

the Vine

The Davis Food Co-op Newsletter • July/August 2011



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

OPEN 7 DAYS A WEEK • 7 a.m. to 10 p.m.
www.davisfood.coop

Presort Standard
U.S. Postage
PAID
Permit #1309
Sacramento, CA

The Vine

THE DAVIS FOOD CO-OP
MONTHLY NEWSLETTER

620 G Street • Davis, CA 95616
Phone (530) 758-2667
Fax (530) 758-5941
www.davisfood.coop

Contents © 2011, Davis Food Co-op

General Manager: Eric Stromberg
erics@davisfood.coop

Publisher: Melanie Madden
mcmadden@davisfood.coop

Editor: Amy Radbill
amymorgan95616@gmail.com

Designer: Ruth Santer ruthis@omsoft.com

Display Advertising: Melanie Madden
mcmadden@davisfood.coop

Opinions expressed in this publication are the authors' own and do not necessarily reflect Co-op policy or good consumer practice. Contents of the newsletter should not be used nor construed as medical advice. Paid and classified advertisements do not necessarily represent Co-op endorsement of the products or services offered. Permission to reproduce material from this newsletter must be obtained in advance from the Davis Food Co-op Consumer Services Department.

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

Dina Biscotti ('13)
dbiscotti@gmail.com

Janie Booth ('14) 220-3283
janiebooth@gmail.com

Sam Citron ('12)

Teddy Consolacion ('13)

Julie A. Cross ('12)
jacross@dcn.org

Stacie Frerichs ('14)
staciefreerichs@yahoo.com

Desmond Jolly ('12)

Ben Pearl ('14)

Steve Reynolds ('13) 297-5030
smrsmr@pacbell.net

First Alternate

Franklin Fox ('12)
fdfox@jps.net

Second Alternate

Travis Breckon ('12)

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

This newsletter is printed on a minimum 40% post-consumer recycled paper. When finished, please pass it along to a friend for reuse.

Front and back cover photos: The Co-op's
Big Tomato event by Steve Bonnel

FROM THE
EDITOR

Summer

By Amy Radbill

It's summer in Davis once again—those hot, sunny months when we eat all the tomatoes and blueberries we can, hibernate during the middle of the day, "cook" only those things that don't involve turning on the stove, and escape to the Bay for relief when the sun becomes too blistering.

That sounds a little sad, doesn't it, except maybe for the part about eating tomatoes and blueberries? What with the hibernating, and the avoiding of the stove, and the escaping?

But here's the thing about summer in Davis: I find all those supposed negatives rather appealing. I quite like the idea of being out in the cool of the morning, then taking refuge inside for a few hours and getting things done there, and then reemerging in the cool of the evening—often with a sweater on—to sit outside for a meal or a visit with friends. I like the idea that cold foods, salads, cut-up fruits and vegetables can be considered an appropriate meal. And I love that while it may be blistering here in town, we live within an easy drive or train ride of a place that's guaranteed to be experiencing weather so different from our own that it almost seems like another time of year entirely. (In July, I find it amusing to

visit friends of mine who live in the West Portal neighborhood of San Francisco. I've actually witnessed them donning woolen hats, scarves, and mittens with their coats when getting ready to go out to dinner on a summer evening.)

I tend to think of Davis as being a summertime place. Longtime readers of this column have probably heard me whine about my less than fond feelings for summer, but to be honest, I think Davis might be at its best this time of year. The season here is definitive, unmistakable, unapologetic. This area knows what summer is about, and it excels at it. And while it's hot here, a summer day is never without relief—there's a rhythm to it, a cycle of warming and cooling that's almost like having micro seasons built into every day.

And furthermore, this town is busy in the summertime! If you don't believe me, if you think Davis is just a sleepy, empty place once the university clears out, check out the resources we've compiled for you this month: Georgia Mckenzie has written up a number of events going on in and around the Co-op over the next couple of months, and the Co-op calendar itself is full to the brim with classes and events. Plus, if you don't already know about the *Davis Dirt*, go read about how the four women behind this project are gathering information in one place about all sorts of local events—you may never be bored in Davis again, in summer or any other season.

Aside from the various scheduled events around town this summer, do take advantage of the less formal summery opportunities Davis has to offer. Even the hottest day in this town is usually pretty lovely spent in the shade with an iced beverage. And the cooler evenings are perfect for riding bikes, walking dogs, lounging in the parks, or inviting friends to join you for an impromptu picnic dinner. With plenty of tomatoes and blueberries on hand, naturally.

Amy can be reached at
amymorgan95616@gmail.com.

*Nothing says summer like
dining al fresco. Check out
the Village Feast on August
27th. See details page 4.*



Age and the Cooperative

By Doug Walter,
Membership Director

June, when I write this, is budget time. I plan and project and look back for clues. What I see for next fiscal year is...

2012 will be our Co-op's 40th anniversary! It will also be the International Year of Cooperatives. Together, these milestones will give us more reasons to think about what co-ops have been and what they can be in the future.

I see how co-ops have been important and far-reaching "points of light." They have been mechanisms of economic empowerment, of political democracy, and guardians of values that sometimes have been abandoned or neglected in the mainstream. If you ever want to refresh your knowledge of Cooperative Values and Principles, remember that they're on our website: Click "About the Co-op"

and then "What is a co-op?" on the left side menu.

I plan to drop some nuggets of DFC history into my work this year. The standard source for our history up to 1984 is Chris Laning's "Looking Back," also on our "About the Co-op" tab as "History of the Co-op." Someday, I hope a large grant will fall from the sky, and I'll take a sabbatical and write the sequel. Whether for that theoretical project or for my work in the coming year, I'd be interested in hearing from readers what you'd like to learn about our cooperative history.

With the venerable age of this Co-op, we should converse about the age of our shareholders. There's been diversity of chronological age (if not attitude) forever: Nell King and Bill Diemer are two of the several seniors who served as directors in past decades. Still, it's fair to say that a baby boomer cohort is the core of this Co-op—and a

number of other food co-ops of our age.

Your shares in this Co-op aren't like shares of Apple stock. They do represent property, worth as much as \$300—and a lot of us now have the maximum amount a shareholder can invest. We do still attract new members, and many of them are well under 30 years old. But there are potential issues when over 3,000 shareholders have no prospect of adding to our cooperative capital—and when many of them may die or otherwise cease consuming food in the next 40 years.

We should continue our conversation about capital, and about investors and consumers (and whether they can live in the same head). But to close, I want to turn to estates and cooperative shares.

Shares can only be transferred to a household or family member, or withdrawn.

Seniors sometimes withdraw as they reduce their shopping. If you keep your shares until you die, they can only be withdrawn on the authority of a co-owner or executor. Often the co-owner is the executor, which makes my job very easy—except for expressing my condolences.

Most non-spousal executors I interact with are very organized, and provide me with evidence of death and their position with the estate. That makes it easy for me to either refund the share investments or, in a few cases, transfer the shares and membership to a new household in the same family.

Remember that most people end their memberships by leaving town

alive. Many are the checks we've sent to other college towns around this continent, or to thriving metropolises, or to bucolic rural haunts. Often the investment can be "rolled over" to another food co-op in a new town. However, be warned that there's plenty of diversity in food co-ops, especially in their policies and product decisions. Many are the notes I've received saying, in summary, "We like our new co-op, but we loved the DFC!"

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.

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, July 14 or Tuesday, August 16.**

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.



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.



Slow Food Yolo and Davis Food Co-op

The Village Feast
Saturday, August 27, 1-4 pm
Central Park, Davis
Tickets are \$65
(\$55 for Slow Food Members)
Available at the Davis Food Co-op

The Davis Food Co-op is a proud sponsor of this event, and we want to send YOU and a guest to the 7th Annual Village Feast (a \$130 value) for free! Visit facebook.com/davisfoodcoop and see our note "Eat Local Challenge 2011" for details and entry information, or direct inquiries to Marketing Coordinator Melanie Madden at mcmadden@davisfood.coop or (530) 758-2667 x145.

SUMMERTIME STAFF PICKS



TIM RAMIREZ, FRONT END

Massa Organics Brown Rice, \$3.95 for two pounds, Aisle 5

"The sweetest, nuttiest-tasting rice you will ever taste. I feel good about suggesting this rice because it's grown locally by nice people, and I've gotten 100 percent positive feedback from everyone I've recommended it to!"



