



# the Vine

The Davis Food Co-op Newsletter • June 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.

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

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Cover photo: The Co-op's wine tasting event by Deb Westergaard

FROM THE  
EDITOR

# Seasonal

By Amy Radbill

There's something about June that always feels surprising to me—as if it just snuck up on me, six months into the year. Suddenly, it's summertime again, and we're halfway through the year, and I have no real idea how that happened. But here it is—June. School years are ending, graduations are happening, and, especially in a university town, people are packing up their pots and pans and bedding and moving. It's a time of transition, this midpoint of the year. I think that's why I notice it particularly—there's something about a transitional period that feels more lively than all those months of relative quiet from the beginning of the new year to the start of summer.

June is also a significant month to me because I'm still—after many, many years of being out of school—somehow oriented to the standard school year as my primary marker of time. I'm not so much a fan of

summertime, but I do get really inspired by a sense of freedom and change of pace this time of year. Never mind that my pace doesn't really change all that much—I always have high hopes, and I'm never at a loss for projects I'd like to tackle when I can just get the time or energy. Which I somehow imagine might be now, at the beginning of the summer, in this time of transition and creative chaos.

The great thing is? We're only three months from September, so after a summer of having my goals plug along at the same old pace they always do, I'll be entirely re-inspired by the fall, the start of the school year, and the lovely transitional chaos of another season of new beginnings. I'll imagine all over again that this new season, this one will be the one that will really give me the time and energy I need to get things done.

Okay, I joke! A bit. Part of me, of course, understands that none of this dreaming about the magic of the coming season is

realistic. I get that there's never some optimal time to tackle new projects, achieve my goals, or really plug into my life—these are, clearly, things I should be striving for all the time.

But although my sense of the seasons is strongest during the shifts in the school year, there's another part of me that relishes all the seasonal changes, those little upheavals, a part that understands that without them, it wouldn't be as easy for me to keep up that striving. All of the transitions feel important, energizing, filled with possibility. I suppose that's part of why humans have always marked and celebrated seasonal changes—it's important to acknowledge the moments when everything shifts, and the world turns again, and it's time for something new.

And isn't all of this just a way of being in the moment, albeit a prolonged, seasonal moment? Isn't this a way of looking closely at the world, of meeting it on its own terms, of appreciating change? Maybe this is even what we're all really striving for when we talk about eating seasonally and locally—a way to stay present, a way to see all the possibility that surrounds us, or to be thankful for all that we have right here, right now.

It may be a little silly to keep thinking, "Hey, this season is the magical one. This season, I'll realize all my goals of living to the fullest. This season won't go to waste." But I'm not sure I could live well without that sense of expectation and delight in the beginning of a seasonal moment. There is something a little bit magical about thinking that the season of beautiful tomatoes could be the best one ever, and then thinking—with entirely equal and real conviction—that the season of winter squash or citrus or asparagus could be the best one ever. Shouldn't our goal be to love them all, to love each one best in its turn, and to rejoice in the shifts between them?

Amy can be reached at  
amymorgan95616@gmail.com.



Always hoping for that perfect tomato season.

# Meeting Common Needs Each Day and Month

By Doug Walter,  
Membership Director

*We love answering your suggestions, because it's a great way of hearing from you... It's better to hear from a customer, whether for good or bad, and have a chance to sympathize, educate, or explain.*

**W**hile voting in a Co-op election gives you the chance to participate in a high-profile show of democratic control, there are many less well-publicized opportunities for members to influence the Co-op's business operations and contribute to the life of the Co-op throughout the year. I'm going to review some of those, after a quick election update.

## Election Update

Votes will be counted in the store the afternoon of June 12, starting at about 1:30 p.m. in the Co-op Conference Room. Results will be final five days after the end of voting (June 15) and will be accepted by the board at a special meeting on June

20 at 6:30 p.m. in our teaching Kitchen. They'll be available on our Web site and will be posted in the store; we'll publish them next month.

## Other Ways You Can Contribute to the Life of Your Co-op

What's the difference between dropping a note in the suggestion box and emailing a director? Aside from the obvious differences in the medium used, each fills a different purpose. (But then again, we're interested enough in your comments that we'll be willing to send your comment along to the right party.)

Directors work on visions of our future, and determining what will be of value to members; they aren't in charge of anything relating to the

operation of the store. If you want to ask questions or propose broad perspectives to the leaders of the Co-op, send something in writing to the directors. You can use their personal e-mail addresses, listed on the masthead, on page two of this newsletter.

The board appoints one director as a corresponding secretary, to make sure emails and letters get answered; Director Julie Cross got the job this year. Directors regularly report on comments from members at the beginning of each meeting, and pass along to the general manager any questions, complaints, or comments they hear that don't fall in their bailiwick.

When directors form a task force to work on a particular issue (or towards a particular goal), they want to find members who'll serve with them and add a perspective. As an example, two task forces from this year were Audit and Member Linkage. While they required different skills, directors enjoyed the member assistance, while the members gained an experience. If you might be interested in a future task force, email Director Julie Cross, chair of the Member Linkage task force, and she'll let you know when opportunities arise.

We love answering your suggestions, because it's a great way of hearing from you. It's a bad scenario when a customer walks away frustrated and upset, and we don't know why. It's better to hear from a customer, whether for good or bad, and have a chance to sympathize, educate, or explain. We might not have understood what you want, and maybe next time we can get you what you need!

Our new suggestion box is past the check stands, near membership information. Melanie Madden, intrepid marketing coordinator, collects your suggestions periodically, reads through them, and decides who in our organization is most likely to have the appropriate response. After logging them in a spreadsheet that records the nature of the suggestion, contact information for a reply (if applicable), and which manager was notified, Melanie sends the original suggestion to the appropriate department, while a summary goes to Store Manager Beth Tausczik.

This means your ideas go straight to the top of our organization! "We desire two-way communication," Beth says. "Sometimes, talking with a customer, we discover another product or idea that works for them." A big majority of the suggestions we get are about products, but that makes sense for a food co-op. If there's a product you'd like that we don't carry, please ask—we may not have shelf space for it, but we can help you make a special order in that case. We love special orders too, as long as we get your name, phone number, and address.

*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).*

## Member Orientation

Want to know more about your Co-op? Interested in volunteering? Just looking for some free entertainment? Attend the New Member Orientation ("old" members welcome) **at 6:00 p.m. on Thursday, June 2 or Tuesday, June 21.** 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.

# One Farm at a Time Picks

**W**hen you buy products at the Davis Food Co-op from companies listed here, they will donate a percentage of their profits to One Farm at a Time, a project that gives Co-op shoppers the opportunity to invest in the future of the farms that provide our food. The DFC is working with other co-ops, family farms, and land trusts to raise the funds and awareness necessary to help ensure the sustainability of our local family farms for future generations.



## EQUAL EXCHANGE CHOCOLATE BARS, COFFEE, AND TEA

*Find them in Bulk, Aisle 3, and Aisle 5*

Equal Exchange is a worker-owned co-op that believes in small farmers and big change. They partner with co-operatives of farmers who provide high-quality organic coffees, teas, and chocolates from all over the world.



## FRONTIER HERBS AND SPICES (PLUS SIMPLY ORGANIC AND AURA CACIA)

*Find them in Bulk, on Aisles 3 and 5, and in Wellness*

Frontier Natural Products Co-op is a leading supplier of organic herbs and spices to co-ops and natural food retailers nationwide. Frontier holds a leadership position, not only in the marketplace, but also in the effort to convert food producers to sustainable farming and production practices.



