt for seasoning. But the next day, sitting on a plate in the fridge cold, pale, and a little dried out? No, thanks. I'm not tempted.

Soup is the obvious answer to vegging up the diet, but who has the

time? When it comes right down to it, most of us don't want to spend more than half an hour preparing dinner, and most of that time should be spent on the couch, waiting for the timer to beep while reading the *Enterprise*. (Am I the only one who wonders whether the *Starship* was named after the paper? After all, since the whole thing takes place in the future, maybe Kirk's grandpa/ma lived here once and planted the seed of the name in his brain. Maybe s/he went to Explorit or UCD. Maybe s/he's there right now...)

Well. We were talking about eating more vegetables, and I remembered the bulk dried soups. These freeze dried soups come in several flavors: Curried Lentil, Black Bean, Sweet Corn Chowder, Vegetarian Chili, and Split Pea. They're great for back-packing of

course, and they do have a few dried veggies in them already, but there's no reason you can't add more fresh vegetables to produce a hearty soup for a winter dinner. Those cold limp chunks in the fridge would work fine, but the soup will be even tastier if you cook the veggies up on the spot.

There are some obvious possibilities—like potato, cauliflower, carrot, and/or spinach with the Curried Lentil; or more frozen corn kernels and chopped red bell peppers for the Sweet Corn Chowder. Sun-dried tomatoes never go amiss, and Split Pea could easily accommodate more carrot coins. Here's a sample of how to go about it.

### BLACK AND GREEN BEAN VEGETABLE SOUP

*Yields approximately 7 to 8 cups soup*

**Olive oil or butter, 2 to 3 Tablespoons**

**1/2 yellow onion, chopped**

**4 to 6 white or brown mushrooms, sliced**

**5 cups water**

**2 red potatoes, cut to bite size**

**1 carrot, sliced**

**Fistful (approximately 2-dozen) green beans, trimmed and cut to bite size**

**1 cup dry black bean soup mix**

**Chopped green onion for garnish**

In a skillet, warm the olive oil, and sauté first the onion and then the mushrooms—if you do this on a low heat, the onions will caramelize, but it takes a while. These ingredients add more flavor if they are prepared in oil before adding to the soup.

In a sauce pan, bring the water to a boil, and simmer the potatoes and carrot until tender. When the onions are ready, add them to the mixture in the saucepan. Do the same with the mushrooms.

When the potatoes and carrots are tender, add the green beans. When the mixture begins to simmer again, add the soup mix, and stir until well mixed. Let it simmer a few minutes until the soup mix is well dissolved, season to taste, garnish

with green onion, and serve.

The bean soup is very mildly spicy—if you like, you can heat it up with cayenne, Tabasco, or other seasonings. Actually, in keeping with the theme of adding more vegetables, you could probably add a spoonful or two of fresh salsa, either during cooking or as a garnish. And I might sprinkle on a few roasted pumpkin seeds as well.

Don't worry if you have leftovers—soup is notorious for tasting even better the next day. Also if it's too thick for your tastes, you can add water, or if you want it beanier, more bean soup mix. And you can also use whatever vegetables you like. Always remember, in the kitchen you're the boss! Sing Frank Sinatra songs. Do it your way. And if you don't like the results, you can always do it differently next time.

Also, while we're talking about adding flavor, remember that green onions will grow year round in a sunny, sheltered spot or pot in our climate. And you don't have to buy onion sets to start them. You can use the fresh green onions that are sold in the produce section, as long as the roots are still attached.

I learned this trick from my friend Chia Roberts, who told me

that she always gets several sets of tasty nutritious green shoots out of her onions by replanting them. When she cuts the green top off she makes sure she does it a bit above where the bulb turns white. This way there is a little bit of green left to give it a head start when she puts it in the soil. She waters it and it takes root and soon grows new green shoots.

I was a little skeptical, but I tried it and it really worked. In a week or two my green onion was popping up new green tops, and the only sign it had been cut off was that the tips of the new shoots were blunt instead of pointed. This trick works particularly well with very young green onions, also called scallions, which don't have much of a bulb yet. You can let them grow until they form a bulb and then pull the whole thing and chop the bulb too. This bulb can be used in cooking just like you would a big onion—it's just smaller and juicier, and perhaps a little milder, depending on the variety. Or you can just continue the replanting process. The key to finding green onions that will regrow is to look for bunches with lots of thick white, healthy looking roots, and not to try to keep them in the fridge too long before you plant them.

Just make sure you remember to water them when it's not raining. If they're in pots, sometimes what seems like a lot of rain water isn't enough to really wet them down. But even if you let them dry out, they may not die. Onions are amazing at going dormant and then coming back to life when they get a little water. With just a little care and some sunshine and good soil, you can have endless onions.

Sarah Mandel can be reached at [spmandel@dcn.org](mailto:spmandel@dcn.org).



# Indian Delights Spice up the Co-op Teaching Kitchen

*Two Classes with Viji Gururajan*

By Eve West Bessier

Traditional foods from India have such a magical mélange of flavors. We relish (no pun intended) their spices, aromas, and culinary intricacies as a festival of food sensations.

On January 12, and January 26, 2011 (both Wednesday evenings), you can experience the joys of Indian cooking (and eating!) with Viji Gururajan. She is offering two delicious classes at the Co-op Teaching Kitchen. The first will delve into the delicacies of South Indian cuisine, and the second will travel north for specialties from that region of the subcontinent.

Food and cooking have a rich tradition in Indian culture and family life. Viji brings this richness into her classes by blending stories together with the ingredients of her favorite dishes so that class participants understand not just the basics on preparing dishes like Lemon Rice or Kootu, but also the context of these foods within the fabric of family life.

Viji learned to cook from spending time in the kitchen with her mother and grandmother. The learning was more apprenticeship than instruction. She simply assisted, and the cooking skills developed as a natural part of their relationship in the kitchen.