SEAN MURPHY, MEAT DEPARTMENT

Davis Food Co-op German Bratwursts, \$6.39 per pound, in the Meat Department

"We make these sausages in-house, and they're great on the grill. If you haven't had our German Brats yet, you don't know what you're missing!"



CATHY SPECK, SAFETY COORDINATOR

Amy & Brian's All Natural Coconut Juice \$2.19 for 17.5 ounces, Grab & Go Fridge

"Amy & Brian's All Natural Coconut Juice is my favorite pick-me-up beverage. I drink it morning, noon, and evening. It makes me feel... alive!"



JULIE CROSS, EDUCATION COORDINATOR

Mauri Duetto, \$16.29 per pound, in the Cheese Department

"An Italian Gorgonzola/Mascarpone mix that is absolutely delicious when drizzled with local honey, and enjoyed on the patio with the Delta breeze."

Feast Locally: The Seventh Annual Village Feast

By Talia Hack-Davie, Davis Farm to School Program Coordinator

Davis's favorite feast is back. Join friends and neighbors and spend the afternoon sipping Yolo County wines and enjoying a Provençal-inspired meal in Central Park. Mark your calendar, the 7th Annual Village Feast, a benefit for Davis Farm to School, will take place on Saturday, August 27, beginning at 1:00 p.m.

Local ingredients from the Davis Farmers Market will be showcased in a menu that includes savory grilled lamb with fresh herbs, heirloom tomato salad, and fresh fruit tarts. Guests will be wined, dined and entertained, with music and dancing courtesy of Yolo County's own West Nile Ramblers.

The Village Feast was established in 2005 by cookbook author Georgeanne Brennan and food writer Ann Evans. The festive event is modeled after "Le Grand Aioli," the food lovefest that is a summer tradition for the people in southern France. "In Provence, it's a set meal that doesn't vary from town to town because those are the local farm-fresh foods available in August. We knew that Yolo County produced all the same farm-fresh foods," says Brennan. Evans adds that at a traditional grand aioli, people bring their own plates. "Everyone brings their best china, silver and linen napkins. It adds to the specialness and enjoyment of a long leisurely



meal." The approach is also consistent with Davis Farm to School's zero waste initiatives.

Join Davis Farm to School and Slow Food Yolo for a community celebration of the bounty of summer. Come enjoy a grand feast under the Sycamore trees in Central Park. Proceeds from the event will support the Davis Joint Unified School District in maintaining school gardens, recycling programs and local food in school cafeterias. Reserve your seats starting June 15. Tickets will be \$65 per person (\$55 for Slow Food members) and can be purchased from <http://villagefeast2011.eventbrite.com> and at the Davis Food Co-op.



ASK THE CO-OP

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

Food Facts

By Julie Cross

We love it when readers write. And write they did, in response to my answer to a member about freezing in glass jars.

Hi Julie,

With regard to jars breaking when freezing, my understanding is that you can only use the wide-mouth canning jars, because they allow for expansion without stressing the glass. I have frozen food in the wide-mouth jars for years, and never had one break.

I use canning jars for most of my bulk item storage. I would be happy to send you a picture of my bulk item cabinet (actually a "hall cupboard—about a foot deep) with my jars of beans, pasta, etc. all alphabetized.

I am slowly ridding my kitchen of any container in which the food is in direct contact with plastic. My big current frustration are the glass storage jars for storing food in the fridge that the Co-op sells (with plastic covers) that chip and also, break into tiny fragments easily. The glass is not tempered and dangerous. I am using canning jars more and more for fridge storage as well to avoid the breakage problem.

Cheers, Judy Moores
and

Hi Julie,

I just read your Food Facts answer to

the person who wanted to freeze soup in glass jars in order to avoid plastic but your answer basically (other than the freezer trays) was to suggest they freeze it in plastic Ziploc or plastic containers. I thought you should know about some glass canning jars that are made for freezing as well as canning. I use the Kerr "self-sealing" wide mouth pint jars. They list on the packaging that they can be used for freezing. They don't have any larger sizes for freezing but the pints work great. They're also good for general storage in the refrigerator because of the wide mouth. I would suggest that the Co-op carry this brand if it doesn't already. Also, perhaps you might want to do a follow-up revised answer in the next newsletter. Sue Capizzi

And from my friend Joy -

Been thinking about the last column in the Vine (DFC newsletter) and the question about exploding glass jars in the freezer. Your advice was useful, but I think I know the more direct answer: Kerr jars explode or crack about 50% of the time, while Ball jars, in my experience, never do. I haven't bothered to Google this, but I've been testing out my theory for a few years and am quite sure that the solution to exploding glass is to only freeze Ball jars.

In addition to the kindness of members, we sometime rely on the kindness of our distributors to answer questions. That was the case with this very interesting question from a member:

Hi, Julie,

I read an article recently that said that nonfat milk has had powdered milk added to it and therefore contains oxidized cholesterol which is not good for people. Does the Co-op sell any milk that contains no powdered milk? Many thanks in advance for all info!

While we knew that the results weren't in on the possible adverse health effects of oxidized cholesterol, and that non-fat milk isn't really a source of cholesterol (which comes from, well, fat) we didn't know why some milk lists non-fat milk solids and others don't.

Fortunately, our friends at Clover Stornetta were able to help us out:

We are required by State Law to have 11.00% solids non fat in our 1% milk.

To meet the regulations we need to add milk solids (the portion of milk that includes the protein and lactose) to our fresh milk. Milk that is separated to a 1% butterfat level will only have about 8.6% solids non fat. We also add nonfat milk solids to the 2% milk to take the solids up to 10%, as required by law. To meet the state requirements in our organic milk, we add about 1-2% nonfat dry milk by weight to these milks. Seasonally we might also need to add a small amount of solids non fat to fat free milk. These additions add not only protein but calcium and other minerals and the milk tastes better.

To raise the solids in conventional milk we use liquid skim milk that has been condensed using steam. But currently there is not any organic condensed skim milk available for processors. Most organic processors are using nonfat dry milk for these products. Most of the processors just call this ingredient nonfat milk, which is perfectly legal. Over the last couple of years we have been updating cartons, so some cartons list nonfat milk, and some list nonfat dried milk.

Marcia McGlochlin

Director of Food Safety and Regulatory Affairs

Clover-Stornetta

MEDIATION WORKS!
AN ALTERNATIVE TO CONVENTIONAL LITIGATION
MEDVIL DRUGS AND MATERIALS, RESOURCES, MENTAL AND FAMILY RELATIONS



For more information, contact:
Linda J. Conrad, Attorney since 1974
Lugoner, Certified Appellate Specialist, Mediator
(707) 756-9542 linda@lindaconrad.com



Harmonica Blues Blowout:
Mark Hummel & the Blues Survivors
w/Magic Dick, Lazy Lester, Little
Charlie Baty and Andy Santana 7/8

And much more!

**Check our website for
upcoming events.**

13 Main Street
Downtown Winters
530-795-1825
www.palmsplayhouse.com

Tickets available at
Armadillo Music,
205 F Street, Davis,
and Kimes Hardware,
35 Main Street, Winters



**Parcel
Dispatch,
PDQ**

216 F Street
Davis, CA 95616
(530) 756-7084
FAX (530) 756-3090

BULK BUYS



Fennel

By Sarah Mandel

Wonderful fennel, that covers the hills of coastal California, binding the soil against erosion and possibly even keeping away other invasive weeds. It seems to like bare slopes. Take Highway 1 over the edge of Mt. Tam to Muir and Stinson Beaches, and it's everywhere. It lives in towns too, coming back year after year in the old Italian neighborhoods in the East Bay, where it flourishes in strips of earth between the sidewalk and the street; in chain-linked empty lots bursting up between slabs of concrete; and all along I-80, 580, and 680 in those mysterious little patches of land that line the roadbed and the on/off ramps.

It grows down around Suisun City too, where the delta waters noodle up to that unexpected marina just a few miles south of Fairfield, and all along CA 12 as it cuts southeast toward Rio Vista. Wherever it grows, in the spring you can eat the young stalks and tops of

this tall wild fennel like licorice flavored celery, and stuff the feathery green stalks into old-fashioned keyholes to keep demons out of your house.

Here in Davis wild fennel is harder to find. Summers are too hot and dry. However, you can find it in the produce department these days. Bulb fennel, a variety bred to bulge into a succulent base, is a hot new vegetable. And its seeds are used both medicinally and in cooking. So I thought, "All I need is to come up with a recipe that involves fennel and I'll be in business. I'll make some fennel-flavored quick bread. That sounds good, and I can find fennel seed in the spice section. That'll be the bulk tie-in."