## GOOD HUMUS PRODUCE AND ONE FARM AT A TIME MERCHANDISE

*Find them in the Produce Department*

Good Humus Produce is a small, organic farm in the Capay Valley that has been supplying the Davis Food Co-op with fresh, seasonal fruits, veggies, and flowers for over 30 years. One Farm at a Time is working to help Jeff and Annie Main secure a unique agricultural easement that will preserve their life's work as an organic family farm for generations to come. Look for Good Humus fresh herbs and sweet stone fruit all summer long in the Produce department. Mugs and piggy banks with the One Farm logo and greeting cards featuring scenes from the farm are also for sale in Produce, with all proceeds benefiting One Farm at a Time.



## STRAUS FAMILY CREAMERY MILK, CREAM, BUTTER, AND ICE CREAM

*Find them in the Dairy and Frozen Departments*

Straus Family Creamery of Marshall, California, is a small, family-owned, organic creamery whose products are made with milk sourced from their own dairy and from three other local family farms.

## Senate Approves Measure to Enable Cooking Schools to Expand Course Offerings

**T**aking action that would have pleased Julia Child, on May 10, 2011, the California State Senate voted unanimously to approve a measure by Senator Lois Wolk (D-Davis) to allow cooking schools (including the Co-op), to serve wine with their meals.

"There are many cooking schools in California that wish to offer students a complete learning experience, which often includes wine pairing options for the meals students prepare," said Wolk. "My legislation will allow cooking schools such as the Davis Food Co-op Teaching Kitchen to expand their educational outreach and provide valuable instruction for today's job market."

Currently, state law limits the issuance of a beer and wine license to a "bona fide public eating place." However, a cooking school is not recognized as a "bona fide public eating place."

Wolk's Senate Bill 339 would right this inequity, allowing cooking schools to apply for a license to serve alcoholic beverages with student-prepared meals for the purpose of teaching wine pairing. The bill will next be heard in the State Assembly.

# Volunteering: Find Your Niche

*If you'd like to help change the world, we'd like to help you do so... we've invited many of the organizations that we work with to spend an afternoon at the Co-op. Now we're inviting you: Come talk to our mutual friends, and see if there's something that you feel passionately about.*



By Julie Cross

As everyone knows, the Davis Food Co-op is the center of the universe, or at least the center of Davis. If you stand in the produce department long enough, you can see everyone (and find out everything) in Davis. From the national political scene to the local music scene, everything passes through the Co-op eventually.

This is due in great part to the fact that Co-op members tend to be involved in the community in one

way or another. Off the top of my head, I know members who are involved in the City Council, Explorit, the Davis Library, the Green Party, FARM Davis, TREE Davis, Duck Days, the News & Review, the Davis Art Center, the Planning Commission, Marriage Equality, Yolo County Food Bank, Meals on Wheels, Community Meals, the Interfaith Rotating Shelter, The Davis Enterprise, Whole Earth Festival, Acme, the PTA, the SPCA, STEAC, SCHA, DHS, DCTV, DCN, DMTC, YCCC...and for all I know, the FBI and the CIA. We're an energetic bunch, and we all care a lot about what's going on around us.

Our Co-op benefits greatly from our volunteer program. While the Co-op staff focuses on the day-to-day business of the store, most of the cool things that our members want—the things that differentiate us from The Giant Grocery Corporation—rely on volunteers. Without volunteer hours, we flat out wouldn't have food demos, Kids' Club, cooking classes, nutritional tours, a dozen or so events every year, the Souper Bowl, the Holiday Meal, or this newsletter.

Volunteering at the Co-op, or anywhere else, typically isn't all that glamorous. Of course, if you stand up in council chambers and declaim on, say, the importance of the burrowing owl, you're in the spotlight. People will come up to you for days afterward to talk about it. This rarely happens when you volunteer at the Co-op, or build sets for DMTC, or staff phone banks for the PTA. In most cases, volunteering won't immediately further your political career, or get you a newspaper interview. Like

most of the really crucial things in life, volunteering is distinctly unglamorous.

Volunteering also takes time. Hardly any of us have all the time we need. I understand, I really do. But I also think that most of us can find a little time. Four hours a week, the Superworker requirement at the Co-op, really can be tough to do. Two hours a month, on the other hand, is the requirement for Member Work, and really isn't a whole lot of time. About the same as going to a movie, and slightly less than an NFL football game.

In the end, it's a trade-off. How much time are you willing to devote to supporting the things you like about our community? In terms of "think globally, act locally," volunteering is a critical element. It may not be glamorous to support bulk shopping or help kittens get adopted or deliver food to folks who need it, but it sure can change the world.

If you'd like to help change the world, we'd like to help you do so. While you could find out about volunteer opportunities by standing in the middle of the produce department, it would take a while. Instead, we've invited many of the organizations that we work with to spend an afternoon at the Co-op. Now we're inviting you: Come talk to our mutual friends, and see if there's something that you feel passionately about.

I like standing in the center of the universe, and I like being around people who are involved in so many different levels of our community. However unglamorous or time consuming it may be, I believe that every volunteer makes a tiny, concrete change in the world. If a few more people help, imagine what we could do.

*The Co-op Volunteer Fair will be held on Saturday, June 4, from 1-5 pm at the Co-op. Questions? Call Julie at 758-2667 x139, or e-mail [jcross@davisfood.coop](mailto:jcross@davisfood.coop).*

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# BULK BUYS



## Rice Pasta Salad

By Sarah Mandel

If you are gluten intolerant, one of the pleasures you may be missing is pasta, both hot and cold. Noodles are so comforting. But take heart—there are a number of gluten-free options available, and one of the tastiest of these is brown rice pasta. The summer months are upon us, so it's a perfect time for pasta salad.

The Co-op bulk section carries three types of rice pasta: penne (like straight elbow macaroni), spirals, and fettuccine. I used the penne pasta, but the spirals would be good for salad too. The bulk pastas are manufactured by a company called Tinkyada, and brown rice pastas are cooked differently than regular wheat pasta.

Basically, the technique is to bring a large pot of water (about two quarts so the pasta can move freely) to a boil, add the pasta, let the pot return to a boil, and then let the pasta boil for two minutes. (Stay near the pasta for the approximately three to five minutes it takes to heat again and then boil for two minutes. If you leave the kitchen you'll blow the timing on this part.) Once the two minutes have passed, remove the pot from the heat, and let the pasta sit, covered, in the hot water to finish cooking. For penne pasta this final stage takes about 20 minutes depending on how al dente you like your pasta—the fettuccine and spiral pasta take a little less time.

You can use a timer for this part—it might slip your mind unless you have a reminder. I let my pasta finish for 22 minutes, as I like it more on the tender side. Unlike Thai white rice noodles, which fall apart if heated too long, this brown rice pasta can stand up to longer heat.

While the pasta is finishing, it's the perfect time to prepare your vegetables. One of the nicest things about pasta salads is that you can use whatever you have on hand to make

it. I know, the recipe says this and the recipe says that. But you're the one to please. So if you have some veggies around that need to be used, just use them.

I've seen pasta salad recipes at every end of the spectrum, from Thai (which means you use chopped cabbage, grated carrot, bean sprouts, chicken, tofu, and a peanut dressing that's probably loaded with sugar—basically a funky refrigerated version of Pad Thai) thru Italian to the most politically correct version, where every ingredient is scrupulously organic and vegan. My version is called "Clean Out the Produce Drawer."

Today I had cauliflower, bell peppers (yellow and orange, although I understand the color is actually a function of ripeness rather than variety), canned artichokes, kalamata olives, and red onions. If I had any fresh or sun-dried tomatoes, they would go well with this antipasto style pasta salad, but I didn't.

You may have noticed that this kind of recipe bears a really close resemblance to something that would be a casserole if it were baked. Interesting, eh? Same principle, different season. And in this case, less cheese, although there's no reason one couldn't add some if one wanted.