Viji designs her cooking classes to have some of that same relationship-based natural learning and supports her teaching with personal stories behind the particular dishes. In Southern Indian Cooking 101 participants learn to make several dishes, including Lemon Rice. Viji explains that Lemon Rice is "very

versatile and easy to make." Whenever she makes it, "it takes me back to my childhood days when my mother used to make it to take on the long train ride to my grandmother's house and we'd eat it on the train along with the other goodies." Foods, especially those we eat in childhood, often carry memories spiced with the emotions of early experience.

Kootu is another dish with very specific memories for Viji. "It's really funny," she confesses, "when I was growing up, I never liked that dish, a lot of vegetables! My mom and grandmother made it once a week to get all the vegetables in, because as kids we didn't like to eat vegetables and we were sort of forced to eat it. I promised my mom I would never make it for my kids. Then after coming to the US, I missed eating it! Luckily, my kids like it. So, when I make it I think of my mom."

Viji also loves to experiment with recipes, something else she picked up from her mother, who delights in finding new and unusual ingredients for traditional dishes. "Once I took my mom to the store and we bought some olives. She made an Indian pickle with them!"

For Viji, food and cooking are about sharing joy with friends and family. While growing up in Southern India, relatives and friends would regularly flock to her house because festivals were an ongoing part of the culture. "Good food creates such a wonderful atmosphere," she says with exuberance. "You sit with family to enjoy the food and exchange stories, just catching up with each other. We are carrying on that family tradition, whether back in India or here in the

U.S. Even though we are busy, we always make sure that we eat together. That creates a sense of belonging in the family. Dinner is a time to sit and talk, so food becomes the integral part of family life."

Bringing family and friends together through good food is part of Viji's philosophy and part of her motivation in offering her cooking classes. Here is a taste, from Viji's course descriptions, of what you will learn in the two courses:

*Southern Indian Cooking 101: In Southern India, rice is a staple along with lentils, dried red chillies, green chillies, coconut, tamarind and plantain. The four southern states differ mostly in the spiciness and use of coconut. Recipes include Lemon Rice, Kootu, Green Beans Pallya, Rasam, and Carrot Pickle.*

*North Indian Cooking 101: In Northern India, curries are usually thick, spicy, and creamy, and dairy products play an important part in everyday cooking. Breads like roti are preferred over rice. Recipes include Jeera Rice, Daal, Aloo Gobi, Roti and Garlic Pickle.*

January can be a dreary month with gray skies and chilly temperatures. Heat up your taste buds and share the warmth and joy of Indian cooking at the Co-op Teaching Kitchen by signing up for these two classes. The fee is \$25 per class. See the Co-op Calendar on page 14 for more information and to sign up.

*Eve West Bessier is a writer, vocal coach, and life coach. Check out her Web site at [www.evestbessier.com](http://www.evestbessier.com)*



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## PRODUCER PROFILE

# Vibranz Kombucha Teas

By Sandy Weaver

Since it's the New Year we're probably all thinking of the many ways that we can be healthier in 2011. One of those ways is to eat more fermented foods—and if you haven't tried Vibranz Kombucha Tea, it's a treat.

If you are committed to eating locally, sustainably and green for your New Year's resolution, the Healdsburg-based Vibranz Kombucha Tea Company definitely meets those standards. The company was co-founded by Kathy Taylor and David Cordtz in 2009. Taylor brought her passion for kombucha to market with the help of Cordtz, an internationally renowned California winemaker with 20 years of commercial winemaking experience. Vibranz is committed to supporting green and fair trade partners and their local community—95 percent of the company's staff lives within five miles of its headquarters.

Vibranz is also committed to having the smallest carbon footprint possible. They use boxes made of 100 percent recycled paper, and the packing material they use inside their boxes is made of cornstarch instead of Styrofoam. Their glass bottles are made from 30 percent recycled material, and the glass is 100 percent recyclable. The ice bags they use are made of biodegradable nontoxic gel. In their office, they use print paper from green sources, and a water filtration system that eliminates the need for plastic water bottles.

The Vibranz Kombucha itself is a probiotic drink, meaning that it restores the good bacteria in your intestines. Kombucha is made with green tea, a culture that starts the fermentation, and evaporated cane sugar that serves as food for the good bacteria and yeasts that develop during the culturing process. The ingredients are carefully balanced to create a distinctive taste and health profile, and all the ingredients used by Vibranz are USDA Organic certified. In



addition to multiple species of yeast and good bacteria, kombucha also contains organic acids, active enzymes, amino acids, vitamins, and polyphenols. The tea is, therefore, a tiny biochemical factory—and one that's available in eight distinctive flavors, no less: Original, Blood Orange, Chai, Ginger, Lemon-Ginger, Peach-Passion Fruit, Pomegranate, and Raspberry.

In addition to their high standards for sustainability and quality, Vibranz is interested in supporting the causes that their customers are committed to. Their corporate giveback program is actually contained in their articles of incorporation, and they want to know what matters to you in making the world a better place.

So give your health and the planet a boost this year, and treat yourself to some Vibranz Kombucha tea. I like collecting the glass bottles with the yellow tops for other uses, but I almost always drink the kombucha in a wine glass. Cheers!

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



# Successful Resolutions

## It's All in Your Attitude

By Meghan Rosen

I'm a firm believer in making New Year's resolutions; I've made one every year for as long as I can remember. Last year, I think mine had to do with exercising. Or maybe it was to eat less ice cream. But it was definitely focused on health. Well, it was probably health related. I know for a fact there's a fair chance it involved doing something healthy. Needless to say, my resolve to live healthier in a specific way rarely gets me through January. But, I'm not alone. Well, not completely alone.

I put the resolution question to Co-op shoppers in a short online survey in November, and was surprised (and inspired) by the results. Of the people who made resolutions in 2010, more than 60% stuck to their goal all year long. This success rate is staggering; compared to other Americans, Co-op shoppers are resolution-keeping machines.

According to a poll conducted last year for the American Psychological Association (APA), nearly 80% of Americans who made health-based resolutions reported significant obstacles that blocked them from meeting their goals. The poll was conducted in early March—only two months after New Year's!