I did what I always do, looked at a bunch of recipes to get the proportions right and then made up my own version from what I had on hand. Since various family members and friends are sensitive to either dairy or wheat, my recipe had to be milk and gluten free. Now, one of the ways in which we are particularly lucky here in Davis is that we have all kinds of gluten-free cooking resources. I'm lazy, and I don't bake a lot anymore, because I

don't want to weigh 500 pounds. So if I'm up for baking I use the Bob's Red Mill Gluten-Free Biscuit and Baking Mix. But if you're interested in getting into gluten-free baking on a larger scale, you can and should attend Amy Radbill's gluten-free flours class (and other gluten-free baking classes) and learn how to create your own custom-made gluten-free flour mixes.

So I got out my ingredients and went to work on some scones. I used coconut milk kefir because it really adds something special, and vegan butter because I had it. And then I went and used an egg. The thing is, eggs do something special to the texture, and at least at our house, they're not off the charts. I whipped it all together along with the fennel seed, and it was a little gloppy, but that never bothers me. I used a pie server to pick the pieces up and put them on the parchment paper on the cookie sheet, then popped the pan in the oven, and voila! In fifteen minutes it was smelling really good. I gave the scones a few extra minutes to get a nice even golden brown, and I could hardly wait for them to cool so I could taste them.

Well, I have to tell you, I never tasted a better scone. I'm not gluten sensitive, but I've never found white flour baked products thrilling unless they're absolutely fresh and hot from the oven. Otherwise they're a bit gummy. These yummy gluten-free triangles were shockingly more delicious than the various scones sold for \$2.00 to \$3.00 apiece at my neighborhood coffee shop. Texture, flavor, scent, they had it all. They were so good, I had to give them to my neighbor before I ate them all.

Everything about them was perfect except for the fennel. It didn't come across as I'd hoped—maybe you have to use fresh green seed to get the true fennel flavor. I don't know. But the scones themselves were so good, I'm going to share the recipe with you anyway.

(The sugar, salt, and baking soda in this recipe came from the bulk section. And you could add all kinds

of bulk dried fruit if you wanted to dress them up even further. Just don't blame me if you eat more than you expect to.)

FANTASTIC GLUTEN-FREE SCONES

You'll want to be sure to line your baking sheet with parchment paper for this recipe, in order to prevent the scones from sticking.

2 ½ cups Bob's Red Mill Gluten-Free Biscuit and Baking Mix

1 tablespoon fennel seeds (or 1/4 to 1/2 cup raisins, currants, dried cranberries or chopped dried fruit such as apricots or pineapple)

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 cup sugar

1/4 teaspoon salt

1 ½ sticks Earth Balance Buttery Sticks

3/4 cup So Delicious Vanilla Cultured Coconut Milk (coconut kefir)

1 large egg

Pre-heat oven to 350 degrees Fahrenheit.

Mix together all dry ingredients in a large bowl, using a whisk. If soda or baking powder are lumpy, sift them through a small strainer or crush lumps before adding.

Then cut in the buttery sticks—I slice up the sticks, then dice them into small pieces, and then use my fingers to work them gently into the dry mixture so that small lentil- to pea-size lumps are evenly distributed throughout. Don't make too much of a project of it—occasional larger lumps are okay. If you aren't

the hands-on type, use a pastry cutter or two knives, one in each hand, (it's called cutting, remember?) and quit while you can still see small lumps. These lumps make the scone light.

In a medium bowl, mix together the egg and the coconut kefir. Add to dry ingredients and mix until evenly moist.

Turn out onto a floured surface and mold into a large round about the size of a pie. This dough is quite wet and can't really be kneaded. However, it sticks together enough that you can mold it and then cut it into eight wedges. Use a broad bladed knife or pie server to lift the wedges and place them on a cookie sheet lined with parchment paper. Give each piece plenty of room. These wedges are the classic scone shape. If you prefer, you can make smaller, rounded drop scones. Use a large spoon to plop evenly sized lumps of batter on the sheet. This recipe will yield 16 to 24 round scones.

Place the cookie sheet in the hot oven, and bake for 15 to 18 minutes, watching closely so that they do not burn. If you have made round scones, the baking time will be more like nine to 12 minutes, depending on how small they are. You'll be able to smell them when they are starting to be ready. They should be golden brown when done.

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



Not-So-Lazy Days of Summer

by Georgia Mckenzie

Sure, it's summer. Sure, it's hot. Sure, the kids are out of school, you have to find stuff for them to do, cooking is hot, blahblahblah... Yes, I get it. Summers are only lazy if you're an under-watered houseplant—they seem to be the ones getting all the rest around here. For the rest of us, summers are a fairly busy time of camps, outings, "constructive learning activities," and "fun"—which seems to be of the have-fun-or-else variety. Well, maybe you should settle down, relax, and multi-task. Eat while you're having fun this summer.

And thankfully, the Co-op makes it so you don't have to cook. On July 28, the Co-op BBQ parking lot picnic is on! We'll be featuring free food and cold drinks and plenty of fun, while supplies last. Besides, isn't it time someone else stood before a hot grill and served you a meal?

The Co-op's summer Beer and Wine tastings will also be in full swing, starting with:

- July 1, New Belgium Beers will be dropping by with some brewed goodness.
- July 8, will be Sake, so you may want to just grab some sushi and make dinner of it.
- July 15, is a showcase of summer whites and rosés. Light, tasty, and crisp.
- August 5, Brassfield Winery comes to town. I'm looking forward to the Serenity blend.
- August 12, is Pinot Noir, come with your palate cleansed and ready for tastings.

- August 19, brings Shedhorn Cellars and Hoppy Brewing. Hmm, Petite Sirah or a black ale? Why not both? I think I have a plan.

Beer and wine tastings are scheduled for the first three Fridays of the month, so clear your evenings, and come hang with us on the patio.

New Belgium Beers will also be bringing the "Clips of Faith" Film

Tour to town on July 22. This event benefits Davis Bikes and Davis Bike Collective. It begins at 7:30 p.m. at Central Park, so bring some blankets and a tasty meal of Co-op deli delights to the viewing.

On August 27, consider attending the Village Feast benefit for Farm to School Connection. They present this community dinner in partnership with Yolo Slow Food, plus it's for a great cause, so be sure to get those tickets early. It always sells out, so don't delay.

The Teaching Kitchen Birthday Party will also happen in August, so keep an eye on the calendar for more details. I can tell you to bring presents—really, they're donations for classrooms (school supplies, not kitchen supplies), and they go to

help out our local school teachers with supplies, which are often paid for out of teachers' own pockets.

Of course, the quintessential summer activity is the 4th of July celebration at Community Park in Davis. Well, we're not behind that, but we do sponsor the water truck, so BYORB (bring your own reusable bottle), and save your planet while you celebrate.

One of our and your favorite local farms—Good Humus—is throwing their annual Peach Party on August 6th. You get to try some pie and Greek style lamb! Plus, you and the kids can be out of the house, in the fresh air from 1:00 p.m. to 11:00 p.m. That's a successful kid-tuckering-out kind of day. Which is a good part of the point of

summer fun, so I hope you have a lot of it.

Good Humus will also be hosting a hands-on adobe oven building workshop August 20 and 21, from 9:00 a.m. to 5:00 p.m. Registration for the course is \$100 and includes a farm-fresh lunch each day, plus free overnight camping on the farm.

Please pre-register by calling the Sacramento Natural Foods Co-op at 916-868-6399 or visit www.sac-foodcoop.com.

Georgia Mckenzie will rebrand her air conditioner—less living as an interior sauna so she can enjoy summers appropriately. She will also make some art.

Project-Based Learning * English and Spanish Immersion * Yoga * Dance

PEREGRINE SCHOOL

An Independent Elementary and Preschool for the Arts and Sciences

Now Enrolling
for Summer and Fall 2011

www.peregrineschool.org

2907 Portage Bay West, Davis, CA (530) 758-8845

Reggio Emilia-Inspired * Daily Art Projects * Non-Profit * Child-Centered

Low Student-Teacher Ratios * Gardens * Music * Local, Organic Nutrition Program

PACHAMAMA COFFEE

AT PACHAMAMA, THE FARMERS OWN THE CO-OP. THIS MEANS BETTER COFFEE FOR YOU, MORE MONEY FOR FAMILY FARMERS AND A HEALTHIER ENVIRONMENT FOR ALL.