### Rice Pasta Salad Semi-Italiano

*Serves four to six generously as a hot weather entrée.*

Bring to a boil 2 quarts water with 1 teaspoon olive oil to help keep pasta from sticking to itself. When the water boils, add 2 cups penne or spiral brown rice pasta.

Return the water to a boil, and let cook 2 minutes. Turn off heat, and let sit for approximately 20 minutes—remember, the longer it sits, the softer the pasta will be. Pull a piece out and taste it. When it's cooked to your taste, drain and rinse well with cold water. If the pasta sticks together, gently separate the noodles. Jiggle the colander a little and let sit for a moment or two to let remaining water drain.

While the pasta cooks, mix together the following:

**1 cup finely chopped cauliflower. Remove the florets and cut them into small chunks—you can microwave them for a minute if you prefer the cauliflower less crispy**

**1 cup chopped bell pepper (any color works)**

**1/2 cup chopped marinated artichoke**

**1/4 cup kalamata olives**

**Sliced or chopped red onion to taste (2 tablespoons finely chopped and added to dressing for overall seasoning, or thinly sliced into the salad for a burst of taste)**

**You could also add cannellini beans for a little extra protein. These are white kidney beans, the fagioli in pasta fagioli or pasta fazool**

Dress the vegetables with a mixture of

**1 to 2 tablespoons balsamic vinegar (I like Duke of Modena, a moderately priced brand the Co-op carries, which my friend Bilten says is the one on restaurant tables in Italy)**

**A sprinkle of Italian herb seasoning**  
**1 to 2 tablespoons extra virgin olive oil**

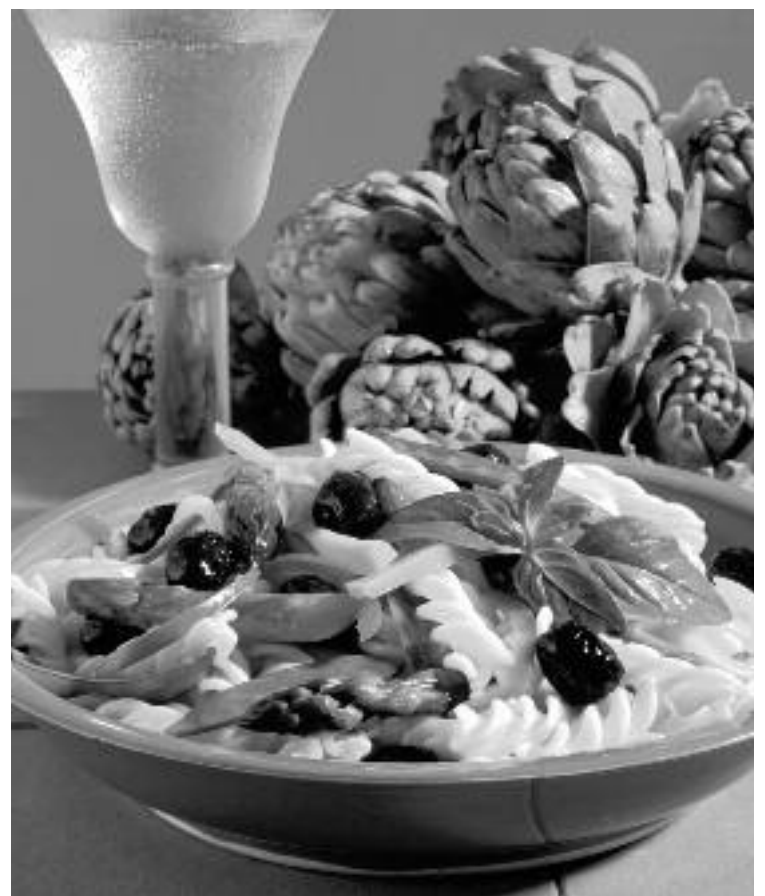
**1 to 2 tablespoons liquid from marinated artichokes**

**Salt and pepper**

If you prefer, you can use 3 to 6 tablespoons of your favorite prepared dressing—the rice noodles soak up a lot of seasoning. Once the dressing is evenly distributed over the veggies, add the pasta and toss again gently. Dressing the chopped vegetables before adding the pasta helps distribute the dressing evenly over the pasta so that it doesn't stick together. Adjust the seasoning with salt and pepper if you like, and serve.

This dish gets better as it sits, so it can be made in advance, or any leftovers will be good the following day.

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



# Revisiting Local and Sustainable Eating

By Sandy Weaver

**N**ow that fuel prices and food prices are rising, it is more important to consider where our food comes from than at any other time.

## Eat Local

The locavore movement is a trend toward eating locally grown, in-season food, and it has spawned several recent books such as Michael Pollan's *Omnivores Dilemma*; Barbara Kingsolver's *Animal, Vegetable, Miracle*; and Alisa Smith and J.B. Mackinnon's *100 Mile Diet*. There are many reasons to eat local, such as supporting local economies and farmers, not to mention that your food will be fresher and taste better. Consider participating in community supported agriculture (CSA), by subscribing to a local farm's CSA program and having a box of fresh picked vegetables delivered to you (or near you). You can find the farmers that are doing CSA boxes, and restaurants and stores in your area that carry local agriculture by going to [www.buylocalca.org](http://www.buylocalca.org). Join the locavore movement and get support from others online, or create a locavore group yourself. Check out these Web sites for more information: [www.eatlocalchallenge.com](http://www.eatlocalchallenge.com), [www.100milediet.org](http://www.100milediet.org), [www.locavores.com](http://www.locavores.com).

## Shop at Farmers Market and the Davis Food Co-op

The Co-op makes every effort possible to educate customers about our food. Produce is labeled with its country of origin, and the DFC makes every effort to support local organic farms. In addition, many foods in the bulk food section are labeled with their country of origin,

although this daunting task is ongoing and still not complete. If you are curious where something originates from, then ask a Co-op staff member, or call the company that is listed on the box or package. I have found that most companies will readily give you this information, and you are sending a message that we are paying attention. There are some things that are simply not grown in this country, such as coffee and quinoa. Getting to know where your food comes from and who grows it can help you make an educated decision about whether to support it or not. Some small co-ops in other countries would be devastated if North Americans stopped buying their products—consider fairly traded items whenever possible.

## Support Organic Agriculture

Eating organic products makes sense on many levels. Organic production methods help to preserve and protect precious resources such as soil, water, and air quality, as well as building strong healthy soil that in turn produces strong, healthy, nourishing food products. At the same time, organic production methods keep farmers, farm workers, their local communities, and the rest of us safer from toxic chemicals. Organic farmers are also leaders when it comes to reducing the environmental impact of agricultural production and maintaining biodiversity in crops. Perhaps most importantly for the majority of consumers, organically grown foods taste really, really great. For more information, check out these Web sites: Organic Trade Association [www.ota.org](http://www.ota.org),

Organic Consumers Association

[www.organicconsumers.org](http://www.organicconsumers.org)

## Eat Less Meat and Dairy

In March I wrote about the severe costs to our environment of eating meat and dairy products. Even meat sustainably raised on green pastures cannot support the meat consumption of a rapidly growing world population. So for your health and the health of our planet, consider eating less meat and dairy. Check out these sources for more information: *Vegetarian Times* magazine [www.vegetariantimes.com](http://www.vegetariantimes.com),

The Vegan Society [www.vegansociety.com](http://www.vegansociety.com)

## Compost Food Waste

Most people think food biodegrades. So what's the problem? According to the Environmental Protection Agency, the methane released by rotting food is 20 times more damaging to the environment than carbon dioxide. Americans throw away a lot of food. According to the U.S. Department of Agriculture, *five percent of the food that we throw out in one day could feed a million people*. It is estimated that in this

country alone, 25.9 million tons of food gets thrown out in a year, and it costs around 1 billion dollars a year just to dispose of it. Buy less, waste less, and compost or get a worm bin. Check out these resources for more information:

[www.city.davis.ca.us/pw/compost/vermicomposting.cfm](http://www.city.davis.ca.us/pw/compost/vermicomposting.cfm),  
<http://projectcompost.ucdavis.edu/resources.html>

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



# Ceramic Artist Jill Van Zanten

## PROFILE

By Meghan Rosen  
Photos by Deb Westergaard

Local Davis artist and Co-op bulk department Superworker Jill Van Zanten wants her mugs to be the first thing you reach for in the morning. “It makes me really happy when people tell me that—I want my work to feel good in your hands.”

