

# the Vine

The Davis Food Co-op Newsletter • November 2011



**Davis Food Co-op**  
620 G Street  
Davis, CA 95616

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# The Vine

THE DAVIS FOOD CO-OP  
MONTHLY NEWSLETTER

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## Co-op Principles

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

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

## Davis Food Co-op 2011-12

### Board of Directors

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### First Alternate

Travis Breckon ('12)

### Second Alternate

Sarah J. Palmer ('12)

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

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**On the cover:** From left, Jason Diestel, Eric Stromberg, Julie Loke, Lis Harvey, Julie Cross, Melanie Madden and Beth Tausczik at the Diestel ranch.

FROM THE  
EDITOR

# Practicing Gratitude

By Amy Radbill

**W**hat are you grateful for? Think about that for a moment. Make a list or say it out loud.

Now how do you feel?

There's an enormous amount of research mounting about the science of gratitude (in fact, one of the top researchers on the subject, Robert Emmons, is a psychology professor right here at UC Davis). All of the research points to gratitude as a quality that can make us healthier and happier and make our relationships more fulfilling and rewarding.

Which is great if you have things to be grateful for, right? Or if you're one of those naturally happy people? But not so good if you happen to be having a terrible year or suffer from depression?

Think again. Because as it turns out, the key to reaping the rewards of gratitude is practicing gratitude. That's right—you don't have to be a naturally happy or lucky person to experience the benefits of gratitude, in much the same way that you don't need to be a naturally strong or athletic person to experience the benefits of exercise. If you want the benefits of either exercise or gratitude, you have to work for them. That work may or may not come easily to you, but the good news is that every little bit is better than none at all, and even a little can go a long way.

So how do you begin this kind of practice? Many experts on happiness and gratitude suggest that one of the best ways to practice gratitude is to keep a "gratitude journal." It doesn't need to be anything fancy—just a daily list or notes on things you're grateful for, people you love, beautiful things you see, kind actions someone takes on your behalf, the ways in which your life is good. Depending on your personality, this may or may not be a hard exercise to undertake—as with physical exercise, in the beginning, it may feel a little funny or ineffective or as if you might be doing it wrong, simply because your gratitude muscle isn't yet strong.

It doesn't matter though. I can tell you from personal experience that this sort of exercise, when I can make myself do it—or anything like it—can shift everything in my day and overhaul everything I'm thinking and feeling.

If it feels fake or strange to you to keep a running list of things you're grateful for, you might try expressing your gratitude for another person directly to them. Even if you find it hard to believe that the practice of gratitude can benefit you, surely you can agree that having someone tell you how grateful they are for you feels pretty much like having them hand you one of the best possible gifts. So go ahead and try this—just because it's a kind thing to do, and we can all stand to do more kind things.

What you may not realize until you give such a gift to someone else is how incredibly powerful a positive effect it can have on you and how you feel—immediately, and perhaps for a good long time afterward. That one kind, grateful act can have a snowball effect, and you may suddenly find yourself thinking of thing after thing that you're grateful for—and if you do, you can keep that momentum going simply by acknowledging each grateful moment in a concrete way. Say it out loud, tell someone else, write it down in that journal you've been resisting.

Recently, after just such an experience of letting someone know how important they are to me, I wrote the following:

Reach out and tell someone how much you love them, the work they do, who they are, what you see in them. Do it because it's true. Do it because they should know. Do it because the moment you do, a door will open up, and you'll see outside of yourself—that place that seems so dark right now. There's incredible beauty and light out there, and when you open that door, the light will never fail to lift your heart and spill in through the opening to get all over you.

There's another way to go about this practice of gratitude, too—do it with other

people. Years ago, I had a group of friends who got together every Friday evening to celebrate Shabbat. We'd each contribute to dinner, and we'd bless candles and bread and wine, and perform a ritual hand washing, all of which are traditional rituals to welcome in the Jewish day of rest.

What was less traditional, but perhaps even more affecting, was our group's practice of using small cards with prompt words on them to help each of us reflect on our week and talk about something good that had happened to us. There were several amazing things about this ritual. First, it was kind of remarkable that we were always able to connect the word we were given with something from our week. But more than that, it was a way to push ourselves into a state of gratitude. Because each of us was expected to find something—any little thing—in our week that we could reflect on with pleasure or joy or thanks. And it was such a small thing, but somehow, almost as if by magic, it lit each of us up as surely as the matches lit the candles on our table. It shifted us into a different space, one of thanks and peace.

But this exercise can work in any group setting—and what better time to try it than Thanksgiving? You don't need to have prompts for each person—though you can certainly create them if you feel they'll encourage people to take the exercise more seriously. (As I recall, the words on our cards were quite simple nouns—joy, kindness, peace, beauty, etc. Perhaps you'll want to decorate each place card at your holiday table with a word.) The key is to make this fun. And gentle—don't force anyone to do it if they don't want to (that doesn't tend to foster gratitude, you know?). But see what happens when you give Thanksgiving a chance to be about more than just gathering a group together to eat turkey or Tofurkey—the result may surprise you.

Have a happy—and grateful—Thanksgiving.

Amy can be reached at  
amymorgan95616@gmail.com

FROM THE  
GENERAL  
MANAGER

## Local Turkeys from a Family-Owned Ranch

By Eric Stromberg

Your Co-op does business with hundreds of local vendors and growers. Sometimes vendors seek us out, and often we are on the hunt to source the best products, local or otherwise, that we can find. Sourcing and selecting vendors from within our 100-mile definition of local also means that the Co-op develops personal relationships with farmers and vendors. We know the people who supply our store with local food.

A benefit of building relationships with local growers and vendors is the opportunity to visit farms, ranches, and production facilities and see them first hand. I can't say I know the owners of Cargill, but I have met the Diestels of Diestel Turkey Ranch, who recently invited Co-op staff for a visit.

The ranch is located in Sonora, in the Sierra foothills, about 100 miles southeast from Davis. The Diestel family has raised turkeys there since 1949. They have a genuine passion for the welfare of their birds and for sustainable farming practices. Their commitment to sanitation was also evident.

The Diestels operate their own processing facility on the ranch. It appeared impressively clean, and they have a strong commitment to water conservation. The ranch also has an extensive composting system that includes composting the birds' feathers.

The ranch raises six different

breeds, which are allowed grow slowly to their natural adult weight. The flocks roam and run within very large fenced outdoor areas, rotating through a series of pastures to protect the integrity of the land and the health of the birds. Every day, fresh food is milled from a blend of corn, soy, kelp, oyster shells, Redmond salt, and trace minerals. All the food is sourced from the USA, and as much as possible from California.

By contrast, conventional turkeys are bred and fed to gain weight rapidly, and they're often raised in crowded factory farm conditions. After processing, conventional birds are sometimes injected with basting solutions. The Diestels proudly note that their practices of range ranching and allowing the birds to mature slowly results in a naturally self-basting bird.

The Diestel ranch is located in a very beautiful part of California, and they invite visitors and school groups to tour the ranch (but not during their very busy November). For contact information, pick up a Diestel brochure in the meat department.

In cooperation,



MEMBERSHIP

By Doug Walter,  
Membership Director

Welcome to the six hundred new members who've joined the Co-op this fall! Through various means—individual conversations, *The Vine*, our website (<http://davisfood.coop>), and posted information in the store—we've been trying to help folks new and old get to know their Co-op a little better.

Ownership means more than just signing an application—as an owner, you have rights and responsibilities. We have always said we'll never sell our customers' information, and we assume members do not want their names released to community groups unless they make an affirmative note on their application or share certificate.

### What an Owner can do

We encourage new members to carry a Co-op card, to make accurate identification easier at the check stands. We can look you up by name or phone number, but this takes time and isn't as accurate as a scanned member card. Cards are free and will be mailed to you if you fill out a yellow membership form, available from cashiers. We're also happy to see you during office hours at our desks in the administrative office—behind the Deli, down the hallway that also leads to the Co-op conference room.