PACHAMAMA MEMBER COOPERATIVE IN GUATEMALA

FARMER OWNED

RAJA'S TANDOOR

OPEN for Lunch Mon-Sat. 11-3 & Dinner 7 Days a Week 5-9 pm

**Buy 2 Entrees
Get 1 FREE!**

Plus FREE Naan Bread with any entree

Your Choice — Plain • Garlic • Rosemary • Spinach with this ad • good for 1 party per table • expires 7/31/2011

All-you-can-eat Lunch Buffet just \$7.95
11a-3p Monday-Saturday. 25 items made fresh daily!

207 Third St. • Davis • (530) 753-9664

healthy women
informed. empowered.

- Breast Thermography
- Bioidentical Hormones
- Nutrition/weight loss
- Gynecology

INSTITUTE FOR RESTORATIVE HEALTH
1460 Drew Ave., Ste. 300, Davis, CA
www.4irh.com • 530-758-4474

Offering Risk Assessment Screening in Breast Cancer Prevention

The Davis Dirt

PROFILE

By Kathy Lorenzato

Let's first clear up any misconception about *The Davis Dirt* by stating this is not about compost.

Instead, *The Davis Dirt* is a new arts and entertainment publication started by four Davis women—an ecologist (Annie Meckstroth), an English literature teacher (Libby Miller), a photographer (Connie Saint), and an arborist (Melanie Gentles). They saw a need and sought to fill it.

The "Dirty Girls" loved living in Davis, but noticed that there was no comprehensive way to find out about all the great things that happen here. We're talking about events beyond Picnic Day, Whole Earth Festival, and the Farmers Market. Invariably, they'd hear about some smaller event the day after it happened. They also chafed at the impression that Davis is an hour and a half away from the mountains and San Francisco: In short, a great place to leave...or bike and raise children.

The Girls wanted a quick and easy way to find out about the happenings around Davis ahead of time, so they created a monthly events calendar: hence, *The Davis Dirt*, as in "the skinny." It's printed locally and is small enough to put on your refrigerator, or leave in your car along with your shopping bags so you are always able to get to the next happening event. Inside you'll find the details of each event, and a lively article written by Libby Miller.

These busy women each find about 40



Libby Miller and Melanie Gentles.

hours/month to search out upcoming events put on by the university and downtown Davis venues. They include live music, gallery events, poetry readings, screenings of independent films, lectures, guided nature hikes in nearby reserves. *The Davis Dirt* has something for every age group: children, students, and adults. You'll learn when Delta of Venus has a good band, what's happening at the Veteran's Memorial Theater, when there's free music on campus, and where to get a free ice cream cone. The published issue offers a couple of coupons, too, so it's definitely worth the time to peruse. And there are now 60 distributors of *The Davis Dirt*—coffee shops, hotels, the Farmers

Market, the Memorial Union, the Davis Food Co-op, etc.—so it's easy to find.

The Davis Dirt can also be accessed online at thedavisdirt.com. The Girls have been publishing the *Dirt* since October 2010, and hope that it can help build cohesion within the Davis community by doing the footwork for you to find the best events Davis has to offer. If you have any events to announce, or would like to advertise in *The Davis Dirt*, contact thedavisdirt@gmail.com.

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.

This is not about compost.

Personal Hydration 101

By Rae Gouirand

It's summer, which means we're observing some local rituals that might look funny to folks who haven't lived in the Central Valley: Rising at 4:00 a.m. to get in a run before the sun comes up. Linger longer in the cold air of the dairy aisle. Fleeing to the coast when we feel the edges of our brains begin to cook. Rearranging our daily schedules to accommodate siestas.

With this kind of heat, everything seems to change. The better care we're taking of our bodies, the easier it is to deal with those weeks of 105-degree highs. I know we all know that staying hydrated is key to good health and daily functioning, and I imagine that most of us probably try to drink something near the amount of water we're "supposed to," but we could all use a little help motivating ourselves to keep at it.

(How much water *are* we supposed to drink daily? I've heard about the eight-by-eight rule [eight glasses of eight ounces], 96 ounces, other variant amounts... numerous online water consumption calculators will give you a more precise personal number based on your weight, level of physical activity, local altitude and temperature: it's worth looking one up.)

Back to the motivation issue. There are probably as many ways to approach one's daily water consumption as there are people



How much water are we supposed to drink daily?

on the planet, but maybe one or more of these approaches will work for you.

- Make it about the numbers. Maybe your personal water bottle has those marks on the side that allow you to count exactly how many ounces you've downed in the last hour. Track them. Set up a reward system.
- Make it about ritual. Maybe every time you (check your email, finish a meal, go to the bathroom, make a phone call...) you automatically drink a glass. Maybe you decide you're just going to chug a specific amount at least twice a day amidst all the other water you're drinking—like brushing your teeth twice a day.
- Make it about breaks. If you can set an alarm to go off every hour or two during the workday, use that excuse to get up, stretch, do your eye exercises... and hydrate.
- Make it about filtration or ionization. I know I drink a lot more water when it doesn't taste like Davis tap. Filtering pitchers with charcoal-based replaceable filters are inexpensive (and in a college town, often found at the thrift store). And permanent filtration systems are a worthy investment from any angle.
- Location, location, location. Get a large glass dispenser with a pour spout and set it up in the middle of your living room, or on your pass-through—not in the corner.
- Fancy it up. Add cucumber peel, apple slices, citrus rinds, or summer herbs into that dispenser and voila—you've just treated yourself to a spa moment every time you pass by and refill.
- Explore personal preference. Maybe you've never noticed that water tastes different when drunk from a metal or glass container than it does when it comes from a plastic bottle. Maybe you could experiment with temperature. (My absolute favorite personal care ritual is a glass of warm water first thing in the morning, the moment I wake up.) Maybe you're more of an "avec gas" type (in which case you might think about getting

a SodaStream machine to make carbonated water at home, on demand).

- Try putting a pitcher on the table with meals and not getting up until it's empty. Think of it as part of the meal.
- Piggyback some other personal care ritual onto your water consumption. Dr. Bach's flower essences (which are available in the Wellness department) are easily stirred into the glass of the hour.
- Make it about satisfying your aesthetic impulse. Any edible herb or flower can be added to the ice cube tray when it goes into the freezer, and will make for a nice touch next time you have friends over for dinner and put out all those pitchers on the table. Pretty seasonal fruit (like grapes and berries) looks great inside ice as well.
- Make it one way you play. If zany straws get the job done, so be it. This is the time of year for building sandcastles and starting water-balloon fights, after all.

Rae Gouirand writes and lives in Davis, and teaches writing workshops throughout Davis, Sacramento, and Woodland. You can find out more about her programs at <http://allonehum.wordpress.com>.

Plant a Bee Garden This Year



By Sandy Weaver

Here is a short list of bee-preferred plants based on blooming season. Some of these plants will provide bees with just nectar or just pollen, while others will provide both. Speak to specialists at your local nursery for additional suggestions for your bee garden based on your location.

SPRING:

Nectar plants

Barberry, Bee plant, Blue Pea, Borage, Chinese Houses, Horehound, Lavender, Sage, Salvia, Scented Geranium, Wisteria

Pollen plants

Bush Anemone, California Poppy, Yarrow

Combination

Bidens, Blanket Flower, Blazing Star, Daisy, Marigold, Tansy

SUMMER:

Nectar plants

Basil, Catnip, Horehound, Lavender, Lamb's Ear, Mint, Oregano, Rosemary, Sage, Sea Holly, Spearmint, Thyme, Toadflax, Verbena

Pollen plants

Borage, California Poppy, Chaparral Nightshade, Tomato, Yarrow

Combination

Bidens, Black-eyed Susan, Blanket Flower, Bluebeard, Calendula, Cosmos, Daisy, Dusty Miller, Goldenrod, Gum Plant, Lemon Queen, Pincushion, Purple Coneflower, Pumpkin, Squash, Zucchini

Autumn:

Nectar plants

Autumn Sage, Rosemary, Toadflax, Verbena, Yellow Trumpet bush

Combination

Bluebeard, Cosmos, Pumpkin, Squash

Sunflowers are excellent bee plants that bloom throughout the season. They come in two types: with and without pollen. They will attract more bees to your bee garden if you choose the varieties with pollen.