What barrier was so insurmountable that, despite good intentions, very few people made improvements to their health? The most commonly cited obstacle was not work, or lack of time, or illness, or even stress—it was willpower.

So, what are Co-op shoppers doing differently? Are we (or most of us, anyway) more likely to have stronger powers of will than the average American? Do we share some secret strategy for resolution persistence? (And if so, why didn't anybody tell me?)

The answer was straightforward (and maybe not that unexpected): Co-op shoppers simply tended not to make diet-based resolutions. Of last year's successful resolu-



*This year, Co-op shoppers have resolved to bring reusable shopping bags.*

tions, not one had to do with losing weight, eating healthier, or restricting calories. Instead, Co-op members focused on attaining goals that were more personalized and less common.

This year, Co-op shoppers have resolved to 'make an item of clothing with my hands,' 'finish remodeling the bathroom,' 'go skiing more,' 'bring reusable shopping bags,' and to 'be more conscious of what I say.' Several members intend to be kinder to the earth, and to not stress about minor daily tribulations. More than half of the survey's respondents plan to make a resolution for 2011—not surprisingly, the vast majority were unique, memorable, and not related to health.

We're fortunate to shop at a store that emphasizes healthy eating and living, and it's likely this plays a part in shaping our resolutions, but I was still surprised to see the link between non-traditional resolutions and success. So, should you avoid making health-based resolutions this year? It depends on your willpower—or rather, your perception of your willpower. (In other words, success is all in your head.)

A recent Stanford study found that people's beliefs about willpower strongly influenced their ability to stick to challenging tasks. Researchers had study participants take two intellectually tiring tests, and scored their performance on the second one. The tests were taken one right after the other, and

intended to measure a person's perseverance after mental exhaustion. It's easy to commit to a task (or a resolution) in the beginning, when mental reserves are full; the real challenge is enduring when tired or bored, or when it's two months after New Year's.

But sticking with a resolution may not be as mentally draining (or willpower-depleting) as we think. The researchers found that study participants who believed they had a high capacity for willpower outperformed those who thought their willpower reserves were limited. In fact, the only difference between low and high test-scorers seemed to be their beliefs in themselves. And for those of us who think we have little (or no) willpower? There's still hope: all we have to do is change how we think.

(Don't worry—it's easier than it sounds.)

When the researchers influenced each group's opinion of willpower (i.e. "You feel drained after strenuous mental tasks" vs. "Strenuous mental tasks make you feel energized"), they turned low test-scorers into high test-scorers, and vice versa. So, even though we may start out with different ideas of our own powers of will, it's quite possible (and pretty simple) to change. It even sounds like there's hope for a (purely hypothetical) person who consistently blames their lack of willpower for their inability to pass up a holiday cookie tray.

I'm tempted to test this theory and make another health-based resolution this year, but I think the Co-op's shoppers may have inspired me to try something more interesting, like learning to knit, or finally building a bean-trellis for my garden.

Now if only I can remember it until next year.

*Meghan Rosen graduated with her PhD in biochemistry and molecular biology from UC Davis in 2010. You can follow her on twitter (user name: aliquots) or read her monthly science column on [www.3quarksdaily.com](http://www.3quarksdaily.com).*

# Bee-yooo-tee-ful Soup!

By Tony Gruska

**S**oup can be a really healthy way to keep the winter chills away and to follow those New Year's resolutions—it's a good way to get all kinds of vitamins and minerals that are found in all the fresh vegetables we are so lucky to have around us. Also, unlike the store-bought, canned versions, home-made soup is low in sodium, and you can use almost any kind of grains and beans in soup. Plus—it's easy to make, and satisfying to eat.



## LENTIL SOUP WITH SWISS CHARD AND PARMESAN

- 1 tablespoon olive oil
- 1 1/2 cups chopped onions
- 1 1/2 cups peeled, chopped carrots
- 3 large garlic cloves, minced
- 8 cups (or more) low-salt chicken or vegetable broth
- 2 yellow potatoes, diced
- 2 cups dried lentils
- 1 bunch Swiss chard, washed and finely chopped
- 1/2 cup grated Parmesan

Heat oil in a large, heavy pot over medium-high heat. Add onions and carrots; sauté until onions are golden brown, about 10 minutes. Add garlic and stir 1 minute. Add 8 cups broth, potatoes, and lentils and bring to boil. Reduce heat; partially cover and simmer 25 minutes, until potatoes and lentils are tender. Add chard to soup; cover and simmer until chard is tender, about 5 minutes. Season soup with salt and pepper, top with Parmesan to serve.

## POTATO LEEK SOUP WITH ARUGULA PESTO

- 1 medium onion, chopped
- 3 large leeks, cut into thin rings (Use both white and light green parts, and be aware that leeks tend to hold dirt in their layers—wash them very thoroughly.)
- 3 tablespoons olive oil
- 1 tablespoon butter
- 1 1/2 pounds boiling potatoes, cut into 1/2-inch dice
- 4 cups chicken stock
- 4-plus cups water
- Salt and freshly ground pepper to taste
- 2 cups washed and dried arugula
- 2 tablespoons olive oil
- 1 clove garlic

In a large stock pot, sauté onions and leeks in olive oil and butter until translucent. Add potatoes, stock, and water. Bring to a boil, then simmer until potatoes are tender. Process soup in a food processor in batches, or if you have an immersion blender, process the soup in the pot until smooth. Season soup with salt and freshly

ground pepper. Set aside.

To make the arugula pesto, process the arugula, olive oil, and garlic until smooth. Top soup with arugula pesto to serve.

*Tony Gruska and his wife, Rhonda, own Tastebuds Catering and the Monticello Bistro, which feature cuisine made with seasonal ingredients supplied by local farmers. You can find them at the Davis Farmers Market, where the Monticello Bistro booth serves salads, sandwiches, and other seasonal fare.*  
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**Healthy Living Workshop**  
 Thursday, January 20, 5:30-7:00pm  
 IRH founder Dr. Eric Hasele continues his monthly lecture series addressing the topic of Neurological Health. Classes are \$25 per session or \$70 for the series of six. Space is limited. Passes will be reserved.