We ask shareholders to continue to invest in our store each calendar year. Filling out a share certificate also gives us your current address—another requirement. That's so we can keep you up-to-date on important information that could affect

## Ownership Makes a Difference

your ownership and your shares.

We don't require anything else of members, but we do ask you to consider participating in the Co-op by doing more than shopping. That doesn't have to mean a lifelong commitment, although we're happy when it becomes one! It can be as simple as supporting the Co-op when our performance warrants it. You can shop responsibly, take care of equipment, watch for waste, and behave honestly.

Members can choose to participate in the operation of their store. There are a variety of educational and community services we offer because we have talented members. We couldn't offer as many special events, cooking classes, or food demonstrations if we didn't have our member workers. We also find a lot of members enjoy learning about connections to their food by volunteering in their store.

### Volunteer Orientation

The best way to begin getting involved as a participant is to attend an orientation. We hold them on weekday evenings in our conference room; check the schedule on our website or printed in each issue of *The Vine* to find upcoming dates. You can reserve a spot in a particular orientation by e-mailing Julie Cross at [jcross@davisfood.coop](mailto:jcross@davisfood.coop), or signing up on a lavender sheet at the information counter (past the check stands).

In the orientation, we give you a chance to ask questions and take a brief walk around the store. A video presentation covers the basics of cooperation, our Co-op's history, and our member work volunteer system. You can also pick up literature on each of those topics at

the orientation (or by picking over the information counter).

There are two levels of participant commitment, and two corresponding levels of discount. Once, when it was mandatory to volunteer, every member was a monthly member worker. If you want that status today, and the corresponding five percent discount off of member prices, you'll need to participate for a number of hours that's based on the size of your Co-op household (how many card holders are associated with your membership).

We also have "SuperWorkers," members who participate each week and receive a 16.5 percent discount. Again, the number of hours required grows as your household size grows, but most member households need to volunteer four hours each week. That can be two, two-hour shifts, or four hours all at once. Call me or come to an orientation if you'd like more details about SuperWork.

We place particular emphasis on safety. We have safety instruction for all volunteers, and each department will have a few pointers for you before you first participate. Please remember you cannot participate without attending an orientation, as you'll have missed this important information.

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

# STAFF PICKS



**BRIZA PEREZ,  
HEAD CASHIER**

**Farmer's Market Organic Canned Pumpkin, \$2.65 per 15 ounce can, Aisle 3**

"I like to bake pumpkin pie from scratch, but it's a lot of work to crack and bake a pumpkin. Plain, organic canned pumpkin is my favorite for making pies—I like the recipe they print on the label, and a whole wheat frozen crust (Wholly Wholesome, \$4.55, Aisle 4)."



**JULIE CROSS,  
EDUCATION COORDINATOR**

**Village Bakery Wheat Walnut Bread, \$3.99, Bakery Department**

"Village Bakery just makes the best bread for stuffing, hands-down. And Thanksgiving is all about the stuffing. I like the Wheat Walnut and Challah the best."



**I'TALIA MCCARTHY,  
MANAGER ON DUTY**

**Le Vigne di Alice Prosecco, \$26.99 per 750 milliliter bottle, Sparkling Wine Endcap**

"Holidays call for bubbly, and this Prosecco is great for parties. It's nice and dry, just a little fruity, always a hit with guests. I've never met anyone who's tried it and didn't like it."



**MIKE BRANTLEY, BULK/  
GROCERY DEPARTMENT**

**Chocolate English Toffee, \$15.49 per pound, Bulk Department**

"It's the holidays, so why not indulge your sweet tooth? This is just yummy candy, pretty natural for a conventional product, and since it's in bulk you can buy a lot or a little."

# Local for the Holidays

By Kathy Lorenzato

**Saturday, Nov. 5, 2011**

**4:00 to 6:00 p.m.**

**Davis Farmers Market Pavilion**

**Tickets: \$20/person, \$10/person for food only**

Buy your tickets now for Local for the Holidays, and come taste some of the wine and food that is grown in our fertile region. You can also get interesting new recipes for the upcoming holiday season. The Davis Food Co-op is teaming up with Slow Food Yolo to host the event under the pavilion at the Davis Farmers Market on Saturday, November 5, from 4:00 to 6:00 p.m. This event is the Co-op's second annual fundraiser for Yolo County 4H clubs, and club members will have recipes available, as well as having prepared samples of those recipes to hand out to our guests. Tickets will be sold at the Davis Food Co-op at \$20 per person for food and wine or \$10 per person for food only.

Local chefs from Dos Coyotes, Osteria Fasulo, Our House, and DeVere's restaurants will demonstrate cooking techniques with seasonally available local produce, giving you ideas to spice up your holiday meals. They'll also provide information on how to pair foods with wine or beer.

Wines will be poured by representatives of Roots to Wine, a collective that promotes the wonderful, mostly family-run wineries from Capay Valley, Davis, Dunnigan Hills, English Hills, and Winters. This year's wineries include Rominger West Winery, Crew Wine Company, Simas Family Wines, and Berryessa Gap Vineyards. You'll be able to sample delicious wines and consider which will taste best for your holiday meals and which you'd like to give to friends. Beer will be brought in by Hoppy Brewing Company.

Non-alcoholic beverages will also be available.

As a special treat this year, staff members from the Davis Food Co-op will be roasting Mary's Heritage Turkeys using La Caja China roasting boxes on site at the Farmer's Market. If you've never tasted a heritage breed of turkey, this is your chance.

So mark the date now, and get your tickets at the Davis Food Co-op. Besides tasting delicious food, wine, and beer, you'll be supporting our local growers, vintners, brewers, and 4H club members—some of whom could very well become our next generation of local farmers.

*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.*

## Local for the Holidays

a sampling of food and wine for your seasonal celebrations

**CENTRAL PARK FARMERS MARKET PAVILION SATURDAY, NOVEMBER 5, 4-6PM**

**Advance Tickets available at the Davis Food Co-op \$20 FOOD/WINE TASTING, \$10 FOR JUST THE FOOD**  
Proceeds will benefit Yolo County 4H clubs.

Samples of holiday recipes made from local, seasonal produce; live cooking demonstrations from local chefs; wine tasting featuring pours from local vineyards, including Rominger West Winery, Crew Wine Co., Simas Family Winery, Berryessa Gap Vineyards, and beer tasting from Hoppy Brewing Co. Presented by Davis Food Co-op and Slow Food Yolo.





## 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.** How can you make Tofurkey taste good?

**A.** In a perfect world, we would not serve our guests what is essentially a frozen TV dinner for our favorite food holiday. Nonetheless, it happens—sometimes people ask for it, sometimes your great-grandma proudly informs you that she's taken care of the vegetarians. I've found that baking it buried in stuffing helps keep it moist. If you like a sweet note, you can also give it a nice glaze—check out glazing recipes for hams for ideas.

### **Q.** What can vegetarians make (besides the beloved fake meat concoctions) that doesn't seem like a bunch of T-day side dishes smashed together? Maybe something with protein, please.

**A.** Good job on thinking from scratch. My very favorite is a giant, elegant, Stuffed Squash, although our dear editor makes a lovely Mushroom Nut Loaf that is a delightful centerpiece. Both recipes are available in our 2011 *Thanksgiving*

*Cookbook*, and in the "Notes" on our Facebook page.

### **Q.** My question is, why do Thanksgiving cooks never make enough stuffing? Everyone knows turkey kinda sucks unless it's in a sandwich. Thanksgiving is all about the stuffing! And gravy! Make more gravy!