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

California Green Clean
Your home & business cleaned- GREEN!

DAVIS CO-OP CLEANING SPECIAL
Only \$28 per Hour
Valid for 1st time & One Time Service exp. 9.1.11

Licensed, Bonded & Insured
Please call 916.497.0333
californiagreenclean.com

GREEN TREE ACCREDITED BUSINESS

CASA VERDE DESIGNS

RETAIL SHOWROOM
424 F Street, Davis
530-757-6325
casaverdedesigns.biz

Casa Verde Designs offers the best in eco-friendly building materials and healthy home products.

Visit our showroom to see the range of product lines and to learn more about the latest innovations for creating healthy and sustainable spaces.
Design services available.

Ecological
landscape design

Bernadette Balics
530.756.2078
bbalics@cal.net
ecologicalandscape.com

Out with the old... in with the new!

A new garden, more storage space, a workout space, a playground, an outdoor BBQ pit...what would you do with some extra space?

Reclaim your space when you donate your old and tired vehicle to KVMR— supporting the station at the same time.

Call 877-411-DONATE and we'll do the rest!

The only thing you'll have to do is figure out what to do with all that empty space!

All donations are 100% tax deductible.

Visit kvmr.org for details

MUSIC OF THE WORLD
89.5
KVMR
WORKS OF THE WORLD

KVMR - STREAMING MUSIC & NEWS LIVE 24/7 AT KVMR.ORG

Varsity

CLASSIC AMBIENCE
TOP INDEPENDENT FILMS
COMFORTABLE SEATING
CREATIVE CONCESSIONS
OPEN 7 NIGHTS/WEEK

(530)758-5284
WWW.THEDAVISVARSITY.COM
616 SECOND ST. DAVIS CA

Varsity
THEATRE

RECIPES

Carolina Pulled Pork

By Tony Gruska

There is nothing like a good pulled pork sandwich. There are many regional styles of preparation, but at Monticello we serve it North Carolina style and go all the way.

The sandwich is made of a generous portion of succulent Bledsoe pork shoulder prepared with a spicy-sweet dry rub and served on a toasted bun. It is then topped with cool, crunchy slaw with a kick, due to the addition of horseradish.

We were fortunate to meet up with a woman from North Carolina shortly after we started serving this sandwich at the Davis Farmers Market. She informed us that having the coleslaw on your sandwich, as opposed to on the side, is "going all the way." We agree that this is certainly the way to go!

In this recipe, a dry rub of brown sugar, pepper, paprika, and salt flavors the meat before it is cooked. Once cooked, the meat is "pulled," that is, shredded into pieces that are just the right size for piling onto a bun. The pork is then drizzled with a vinegary mustard sauce, which cuts the richness of the meat. For many, this is the ultimate in Carolina barbecue.

DRY RUB

- 3 tablespoons coarsely ground black pepper
- 3 tablespoons dark brown sugar
- 2 tablespoons paprika
- 2 tablespoons smoked paprika
- 2 tablespoons coarse salt
- 1 teaspoon cayenne pepper

PORK

- 2 untrimmed boneless pork shoulder halves (about 6 pounds total)

Mix all dry rub ingredients in small bowl. Place pork, fat side up, on work surface. Cut each piece lengthwise in half. Place on large baking sheet. Sprinkle dry rub all over pork; press into pork with your hands. Cover with plastic wrap; refrigerate at least 2 hours or overnight.

Cook pork in oven at 300 degrees until it is tender and pulls apart. This may take up to 4 or 5 hours. When the pork is done, Let

it cool, and then pull it apart using your hands.

CIDER VINEGAR MUSTARD SAUCE

- 2 cups prepared mustard (whatever you have on hand)
- 1 cup apple cider vinegar
- 8 tablespoons brown sugar
- 1 teaspoon cayenne
- 1 tablespoon freshly ground black pepper
- 1 teaspoon salt or more to taste
- 2 teaspoons minced garlic

Heat all ingredients in a sauce pan over medium heat and whisk together well. Cook until sugar is dissolved and sauce begins to thicken. Serve warm or cold. The sauce will last for a few weeks in your refrigerator.

Toast hamburger buns. Divide shredded pork among bottoms of buns. Drizzle lightly with vinegar mustard sauce. Top with coleslaw recipe of your choice. We like it spicy, as opposed to sweet. Cover with tops of buns. If you want to add some more heat, we recommend Frank's Red Hot, a vinegar based hot sauce.



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.
<http://monticellocuisine.com>
 (530) 792-8066
info@monticellocuisine.com

MONTICELLO
 SEASONAL CUISINE
 NOW OPEN
 NEXT DOOR TO THE CO-OP
 630 G STREET
 DAVIS, CA 95616
 (530) 792-8066
MONTICELLOCUISINE.COM

Upcoming Events at the
IRH INSTITUTE OF RESTORATIVE HEALTH

Please welcome Bianca Garrill, naturopathic doctor to our clinic beginning July 11, 2011. We are excited to have her join our team of providers.

Celebrate "The Run" at the Farmers Market at the Rotary stage **Wednesday, July 20, 4:30-7pm**. Come learn more about natural medicine with local friendly knowledgeable clinicians.

Dr. Hassid's Healthy Living Workshop
Thursday, July 21 5:30-7:00pm
Thursday, August 18 5:30-7pm
 IRH founder Dr. Eric Hassid will present his renowned Healthy Living Workshop. Classes are on-going throughout the year and cost \$25/each or \$120/series. Dr. Hassid's talk will be on the topic of *Anti-Aging* in July, and *Neurological Pain* in August.

Learn how **First Line Therapy** can improve your life. Contact Ella at IRH.
 (530) 758-4474
 1460 Drew Avenue, Suite 300
 Davis, California
www.4rh.com

Hope for pets' chronic or Unresolved health problems

Even if other therapies have failed to help!



Free email consultation

Email Dr. Bert Brooks of **Cache Creek Holistic Veterinary Service** to discuss possibilities for using a natural technique to identify and eliminate causes of chronic or unresolved health problems.

Office/Appointments: **530.666.7322**
 Email Consultations: holisticvet@hughes.net
 Website: www.cchvs.com

SUGGESTION
BOX



Big thanks to whoever put newspaper articles about ALS fundraisers into our suggestion box. This is another reason to love and be grateful for our community, and for our people-oriented Co-op. Love is abounding!

Cathy Speck, Safety Director

Q: I use a product, get used to it, come in and find it's no longer available. Ricotta Salata was the latest such item! Been happening for over 20 years. Oh well...

Anonymous

A: We have Ricotta Salata cheese in the case now. If you find that we do not have a certain product that you have purchased here before, let us know and we will look into why we do not have it in stock at that particular time. Sometimes we are just out of stock and waiting for the product to simply come in. Thank you!

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

Q: The self-serve deli coffee cups have a price written on them but the ink is getting on the inside of the cup. This is unsafe and poisonous. Please create a PLU. I told a deli worker and she didn't care.

Anonymous

Where's My Favorite Product?

A: We are committed to providing all of our customers with the highest standards of service. I have taken the time to ensure the writing that we do put on the outside of our coffee has not seeped through to the inside of the cups and have also instructed all the employees to ensure the writing is not touching any part of the rim of the cup. There is a PLU for self-serve coffee, but we have found that shoppers often aren't sure whether the cup they've grabbed is a small, medium, or large; writing the price on the cup is the easiest way to eliminate this confusion. If you'd ever like an unmarked cup, please ask a Deli clerk and we'll happily give you one.

Sandy Warren,
Assistant Delicatessen Manager

Q: Request that we carry uncured salami. I understand that people weren't buying it enough. Do you think you could try to stock it again, but in the deli case with large print signage that says "uncured nitrate free?" I like the small size too that the Columbus brand had produced.

R.F.

A: The Columbus Salame Chubs we have carried in the past are not "uncured." They are "all natural." Most salame is cured. There are only a few on the market that are uncured. Zoe's, Wegmans and Hormel are producing uncured salames. I will look into these for you.

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

Q: The little shopping carts for kids are great, but lately I've noticed that a lot of them are missing the foam bumpers that protect the ankles and shins of the rest of us—any chance we can get them fixed?

Anonymous

A: Thanks for bringing this needed repair to our attention; the foam bumpers on the kids' carts have now been replaced.

Tony Vannella, Maintenance
Dept.