**Parent University Lecture Series**  
 February 12th 9am-12pm, Brando Theater  
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# Compliments on the Co-op Catering

**Q:** Thanks for your fabulous catering services! We've used the Co-op for our last three events and people consistently rave about the food. The cost is very reasonable and the Co-op staff is very helpful. You make a big contribution to our events and I'm grateful!

H.S.

**A:** Thank you for your feedback and continuous support.

Lisa Carruthers, Deli, Bakery,  
Meat & Cheese Department  
Manager

**Q:** Why do you have compostable products for the hot bar but no way to appropriately dispose of? If they go into the landfill, nothing is achieved.

L.O.S.

**A:** The Co-op has tried composting a couple of times without success. We're now working with other businesses in town on a food service composting idea. In the meantime, we continue to support the companies that make compostable products by buying them. Every sugar cane or corn "plastic" item we buy is another petroleum product that doesn't get bought so we think it's worth the trouble.

Julie Cross,  
Education Coordinator

**Q:** I am tired of getting ripped off by the dairies. I stopped getting milk here at the Co-op after twice getting milk and finding it had gone sour within a day or two after opening. I've tried other stores and other dairies and if the milk is okay, the cream is spoiled! This has only happened in the last 2 years. I believe that dairies are cutting corners somewhere to save money (refrigeration, or leaving products on the shelf longer). I can't afford this! Please talk to the suppliers and tell them the jig is up. P.S. I have

tried Clover-Stornetta, Crystal, Lucerne, and others at Nugget, Safeway, Dollar Tree and the Co-op. What do I have to do? Hijack a cow?

S.M.

**A:** Before you go into the livestock business yourself, you may want to check the temperature on your fridge. Milk is the canary in the coal mine as far as warm refrigerator temperatures go, developing off flavors or going sour in mere hours—cheese and such will last much longer in less than ideal conditions. Your fridge should be at 41 degrees Fahrenheit or below.

Julie Cross,  
Education Coordinator

**Q:** There are bag(s) of herbs in the bottom herb drawer cavity(s). These bags keep the drawer from closing completely. (I have informed three employees about this). The plastic bag roll holder (tube/row and support) has been broken about a week (or more). The suggestion box lid pin is missing.

Anonymous

**A:** 1. It has been cleaned out and the drawers all close completely. 2. We are working on a solution to the bag holder problem. When it is safe, we will have the bags back on the roller.

Becky Santos, Bulk Buyer

**Q:** What's the deal with all the "sales" and "coupons?" Why not offer the best deal to your customers/owners all the time? Save a tree and minimize unnecessary chaotic crowding.

L.G.

**A:** Thank you for taking the time to voice your concern over the coupons and sales offered at the Co-op. Currently we feel that we are offering our members the best deals possible each and every day.

We have three main sales that we offer at the Co-op with three different schedules. The first is a bi-weekly national buying program, through the National Cooperative Grocers Association. This program allows us to sell popular items at very competitive prices. The schedule of these sales is set by the NCGA, and not on a store level. The second is a monthly in-store sale that is set by our buyers and selected from items offered through a regional distributor; again, the prices and availability are set by the distributor. And, lastly, we offer a weekly sale program that focuses on locally made products. Most of the local producers are small scale and unable to offer deep discounts for an extended period. As for coupons, we try to keep these to a minimum and publish them in only a few local publications. If you have further or more specific concerns feel free to contact me at your leisure. Hopefully I've addressed your concerns.

Bija Young, Advertising and  
Brand Manager

**Q:** We always seem to be out of walnuts!

Anonymous

**A:** September and October is harvest time for walnuts. Many growers choose to sell off all of their previous season's crops before starting to sell this year's crop. While this does ensure that the walnuts are rotated properly and that warehouse space is kept clean, it does cause us to have temporary "outs" in the bulk department.

Becky Santos, Bulk Buyer

**Q:** It would be very helpful if you could increase the font size of the list of items purchased (on the screen customers can see at check-out). Currently, the letters and numbers are so small; they are very

difficult to see. Thank you.

L.H.

**A:** I looked into the possibility of increasing the font size on our register display. Unfortunately, the way those machines are programmed, there is not a way for us to make any changes to the size of the font.

Ted Goodwin, IT Coordinator

**Q:** I love Lesley's Parent Network class Tuesday mornings! I have finally made friends and connections in my community after living here for a year! It offers such great info and community. Thank you!!! Please keep it going!

K.H.

**Q:** Thank you for hosting the New Parent Network! Many of my clients attend and they love Lesley, the great info, and the relationships they have developed with other families! Lesley is doing an awesome job. By the way, in response to the letter about friendliness to kids—I have been bringing my kids here since they were babies. They are now 13 years and 9 years old. We have had only wonderful experiences here with all the many Co-op staffers. Thanks!

R.

**A:** You're both welcome! Thanks go to the Bozeman Co-op in Montana, from whom we swiped the idea of getting new parents together. Anyone is welcome to join us, Tuesday at 10:00 a.m. in the Teaching Kitchen. And thanks for taking the time to let us know that you liked what we're doing.

Julie Cross,  
Education Coordinator

**Q:** Lots of old cheese, again. Put less out so we don't end up with a cooler full of cheese that was packed a month ago.

A.

**A:** Most of our cheeses that you would find with a packed on date with more than a month are aged cheeses. These cheeses "bloom" with age—they get better as they get older. Otherwise, we usually cut small amounts of time sensitive cheeses for our case. If you are ever unhappy with your purchase, please return it and we will do everything

we can to send you home with a superior product and knowledge of its taste, texture, and origin. Thank you!

Lisa Carruthers, Deli, Bakery,  
Meat & Cheese Department  
Manager

**Q:** Wonderful Spanikopita and helpers in the deli. Great service! However, the Giavanni cookies are usually very disappointing (lemon—stale; macaroons—flavorless).

A.E.