**A.** I quite agree with you. At my house, we have at least two kinds of stuffing, cooked in big pans alongside the turkey in the oven—last year, a traditional celery/mushroom/walnut bread version and a fancy-dan challah/dried cherry/sausage version. If you're cooking a turkey, you might as well make gravy in the big pot. It keeps well, and you can freeze turkey slices in the gravy for future suppers. Recipes for all of the above are in our free Thanksgiving cookbook, and on our Facebook page.

### **Q.** Is it worth cooking an actual pumpkin for my pumpkin pie, or should I just go with the canned stuff? I'm interested in both saving time and quality of taste/nutrients

**A.** To quote Jane Grigson, "In my experience, clever food is not appreciated at Christmas. It makes the little ones cry and the old ones nervous." The same is true of Thanksgiving. People like pumpkin pie made out of canned pumpkin if it's what they grew up with, and they won't thank you for changing it. It's quick and tasty. By the same token, unless you're famed for your flaky pastry, go ahead and use frozen pie crust too. Nutrition is not really a Thanksgiving topic, but canned pumpkin is quite nutritious, until you add sugar and condensed milk.

### **Q.** What's your favorite permutation of cranberries? I did a relish with orange juice, zest, and St. Germain last year, but I'm stumped for this year.

**A.** My friend Jen recommends cranberry-pomegranate, which sounds yummy. Holiday Meal Chef Carolyne Short grinds up whole

satsumas and combines them with equal parts cranberry. Myself, I make cranberry simple syrup for the Thanksgiving Cosmos and call it a day.

### **Q.** Is there a local, sustainable alternative to commercial French fried onions for my green bean casserole?

**A.** Will we never be rid of that casserole? Please skip all the foodie articles calling for two-day mushroom soup and frying your own onions. Use the standard recipe, substituting Amy's mushroom soup and local Good Humus dried onions.

### **Q.** When vegetarians are guests at the Thanksgiving table of meat-eating friends, family, or acquaintances, what would they most love to see served?

**A.** If you'll make your stuffing vegetarian, make a nice vegetarian gravy, and serve any bacon bits on the side of vegetable dishes instead of in them, your vegetarian guests will feel very well served. If you add a protein dish, say baked beans or a nice dish of spiced baked tofu, they'll be delighted. Just be sure to make double, because everyone will want some!

## 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, November 1 or Thursday, November 10.** We'll even throw in two hours of work credit for your attendance! The orientation is free, but sign-up is required. Sign up at the Member Information Desk. Sorry, no phone reservations. Co-op members may register by email to [jcross@davisfood.coop](mailto:jcross@davisfood.coop).

**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.

# Growing Hearts and Minds



By Georgia Mckenzie

**D**on't tell anyone back in Manhattan, but I'm a fan of the county fair. It's small enough to walk through in a day, and it has beasts. Pigs, cows, goats, chickens, rabbits...it's amazing. And one of the most amazing aspects of it? These are animals cared for by kids. A number of enterprising students are members of 4-H, an American non-profit that has expanded from shore to shore and offshore, with partner programs across the globe. I had the good fortune to interview Julie Warnock, community leader for Norwood 4-H, about the program here in Davis.

## Can you define 4-H for us?

4-H is a non-profit organization that teaches leadership, presentation, and life skills to youth members, and it's also very involved in community service. The 4 "H's" represent Head, Heart, Hands, and

Health and the 4-H pledge is: As a true 4-H member, I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service and my health to better living, for my club, my community, my country, and my world.

## Despite being in Yolo, Davis doesn't really seem that agricultural. How do you do 4-H, Davis style?

While 4-H offers the animal and agricultural projects, it also offers much more, including projects in Rocketry, Archery, Geocaching, Photography, Cooking, Arts and Crafts, Career Investigations, Hiking, Presentations, and many more!

## What ages participate? Do you ever do anything at the local county fair?

Ages five to 19 may join 4-H. 4-H is very involved in the county fair. Many members enter various things in the fair, and 4-H is responsible

for the youth exhibits including checking in, setting up, assisting judges, and clean up. In addition, each club in the county takes a turn at providing hospitality at some point during the fair.

## What sort of activities do you do?

As mentioned above there are many projects available to members. In addition some examples of community service projects include helping serve meals at St. Martin's Church, helping at the Special Olympics at UC Davis, holiday caroling at local convalescent hospitals, adopting a family through STEAC, collecting school supplies for foster children, etc. There are fun activities as well, including a trip to a local corn maze, harvest party, family potluck, gift exchange, etc. There is a club meeting once a month where all members get together with youth officers who run the meeting and they discuss club business and activities and vote on what the club does.

## Are parents involved?

Parents serve as support and advisors as well as project leaders for the various projects. It is a volunteer run organization. [This means you parents are a big reason for 4-H's success.]

## Are they often surprised at the technology focus in 4-H?

Yes, many people think 4-H is only about agriculture and animals and are surprised to find out all it has to offer.

## How do you recruit for 4-H?

Clubs try to have articles in the local paper announcing meetings and the highlights of the meeting, fliers are sent out to schools every year, and presentations or booths are sometimes set up at schools. We also have a booth at the Fall Festival at Farmers Market every year.

## Are the kids enthusiastic about it at first, or are they often a little skeptical?

They are generally pretty enthusiastic when they hear about all the different projects and see all the members, who are usually pretty

good friends, having fun together.

Now that you know about 4-H, isn't it time you got involved? Luckily for you, we have some handy dandy links to the folks to contact to join up.

**First and foremost, here's the website for UC Davis' 4-H Youth Development Program:**

<http://ucanr.org/sites/UC4-H/Join/County/index.cfm>

**There's also Norwood 4-H's Facebook page (just type "Norwood 4-H Club" into the search box on Facebook).**

**And the Golden Valley 4-H Club website can be found at:**

<http://members.dcn.org/gv4h/>  
There's a whole world of experiences waiting at your local 4-H.

*Georgia Mckenzie is Principal at uni Media and is often the one spending time petting the pigs and taking pictures over in the animal stalls at the fair.*

# RAJA'S TANDOOR

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# Holiday Bonanza Event at Z Specialty Food



Z Specialty Food's Andrew Baskin with young honey fan Danny at the Hoes Down Festival.

You might know us from the bulk honey bin, shelves all over the Co-op, or even the cooler in the Wellness department. We are Moon Shine Trading Company, Island of the Moon Apiaries, and Cowboy Caviar—all under one roof in Woodland, CA, known as Z Specialty Food. The Davis Food Co-op works with us to carry about 50 different products of ours, so even if you know all about us, there's probably something of ours you've never tried.

Good thing you've got plenty of heads-up to attend our Second Annual Open Warehouse Holiday Bonanza!

Since we started our business in 1979, the Davis Food Co-op has been one of our longest-standing customers. Proud supporters of the Co-op and its ideals, we are honored to announce our designation as one of the Co-op's P6 suppliers, a select group of local, artisan producers.

Join our family on Saturday,

November 19 and Sunday, December 4 to taste our full lineup of Varietal Honeys, Honey Fruit Spreads, Natural Nut Butters, Chocolate Nut Spreads, Cowboy Caviar Vegetable Spreads, Honey Straws, and a whole lot more!

Broaden your palate with this unique opportunity to taste honeys from every corner of the U.S. The open house will feature special discount prices, giveaways, and several raffle prizes, including gift sets, crafts, and a turkey!

"Last year the warehouse was full from the time we opened until after closing time! I'm really excited to add a much-needed element to this year's festivities... a live performance by the burgeoning new Davis folk band, The Souterrain!" exclaims Josh Zeldner, son of the company's founder, Ishai. "It is so much fun to meet our customers who shop our products locally and feel their excitement at experiencing what we do every day," remarks owner Amina Harris. Jewelry designed by

Amina will also be on display, as well as the work of a few other local artisans.