Q: I have been a loyal shopper for many years but am offended by the pagan/witchcraft magazines that you sell. Where are the Christian alternatives?

L.Y.P.

A: A goal of staff is to create a welcoming store environment. We also understand that sometimes products desirable to some are offensive to others (Coca Cola and conventional bananas are perhaps the most common examples). The Co-op has a tradition of offering choices and letting shoppers make their own purchasing decisions. This tradition of offering consumer choice does

occasionally cause a member to be upset, but products that sell well appear to be pleasing to those who purchase them. In the case of magazines, our distributor helps us select titles that are popular in co-ops and other stores with a product mix similar to ours. We are not selecting magazines based on religious affiliation, but on popular appeal to our shoppers. In this case, the witchcraft magazines appear to sell well and have a loyal following. Of course, we won't knowingly sell titles that espouse discrimination, racism, sexism, hate or intolerance. To my knowledge, the witchcraft magazines and calendars do not do so. If you have suggestions for magazines that you would like to purchase here, we would be happy to look into availability from our distributor.

Eric Stromberg,
General Manager

Q: Please, please, please—let us enjoy fish at its freshest. I asked Tuesday if King Salmon had been received. The staff members attending the meat department told me he hadn't had time to cut it yet. I asked if he could cut it then (it was around 7:30 pm). He told me he still had chicken to cut. I attempt to time my shopping with the arrival of your fresh fish. I was very disappointed to leave empty-handed. Also, is your fish being received now Tuesday and Saturday (rather than Friday) or does the date vary? Today is Friday and all the fish is 3 days old. Thank you.

M.H..

A: We receive fish on Mondays, Tuesdays, Fridays, and Saturdays, and try to balance keeping our fish as fresh as possible while providing a good selection for our customers, doing our best to practice "just in time" ordering, i.e., ordering just enough fish on Monday/Tuesday to last us through close of business Thursday, then to stock the cooler anew with Friday's delivery, and so on. Fresh fish in our cases is never more than three days old; on the third day, we will freeze the fish and sell it for a reduced price. Feel free to ask any of our meat department staff and we will be happy to tell you when a particular fish came in, or when it was cut.

Jim Pavlichek, Butcher

Q: Put less garlic in the Spicy Asian Garlic Noodles.

J.D.

A: This salad is meant to be very spicy and full of garlic. If you would like us to make you a small amount with less garlic, give us a few days' notice.

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

Q: Please don't put too many boxes on the aisles because the power cart

doesn't fit down the aisles. It can lead to accidents and lost product. Aisles are too narrow to get through.

A.D.

A: Thanks for taking the time to warn us about an unsafe situation. Our grocery manager, Chad Bogin, will instruct clerks not to stack boxes in the narrowest aisles while they are stocking the shelves. We are always happy to get anything you can't reach safely—just ask a clerk. Thanks for your patience.

Beth Tausczik, Store Manager

Q: Request that we carry the version of seaweed snacks that has much less salt than Annie Chungs. Trader Joe's carries a great product for \$.99.

J.

A: Trader Joe's has many "co-packers"—companies that repackage, and sometimes even reformulate products to sell under the TJ's label. Sadly, those products (and those prices) are not available to us. If you find a brand of seaweed that's not a private label that you'd like, please let us know. Meanwhile we'll look for alternatives.

Julie Cross,
Education Coordinator

Q: Great to see desserts at the lunch bar, sad the bread pudding was so extremely sweet, especially for an alternative market like this. The soup was delicious but too salty also.

S.H.

A: Thank you for your interest in the desserts at the hot bar. We feel we have perfected the bread pudding recipe with a "less sweet" version. Please look for it, plus banana cake and apple and peach cobblers in the weeks to come. Do you remember which soup was salty? It would help us if you could let us know. Thanks.

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

Q: Please improve the sales receipts so they show the markdowns.

J.



the Co-op Calendar

A: Unfortunately, our point of sale system does not allow us to display itemized coupon or sales discounts on the receipts, only aggregate savings.

Rachel Quinn,
Scan Coordinator

Q: The Matsuri Golden Koshihikari rice is labeled wrong. \$.22/lb – I wish! \$44/lb bag – Oh my!

S.

A: Thanks for bringing this discrepancy to our attention. The shelf tag has been corrected.

Rachel Quinn,
Scan Coordinator

Q: Have you considered a “take a number” or order slip system in the meat department? Sometimes customers have to wait awhile for fresh meat, but if they could take a number, they could shop while they wait. This way they wouldn’t have to hold their place in line. Also maybe make available pre-cut and wrapped grab and go meat. Either one could speed up shopping for customers.

T.

A: Thank you for the suggestion; we make every effort to provide customer service that is personal and attentive, and think that a “take-a-number” system is rather cold and impersonal. Whenever there are more customers waiting than meat clerks to help, we try to recognize and acknowledge everyone in order to let them know we’ll help as soon as we’re available.

Because we are a full service butcher shop, sometimes it takes us a little longer due to special requests, such as cutting a whole chicken. I’d love to wrap certain popular cuts for the grab and go case, but unfortunately, we don’t have a vacuum sealer, which prevents us from putting fresh cuts in the self-serve case.

Jim Pavlichek, Butcher

Q: Please sell the Tofutti Ice Cream Sandwiches individually. My son can’t have dairy and for some unknown reason, reacts to the Rice Dream bars. It’d be nice for him to

have an ice cream treat at the store without having to get an entire pack or big container of soy ice cream.

D.

A: I would love to do that for our customers. Unfortunately the Tofutti Ice Cream Sandwiches are not labeled for individual sale, and there are no market service packs available. I will look into more single serve options. Thank you.

Larry LaDuc, Frozen Buyer

Q: Request that we carry Shelton’s Chicken Broth. It seems it has been replaced by Swanson’s. I can get Swanson’s anywhere. The reason I come to the co-op is to get things that aren’t widely available. Please reconsider your priorities. Also, the Suggestion Box is no longer in a prominent spot but hidden and not even cashiers knew where it was.

Reason for change?

H.A.

A: Shelton’s Broth is no longer available from our suppliers. We do have several natural brands, including my favorite, Pacific. Suggestion Boxes are located by the exit, at the membership counter, and at register 9/10. I’m sorry one of our cashiers didn’t know where to direct you and will make sure they know that for the future.

Julie Cross,
Education Coordinator

IN BRIEF

We’ll look into:

- Biodegradable drinking straws

Discontinued by the supplier/manufacturer:

- Soy Delicious Peanut Butter/Chocolate

But we do carry:

- Purely Decadent Soy Peanut Butter pints and quarts
- Coconut Milk So Delicious pints with no sugar added in Mint Chip, Chocolate and Vanilla (1 g of sugar per serving)

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: Food On a Stick

Level 1 Friday, July 15, 3:30 p.m.

Level 1 Weds., July 27, 3:30 p.m.

Level 2 Tuesday, July 19, 3:30 p.m.

Level 3 Friday, July 29, 3:30 p.m.

What’s healthy, delicious and comes on a stick? Take our class and find out! Includes fruit kebabs, break-fast-on-a-stick and more. \$20

From Scratch Vegetarian Burgers

Tuesday, July 5, 6:00 p.m.

Why settle for prefab patties when you can have something much more delicious? With a bun or without, burgers make a quick and tasty centerpiece for a casual vegetarian meal. Best of all, eat some now and freeze the others for later.

Instructor: Amy Radbill \$25

Breaking the Bottle Habit

Wednesday, July 6, 6:00 p.m.

Why buy an ordinary dressing when you can have a better one fresh without fuss? Learn the secret to making a great basic vinaigrette, a creamy feta dressing, an Asian vinaigrette and dressing that’s perfect for taco salads.

Instructor: Holly Iestas \$25

Summery Chicken Salads*

Thursday, July 7, 6:00 p.m.

Think chicken salad is all leftovers and mayonnaise? Not so! Enjoy these creative variations involving fruits, veggies, and a range of flavors—all of which add up to light, satisfying summer meals that are perfect for picnics or dinner at home.

Instructor: Amy Radbill \$25

Cook With a Kid: Your Kids Like to Cook Too?!?*

Saturday, July 9, 2:00 p.m.

Bring your young sous chef and join Brendon and Eli (age 6) to make chard-wrapped tamales with a fruit salsa. Recipes will be gluten, casein, and lactose free — but not vegetarian.

Instructors: Brendon and Eli, \$35 parent/child pair

Intro to GF Flours

Tuesday, July 12, 6:00 p.m.