**A:** Thanks for the compliment about our Spanikopita and our great service! We don't carry the Giavanni brand that you mentioned in our Bakery. We would also like you to know that if you are ever not 100% satisfied with your purchase at the Co-op, bring the product back and we will do whatever it takes to make you completely happy.

Lisa Carruthers, Deli, Bakery,  
Meat & Cheese Department  
Manager

**Q:** Thanks for having great food! Please offer more meats on sale. In deli and meat counter.

L.C.

**A:** We do have certain meats on sale every week. We carry some of the freshest, highest quality, locally sourced meats around that are shipped and delivered directly to us. We try to keep our costs down so that we can pass the savings on to you every day.

Lisa Carruthers, Deli, Bakery,  
Meat & Cheese Department  
Manager

**Q:** Any time a longstanding employee is leaving, we should post a banner that says "so-and-so is leaving on such-and-such date" approximately one week before their departure. That way, all of us customers/members can give a proper goodbye.

C.

**A:** What a thoughtful suggestion! Co-op staffers are an important part of our community, and it's nice to know we're so appreciated that our shoppers miss us when we move on. As proud as we are of our staffers, and as happy as we are to see

them move on to exciting new adventures, concerns about privacy will prevent us from advertising our staffers' departures. Some would prefer to leave quietly without a lot of fanfare, and some might have to leave for reasons they'd rather not discuss—in any case, since it's not practical for us to put up a banner for all departing employees, it wouldn't be fair to only do it for some.

Melanie Madden, Marketing Coordinator

**Q:** I would like to be able to consistently purchase duck here. Why do we sometimes have it frozen and sometimes don't?

Anonymous

**A:** We don't sell enough duck to offer it fresh in the meat department case. When we do get it in fresh, we immediately place it in the freezer on Aisle 4, next to the game hens. If you phone us ahead, we can order it fresh and you can purchase what you need, then we will freeze the rest. It takes about a week to get it in. Thank you.

Lisa Carruthers, Deli, Bakery, Meat & Cheese Department Manager

**Q:** I came in today to buy a dill pickle at the Deli for my daughter, but was told there is something (an ingredient presumably) in them that the Co-op can't sell. Yet, as my daughter pointed out you sell Halloween candy with red dye #40 and partially hydrogenated soybean oil. What gives?

P.S.

**A:** The ingredient in question for the pickles is yellow dye #5, which is unacceptable for us to offer under Co-op policy. Our Halloween candy is accompanied by a sign that reads, "This holiday special item contains artificial coloring or flavoring. Items that are normally de-emphasized may be promoted for a limited time under Co-op policy." Because the pickles contain an unacceptable ingredient, I cannot offer them on an ongoing basis.

I have tried to replace the pickles with "clean" ones, but since I

haven't found ones that come in food service quantities, they are prohibitively expensive.

I will continue to keep my eyes open for a replacement pickle that comes close in taste and texture to the original dill. I also want to let you know that you can special order the original pickles. They come in a 5-gallon container that has a super long shelf life. (I know it's a lot of pickles, but I wanted to extend the offer to you).

Lisa Carruthers, Deli, Bakery, Meat & Cheese Department Manager

**Q:** Please consider serving beer at the "wine by the glass" area.

A.O.

**A:** You can purchase single bottles of beer to be enjoyed on the patio. We will look into having chilled glasses to make your experience even more enjoyable!! Thank you.

Lisa Carruthers, Deli, Bakery, Meat & Cheese Department Manager

**Q:** Oh! Co-op, charge me more for paper bags. You know I love it when you punish me! 5¢ just isn't enough.

Anonymous

**A:** We do not charge for paper bags at this time. Currently, we offer a 5¢ per bag credit for every large paper bag you DON'T use at the checkout (whether because you brought your own bags, or use boxes, or just carry everything out by hand!) There is a trend among Co-ops and other progressive retailers to charge for disposable bags, as this is a proven way to reduce waste and change consumer behavior; it's a policy we've been seriously discussing for some time. However, we do have concerns that adopting a bag charge policy could result in ill will from those who'd feel "punished" by such a measure.

Melanie Madden, Marketing Coordinator

**Q:** While the labeling of food as "local" is nice to see, and information on the state of origin is nice, it would be great to have more precise data—labels that indicate the farm

and city of origin are always the best, and I would love to see more of those for things produced here in California.

D.W.

**A:** We often get deliveries of local, seasonal produce items from several local farms, and can't always fit the name of every farm that provides our produce on the limited sign space that we have. Many local farmers brand their produce with stickers or ties that bear the name of the farm where it was grown. If you have questions about which farms grew a particular kind of produce that's labeled "local," our produce clerks are happy to help.

Elizabeth Davidson, Produce Manager

**Q:** Chico Natural holds a monthly "really really free market" in their parking lot. It is a great community event. Would DFC be interested in holding a similar event? Thanks.

D.J.M.

**A:** Thanks for the suggestion! We'll put it in our "good idea" file and give it some thought when we're planning events when the weather is nicer!

Melanie Madden, Marketing Coordinator

**Q:** Special thanks to Dave, the very helpful worker in the produce area.

A.H.

**A:** We appreciate all of Dave's hard work, as well. Thanks for taking the time to let us know how helpful he was!

Elizabeth Davidson, Produce Manager

**Q:** Request that we carry Co-op t-shirts for infants, toddlers. I have a three-year-old granddaughter—she'd / I'd love one.

S.S.

**A:** We are working with our t-shirt manufacturer and hopefully this is something we can offer in the near future.

Bija Young, Advertising and Brand Manager

**Q:** Can you place either paper towels or rags by the bulk tahini dispenser. I try to avoid a mess but

with the way the case is organized, it's impossible. Thanks!

Anonymous

**A:** Thank you for the excellent suggestion. There is now a roll of paper towels between the water dispensers.

Becky Santos, Bulk Buyer

**Q:** Request that we carry cherries all year round.

Anonymous

**A:** Out of season cherries imported from the southern hemisphere are expensive (both in terms of fossil fuels burned, and cost to the consumer), and just don't taste as good as they do when they're in season. We prefer to wait.