Z Specialty Food has been a constant presence in Yolo County—in Winters for 20-plus years, downtown Davis, and in Woodland since 1998. Join the Z Specialty Food family on November 19 and December 4, from 11:00 a.m. to 4:00 p.m. at their warehouse, 1250-A Harter Ave in Woodland, CA. Check out [www.facebook.com/zspecialtyfood](http://www.facebook.com/zspecialtyfood) for updates about events and discounts. Visit [www.zspecialtyfood.com](http://www.zspecialtyfood.com) for more information or give them a call at 530-668-0660.

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# Grandma's Pie Crust



By Sarah Mandel

**M**y Grandma Mae was born in 1883. Eighties nostalgia for her did not mean Devo—it meant bustles.

When she was a teenager, she wanted to be the next Marie Curie, and she did graduate college, which was pretty impressive for an Illinois farm girl. Life being what it is, she became an English teacher instead of a research chemist. Nonetheless, one of the lessons she imparted to me along with an intuitive sense of good spelling and grammar was how to make a proper pie crust. In the world she grew up in, a woman's reputation as a maker of flakey pie crust counted for a good deal.

Her pie crust was made from white flour, salt, and leaf lard—the purest, whitest, least pork-flavored type of lard. Nobody worried about health food in her world. There was

just good food, and you grew and prepared it yourself. The lard came from her family's own pigs. Talk about local.

It was called leaf lard because it riffled into leaves when cut. This ability to break apart into layers was what made your crust tender and flakey. You cut the lard into the salted flour, using a pastry cutter or two knives, one in each hand, and you made sure that chunks the size of small peas remained. When these chunks melted in the oven, they would create the flakes in your pie crust. Without these chunks, your crust would be tough.

Then you moistened the dough with ice water, a spoonful at a time until it just held together in a ball. This was another risky procedure, as too much water would also make your pie crust tough. After that, you chilled the just-sticking-together ball of dough in the refrigerator for half an hour or so. Meanwhile, you prepared your filling.

Mostly we made apple pies. This involved a lot of peeling, during which she would entertain me by reading to me out of the little white, leather-bound copy of Robert Burns' poems she had received from her father when she graduated high school. She had a dreadful fake Scottish accent, but she loved the poems, and somehow that helped me keep my laughter under control. The apples were green and sour and required quite a bit of sugar as well as butter and flour. These pies never had cinnamon in them, and they were sweet-tart, rather than the mild apple pies for sale commercially today. At dessert time, they would be served with slices of sharp cheddar. Once you had your apples peeled and sliced and dusted with flour and sugar and dotted with butter, it was time to roll out the pie dough.

*In the world Grandma Mae grew up in, a woman's reputation as a maker of flakey pie crust counted for a good deal.*

This is the part that freaks people out. Because pie dough does not look like pizza dough. Not in real life. Pie dough is all about fractals and weird little pieces sticking out. Especially if you use whole wheat flour, and I always do. But don't worry. Nobody cares what your dough looks like when you're rolling it out. They only think about what it tastes like, and nowadays they're so utterly stunned and impressed that you could make a pie at all that they'd never dream of finding fault.

There are, of course a few simple tricks that make it easier. You could use a pastry cloth, but they're expensive. I use parchment paper (available around the corner from Bulk with the wax paper, aluminum foil, plastic wrap, etc.), which I use with almost everything I bake in the oven. Makes it brown perfectly, and it never sticks. In this case, I'm not going to use it in the oven, but with the rolling pin. Tear off a sheet of parchment paper, lay it out on your work surface, and dust it well with flour. If you don't have a rolling pin, you can use a wine bottle. Just make sure its surface is dry.

You have a lump of dough. Are you going

to make an open face or a covered pie? The following recipe will make two bottom crusts or one top and one bottom. If I were making a covered pie, I would make my bottom crust a little bigger, just because. Divide the dough and shape it just a little with your hands. Then begin to roll it out, working from the center out in different directions. If it splits and looks weird, don't worry. You can fix this in the pan. Just keep rolling it out as evenly as you can until you've got something that's slightly bigger than the pie pan. You can test this by putting the pie pan upside down on the rolled dough.

When it's big enough, use the parchment paper to help turn it upside down into the pie pan, and patch up any major problems by sticking the dough back together. If there are big extra chunks, cut them off and use them to even things out. Don't get too fussy about it—you still don't want to handle the crust too much. Once it's reasonably complete you can add the filling. Then roll out your top crust and pop it on. All the top needs to do is cover the filling approximately. And you can cut little designs and stuff out of it, or if it really gets whacked out when you're rolling it, cut it into strips and make a lattice topping. Believe me, you can't go wrong. It will look great when it's cooked.

If you want more advice on the how-to, look on the Internet. There are all kinds of wannabe glamour kitchen wizards and various bakers showing you their version of how to do crust perfectly, using special tricks like adding vodka and vinegar with the ice water to get it to roll out smoothly. My job is to tell you it's okay to do it however it comes out. It will taste good. I promise. My eighty-some year old neighbor, who's tasted quite a few pies in her time, complimented me on this crust.

## GRANDMA'S APPLE PIE

*(portions in parentheses are for a large or deep dish pie pan)*

### Crust

**2 cups (2.5 cups) flour; I used bulk, local whole wheat pastry flour from Giusto's**  
**1 level teaspoon (1 full teaspoon) salt**  
**1/2 cup (2/3 cup) chilled shortening; I used Spectrum shortening, the 21st Century's answer to Crisco. You can also use butter, but it's very heat sensitive.**  
**4 to 7 tablespoons ice water**

Mix flour and salt. Cut in shortening as

*Continued next page*

described above. Moisten just until it holds together. Mold into ball and let rest in refrigerator.

Preheat oven now, to 350 degrees.

### Apple Filling

**6 to 8 apples, depending on size—try Granny Smith or Mutsu varieties**

**1/3 cup brown sugar**

**1/3 cup white sugar**

**4 tablespoons flour or tapioca flour**

**tiny pinch of salt**

**cinnamon if you like**

**3 tablespoons maple syrup**

**1/4 cup butter in small chunks**

Peel and slice apples—the thinner you slice them, the more they'll pack down in the pan, and the moister the filling will be. If the apples are organic, you can leave the skins on. It adds texture and character, but not everybody likes it. If you're not sure you have enough, you can check by putting them in the pie pan. They'll soften and collapse as they cook, so it should be very full. When you've got enough, take the slices out of the pie pan and put them in a large bowl.

Mix together the dry ingredients and dust the apples to coat them evenly. This is kind of like tossing dressing into a salad, and you may need to separate the slices a bit. The dry ingredients will begin to draw the moisture out of the apples immediately.

Roll out your bottom crust and put it in the pan. Once you've got it in place, fill the crust halfway with the apple slices, dotting with bits of butter and drizzling with maple syrup. Add the rest of the filling, butter, and syrup, and any leftover juices in the bowl.

Roll out your top crust and cover the slices as described above. Press the outer edges of the top and bottom crust together and crimp with a fork or your fingers. Pierce the top crust or cut out a design that will let you see under the crust.

Pop this into the hot oven and bake for approximately 1 hour. The filling should be bubbling in the middle, not just around the edges.

Handle it carefully when you take it out—it's very hot. Let cool and eat.

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

# Un-Turkeys

By Rae Gouirand

It comes up every year. Perhaps I'm in the minority on this issue, but in the 17 years I spent as a strict vegetarian, I found few things less appealing than imitation turkeys and roasts.

Which is why I'm here today. Vegetarian brethren, there is hope for your Thanksgiving table, and it's called the winter squash. The rightful god/dess of harvest cuisine, it's the only fruit or vegetable you can both eat and kick. Tasty, fun, and practically growing out of cracks in the sidewalks this time of year, the winter squash wants to be with you now and forever. Here are four ideas for ways to put them in the center of your plate later this month, or any other day you feel like expressing your gratitude for them.