Jill’s ceramic art, recently featured at the Co-op’s wine tasting event for Davis’s 2nd Friday ArtAbout, combines earthy glazes with bold Japanese-inspired brushwork for a look that is both polished and dramatic. Plates and bowls in warm amber and sepia are streaked with bright lines of orange and henna, in batik-like designs highlighted by a burnished golden shino glaze.

One of my favorites is a set of five bisque-colored dessert dishes, each decorated with a unique, spring-green pattern. One bowl is mostly white, and marked by graceful, flowing lines that spiral around the interior; another is almost entirely green, with a clean, spare design that reveals the stoneware clay through the overlying pigment.

I ask Jill how she comes up with the patterns, and she tells me they’re not really pre-planned; she just designs and sees what comes up. And it works: The dessert bowls are at once whimsical and structured, each piece providing balance to the set. Her pottery collection is beautiful, and inviting to the eye, but it’s not just for display.

In fact, Jill strives for the opposite. She wants her pottery to be touched and handled and used every day. It’s functional art, meant for the table and home; she doesn’t want it to have the “do-not-touch” quality of art you might see at a museum.



We spend an hour talking about her history (Jill has lived in Davis “forever,” and has two teenage boys), her time at the Co-op (working in the bulk-food section helps her think of new ideas for containers to make), and her inspiration (she spent three years in Japan after college, and draws influence from their understated pottery aesthetic), but her eyes light up when I ask about her favorite pieces to make.

“Mugs and bowls,” she says, without a moment’s hesitation. “I love finding out what makes a cup work or not, or finding the curve of a bowl. That’s always the mystery I’m trying to figure out. There are things you can discover by holding a piece that you can’t just by looking at it.”

Jill began working with clay 10 years ago, when she first took her young sons to the Davis Art Center for clay classes. Her kids poked at the clay for an afternoon, but it was Jill who was instantly, hopelessly, hooked. That evening she went home and signed up for her first class at the UC Davis Craft Center, which led to hand-building and throwing classes at Solano college (she’s been taking them for 4 years now), which led to the creation of her very own private studio.

“It’s basically an overhanging area in my



Artist Jill Van Zanten (at right) at the Co-op’s wine tasting event.

front courtyard that was originally designed for storing bikes. My wedging table is a big butcher’s block that I saw a neighbor putting out on trash day.” It’s an ideal working space in the spring and summer, but when the weather gets cold, and the days get short and dark, Jill still just bundles up and gets to work. Too many days without pottery make her miss being at the throwing wheel. Besides, she says, “the Pueblo potters of the Southwest worked outside in much harsher conditions.”

Though Jill would prefer to spend all her time at the wheel, she’s currently tackling the

business and marketing side of her art. One of the last classes in the program at Solano college is for professional development; in it, she has learned how to make business cards, postcards, and a Web site (“My kids helped me with that part,” Jill confesses with a smile.) Jill has sold to customers from New Hampshire to Texas through her Etsy shop ([www.etsy.com/shop/jillvz](http://www.etsy.com/shop/jillvz)), but she especially likes collaborating with people to create custom pieces.

A fellow Co-op member suggested she try making olive dishes (Jill immediately went home and cut up an old broomstick to create a form for the clay; in the finished piece, the olives nestle in the depression created by the stick); another suggested making a lidded sourdough starter jar with a spout for pouring.

Jill also collaborates with teachers and elementary school students in Davis as a part of a grant from the Davis School Arts Foundation, and offers summer clay classes for students of all ages. Recently, she helped a group of 3rd graders at North Davis Elementary craft ceramic plates to go with their lessons on the life cycle of steelhead trout. Jill likes working on these projects because each one is different.

“It can be a lot of work, but now that my sons are teenagers, I miss that time with little kids. I get a huge kick out of working with them!”

And besides, she says, “I don’t see my ceramics as something precious. I see it as something for people to use every day. And if they break, it’s okay.”

You can check out Jill’s work at her Web site <http://jillvanzanten.com>, or shop directly at her Etsy site: [www.etsy.com/shop/jillvz](http://www.etsy.com/shop/jillvz).

If you are a Co-op member and would like to show your artwork at the Co-op for 2nd Friday ArtAbout, please contact Melanie Madden at [mcmadden@davisfood.coop](mailto:mcmadden@davisfood.coop).

*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).*

# Riverdog Farm

PRODUCER  
PROFILE

By Rae Gouirand

Meet Tim Mueller, Trini Campbell, and their 60 employees: Riverdog Farm, circa 2011.

You know Riverdog. If you're reading this, someone you know subscribes to their CSA program, or you've had their produce for dinner at least once this week. But you might be interested to learn how Riverdog became what it is today.

Once upon a time, Tim and Trini were both students at Grinnell College, in a small farming town in Iowa where they found the rampant use of pesticides alarming. A group of students formed the college's first sustainable agriculture course to study alternatives

to conventional agriculture.

In 1991, Tim and Trini began farming a two-acre parcel in Rutherford, in Napa County. Initially, they sharecropped an orchard with one hundred different tree varieties and grew vegetables to sell at the St. Helena Farmers Market and to restaurants. (Their original farm dog, Shadow, used to swim in the Napa River to cool off during the hot summers and would often shake herself dry all over the customers at their roadside farm stand in Napa County: Voila, Riverdog Farm.)

Adding small plots of land to their growing space over time, they decided (upon becoming pregnant, in 1994) to start looking for a more permanent, stable land rent arrangement. After attending the

*In the last twenty years, Riverdog has grown from two to 500 acres*

annual Hoes Down Harvest Festival a few years in a row and becoming friends with the good people of Full Belly Farm, they made their move to the heart of the Capay Valley here in Yolo County. When daughter Cassidy came along in 1995, they saw the advantage of a farm as a hands-on natural classroom, and home-schooled. (Now Cassidy is a junior in high school, doing a language immersion program in Alicante,

Spain, attending school and living with a host family, and selling at the farmer's markets during the summer.)

In the last twenty years, Riverdog has grown from two to 500 acres, and Tim and Trini have hired agriculturally skilled, highly dedicated employees—currently 60 year-round, full-time. Says Trini, "Over our 20 years of farming, employees became an essential component of our farm's success. For a very complex, organic 500-acre farm, employees monitor and care for all stages of the products. From knowing when a crop is ready for harvest, estimating available yields, packing CSA boxes, selling the multitude of products, starting seeds in the greenhouse for transplanting, irrigating with just the right amount of water, loading delivery trucks, bookkeeping, and repairing farm equipment, our employees ensure that the daily work gets done. It's truly amazing that so many things happen in a synchronized way every day through rain, triple digit heat, and windy conditions."