Elizabeth Davidson, Produce Manager

**Q:** The early morning classical music is...positive, good. The daily (!), morning, African-American pop music is...stale. Thank you.

Anonymous

**A:** I'm sorry that you found the music stale. We have two schedules that alternate so that we don't have the same station playing two days in a row. But as the old saying goes, "You can please some of the people all of the time, and all of the people some of the time, but you can not please all of the people all of the time."

Bija Young, Advertising and Brand Manager

**Q:** I noticed that you do not allow bikes or skateboards in your store. While you have bike racks, there is no place for skateboards. I suggest a skateboard rack (small) for the few people that skate to the Co-op.

R.B.

**A:** Skateboards may be carried in the store, but they may not be ridden in the store. If there are more skaters who request a rack it is something we'll look into.

Bija Young, Advertising and Brand Manager

**Q:** Why no cart return on the south parking lot?

Anonymous

**A:** A great suggestion, but where would we locate one? We will

brainstorm but the Co-op cannot lose any parking spaces.

Eric Stromberg, General Manager

**Q:** I think you should offer a soup & sandwich option at the Deli. So you could get ½ sandwich along with a small soup. I bet it would be popular.

P.P.

**A:** We haven't offered a half sandwich on our menu because we have not had many requests for them, but we will consider the suggestion.

Lisa Carruthers, Deli, Bakery, Meat & Cheese Department Manager

**Q:** Could you please recommend a cookbook for a 13-year-old girl who wants to eat vegetarian? I'd like to get something introductory but don't know where to start. Thank you.

Anonymous

**A:** The best beginner's cookbook and the best vegetarian cookbook aren't necessarily the same book! One that fits the bill nicely is Nava Atlas' *The Vegetarian 5-Ingredient Gourmet*. It offers good, basic information about staple foods and creative flavor combinations.

Julie Cross, Education Coordinator

**Q:** I always read the comments / Q&A section of the Co-op newsletter and lately I have been very disappointed. Some of your answers to people's suggestions have been very rude. Please be kinder when your customers have a concern, even if you can't do anything about it.

Anonymous

**A:** The most difficult and rewarding part of my job is collecting the suggestions that our shoppers leave for us, routing them to the appropriate managers, making sure that everyone's concerns are heard and that, when we cannot accommodate a request, we respond as informatively and respectfully as possible.

*Continued page 15*

# 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 & 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 & 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! Funny Pasta

**Level 1 Fri., January 14, 3:30 p.m.**

**Level 2 Fri., January 21, 3:30 p.m.**

**Level 3 Mon., January 17, 3:30 p.m.**

**Level 1 Fri., January 28, 3:30 p.m.**

Kids asked, and we're happy to oblige: Spaghetti Tacos, Individual Mac and Cheese and more. Gluten free by arrangement.

Instructor: Julie Cross \$20

## The Art of Healthy Snacking

**Tuesday, January 4, 6:00 p.m.**

"Snacking" can easily devolve into "cookie eating" when you're unprepared. Imagine having high fiber, high protein pumpkin muffins and other healthy home-made treats ready in your freezer, and pantry items for ultra-speedy, appealing, healthful mini meals.

Instructor: Amy Radbill \$25

## New Year, New You: 10 foods and 10 habits to transform your diet in 2011

**Wednesday, January 5, 6:00 p.m.**

Kick off 2011 with 10 foods that may help you lose weight, improve health and feel great. Get suggestions from a wellness coach on how to easily integrate these foods into your daily life. We'll make and sample Broccomoli, Guilt-free chocolate cake, and quinoa stuffed peppers.

Instructor: Rebecca Tryon \$25

## Winter Salads

**Thursday, January 6, 6:00 p.m.**

If you think winter is down time for the vegetable world, come let us prove you wrong with creative combinations cooked and raw like roasted parsnips and carrots with slivered winter greens, toasted pecans, and cranberry vinaigrette; or a jewel-toned raw root vegetable slaw.

Instructor: Amy Radbill \$25

## How to Be Thrifty

**Friday, January 7, 6:00 p.m.**

Want to save money, reduce waste, and increase flavor? Learn simple tips and techniques for kitchen thrift in this one-hour introductory class.

Instructors: Julie Cross and Julie Loke \$7

## Low Sugar Baking

**Monday, January 10, 6:00 p.m.**

Give Grandma's recipes a make-over. Learn how to make delicious oatmeal cookies, decadent chocolate/coconut cake, and fruit crisps with half the sugar and all the flavor. Tips for substituting whole grain flours and wholesome sweeteners as well.

Instructor: Rebecca Tryon \$25

## Whole Grains and Beans

**Tuesday, January 11, 6:00 p.m.**

Simple techniques for cooking grains and beans will open an entire world of meals. We'll make a simple, scrumptious curried lentil and rice dish; creamy Tuscan white beans with greens and quinoa; and tofu, spinach, and kidney beans, served over a rustic amaranth polenta.

Instructor: Amy Radbill \$25

## South Indian Cooking 101

**Wednesday, January 12, 6:00 p.m.**

In Southern India, rice is a staple along with lentils, dried red chillies, green chillies, coconut, tamarind, and plantain. The four southern states differ mostly in the spiciness and use of coconut. Recipes include Lemon Rice, Kootu, Green Beans Pallya, Rasam, and Carrot Pickle.

Instructor: Viji Gururajin \$25

## Vegetarian Soups and Stews

**Thursday, January 13, 6:00 p.m.**

If you're looking for easy, hearty winter fare, this is the class for you! Amy Radbill has some new recipes for vegetarian one-pot meals that are simple to throw together and satisfying to eat. (Recipes from this class will be adaptable for gluten-free diets.)

Instructor: Amy Radbill \$25

## HANDS-ON: The Whole Beast

**Saturday, January 15, 2:00 p.m.**

Are saving money and eating sustainably on your New Year's resolution list? Eliminate waste and save money by learning to butcher whole chickens. Learn how to portion a whole bird into its more familiar components, then learn to cook dishes with its less familiar parts. Bring your own knife for practice!