## NUT-STUFFED DELICATA SQUASH (GLUTEN-FREE)

*(adapted from the Sunset recipe)*

**3 tablespoons butter**

**2 medium yellow onions, finely chopped**

**3 garlic cloves, minced**

**1 teaspoon salt**

**2 tablespoons fresh sage, chopped**

**1/2 cup walnuts, chopped**

**1/2 cup almonds, chopped**

**1/2 cup pine nuts, chopped**

**1/3 cup plain yogurt**

**2 eggs, lightly beaten**

**1 cup Parmesan cheese, shredded**

**2 large delicata squash, halved lengthwise and seeded**

Preheat oven to 350 F. Melt butter in a large pan over medium-high heat. Add onions, garlic, and salt. Cook, stirring occasionally, until onions are soft, about 3 minutes. Stir in sage and cook until fragrant, about 2 minutes. Stir in nuts and set aside.

In a large bowl, combine yogurt, eggs, and 1/2 cup Parmesan. Stir in nut mixture. Divide stuffing among squash halves, sprinkle with more Parmesan. Bake until the squash is tender when pierced with a fork and the tops are browning, about 45 minutes.

## ACORN SQUASH AND ROASTED GARLIC STRUDEL

*(adapted from The Kitchn's recipe)*

**2 small acorn squash**

**1 head garlic**

**olive oil**

**1/4 cup fresh sage leaves, chopped**

**1 teaspoon fresh nutmeg**

**1 teaspoon cinnamon**

**pinch of chili powder (optional)**

**1 cup ricotta**

**1/3 cup pine nuts, toasted**

**1/2 package phyllo dough**

**1 stick butter**

**salt and pepper**

Defrost phyllo dough according to package directions.

Preheat oven to 350 F. Split and seed the acorn squash, and put the halves in a baking dish. Drizzle with olive oil and season with salt and pepper. Drizzle garlic with olive oil and wrap in foil; add to pan. Bake squash and garlic for one hour, until squash is fork-tender and garlic is soft.

Remove squash interiors with a spoon and mash in a bowl. Squeeze the garlic out of its skins into a pan set over high heat. Add sage. Cook until fragrant; add mashed acorn squash. Cook until warmed through. In a bowl, combine cooked squash mixture with the spices, ricotta, and toasted pine nuts. Stir and adjust seasoning as necessary.

Preheat the oven to 400 degrees Fahrenheit. Melt butter in a small pan. Lay out your first sheet of phyllo dough on a clean, dry work surface. Use a pastry brush to brush it lightly with the butter, then add another sheet of phyllo. Repeat until you have 6 to 8 layers. Spread about a third of the squash mixture over the phyllo, leaving an inch at the edges. Cover with another sheet of phyllo and repeat layering until you have three "stories" of phyllo and squash. Roll up from the long side, tucking the ends in and sealing them as best you can with remaining butter. Roll the strudel off the work surface onto a large baking sheet. Bake until golden and flaky on the exterior, about 30 minutes; serve sliced or in wedges.

## SAVORY BUTTERNUT SQUASH AND PARMESAN BREAD PUDDING

*(adapted from the Cooking Light recipe)*

**3 cups butternut squash, peeled and cubed**

**1 teaspoon olive oil**

**1 cup onion, chopped**

**1 garlic clove, minced**

**2 cups milk**

**1 cup grated fresh Parmesan**

**1/4 teaspoon ground nutmeg**

**3 large eggs**

**2 large egg whites**

**8 ounces day-old French bread, cut into 1-inch cubes (about 9 cups)**

**salt and pepper**

Preheat oven to 400 degrees. Arrange squash in a single layer on a baking sheet lined with parchment paper. Sprinkle with salt and bake for 20 minutes or until tender. Remove from oven; reduce oven temperature to 350 degrees.

Heat oil in a medium skillet over medium-high heat. Add onion; sauté 5 minutes or until tender. Add garlic, and sauté 2 minutes more. Remove from heat.

Combine additional salt, milk, 1/2 cup cheese, pepper, nutmeg, eggs, and egg whites in a large bowl and stir. Add squash and onion mixture, stir again. Add bread, and stir gently to combine. Let stand 10 minutes. Spoon into a two-quart baking dish and sprinkle with remaining cheese. Bake at 350 degrees for 45 minutes, or until pudding is set and lightly browned.

## SIMPLE PUMPKIN RISOTTO (VEGAN, GLUTEN-FREE)

**1 onion, diced**

**2 tablespoons olive oil**

**2 cups Arborio rice**

**2 cups dry white wine**

**4 cups vegetable broth**

**1 cup canned pumpkin**

**1 teaspoon fresh ginger, grated or minced**

**1 teaspoon nutmeg**

**1 tablespoon fresh basil, chopped**

**salt and pepper**

Saute the onion in olive oil over medium heat for three to five minutes until soft. Add the rice. Cook, stirring, for two minutes, so the rice will brown slightly. Add the wine in a slow stream while stirring over the course of several minutes, then add the broth in half-cup increments, allowing it to absorb before adding the next portion. Add pumpkin, spices, and seasoning; lower heat to low. Cook for another 15 to 20 minutes, continuing to stir every few minutes.

# Are We Eating in the Dark?

By Sandy Weaver

The "Label GMOs: It's Our Right To Know" movement has proposed a 2012 ballot initiative that would require labeling of genetically modified organisms (GMOs) that combine the genes of separate organisms to create a new organism. It's a movement of people, eaters, farmers, and organizations that would like their genetically modified organisms labeled.

The movement to label these foods is about consumer rights: If we prefer not to eat GMOs, we need to know which foods they are in. It's a basic consumer right to know what's in the food that we and our families are eating, and labeling is essential if we are to have that ability.

Countries that require the labeling of genetically engineered foods include 15 European Union nations, Russia, Japan, China, Australia, New Zealand, and many others around the world. Many Americans believe that we should also have the right to know if our foods have been genetically engineered. We pride ourselves on having choices and making informed decisions, but under current FDA regulations, we don't have a choice when it comes to GM ingredients in the foods we purchase.

The proposed ballot initiative was turned in to the state in October. When it returns for signatures some time in November, interested groups and volunteers will have 150 days to get the required number of qualifying signatures (504,760). If they do so, the initiative will then go on the ballot to be voted on by the people in November 2012.

There are many organizations

that are supporting this movement. If you want to get involved, you can help by gathering signatures or educating others—check out the following websites for more information. There's also a local group that you can support and become involved with (see the page, "Let's Label GMOs in Yolo" on Facebook).

- Label GMOs: It's Our Right to Know [www.labelgmos.org](http://www.labelgmos.org)

## Organizations Supporting LabelGMOs.org

- Organic Consumers Association: [www.organicconsumers.org](http://www.organicconsumers.org)
- Institute for Responsible Technology: [www.responsibletechnology.org](http://www.responsibletechnology.org)
- Center for Food Safety: [www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)
- Non-GMO Project: [www.nongmoproject.org](http://www.nongmoproject.org)
- Food Democracy Now: [www.fooddemocracynow.org](http://www.fooddemocracynow.org)
- Sustainable Table: [www.sustainabletable.org](http://www.sustainabletable.org)
- Californians for GE Free Agriculture: [www.calgeefree.org](http://www.calgeefree.org)
- Cornucopia Institute: [www.cornucopia.org](http://www.cornucopia.org)

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



## Save the Domes!

**We Need Your Help!**

**Community Build November 3 through November 6, 2011**

Join us November 3, through November 6, at the Baggins End Domes for a fantastic four day work party extravaganza to rebuild interiors, lay accessible pathways, paint, plan, garden, make and serve food, and much, much more. If you can commit to one four-hour shift during that weekend, you can help us collectively reach the goal of re-opening the domes! All skills and talents welcome. To sign up to volunteer your time, lend us your tools (we guarantee them), or help us buy materials we need to complete the repairs, visit: <http://schadavis.org/domes-community-build>

The Community Built Association has over 20 years of experience with highly organized volunteer coordination for construction projects. In partnership with the Solar Community Housing Association (SCHA) and Friends of Baggins End, we plan to have a well-planned, safe, and successful event. We can't do it without you! Please help us spread the word.