Everyone at Riverdog is incredibly proud of the agricultural products that flow from the farm onto the tables of their content customers, and Tim and Trini credit the observant eyes and caring touch of their employees for harvesting, packing, and selling the produce. Many of their employees have been with the farm for 15 years, and ensure product quality and timely communication about harvest availability, crew needs, and focused attention to detail: "We marvel at the array of colors, textures, and shapes of the produce that comes off the truck at the farmers market and ask ourselves: How did all of this food get here—from the germinating seed to the harvest totes brimming with veggies and fruit? It's the concerted effort of many hands working together to bring this healthy food to people's tables."

What makes Riverdog's farm products stand out from those of other local farms? First, the farm's diverse offerings throughout the year; and second, the flavor of their farm products (at market, they're often asked what makes their carrots so sweet and crisp). The range of product offerings astounds (eggs from pastured hens, pastured pork, root

*Continued page 10*

# Riverdog Farm

Continued from page 9

crops, melons, over 100 varieties of tomatoes, almonds, walnuts, asparagus... the list goes on and on). Anyone who's enjoyed a Riverdog CSA basket can attest to that. Says Trini: "While we didn't imagine it when we started, we now know families who've been CSA members nearly 20 years who've raised their children on food from Riverdog Farm. It's encouraging to learn that kids who've gone off to college miss their Riverdog Farm veggie box and parents send them care packages with sun-dried fruit and nuts from our farm. Farming as a livelihood offers independent-minded folks a chance to learn as they go, practice patience (when will that first cherry tomato be ripe?) and requires having faith in the climate to nurture the crops to fruition."

But how do those carrots get so sweet? I know I'm not the only one who wonders what makes one local farm's produce characteristically different from another's. Says Trini, "The Capay Valley climate imparts high sugar levels in several crops during both the summer and winter months. During the summer, the tomatoes, melons and stone fruit (plums, peaches, apricots) become sweet as the temperatures rise. During the winter months, frosty nights increase sweetness in root crops—such as carrots, turnips, beets, and parsnips—and leafy greens, including spinach, lettuce, kales, and chards. While the climate in the Capay Valley poses many crop growing challenges, the benefits outweigh the challenges." One of those challenges is the timing of the

orchard bloom of stone fruit and almonds in the spring, which often coincides with rainy weather and/or frost, causing a decrease in nut set. Another is the sometimes extreme, triple digit weather (of 105 degrees or higher) in the summer that causes the flowers of eggplant and tomatoes to fall off the plant, reducing production. "Luckily, Riverdog Farm's planting plan allows us to recover from the loss of one or two minor crops when adverse weather disrupts a phase of a crop cycle."

Farming in Capay Valley offers growers an unsurpassed support network. Many years ago, Tim coined a term that many farming neighbors put to practice: "co-opetition," a melding of cooperation and competition that refers to the sharing of equipment; collective purchasing of farm supplies for a lower, bulk purchasing price; "borrowing" of seeds to be replaced/restocked when a neighboring farm orders more; the buying/selling of products to supplement CSA box contents; and the sharing of often coveted, some might say "proprietary," farming techniques or "methodology." Trini notes, "All of these neighborly acts of kindness happen, even though many of the farms grow similar produce and are in direct competition with each other in the realm of marketing. We are grateful for these long-term, highly practical relationships that connect us to our farming friends, inspire ideas, and lighten the load."

Riverdog's CSA started in the early '90s as a way to continue to offer organic produce to Napa customers during the winter months. At that time, the market was seasonal. The Riverdog Farm CSA started with 30 or so members, and is now a 1000 member CSA. Riverdog's connection to its CSA members (many of whom have been members for over fifteen

years) motivates those at the farm to continue producing the food and newsletters that go into the weekly boxes. "The feedback we receive guides our planting planning. We've learned that members enjoy receiving carrots weekly but would prefer only an occasional turnip appearance; we know that weekly tomatoes, when they're in season, are appreciated whereas weekly winter squash is a bit too much starch for most members." Challenging-to-utilize vegetables include black Spanish radish, kale for some, and kohlrabi. The list of most appreciated produce includes carrots, all fruit types, and cherry tomatoes.

*But how do those carrots get so sweet? I know I'm not the only one who wonders what makes one local farm's produce characteristically different from another's.*

Interested in visiting in person? Nowadays Riverdog offers farm tours, often for international delegations of farmers from eastern European countries and elsewhere, sponsored by the US Department of State. Recently they've also started doing farm tours for the staff of restaurants to which they sell their produce. On the weekend of the annual Hoes Down Harvest Festival held at Full Belly Farm in October, Riverdog Farm hosts a sausage making workshop and a chicken and egg workshop for those interested in raising laying hens and learning about pasturing chicken flocks.

I asked Trini if she and Tim have a long-term vision, or long-term

dreams for Riverdog and/or local farms in this part of the world. She listed the following future orientations behind Riverdog's operations:

- Work towards the development of shared, local agricultural infrastructure (such as an animal processing facility in Yolo County, community kitchens, energy shed cooperatives, small dairy facilities for goat/sheep/cow milk/cheese, and grain/potato storage space) to support our growing and thriving regional agricultural economy
- Grow more grain and/or buy grain from local grain growers to rely less on animal feed blends that come from afar
- In the realm of farm worker (and family) rights, witness the passage of the federally proposed legislation called the DREAM (Development, Relief and Education for Alien Minors) Act, so that the children of immigrant parents have an equal opportunity to attend college and receive financial aid for college
- As producers of organic food, remind ourselves to savor the incredible freshness and depth of flavor of the array of agricultural crops that we have access to just outside our back door and throughout this bioregion, and slow down to enjoy these fruits of labor that come from the collective effort of many hands.

Learn more at <http://www.riverdogfarm.com>.

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




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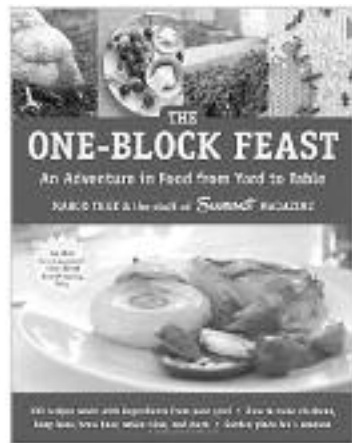
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BOOK  
REVIEW

*The One-Block Feast:  
An Adventure in Food  
from Yard to Table*

By Margo True and the staff of  
*Sunset Magazine*  
Ten Speed Press, 2011  
\$24.99 (Available in the Co-op's  
book section)

Review by Rae Gouirand



You might think you know what it means to be a locavore here in paradisaical northern California... but the staff of *Sunset* will probably push your vision a little further with the magazine's newest publication (a little number I've been looking forward to for some time, and that I imagine more than a few of you will find yourselves drooling over in our books section).

I bet you squeeze your own orange juice at least a few times a year. Maybe you dry persimmons and figs when they're falling off your neighborhood trees, and share a CSA basket with another household. You ask where things come from when you buy them from other people. You can get behind cracking your own walnuts. You probably even compost your food scraps right back into your backyard garden.

But I bet you don't have a dozen garden snails detoxing in a cage of cornmeal and thyme sprigs on your kitchen counter.

(I'll explain in a minute.)

And I'd be pretty surprised if you'd ever made your own tea.

The premise of *The One-Block*

*Feast*, something that many of us take for granted—that we should know how to live both harmoniously and well within our biosphere, at the level of our own neighborhoods—lays the foundation for an intermediate-to-advanced series of lessons in the ultimate DIY locavore projects. How to raise honeybees and make honey. How to make cheese (and buy and raise the cow). How to raise chickens, make beer, grow mushrooms, harvest quinoa, dry chiles, preserve lemons, can things. How to make wine (both Syrah and Chardonnay), vinegar, olive oil, salt (apparently there's a fair lot of it in the Pacific!), mead, apple cider, butter, broth, crème fraîche. Escargots.