Instructor: Julie Loke \$40

## Intro to Popcorn

**Tuesday, January 18, 6:00 p.m.**

Pop, drop, and roll in this one hour snack-a-thon. Learn DIY microwaving techniques and sample delicious seasonings, all while digesting interesting kernels of knowledge about this economical and healthful food. Recipes include spicy-sweet corn for the couch.

Instructor: Lis Harvey \$7

## Red Wines: "Anything But Cab"

**Wednesday, January 19, 6:00 p.m.**

Cabernet Sauvignon is a great wine grape, but there are many other red wines for dining or sipping. Join wine lovers expanding their horizons by exploring "alternative reds," both varietal wines and blends.

Instructor: Doug Walter \$25

## HANDS-ON: Camembert

**Thursday, January 20, 6:00 p.m.**

Make and age your own delicious Camembert from organic Clover whole milk, which will taste every bit as good as the French variety. Oooh là là!

Instructor: Sacha Laurin \$30

## HANDS-ON: Cook with a Kid - Yes Chef!

**Saturday, January 22, 2:00 p.m.**

Involving kids in cooking increases interest in healthy foods and fosters important skills. This hands-on workshop will focus on recipes that are fun for the whole family, including making whole wheat bagels, lentil soup, pumpkin dip,

and an apple tart. Ideal for children ages 3 to 6.

Instructor: Anne Zanzucchi \$35 adult/child

## HANDS-ON: Teens Cook! Tuesday, January 25, 6:00 p.m.

Learn recipes from around the world with Chef Jules Loke! January starts us in Ethiopia with classic veggie dishes: Doro Wat (veggie stew), Gomen (collards), Misr Allecha (gingery red lentil stew) and Injeera (spongy flatbread). Open to students age 12 to 19 only, class includes dinner.

Instructor: Julie Loke \$20

## North Indian Cooking 101 Wednesday, January 26, 6:00 p.m.

In Northern India, curries are usually thick, spicy, and creamy, and dairy products play an important part in everyday cooking. Breads like roti are preferred over rice. Recipes include Jeera Rice, Daal, Aloo Gobi, Roti, and Garlic Pickle.

Instructor: Viji Gururajin \$25

## HANDS-ON: Blue

**Thursday, January 27, 6:00 p.m.**

We'll use a traditional Gorgonzola recipe to take you through the transformation of white milk into very blue cheese. You'll take home your own blue cheese, which will take several weeks to live up to its name, but it is so worth the wait.

Instructor: Sacha Laurin \$30

## HANDS-ON: It's Tea Time Saturday, January 29, 2:00 p.m.

High tea is not just for grand dames and imaginative children! Learn how to make elegant and traditional high tea pastries. Let's demystify miniature tea cakes, petits fours, and more for the perfect high tea party.

Instructor: Sarah Palmer \$30

## Homemade Crackers

**Monday, January 31, 6:00 p.m.**

Store bought crackers are convenient, sure, but they're also expensive and include wasteful packaging. Making crackers at home is simple

and delicious—you may never buy another cracker again! We'll make wheat thins and an "everything" cracker that will leave you wanting more!

Instructor: Holly Istas \$25

## Special Events

### Special Night! Board of Directors Meeting

Monday, January 24, 7:00 p.m.

### Resolution Solutions Fair

Saturday, January 8

1:00 to 5:00 p.m.

Throughout the store  
Free!

Need a little help making your resolutions a reality? We've got you covered! Join us for samples, demonstrations, and handouts designed to give you the tools you need for a better 2011.

## 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, January 11 and Wednesday, January 26. 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@davis-coop.com](mailto:jcross@davis-coop.com)

## Wine and Beer Tastings

6:00 to 8:00 p.m.

Co-op Conference Room

\$1.00 per taste. To benefit One Farm at a Time

January 7 - Leese-Fitch

January 14 - Hobo/Folk

Machine/Banyan and Odonata

January 21 - Boeger

## CLASSIFIED

*Classified ads are free to Co-op members in good standing. Limit: one ad per month per household. The deadline for the February issue is January 3. Submit your ad via e-mail to [amymorgan95616@gmail.com](mailto:amymorgan95616@gmail.com) or to the editor's box in the administration offices. Please indicate which category. Thirty word limit. No phone calls. You must resubmit your ad each month you want it to run.*

*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.*

## CLASSES/EDUCATION

**CODEPENDENTS ANONYMOUS:** Only requirement is a desire for healthy, loving relationships. Sundays, 2:30 to 4:00 p.m., Davis Lutheran Church, 317 E. 8th Street, (8th and B). Woodland Thursdays at 7:00 p.m. Barbara 753-2868 or Lisa 867-0370.

**DAVIS BIKE COLLECTIVE** at 4th & L. Learn to fix your bike! Hours: Mondays 1-5; Wednesdays & Thursdays 4-8; Saturdays 12-6. Open Bike Night: Mondays 6:30-8:30. Women/Trans/Femme: Tuesdays 5-7.

**DAVIS ORIGAMI GROUP:** Come fold with us at our monthly meetings. First-time folders and more advanced folders welcome. Folding paper provided. For more information please email [andrew.hudson13@gmail.com](mailto:andrew.hudson13@gmail.com) or call 753-6093. please email [andrew.hudson13@gmail.com](mailto:andrew.hudson13@gmail.com) or call 753-6093.

**EIGHT-WEEK MINDFULNESS-BASED STRESS REDUCTION** course taught by Denise Dempsey. FREE info session Tues., Jan. 25, 7:15, North Classroom, Bet Haverim, 1715 Anderson Rd., Davis. [StressReductionPrograms.com](http://StressReductionPrograms.com). 530-304-4341.

**ELECTRICIAN & HANDYMAN**, 25 years experience. Remodel/new work: woodworking, gas, plumbing, painting, floors, kitchens/baths, windows/doors, heating/air, fencing, landscaping, sprinklers, tile, artistic elements, more! Dylan Wright, 530.220.2630

**INFANT MASSAGE CLASS** at Mother & Baby Source, Sat. 11-12, 1/8-2/5 (last class optional). Email [babyready@att.net](mailto:babyready@att.net) for info. or registration.