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# What Does “Traditional” Mean Anyway?

By Tony Gruska

**T**raditional Thanksgiving? What exactly does that mean? Especially in a country full of immigrants from so many different cultures with their own food traditions.

Last year, we had Thanksgiving at a friend’s where one spouse is Filipina and the other Chinese.

Grandparents, children, grandchildren, and friends gathered around a table filled with Spam sushi, Chinese noodles, rice, broccoli, mashed potatoes, and stuffing. And prime rib took the place of the turkey.

There were some great and very funny stories about running a Chinese restaurant in Davis, way back in the day. There was also a story about being initially placed in an ESL class in high school because the school assumed our friend had just emigrated to the U.S. from China...not Canada. Our friend’s mother talked about Chinese food and cooking and our friend talked about how he grew up just wanting to eat what all the other kids ate.

Obviously, not everyone has the Thanksgiving meal many people associate with the holiday (thanks to the mass media advertising telling us how it should be done).

I would argue that if you truly want to go traditional, you stick to the spirit of Thanksgiving—which is to say, different cultures coming together to create a feast using ingredients that are locally available and in season. In other words, no green bean casserole, as fresh local green beans are long gone by November. Of course, I must admit, my wife can’t live without cranberries at Thanksgiving, so

perhaps the green bean casserole is acceptable after all, if that is your cultural interpretation of a traditional Thanksgiving.

Here are some Thanksgiving recipes that you may want to serve at your feast. And if for some reason you don’t want to cook yourself, we will be serving a Locavore’s Thanksgiving Dinner at Monticello from 3:00 p.m. until 8:00 p.m.

## BASIC BREAD STUFFING

(Serves 10)

- 1 stick butter**
- 1 medium onion—finely chopped**
- 2 stalks celery with leaves, finely chopped**
- 2 teaspoons salt**
- 1 teaspoon dried thyme**
- 1 teaspoon dried rosemary**
- 1 teaspoon crumbled dried sage**
- 1 teaspoon freshly ground pepper**
- 1/2 teaspoon dried savory**
- 8 cups French bread that has been left out overnight, cut into 1-inch cubes**
- 1/3 cup chopped fresh parsley**
- 1 cup turkey stock or chicken broth**

Preheat oven to 350 degrees. Melt butter in a large skillet over medium heat. Add onion, celery, and herbs and spices. Sauté for about five minutes, stirring often, until the onion is soft. Transfer vegetables to a large bowl.

Add bread cubes, parsley, and stock. Stir ingredients until combined. Place the stuffing in a buttered 9x13 inch baking dish. Cover with foil and bake for 30 minutes. Remove foil and bake for another 15 minutes or until the top is browned.

## MASHED POTATOES WITH CREAM CHEESE

(Serves 8)

- 3 1/2 pounds Yukon Gold potatoes, peeled and cut into 2-inch chunks**
- 8 ounces cream cheese, softened**
- 1 stick butter, softened**
- 1/4 cup whole milk**
- 1/2 cup cream, divided**
- Salt and freshly ground pepper**

Place potatoes in a large pot. Cover completely with cold water and bring to a boil. Reduce heat, partially cover the pot, and simmer until potatoes are tender and can be pierced with a fork, about 35 minutes. Drain in a colander.

Combine potatoes, cream cheese, butter, milk, and 1/4 cup cream in a large bowl. Beat using a mixer until combined. Season with salt and pepper to taste, and then continue to beat to desired consistency.

Return mashed potatoes to pot, and place over medium heat. Add remaining cream and stir constantly, until heated through. Serve immediately or reheat in microwave.

## ACORN SQUASH WITH HONEY AND FIGS

(serves 4 to 6)

- 2 acorn squash, halved lengthwise and seeded**
- 3 tablespoons butter**
- 1/3 cup honey**
- 3/4 cup dried figs, chopped**
- 1/3 cup local walnuts or almonds, coarsely chopped**
- 1/2 teaspoon cinnamon**
- 1/4 teaspoon nutmeg**

Preheat oven to 350 degrees. Place squash cut sides down in medium baking pan. Add boiling water to a depth of 1/4 inch. Cover with foil. Bake for 30 minutes. When squash is cooked through,



but still firm, remove foil and pour off any remaining water. In small saucepan, melt butter over low heat, stir in honey, figs, nuts, cinnamon, and nutmeg. Turn squash cut sides up and fill with fig mixture. Bake uncovered, 20 to 25 minutes longer, until squash is tender and filling is bubbly.

*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.*

SUGGESTION  
BOX



# Boxes for owls, locks for bikes, and a club for vegans...

**Q:** The owl box on the tree in front of the Co-op is falling apart. It needs repairs soon.

R.S.

**A:** Thanks for the heads up! Our staffers prioritize keeping our facilities safe and welcoming for our human visitors, but we are working with the City to upgrade the owl accommodations soon.

Melanie Madden,  
Marketing Coordinator

**Q:** Have you considered establishing a designated space for bikers to "park" their bike locks at the Co-op? Some people have been leaving their bike cables locked to the bike racks. (I guess they don't want to bike home with a heavy cable). But this is a problem for the others wishing to lock their bikes! Thank you!

Anonymous

**A:** I've often wondered why some folks leave their locks attached to our bike parking racks! The errant locks haven't created a problem for me when locking up my own bike before a shopping trip, and as we always seem to have plenty of bike parking available (in addition to the covered spaces in front of the east

and south sides of the store, lockable bike parking is available along 6th Street and G Street), it would be difficult to justify the labor and expense of creating a designated bike lock parking spot unless we hear from a lot more bikers that this is an issue.

Melanie Madden,  
Marketing Coordinator

**Q:** It would be helpful for new vegans if you carried a vegan shopping list.

A.H.

**A:** A list of vegan products would be pretty extensive, which means it would be pretty difficult to keep up-to-date. We can start work on a vegan brochure, with common substitutions, ingredients to watch out for, cookbooks and websites that might be helpful. In the meantime, consider joining our Club Vegan facebook page, or attending a Club Vegan meeting—they're held at 7:00 p.m. on the first Thursday of every month in the conference room.

Julie Cross,  
Education Coordinator

**Q:** I found your recent mailing about a correction to the wording of a ballot initiative to be an extreme waste of paper if the Co-op charges for a grocery bag but sends 1,000s of mailers for a correction like this. Something is wrong. Maybe provide this by email?

8 year member

**A:** This was an expensive error, which is one reason why our letter included an apology. We were advised by a lawyer that our best course would be to notify shareholders of the fault, describe the effects, and give them an opportu-

nity to seek to change the action. Nineteen shareholders filled out the coupon requesting a referendum, some using their mailed letter and some the letters available in the store.

We don't have email addresses for all shareholders, but the law and our Bylaws do require up-to-date mailing addresses. Thus, mailing to over 9,000 shareholders in good standing was unfortunate but necessary to protect shareholder rights and our cooperative corporation.

Doug Walter,  
Membership Director

**Q:** I love the Co-op!  
C.S.

**A:** Me too! Thanks for acknowledging all we do to make your Co-op awesome.

Bija Young, Advertising and  
Brand Manager

**Q:** Request that you carry Sanuk footwear,  
S.V.

**A:** I believe we are too tight on space to start carrying footwear in our General Merchandise department.

Rose McFadden, Wellness and  
GM Manager

**Q:** I think the "local" definition needs a major overhaul. In the cracker section alone, crackers from Ontario are labeled "local (or the label should be for the crackers from WA? Still > 100 mi!). Even Annie's Crackers: "Manufactured for..." Annie's, Product of USA." How is this local?? Just because Annie's HQ is in Napa? This does not make sense.

D.R.