Yes, escargots—you read correctly. Maybe you didn't know (I certainly didn't) that California garden snails are completely edible, so long as you put them through a little detox plan for a couple weeks before you transform them into one of France's more strained contributions to world culture.

(All I can say is thank God I don't have to turn these guys in for a grade. Because I keep imagining

names for them, which means that in a week I might very well set them free back out in my garden, refreshed and rosy-cheeked from their strange vacation, instead of proceeding with the escargot pizza idea I found on someone's blog.)

Motivated by food? The same food team that writes *Sunset's* monthly inspirations offer recipes here based on seasonal garden plans that segment the book into its four sections. Even if your ambitions are limited to activities within your kitchen proper, you'll probably find something tempting in this assembly, which includes Tempura Squash Blossoms, Watermelon-Chile Salad, Purslane and Cucumber Salad, Quinoa Bites with Walnut Romanesco, Stuffed Poblanos with Red Pepper Sauce, Kale Colcannon, Caramelized Tangerine and Ricotta Tart, Carrot and Beet Chips, and Fava Leaf and Parsley Quiche.

Based on the James Beard Award-winning blog *The One-Block Diet*, *The One-Block Feast* lays out garden planting plans, project guides, and seasonal recipes that will prove useful to anyone who'd like to explore new skill sets as a gardener, regional gleaner, or pantry-staple-producer, or just celebrate their connection to the place they call home, one delectable adventure at a time.

I'll let you know what happens with the snails.

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

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SUGGESTION  
BOX



# How we shop in Davis...

**Q:** Hey y'all! You should really consider switching out your Odwalla juices, which is owned by Coca-Cola, to Columbia Gorge Juices! They're family owned and super into sustainability!  
L.R.

**A:** Columbia Gorge is a fantastic company—the Stewart family farms 180 acres organically in Hood River area of Oregon. They process the fruits and vegetables that go into their juices on their farm, compost green waste, and buy directly from small organic farms what they can't grow. We carry all the varieties of Columbia Gorge Juices that are available in our area.

Both Columbia Gorge and Odwalla juices do have loyal followings—among the five top-selling juices three are Odwalla and two are Columbia Gorge. Personally I'd love to see more customers choose Columbia Gorge.

Beth Tausczik, Store Manager

**Q:** Sunday morning sandwich ladies are awesome! Bring back the Dutch Crunch or I will murder small kittens. Please think of the kittens!!  
L.B.

**A:** Thanks for noticing how wonderful the deli sandwich makers are. Fortunately, Dutch Crunch bread is back in stock; perhaps also fortunately, kittens are out of stock.  
Beth Tausczik, Store Manager

**Q:** I love the kids' coloring sheets. Sometimes I learn new stuff with the boys, especially the science ones. Thanks. Yet another reason why we love the Co-op.  
Anonymous

**A:** Thanks! I'll pass your kind words along to Christine Nourot, the volunteer who writes our handouts.  
Julie Cross,  
Education Coordinator

**Q:** Water is on sunshine wall. Please remove for plastic leaching!!!  
Anonymous

**A:** Since last winter when we relocated the bottled water we have been closely observing the angle of sun and the amount of shade from the deciduous trees outside—direct sunlight hasn't hit the bottled water as of mid May. We promise to keep monitoring the situation.  
Beth Tausczik, Store Manager

**Q:** For coupons, it would be nice if the discount amount were reflected on the receipt prior to the subtotal. It is an accounting convention that is confusing to shoppers when not followed. Thanks!  
Anonymous

**A:** Thanks for bringing this concern to our attention. Unfortunately, our point of sale system does not allow us to display itemized coupon discounts on the receipts, only aggregate savings.  
Rachel Quinn,  
Scan Coordinator

**Q:** Bathrooms should have air dryers rather than paper towels, and is the soap commercial? If so, it doesn't seem to go with Co-op values.  
M.

**A:** At this time we aren't considering installing electric hand dryers. Careful hand drying is a critical factor in food safety and according to the CDC it takes twice as long to dry effectively with an electric air dryer. Although I'm not really sure how to evaluate the environmental effects of using electricity compared to paper towels, an electric dryer does use the same amount of energy as 57 compact fluorescent bulbs. Most important to me, air dryers are generally unpopular with customers. We use plain, unscented, liquid soap in the restrooms.  
Beth Tausczik, Store Manager

**Q:** Request that we carry fair trade bananas. What happened to them? The poor workers in Ecuador deserve better!  
W.

**A:** Our supplier grabs fair-trade bananas for us every time they are available. We probably get more than our fair share in Northern California. Because of more awareness of banana politics there is a higher resulting demand for fair trade bananas in the market (worldwide). The good news is there are more growers transitioning to fair trade, but it is a long process.  
Elizabeth Davidson,  
Produce Manager

**Q:** It is very frustrating in general to see places that sell ready to eat food provide "compostable" forks etc and plates and then NOT provide a compost bin — so it goes into the landfill anyway? But at the

Co-op? That just amazes me. Please provide a compost bin or don't bother with "compostable."  
H.B.

**A:** For several years we've purchased and offered compostable plates and flatware, though they cost more than plastics, because we'd rather support the companies that are making waste reduction convenient for all. Up to this point, our compostable disposables have been heading to the landfill with the rest of our non-recyclable waste. We are now thrilled to announce that the City has decided to move forward with their pilot commercial food waste diversion program, which we were very eager to join. Co-op staff now divert food waste for commercial composting. However, the success of this pilot depends on not even one scrap of non-compostable material going into our food waste bin, so there's lots of education and training that will need to happen before we can make food waste bins accessible to our shoppers. We are grateful for your patience as we continue taking these small steps to increase our sustainability.  
Melanie Madden,  
Marketing Coordinator

**Q:** I think the members should vote on the 5¢ bag issue. It just gives non-members and people who are not loyal to the Co-op one more reason not to shop here. Maybe not the best financial decision?  
Anonymous

**Q:** It sounds like you'll still be giving 5¢ to those with their own bags. I'd prefer it if we saved that \$. Either buy a bag, bring one, or use the one that's in the trunk. They do this in Europe and it works.  
E.P.

**A:** Our management team had

many thoughtful discussions about these issues before we decided to begin implementing the bag charge and continue issuing the bag credit, which we believe will result in the consumption of fewer disposable bags. We made the decision in order to further our End I.4: Sustainable environmental and agricultural practices inform our product sourcing and business operations.

We continually monitor our sales growth, and so far, no evidence suggests we are losing customers since implementing the bag charge. As always, we encourage member feedback on this issue, but so far, these two suggestions are the first written complaints we've received regarding the bag charge (which is not issued to nonmembers, who already pay a 5% surcharge), or the bag credit (which most of our shoppers are delighted to receive).  
Melanie Madden,  
Marketing Coordinator

**Q:** Request that we carry small uncured salami.  
A.C.

**A:** We have tried in the past to carry small cured/uncured salami. For some reason, they don't sell as well as the sliced salami we offer. We were discarding much more than we were selling. We hope you will try another salami in our sliced salame offerings. Have you tried our uncured Niman Ranch ham?  
Lisa Carruthers,  
Deli/Bakery Manager

**Q:** Your Rocky Chicken that is roasted is underdone. There should be no runny red meat. This is a serious problem. Cook them more.  
M.A.

**A:** We are sorry to hear that you purchased an undercooked chicken.

We cook all of our chickens to 175 degrees. We use a digital probe installed in our Rational oven. The proper cooking temperature for chicken is 165 degrees. We go 10 degrees more just to be on the safe side. If this should happen again, please let us know directly and we will be happy to make sure that you are happy with your purchase. We would be more than willing to check a chicken of your choice before you purchase it to make sure it is cooked to your liking.