**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](mailto:jocrescent@hotmail.com) Web site: [www.davisinsightgroup.org](http://www.davisinsightgroup.org)

**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.

**YOGA IN WEST DAVIS** 90-minute classes taught by certified Sivananda Yoga instructor in Village Homes. Open classes, Beginner classes, Prenatal classes. Kids & Teens Yoga offered through Davis Art Center. **FIRST OPEN CLASS IS FREE**, \$13/class afterward. Visit [www.VillageYogaDavis.com](http://www.VillageYogaDavis.com)

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

## PROFESSIONAL SERVICES

**ASPIRING OR COMMITTED VEG-ETARIAN?** Get weekly vegetarian cooking inspiration from a local Davis-ite at [www.vegetarianized.com](http://www.vegetarianized.com). Email [Adrienne@vegetarianized.com](mailto:Adrienne@vegetarianized.com). I also teach monthly cooking classes for the City of Davis Recreation!

**BOOKKEEPING**, Accounting and Tax preparation services for small business, non-profits and individuals. For information call Graydon. 530-312-2121 [www.graydonford.com](http://www.graydonford.com)

**COMPUTER REPAIR.** Slow? Viruses? Spyware? Updates, repairs, upgrades, or just not right? Set up new computers, home networks, wireless. Mac/Windows. Switching? Conveniently at home, pick up, or drop off.

**DAVIS COMMUNITY ACU-PUNCTURE CLINIC** Providing affordable healthcare for all. \$15-\$40 sliding scale, pay what you choose. [www.DavisAcupuncture.com](http://www.DavisAcupuncture.com) Itay Neta, LAc. 530.219.0761

**INTUITIVE READINGS** Meet your spirit guides; talk with people who have passed over; get answers to your questions and a description of where you are in your life at this time. Leal Abbott, LCSW, LC-9307. Phone: 530-907-3377.

**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 [beatrizabazon@gmail.com](mailto:beatrizabazon@gmail.com)

**THERAPEUTIC MASSAGE / EMOTIONAL & NUTRITIONAL SUPPORT:** Relax-Rebalance-Revitalize. \$40/1hr, \$55/1.5hr, \$70/2hr. Pam Wilson, Certified Massage Therapist, Holistic Health Practitioner, MA Counseling Psychology. (530)681-0475, [vitality\\_4life@yahoo.com](mailto:vitality_4life@yahoo.com), [www.vitality4life.us](http://www.vitality4life.us) GIFT CERTIFICATES AVAILABLE

**THOROUGH AFFORDABLE ALL NATURAL NON-TOXIC HOUSE-CLEANING.** We are pet friendly, licensed, bonded and bring all our own supplies. Please call us for a free estimate. Sparkling Green Cleaners. (916) 421-4106. [sparklinggreencleaners@yahoo.com](mailto:sparklinggreencleaners@yahoo.com)

**TORTOISE & HARE TRAVEL:** for life-enhancing adventures! Offering insightful custom travel planning for individuals and affinity groups, eco-tourism, natural and cultural world heritage sites. Call Susan at 530-304-9925 or visit [www.tortoiseandharetravel.com](http://www.tortoiseandharetravel.com)

**WOMEN- OVER- FIFTY ONGOING SUPPORT GROUP** 2 Tues eve groups at 5pm and 7:15pm Self-Esteem/Depression/Anxiety/Relationships//Retirement//Grief/Life Transition Marilyn Stettler MFT (License #14328) Free 1/2 hour interview 530-902-1285

## FOR SALE

**BAMBOO PLANTS:** Wide variety of clumping and running bamboos. Large inventory. Expert advice included. Call Daniel J. Nurco, Ph.D., phone: 530-756-7997

**WOLFGANG PUCK PROGRAMMABLE BREAD MAKER** - \$50.00 Used twice, in perfect condition. 24-hour delay bake programmable timer, dual kneading blades, keep-warm feature. Call Rob 916-995-5805

## FREE

**FREE** single-pane aluminum-framed windows to make into cold frame boxes, greenhouse, chicken house, doghouse, or whatever! Large - 4'x5' & Small 4'x2'. Call 795-4120

## Suggestions

*Continued from page 13*

Since your suggestion was anonymous, I can't follow up with you, but I do hope you'll call or e-mail me personally to let me know how the recent suggestion responses seem rude or unkind. I try my best to keep the dialogue between shoppers and staff civilized and productive, and if my efforts aren't working, I want to take corrective action to avoid further disappointments.

Melanie Madden, Marketing Coordinator  
Doug Walter, Membership Director

## IN BRIEF

**We may have been out but now we do have:**

- Desert Essence Dental Tape
- Caffè Ibis, Triple Certified Coffee
- Mountain Astrologer
- Yummy Earth Lollipops in bulk

**We now carry:**

- Tzatziki (in the Deli)

**Thanks for suggesting, we'll look into:**

- "Un Mondo" Italian Salame

**We've discontinued (but can special order):**

- Estro-G Balance by Country Life.
- Frozen sugar-free cheesecake
- Crushed habanero pepper in bulk
- Dr. Bronner's hair conditioner

**Not available from our suppliers:**

- Astroglide lubricant
- Goji Berry Mix (temporary outage)



Join the Davis Food Co-op and One Farm at a Time to help Jeff and Annie Main preserve **Good Humus Farm** for future generations. Proceeds from our wine tastings in January, February, and March will benefit One Farm at a Time.

Join us from 6:00 to 8:00 p.m. in our conference room on these Friday evenings to learn more about this unique farm preservation project while you enjoy tastes of great wine (or beer)!

**January 7 – Leese-Fitch**

**January 14 – Hobo/Folk Machine/ Banyan Wines and Odonata Beer**

**January 21 – Boeger Winery**

**February 4 – Lagunitas Brewery**