**A:** We define "Local" as any product that is grown, produced, or has value added (such as roasting coffee beans) within 100 miles of Davis. We make every effort to sign items that fall into this definition with the "local" tags on the shelves, but sometimes the signs fall, or get moved—please do not hesitate to let a clerk know if a product is mislabeled as local, or if you notice a local product that isn't labeled as such. We are working now to replace all of the shelf tags in the store, and in the current version, local products will feature the "Local" logo right on the shelf tag with the price.

Melanie Madden,  
Marketing Coordinator

**Q:** Ahh! The music is sooo horrible. Billy Freakin Joel! I'm outta here!

Anonymous

**A:** I hear you loud and clear! Unfortunately our current music provider, Muzak, has an incredibly limited selection to choose from. I am in the process of seeking out an alternative. That being said, any mix we choose may wind up featuring Billy Joel once in awhile, given that we are a diverse community with wide and varied musical tastes.

Bija Young, Advertising and  
Brand Manager

**Q:** Request that we do not carry Corporate Big Head Gigantuous non local grassroots products. I and many others of my kind and similar view disagree with the moral and ethical stand the Davis Co-op holds. Co-ops are supposed to be Local, Organic and good for the Earth and its inhabitants. However this Co-op sells and buys products which starve villages of innocent by

taking from their water wells (Coca-Cola). On a more local sense, the food here is not from non-molested agri-land. This does not meet and hold value to the Local Grassroot Movement.

B.B.

**A:** Co-ops are primarily economic beings; the International Cooperative Principles don't specifically address "local" or "organic" or "good for the earth," although most co-ops interpret "concern for community" to at least indirectly cover those topics. Those same principles dictate "member control." The 10,000+ members have clearly indicated over the years that they want to buy both conventional and natural food products, so that's what is carried in our store. The principles also require education, including topics like nutrition and water rights. It has been our experience that education works best in a respectful dialogue, rather than simply pulling product from the shelf.

Julie Cross,  
Education Coordinator

**Q:** Request that we do not carry non-recyclable tetra packs, e.g. Vita CoCo and Zico H2O. Plastic + paper + aluminum = Waste.  
T.

**A:** Every time we choose the convenience of processed, packaged foods or beverages, there is an environmental cost. While glass and aluminum packaging are recyclable, it takes energy and creates pollution to do so. Tetra Pak has become popular with processors in recent years because their lightweight material means they require less fossil fuel during shipping than crates of products in glass bottles or jars. For an awesome earth-friendly

beverage choice, I recommend Drinkwell Softers, which are made locally (in Dixon!) and packaged in glass bottles that you can return to the Co-op for a deposit refund.

Melanie Madden, Marketing Coordinator

**Q:** Request that we carry Amazake Shake Mix. It's made with crushed brown rice, similar to mochi. It's gluten and dairy free.

J.P.

**A:** We do carry Amazake in our dairy department (local, vegan, delicious!), but they do not make a mix.

Melanie Madden, Marketing Coordinator

**Q:** I think we should keep 1 or 2 measuring cups in dry goods for folks doing shopping for recipes. We could have them on a string and labeled so they stay put. This would be very helpful to those shopping on a budget.

R.H.

**A:** Thank you for the helpful suggestion. Unfortunately, one or two measuring scoops for use in multiple dry goods bins would create a very high likelihood of cross-contamination; we advise folks with sensitivities and allergies to avoid bulk products, but just the same, if we label a product as wheat-free or peanut-free, even in Bulk, we want to keep it that way.

Melanie Madden, Marketing Coordinator

**Q:** Consider labeling all granolas either "conventional" or "organic." Only some bins currently so labeled. Thanks for a great place to shop.

J.H.

**A:** Thank you for the suggestion. I am in the long and labor-intensive process of re-creating all of the bulk signage. It takes many hours to gather all the information, check it for accuracy, format it for use, digitally create the signs, check for errors, print, cut, laminate and cut

the signs again before hanging them. Thank you for your patience and rest assured we are working as quickly as we can to get them done.

Bija Young, Advertising and Brand Manager

**Q:** I just bought the USA made Preserve Mixing Bowls for \$15.95 at Whole Foods.

Anonymous

**A:** With over \$9 billion in annual sales and more than 300 stores, Whole Foods has the buying power to offer products at deeper discounts than we can. However, this isn't always the case—during October, we were able to offer this same set of bowls on sale for \$14.99, thanks to our partnership with the National Cooperative Grocery Association's Co+ Deals.

Melanie Madden, Marketing Coordinator

**Q:** Why not label GMO?? Will you carry GMO fish?

H.B.

**A:** A few years ago we made a concerted effort to label certified GE-free products on our shelves, but with our large inventory and limited staff resources, it was a daunting task at best, Sisyphean at worst. We now believe that our best use of resources is to join with other Co-ops and concerned foodies to call on our elected representatives to require mandatory labeling of foods containing Genetically Engineered ingredients. We have also partnered with national organizations that also advocate this course of action, including the Non-GMO Project and Just Label It.

Melanie Madden, Marketing Coordinator

**Q:** I love co-ops. I live in Olympia, WA and I feel blessed to be a member and part of a community of people who are health-conscious and environmentalist. I am saddened that you guys call yourself a co-op, but have large corporations that you sell, thus tainting what a "co-op" means. This is disgusting

and worth mentioning, you guys are not fulfilling what a co-op is.

Thanks. Spread honesty to the world.

J.F.

**A:** The Olympia Food Co-op is a great store, and it sounds like you have aligned values. That's perfect! In fact, it's exactly how cooperatives work: the owners decide what they want at their store. I'm sorry that our store disappoints you, but happy that we have a system to let each community be served in the way they choose.

Julie Cross, Education Coordinator

## IN BRIEF

### Yes, we do carry:

- Buttermilk Cinnamon Coffee Cake
- Snickers

### Thanks, we'll look into:

- Better shredded Cheddar cheese for the salad bar
- More pasta at the hot food bar

### Sorry we were out but now have:

- Tom's Spearmint Propolis & Myrrh
- Turkey Cutlets

### Sorry, this item is not available from our distributor:

- Bee Mine Shampoo and Conditioner in Bulk

### We do not carry but can special order:

- Digest Spectrum supplement

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**THE PALMS**

Joe Craven	11/18
Hot Club of San Francisco	12/2
Maria Muldaur	12/3
Christmas Jug Band	12/18
Tom Rigney & Flambeau	12/31
Roy Rogers & The Delta Rhythm Kings	1/7
Blame Sally	3/9

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and Kimes Hardware,  
35 Main Street, Winters

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**Family Dental Practice**

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(Corner of 7th & F)  
530-756-3232  
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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: Yeast Rolls

Level 1 November 4, 3:30 p.m.

Level 1 November 9, 3:30 p.m.

Level 2 November 11, 3:30 p.m.

Level 3 November 7, 3:30 p.m.

Yeast rolls really are easy enough for a child to make! We'll prove it, and throw in a couple of yummy variations.  
\$20

### Gluten-Free Bread

Tuesday, November 1, 6:00 p.m.

If you've eaten one too many crumbly, pasty-tasting doorstops, take heart. Gluten-free bread baking takes a little know-how—and some weird ingredients—but you can eat sandwiches once again. Instructor: Amy Radbill \$25

### BASICS: How To Make Veggies Taste Good

Wednesday, November 2, 6:00 p.m.

Winter veggies got you stumped? Not any more! Simple potato leek soup, sautéed leafy greens with pomegranate dressing, and garlic rosemary mashed turnips will change your mind, and your tastebuds, about winter veggies. Vegan. Instructor: Rebecca Tryon \$25

### BASICS: Eggs for Dinner

Thursday, November 3, 6:00 p.m.

Eggs are nutritious, tasty, versatile, and—most importantly—quick and easy to make. Join Amy Radbill to learn a few elegant egg fixes for fast weeknight meals. Gluten-free. Instructor: Amy Radbill \$25

### Gluten-Free Thanksgiving Recipes

Tuesday, November 8, 6:00 p.m.