Lisa Carruthers, Deli/Bakery Manager

**Q:** Request that we carry Allegra D. It's now available without a prescription! Yay! And cheaper than Zyrtec.

J.L.

**A:** We will look into this and see if we have the space.

Rose McFadden, Wellness Manager

**Q:** I can only find two salty chocolate bars and both were too offbeat (one bacon, one goji berry) for just day to day. Please! Consider carrying a simple, salty, dark chocolate bar: Lindt Touch of Sea Salt and Chocolove's Salty Almond are both good. Thanks!

C.

**A:** We'll look into some of the bars you suggested, but in the meantime, may we recommend: Theo's Bread and Chocolate bar, or Equal Exchange's Organic Chocolate Caramel Crunch with Sea Salt (on the chocolate bar aisle), Joy and Taylor's Raw Chocolate with Almonds and Sea Salt (on the bulk aisle), or Fran's Gray and Smoked Salt Caramels (in our Bakery Department). Chocolate covered pretzels in Bulk have a pretty satisfying salty chocolate crunch, too!

Melanie Madden, Marketing Coordinator and Salty Chocolate enthusiast

**Q:** The salad bar is too cold! Most of the "fresh" veggies have ice crystals. Those that don't are slimy. For \$7.99/lb I'd like a quality product. More fresh. More seasonal. More organic. Less pre-made salads and canned veggies.

Disgruntled member

**A:** We are sorry to hear that you are disappointed with the salad bar. We have adjusted the temperature and hope that this will stop any "too cold" issues. Most of the vegetables in the salad bar are fresh. We cook our own garbanzo beans, grate our own carrots, and slice all the vegetables fresh. The only items that come to us prepared are artichokes, kidney beans and Kalamata olives. We make our own croutons. We offer our own house-made salads to add diversity to the set. We always use seasonal fruits and vegetables. Some of the items are organic and are signed as such. The rest of the items must be conventional to keep the cost per pound down.

Lisa Carruthers, Deli/Bakery Manager

*Upcoming Events at the*  
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Dr. Hassid's Healthy Living Workshop  
 Thursday, June 16, 5:30-7:00pm  
 IRH founder Dr. Eric Hassid will present his renowned Healthy Living Workshop on the topic of Anti-Aging Medicine. Classes are on-going throughout the year. Classes are \$25/each or \$120/series.

Free Lecture at Peak Performance  
 Sunday, June 19, 3:00-4:00pm  
 Dr. Dennis Wu will speak on "Living in the Blue Zone."

Free Monthly Weight Loss Seminar  
 Wednesday, June 29, 6:00-7:00pm  
 Jani Shelly Rodgers, FNP-C as she discusses the DNA/weight loss connection. IRH now has the ability to check your DNA and base a diet on your specific genetic make-up. Lose 2 1/2 times the weight and keep it off for good!

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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 With Science

Level 1 Weds., June 8, 3:30 p.m.

Level 1 Mon., June 27, 3:30 p.m.

Level 2 Fri., June 10, 3:30 p.m.

Level 3 Weds., June 29, 3:30 p.m.

What makes bread rise? Milk turn to butter? Fruit juice into jelly? We'll explore a little food science, and eat the results!

Instructors: Julie Cross and Julie Loke \$20

## Hands-on Teens Cook!

Tuesday, June 28, 6:00 p.m.

Chef Jules Loke continues cooking her way around the globe! June will bring us to England and minted pea soup, Tikki Masala, and a delicious trifle. Open to students ages 12 to 19 only, class includes dinner.

Instructor: Julie Loke \$20

## North Indian Cooking 101

Wednesday, June 1, 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

## Take a Dip

Thursday, June 2, 6:00 p.m.

It's almost summer, so dive in...to tzatziki, vegetarian pate, and other traditional (and not so traditional) dips and spreads. These recipes require minimal cooking, they're easy to whip up, and they're satisfying to eat. (The recipes will be easy to translate to gluten-free and/or vegan versions)

Instructor: Amy Radbill \$25

## Making the Most of Spring Produce

Tuesday, June 7, 6:00 p.m.

Spring produce is abundant, delicate, and delicious. Come learn how to make the best use of asparagus, arugula, strawberries, and other treats in salads, side dishes, and desserts that celebrate the season.

Instructor: Amy Radbill \$25

## Gluten Free Bread II

Thursday, June 9, 6:00 p.m.

If you've been making your own

gluten-free bread, but you're looking for a few new recipes, come join us. We'll make breads that rely on a wide range of grains, nuts, and other wholesome foods for their good looks and fantastic texture and flavor.

Amy Radbill \$25

## HANDS-ON Spring Vegetable Ravioli

Saturday, June 11, 2:00 p.m.

What is more spring than new vegetables, and more delicious than hand made ravioli?! Together we will make a quick and easy spring vegetable ravioli filling and roll out perfect pasta dough, then prepare the dish that is sure to be your new spring time favorite!

Sarah Palmer \$30

## Ice Cream

Tuesday, June 14, 6:00 p.m.

Do you have an ice-cream maker languishing in your cupboard? Get it out and get ready to use it! Amy Radbill will teach you to make a range of frozen desserts, from simple sorbets and ice milks to rich ice creams with a cooked custard base. (Recipes from this class will be suitable for gluten-free diets.)

Amy Radbill \$25

## HANDS-ON Meatless Grill

Wednesday, June 15, 6:00 p.m.

Move over meatloaf and step aside Sirloin! These vegan "meat" grill options will have your mouth watering even if you are a carnivore. We'll prepare grilled nutloaf, southwest bean burgers, and "Portobello pretending to be Filet Mignon". So versatile, you can even cook these over the stove (which we will!).

Instructor: Rebecca R Tryon \$30

## South Indian Cooking 101

Thursday, June 16, 6:00 p.m.

In Southern India, rice is a staple, along with lentils, dried red chillies, green chillies, coconut, tamarind, and plantain. Recipes include Lemon Rice, Kootu, Green Beans Pallya, Rasam, and Carrot Pickle.

Instructor: Viji Gururajin \$25

## In Good Taste: Hard Cheeses

Friday, June 17, 6:00 p.m.

Hard cheeses are perfect for summer, shaved on to salads, grated over a quick pasta or even grilled on a pizza. Join us for a tasting of delicious cheese choices!

Instructor: Staff \$7

## Solar Cooking

Saturday, June 18, 2:00 p.m.

With summer here, it's time to discover how to cook a variety of healthy foods (from dinners to desserts) using the sun. Solar cooking is easy, enjoyable, and considerate to the planet. Learn about the types of solar ovens as we cook vegetarian chili, cornbread and brownies. Class is held outdoors.

Instructor: Dennis Zanchi \$25

## HANDS-ON Feta

Tuesday, June 21, 6:00 p.m.

Feta cheese (Feta means "slice" in Greek) is a delicious, versatile, fresh cheese that can be made from sheep, goat, or cow's milk. In this 2 hour class, you will make your own cow's milk feta, and marinate it with your choice of herbs, peppers, garlic, olives and sundried tomatoes. You will be able to enjoy it by the next day, or keep it in olive oil for months. Feta makes almost anything tastier. Crumble it over salad or pasta. Fold it into scram-

bled eggs or put it in an omelet. On a pizza? Yes! Sprinkled on grilled vegetables? Absolutely! In a milkshake? No. Just testing you. Join us for this fun and rewarding class!  
Instructor: Sacha Laurin \$30

## Intro to Buying, Storing, and Using Food

Wednesday, June 22, 6:00 p.m.