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

Instructor: Amy Radbill \$7

Short Stack, Big Flavor (Hands-On)

Wednesday, July 13, 6:00 p.m.

Forget buttermilk—we have buckwheat, apple cinnamon oatmeal, and even cornmeal pancakes, with toppings ranging from fruits and honey to spicy veggies!

Instructor: Rebecca Tryon \$25

Gluten-Free Pie Crusts

Thursday, July 14, 6:00 p.m.

Truly, pie crusts—even gluten-free pie crusts—needn’t be scary. Instructor Amy Radbill will show you how to get perfect results from several gluten-free crust recipes, and she’ll share irresistible ideas for filling your pies as well.

Instructor: Amy Radbill \$25

Solar Cooking

Saturday, July 16, 2:00 p.m.

Discover how to cook a variety of foods (from dinners to desserts) using the sun. Class is held outdoors. Items to be prepared during class: chili, corn bread and brownies.

Instructor: Dennis Zanchi \$25

Continued next page

French Provençal Cooking

Wednesday, July 20, 6:00 p.m.

Build your cooking foundation with this introduction to a classic French cooking style that relies on summer vegetables—Ratatouille, Soup Au Pistou, Tapenade, Salad Nicoise and puy lentils.

Instructor: Julie Loke \$25

Indian Restaurant Favorites

Thursday, July 21, 6:00 p.m.

From Punjab, let's order in Chole/Bhature (spiced chick peas and fried fermented bread), Palak Paneer, and a cool, seasonal Fruit Lassi.

Instructor: Viji Gururajan \$25

Hands-on Teens Cook July

Tuesday, July 26, 6:00 p.m.

Join Chef Jules Loke for a menu of vegetarian Asian Summer Dishes: Vietnamese inspired noodle salad with glazed Tofu, Cool Spicy Mango soup, Homemade Bubble Tea (!!!) and Banana Crepes Open to students age 12-19 only.

Instructor: Julie Loke \$20 (Series class, take July-August-September for \$45)

Traditional Kimchee (Hands-on)

Saturday, July 30, 2:00 p.m.

Koreans are reported to eat up to a quarter of a pound a day of this spicy, gingery pickled cabbage. Learn the traditional method to making this very popular vinegar-free fermented side dish.

Instructor: Ilah Jarvis \$30

Kids Can Cook: Salads Food Kids Love

Level 1 Friday, August 5, 3:30 p.m.

Level 1 Monday, August 22, 3:30 p.m.

Level 2 Friday, August 19, 3:30 p.m.

Level 3 Weds., August 31, 3:30 p.m.

Don't say the "s" word where a kids can hear it, but do bring them along to make yummy fruit and vegetable dishes that will have them (and you) asking for more. \$20

Summer Salad Meals (Gluten-free)

Tuesday, August 2, 6:00 p.m.

Summer is the time for light, fresh dishes that make the most of the wonderful produce on hand. This class will provide you with recipes for salads that are meant to be full, easy, one-dish meals—which works out perfectly when it's 100 degrees outside.

Instructor: Amy Radbill \$25

Indian Chicken Recipes: Let's Bring the Spice*

Wednesday, August 3, 6:00 p.m.

Tandoori Chicken, roasted chicken marinated in yogurt and spices, is a favorite in India and Pakistan.

Chicken Curry with Raw Mango, a hot, sour dish with a distinctive taste, is a traditional dish of Andhra, known for the spiciest and hottest cuisine in India.

Instructor: Minakshi Yerra \$25

Zucchini with Zip

Thursday, August 4, 6:00 p.m.

It's the vegetable every gardener loves to hate! Sure, there's a lot of it around in the summer, but it's versatile, nutritious, and tasty—join Amy Radbill to discover a few fun new ways to use zucchini.

Instructor: Amy Radbill \$25

Fresh & Tasty Jams (Hands-on)

Saturday, August 6, 2:00 p.m.

You will learn the tools, techniques and science of making and canning jams using hot-water bath canning. This is a hands-on class where everyone takes home a jar of homemade jam.

Instructor: Dennis Zanchi \$30

Seasonal Indian Cooking Monday, August 8, 6:00 p.m.

Learn to apply your Indian cooking skills to seasonal vegetables. We will make a vegetable curry, a rice dish, and for dessert, Phirni—a creamy rice dessert with nuts and fresh seasonal fruits.

Instructor: Viji Gururajan \$25

Summer Fruit Desserts (Gluten-free)

Tuesday, August 9, 6:00 p.m.

Summer is the perfect time for fruit desserts. In this seasonally updated version of her fruit-based desserts class, Amy will introduce you to berry parfaits, fruit cobblers, and shortcakes.

Instructor: Amy Radbill \$25

Stephanie's Best Breakfasts* (Hands-on)

Wednesday, August 10, 6:00 p.m.

Start your family day off well with some yummy creations: a nutritious smoothie, Egg Casserole, Vanilla Pancakes, and (of course) French Toast!

Instructor: Stephanie Shimada \$30

Hors D'oeuvres (Gluten-Free)

Thursday, August 11, 6:00 p.m.

Need the perfect party tray? Join Amy Radbill for Feta and Scallion Bites, Spinach and Chevre Stuffed Mushrooms, and other delicious small foods. Incidentally, all gluten-free!

Instructor: Amy Radbill \$25

Miz. T Cooks Hot Stuff*

Saturday, August 13, 2:00 p.m.

Theresa Graves has to tone down the spice when she cooks in the Co-op Deli, but we know some people like it a whole lot hotter! Join Theresa for some spicy excitement as she cooks the food she loves.

Instructor: Theresa Graves \$25

Hands-on Teens Cook August

Tuesday, August 16, 6:00 p.m.

Join Chef Jules Loke for a Veggie BBQ of Grilled Portobello Sliders, Homemade "Ketchup," Summer Veggie Slaw, and Fruit Kabobs with raspberry yogurt dipping sauce.

Open to students age 12-19 only.

Instructor: Julie Loke \$20

Series Class - Take July-August-September for \$45

Cool Bites for Hot Nights

Wednesday, August 17, 6:00 p.m.

When temperatures soar, cooler

fare is in order. We'll make perfect dishes for warmer weather: roasted potato salad with chipotle vinaigrette, cold sesame noodles with crunchy Asian cabbage slaw and southwest fresh corn and black bean salad.

Instructor: Holly Istas \$25

Raw Asian Inspirations

Thursday, August 18, 6:00 p.m.

Asian flavors blend beautifully with raw food preparation—keeping all the nutrients without sacrificing flavor, color or texture. We'll make the perfect Summer menu: Garden Spring Rolls, Teriyaki Salad With Pineapple Skewers and Mango Ice Cream.

Instructor: Margaret Gomes \$25

Punch Drunk

Sunday, August 21, 2:00 p.m.

Celebrate that elusive Delta breeze with sangria, sparkling wine coolers, and fresh and fizzy punches. We'll concoct simple syrups and gas-triques to transform even a lowly bottle of seltzer into bubbly heaven. Must be 21 or older to attend

Instructor: Lis Harvey \$25

Cheesemaking: Gouda (Hands-on)

August 23, 6-8:30 p.m.

Gouda is made with cow's milk, colored with natural annato, shaped into balls and brine soaked, air dried and then wrapped in wax to age for 3-12 weeks. Sound complicated? Learn it all in 2.5 hours with Sacha!

Instructor: Sacha Laurin \$40

In Good Taste: Local

Wednesday, August 24, 6:00 p.m.

September is Eat Local Month. Get ready to locavore your diet with these delicious ingredients from our neighbors.

Instructor: Staff \$7

It's a Wrap!

Thursday, August 25, 6:00 p.m.

Healthy, perfect for summer and vegan to boot! Spicy Tofu Wrap, Pancake Wraps With Grilled

Vegetables, and Masala Potato Wrap, with a dipping sauce for extra zing.

Instructor: Viji Gururajan \$25

Beer, Cheese and Happiness

Friday, August 26, 6:00 p.m.

Almost any beer and cheese are nice together, but some are better than others—and a few are just great. Steve Swinford of Pacific Libations will join us to taste (mostly local) beer and cheese in a happy search for the perfect pair. Must be 21 or older to attend.

Instructor: Steve Swinford \$25

California-Italian Antipasta (Hands-on)

Saturday August 27th 2:00 p.m.