The traditional Thanksgiving meal is sometimes heavy on the gluten—but there's no reason it has to be. Amy Radbill has delicious alternative recipes for stuffing and rolls, creative side dishes, and gluten-free desserts that'll make your holiday a little brighter. Instructor: Amy Radbill \$25

### HANDS-ON Easy Home Canning Cranberry Sauce

Thursday, November 10, 6:00 p.m.

You will learn the tools, techniques and science of canning using hot-water bath canning to enjoy or give as gifts. This is a hands-on class where everyone takes home a jar of homemade cranberry sauce. Instructor: Dennis Zanchi \$30

### You're Brazen: Chicken & Greens\*\*

Sunday, November 13, 2:00 p.m.

Want to know how to cook the best braised chicken ever, and the most fantastic greens with mashed potatoes? Come see us...you won't be sorry. Instructor: Sarah J. Palmer \$25

### Indian Desserts

Monday, November 14, 6:00 p.m.

Wow your guests this holiday season with these sweet treats and be the talk of the town! Class includes Gulab Jamun (fried milk balls soaked in sugar syrup) Sooji Halwa (cream of wheat, sugar, and milk) and Almond Barfi (powdered almonds, sugar, and milk). Instructor: Viji Gururajan \$25

### HANDS-ON Gluten-Free Pie Crusts

Tuesday, November 15, 6:00 p.m.

Truly, pie crusts—even gluten-free pie crusts—needn't be scary. We'll teach you how to get perfect results from several gluten-free crust recipes in this hands-on class where everyone takes home a pie crust. Instructor: Amy Radbill \$30

### Veggie Teens: Veggie Chili

Tuesday, November 29, 6:00 p.m.

We'll make this winter warmer with all the toppings, a fresh spinach salad with in-season mandarins, cornbread with honey butter, and turtle brownies for dessert! Open to students age 12 to 19 only. Instructor: Julie Loke \$20

### HANDS-ON Buche De Noel

Wednesday, November 30, 6:00 to 8:30 p.m.

This traditional Christmas cake features a tender genoise cake rolled around a fluffy chocolate filling, iced with a delicious chocolate ganache and decorated with meringue mushrooms. All in under three hours? No problem! Instructor: Julie Cross \$40

*\*Some recipes contain meat*

*\*\*No vegetarian option*

## Special Events

### Board of Directors Meeting

November 7, 7:00 p.m.

### Local For the Holidays

Saturday, November 5 · 4:00 p.m. to 6:00 p.m.

Davis Farmers Market Pavilion, Central Park

A sampling of food and wine for your seasonal celebrations! Tickets are on sale at the Davis Food Co-op now! \$20 for food and wine tasting, \$10 for just the food. Proceeds will benefit Yolo County 4H clubs.

Wine tasting featuring pours from local vineyards, including Berryessa Gap Vineyards, Crew

Wine Co., Rominger West Winery, Simas Family Winery, and Turkovich Family Wines, and beer tasting from Hoppy Brewing Company. Samples of holiday recipes made from local, seasonal produce, plus heritage breed roasted turkey; cheese from Sierra Nevada Cheese Company, bread from Village Bakery, and coffee from the Pepper Peddler. Live cooking demonstrations by local chefs from DeVere's, Dos Coyotes, Osteria Fasulo, and Our House. Presented by the Davis Food Co-op and Slow Food Yolo.

### Blood Drive

Sunday, November 13, 1:00 to 5:00 p.m.

Join your Co-op and Blood Source in the Co-op parking lot. Donation appointments available in advance—call BloodSource at 800-995-4420 x60046.

## Wine and Beer Tastings

6:00 to 8:00 p.m.

Co-op Conference Room

Wine & Beer Tastings to benefit

Willet Elementary School PTA

November 4 – Winter Beers

November 11 – Thanksgiving Wines

# 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 December issue is November 3.** Submit your ad via email to [amyoung95616@gmail.com](mailto:amyoung95616@gmail.com) or to the editor's box in the administration offices. Please indicate which category. No phone calls. You must resubmit your ad each month you want it to run. We do not send confirmation emails for classified ads received.

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

## CLASSES/EDUCATION

**ALEXANDER TECHNIQUE** principles can be applied to all endeavors, all learning, all health and creative pursuits. Stephen Brown, Ph.D., 757-2955, [sbrown@dcn.org](mailto:sbrown@dcn.org)

**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 MESSAGE THERAPIST.** Cost \$1025. Start date: Evening Program November 7th. [www.mtidavis.com](http://www.mtidavis.com) or 530 753 4428.

**BUDDHIST MEDITATION & STUDY GROUP IN VIPASSANA/THERAVADAN TRADITION** - Thursdays in Davis, 7:00 - 8:30 PM, at the Unitarian Church of Davis, 27074 Patwin in the Bridgehouse (Redbud Montessori), over the bridge beyond the parking lot: Meditation, Tea Break, Dharma Discussion. For more information, visit our website [www.davisinsightgroup.org](http://www.davisinsightgroup.org) or contact Jo at 530-867-5743 or [crescent.young@gmail.com](mailto:crescent.young@gmail.com)

**DAVIS BIKE COLLECTIVE AT 4TH & L:** Learn to fix your bike! Hours: Mondays 1-5; TWR 4-8; Saturdays 12-6. We're always looking for new volunteers so come on down!

**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/)

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

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

## PROFESSIONAL SERVICES

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**SPANISH LANGUAGE TUTOR/TRANSLATOR:** All ages and levels welcome - Individual classes in a relaxed atmosphere -UCDavis 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 [beatrizcabezon@gmail.com](mailto:beatrizcabezon@gmail.com)

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## EVENTS

**THIRD ANNUAL VILLAGE HOMES ARTS & CRAFTS FAIR** Saturday, November 19, 10-4, Village Homes Community Center, 2661 Portage Bay East (off Russell Blvd) Free admission; Cash & local checks only. Come celebrate local art!

**YOU CAN HELP SAVE THE BAGGINS END DOMES!** November 3 - 6, 2011: Participate in a Community Build Project to renovate the domes so that they can re-open January 1. More information and volunteer sign-up at: <http://scha-davis.org/domes-community-build>

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Upcoming Events at the  
**IRH INSTITUTE FOR RESTORATIVE HEALTH**  
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**Introducing Therapeutic Lifestyle Medicine (TLM) at IRH**

TLM is an individualized, patient-centered treatment program that assists patients in making necessary lifestyle changes. TLM addresses the following areas: nutrition, exercise, stress and sleep.

This 12 week program is often covered by insurance. Call IRH at 530-758-4474 or visit [www.4irh.com](http://www.4irh.com) for more information.

**Practical Strategies for Weight Loss & Weight Maintenance with Shelly Rodgers, FNP-C**  
Wednesday, November 9, 5:30-7:00pm  
Please RSVP to [info@4irh.com](mailto:info@4irh.com) or call us at 530.758.4474 for this monthly weight loss group & seminar. \$25.

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# Choose your holiday turkey from the Co-op

Turkey orders will begin November 1st either by phone at 758-2667, ext. 363 or in the store at the demo counter.

Family-farmed, for a more sustainable celebration!



## Turkey Table

	Organic	Free Range	No Added Hormones	Never Fed Antibiotics	Where Raised	Breed	Price Per Pound
Diestel		X	X	X	 Sonora, CA	Diestel's Own / Nicholas 	<b>2.99</b> (Turkey Breast Whole or Half 5.69)
Diestel Heidi's Organic	X	X	X	X	 Sonora, CA	Diestel's Own / Nicholas 	<b>4.39</b>
Mary's Heritage		X	X	X	Sanger, CA (about 200 miles from Davis)	Narragansett 	<b>5.99</b>

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

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