Do you stroll through the food aisles wondering what to eat and how to prepare it? We all seek the same thing: Tasty, nutritious food that's easy to prepare. Join us for an interactive class to give you easy tools to make shopping, storing, and using food enjoyable and healthy.

Instructor: Dennis Zanchi \$7

## HANDS-ON Knife Skills 301

Thursday, June 23, 6:00 p.m.

Once you have the basics down, it's time for fun! Bring your knife and get ready for entertaining with these excellent garnish techniques, including watermelon carving, apple swans, and more.

Instructor: Julie Loke \$30

## Cook with a Kid: Crepes

Friday, June 24, 6:00 p.m.

Filled with a simple savory sauce or fresh fruit, or even just spread with jam, crepes are a winner every time—and they're a snap if you know how to make them!

Instructor: Staff \$35 adult/child pair

## In Good Taste: Vanilla Ice Cream

Saturday, June 25, 2:00 p.m.

Which ice cream is the creamiest? The most vanilla? Join us to find out, and enjoy a fine summer treat.

Instructor: Staff \$7

## HANDS-ON Camembert

Thursday, June 30, 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

## Special Events

### Board of Directors Meeting

June 6, 7:00 p.m.

*Still Accepting Signups for*

### Co-op Hands On Work Training (CHOW)

Session 1, June 13-17

Session 2, June 20-24

1:00 to 5:00 p.m., plus one evening or Saturday cooking class

A hands-on, 22-hour program designed to give teens (age 15-18) the skills needed to volunteer or work in almost any situation. Cost is \$50; need-based scholarships are available. Contact Julie Cross for more information. Program is limited to 14 students. To enroll, the teen must come in person to the Co-op and talk to Julie Cross in the Administrative Office, Monday through Friday, from Noon to 6:00 p.m.

### Blood Drive

Sunday June 12, 1:00 to 5:00 p.m.

Join your Co-op and BloodSource in the Co-op parking lot. Donation appointments available in advance—call BloodSource at 1-866-822-5663.

### Spring Volunteer Fair

Saturday, June 4

1:00 to 5:00 p.m.

Free

What are you doing with your spare time? Stop by your Co-op to meet organizations that could use a hand—and have a lot to offer in return!

### Wine and Beer Tastings

6:00 to 8:00 p.m.

Co-op Conference Room

\$1.00 per taste. To benefit Acme Theatre Company

June 3 – Sarafina, Van Ruitin

June 10 – Simas, Berryessa Gap

June 17 – Oskar Blues and Caldera

## 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 July/August issue is June 3. Submit your ad via e-mail to [anymorgan95616@gmail.com](mailto:anymorgan95616@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 e-mails 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

**BECOME A MASSAGE THERAPIST** 100 Hour Training. Total Cost: \$1025 12-Day Intensives start July 11th or August 8th [www.mtidavis.com](http://www.mtidavis.com) and 530-753-4428

**DAVIS BIKE COLLECTIVE** at 4th & L: Learn to fix your bike! Every month is Bike Month. Hours: Mondays 1-5; TWR 4-8; Saturdays 12-6. We need summer volunteers

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

**INSIGHT MEDITATION GROUP OF DAVIS** - Weekly Buddhist Meditation & Study Group Thursdays, 7:00 - 8:30 PM - Bridgehouse (Redbud Montessori) at the Unitarian Church of Davis, 27074 Patwin - Meditation, Tea Break, Dharma Discussion. Contact Jo at 530-867-5743 or [rescent.young@gmail.com](mailto:rescent.young@gmail.com) Web site: [www.davisinsight-group.org](http://www.davisinsight-group.org)

**LOOKING FOR A SOUL-CONNECTED SPIRITUAL COMMUNITY?** Davis Awakening to Spirit group meets third Saturday of each month, 10-12. Group meditations, spiritual discussion and experiential practices from teachings of Eckhart Tolle, Byron Katie, Pema Chodron, others. Con-

tact Deborah Cohen, MFT: (916) 491-1216; [www.soulwisdomtherapy.com](http://www.soulwisdomtherapy.com) [debcohen@hotmail.com](mailto:debcohen@hotmail.com)

**SEWING CLASSES:** Kids, Teens, Adults; small class size, all skill levels, individually focused, multiple project choices. Contact Sew Many Things! at 530 665-0716 or [www.smt2sew.com](http://www.smt2sew.com) for more information.

**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.

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

**YOGA IN 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. 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

**ARE YOUR SUMMER SPECIAL EVENTS** (weddings, family gatherings?) needing a photographer? **FRIEDMAN FOTOGRAHY** offers natural and affordable photography, perfect for DFC members. Contact [laurief@dcn.org](mailto:laurief@dcn.org) or 758-9668. [www.friedmanfotography.com](http://www.friedmanfotography.com)

**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!

**CRAFTSMAN/HANDYMAN,** 25 years experience. Remodeling & new work: electrical, wood, gas, plumbing, painting, floors, kitchens/baths, windows/doors, heating/air, fencing, landscaping, sprinklers, tile, more! Dylan Wright, 530.220.2630.

**DAVIS COMMUNITY ACUPUNCTURE 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

**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)

**SPARKLING GREEN CLEANERS. 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. (916) 421-4106. [sparklinggreencleaners@yahoo.com](mailto:sparklinggreencleaners@yahoo.com)

**THERAPEUTIC MASSAGE / EMOTIONAL & NUTRITIONAL SUPPORT:** Relax-Rebalance-Revitalize. \$40/hr, \$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**

**TORTOISE & HARE TRAVEL:** for life-enhancing adventure! Offering insightful custom travel planning for individuals and affinity groups, ecotourism, natural and cultural world heritage sites. Contact Susan at 530-304-9925 or [susan@tortoiseandhare-travel.com](mailto:susan@tortoiseandhare-travel.com).

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

**WELCOME HOME DOULA SERVICES** provides emotional, physical, and informational support to families throughout the childbearing year. For more information, please call 707/499-8460. Every Woman Deserves a Doula!

### FOR RENT

**2BR/1BA CUTE COTTAGE** downtown Davis on J St. skylight, fenced backyard, central heat/air, pets possible with dep., off-street parking, gas stove, fridge. \$1250/month + utilities + \$1250 deposit. Year lease. 530-902-6259 or 530-795-4120.

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# Do more good with your summer at the **CO-OP!**

## **Co-op Hands-on Work Training (CHOW) for Teens!**

Session 1: June 13-17, 1:00 to 5:00 p.m.

Session 2: June 20-24, 1:00 to 5:00 p.m.

CHOW is a 22-hour work training course for teens, taught over several days. Topics covered will include customer service, job safety, food safety, appropriate dress and workplace behavior, job applications, and communication. We enjoy teaching it, and expect it to be a fun, lively experience.

There is a \$50 fee for the training, and need based fee waivers are available on request.

For more information, please visit <http://davisfood.coop/events.html#CHOW>

## **BloodSource Blood Drive**

Sunday, June 12, 1:00 to 5:00 p.m.

Blood donors save lives! The Blood-Source Bloodmobile will be parked next to the Co-op to make donating easy. Drop in or call 1-866-822-5663 to schedule your donation.

## **Volunteer Fair**

Saturday, June 4, 1:00 to 5:00 p.m.

Looking for volunteer opportunities this summer? Stop by the Co-op for our first-ever Volunteer Fair to meet with local non-profits and volunteer organizations to find out how you can get involved. See page 5 for more details.

**DAVIS FOOD CO-OP • OPEN 7 DAYS A WEEK 7 a.m. to 10 p.m. 620 G Street • Davis, CA • (530) 758-2667 • [www.davisfood.coop](http://www.davisfood.coop) Everyone can shop the Co-op, anyone may join.**

*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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