This non-traditional piquant probiotic condiment makes wonderful use of tomatoes, zucchini and basil! The culturing process adds zing and melds the flavors beautifully. So tasty you'll forget it's rich in good bacteria and good for you too.

Instructor: Ilah Jarvis \$30

Cheesemaking: Tallegio (Hands-on)

Sunday, August 28, 2-4:30 p.m.

This pungent cheese (think Red Hawk or Muenster) has a very creamy and mellow taste. Learn the art of rind-washed and smear ripened cheeses, make your own Tallegio and take it home to rind wash to perfection.

Instructor: Sacha Laurin \$40

Quick, Cool and Delicious Tuesday, August 30, 6:00 p.m.

Same old meals getting you down? We have the little touches to add yum without fuss; garlicky mayo, hot and spicy vinegar, warm spiced honey, perky fruit sauce and half a dozen more ideas that are super quick, super good, and just the ticket.

Instructor: Julie Cross \$25

*contains meat

Special Events

Member Parking Lot BBQ Party

July 28, 6:00 p.m. to 8:00 p.m.

Free food, cold drinks and plenty of fun, while supplies last.

Board of Directors Meeting

August 1, 7:00 p.m.

Blood Drive

Sunday August 14, 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.

Teaching Kitchen Birthday

Saturday, August 20, 1:00 to 4:00 p.m.

Free

Our Teaching Kitchen turns three years old in August, and we're taking the opportunity to celebrate with our students. No birthday is complete without presents, but, well, we have everything, so we're asking our guests to bring school supplies to help out Davis Joint Unified School District Teachers.

Wine and Beer Tastings

6:00 to 8:00 p.m.

Co-op Conference Room

\$1.00 per taste. To benefit FARM Davis

July 1 New Belgium Brewing

July 8 Sake

July 15 Summer Whites and Rosés

August 5 Brassfield

August 12 Pinot Noir

August 19 Shedhorn Cellars & Hoppy Brewing

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 September issue is August 3.** Submit your ad via e-mail to amymorgan95616@gmail.com or to the editor's box in the administration offices. Please indicate which category. No phone calls. You must resubmit your ad each month you want it to run. We do not send confirmation 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 and 530-753-4428 Julie Reynolds

DATABASE DESIGN: Make your workflow more efficient by leveraging your existing data, automating repetitive tasks, improving communications and more! Contact DataStorm Solutions: 530-746-8746 or info@datastorm-solutions.com

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 or call 753-6093.

FREE ORIENTATION TO DAVIS MEDIA ACCESS Get engaged - information about media that helps build our community! Offered monthly, orientations provide an overview of available services & volunteer opportunities, including DCTV and KDRT. For more info: <http://davismedia.org/content/general-orientation-13>

LOOKING FOR A SOUL-CONNECTED SPIRITUAL COMMUNITY? Davis Awakening to Spirit group meets third Saturday of each month, 10-

12. Group meditations, spiritual discussion and experiential practices from teachings of Eckhart Tolle, Byron Katie, Pema Chodron, others. Contact Deborah Cohen, MFT: (916) 491-1216; www.soulwisdomtherapy.com debcohen@hotmail.com

PREP FOR FALL MATH CLASSES this August in Davis. Subjects include: Algebra I, Geometry, and Algebra II. Instructor has over 14 years of experience. Contact: melaniebowden@earthlink.net or (530) 758-5958 for 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.

SUMMER MINDFULNESS-BASED STRESS REDUCTION PROGRAM starts on July 5 (Davis) and July 6 (Sac.) Led by Denise Dempsey, a member of the Sutter Center for Integrative Holistic Health. 530-304-4341. StressReductionPrograms.com

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

VOICE LESSONS WITH CARLA PENNER ATALLAH: Learn or review foundational technique for most styles, improving breath support, range, timbre & stamina. Beginner to Advanced E: sweetlyrical@gmail.com P: 530-792-1956 www.penneratallah.com

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

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

PROFESSIONAL SERVICES

Are your Summer events (weddings, family gatherings, etc.) needing a photographer? **FRIEDMAN FOTOGRAFHY** offers natural and affordable photography for your special event. Contact laurief@dcn.org or 758-9668. www.friedmanfotography.com

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

BOOKKEEPING, ACCOUNTING AND TAX PREPARATION services for small businesses, non-profits and individuals. For information call Graydon. 530-312-2121 www.graydonford.com

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 BOWEN & HEALING CENTER: Bowen Therapy and Nutritional Counseling. Effective for a variety of acute and chronic conditions: back pain, shoulder issues, and more. Gentle, effective method; no disrobing necessary. Call 530-220-3100

DAVIS COMMUNITY ACUPUNCTURE CLINIC Providing affordable healthcare for all. \$15-\$40 sliding scale, pay what you choose. www.DavisAcupuncture.com Itay Neta, LAc. 530.219.0761

DISCOVER MEDIATION. Use mediation to resolve your disputes and save relationships. For more information contact Linda J. Conrad, Attorney 1978, experienced litigator, Certified Appellate Specialist, and mediator. (530)756-9542 linda@lindajconrad.com

LOW SALT COACH for dieters and caregivers providing kitchen logistics, meal planning, recipes and support routines. \$20/hr coaching \$40/hour cooking with you. Carol Wise, Ed.D. 530-902-1878 lowsaltcoach@gmail.com

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

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

THERAPEUTIC MASSAGE / EMOTIONAL & NUTRITIONAL SUPPORT: Relax-Rebalance-Revitalize. \$40/1hr, \$55/1.5hr, \$70/2hr. Pam Wilson, Certified Massage Therapist, Holistic Health Practitioner, MA Counseling Psychology. (530)681-0475, vital-

ity_4life@yahoo.com, www.vitality4life.us
GIFT CERTIFICATES AVAILABLE

TORTOISE & HARE TRAVEL: for life-enhancing adventure! Offering insightful custom travel planning for individuals and affinity groups, eco-tourism, natural and cultural world heritage sites. Contact Susan at 530-304-9925 or susan@tortoiseandharetravel.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; 530.574.0645.

WINTERS ACUPUNCTURE CLINIC PURE HEALTH! Insurance plans accepted. Located behind Winters Eye Care, near beautiful downtown Winters. Call today, (530) 795-3429. kristinlakoma.com

DONATIONS SOUGHT

ANDREA MCNEES, former Davis resident and UCD graduate, is fundraising for an agricultural development project in Kwakiliga, Tanzania. Anything you can contribute to the \$6,000 goal is greatly appreciated! www.2seeds.org/donate

HOUSESITTERS AVAILABLE

LONG-TIME CO-OP COUPLE available to care for your home. Reliable, mature; local references. Garden, pet care. 1-month min. Avail. 09/2011 Contact: Tim (Co-Op cashier) & Karyn, tel 530-249-6593, karynschultz@gmail.com

FOR RENT

CUTE 1936 HOUSE near downtown Davis, prime location; 1 bedroom, breakfast nook, original kitchen cabinets, heat/air, washer/dryer, basement, backyard. \$1300/month + utilities + deposit. Cats OK. Year lease. 530-902-6259.

FOR SALE

MASSAGE TABLE: 26" wide Custom Craftworks Athena with breast recesses, face cradle and pad, KUR memory foam face pad, carrying bag. Made in 2007, barely used. \$600 firm. nbs@sonic.net

YOUR FOOD-ALLERGIC CHILD updated well-received book. Recipes, new products and resources, "how-to" sections (dealing with schools, travel), nutritional information medicine contents (excipients can cause problems). Available @ Avid Reader

Co-op Events this Summer!

Co-op Member Party in the Parking Lot

Thursday, July 28
6:00 to 8:00 p.m.
Free

Join us for an evening of Co-op family fun! Meat & Veggie BBQ! Watermelon! Cold drinks! Bounce House! Music! Prizes! All free to Co-op Members while supplies last. Parking is limited, biking is encouraged. Disappoint the Land Fill Monster and bring your own place setting and cup.

Teaching Kitchen Birthday

Saturday, August 20
1:00 to 4:00 p.m.
Free

Our Teaching Kitchen turns three years old in August, and we're taking the opportunity to celebrate with our students. No birthday is complete without presents, but, well, we have everything we need, so we're asking our guests to bring school supplies to help out Davis Joint Unified School District Teachers.



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 Everyone can shop the Co-op, anyone may join.

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

This newsletter is printed on a minimum 40% postconsumer recycled paper. When finished, please recycle, or pass it along to a friend for reuse.