

# the Vine

The Davis Food Coop Newsletter • December 2010



**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.)

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

On the front cover: Zephyr McIntyre and Erin Basel. On the back cover: Chef Atilio Carranza at the Local for the Holidays event. Photos by Steve Bonnel.

# Educating Shoppers with Signs Small and Big

MEMBERSHIP

By Doug Walter,  
Membership Director

Co-ops are committed to education, training, and information. This newsletter, of course, is one way we educate shoppers and staff. I hope you're also reading our Web pages and our brochures, and talking to our staff to help inform yourself about food, cooperation, and Davis.

I call the Co-op "a fact-dense environment." The Berkeley co-op and our other predecessor co-ops pioneered the practice of presenting "nutrition facts" and other basic information to consumers. We try to help you find and filter facts, because there's so much information about each product. You need to decide which facts are important to you.

*Price is probably the single most important fact to almost every shopper. Law and good practice say that you should be able to find prices quickly, accurately, and easily.*

Price is probably the single most important fact to almost every shopper. Law and good practice say that you should be able to find prices quickly, accurately, and easily. That's what we aspire to, and we have a dedicated Scan and Sign team working to make it so. They achieve a 99 percent accuracy rate when we test, time after time.

Of course, not every product is priced right every time. Please continue to tell us when you find a problem on the shelves, and we will continue to try to fix them.

These days, most prices are communicated by "shelf tags." In addition to price, a typical tag includes numbers and a barcode to help us reorder the product. We are making an orderly transition from one design of tags to a new one; where the old ones had a symbol, to indicate what warehouse the product is usually ordered from, the new ones have a letter code. So a Delta or "mountain" was the symbol for UNFI, also known as Mountain People's Warehouse (now you'll see the four letters).

Products from "the Mountain" may be delivered as often as three times a week. You, the shopper, cannot tell by looking at the tag whether or not our order for a product will be filled by the warehouse. But at least you can get some idea of whether the product is rarely or regularly ordered.

You will see symbols on new tags, for products that are local or P6. We define local as grown, produced, or processed within 100 miles of Davis. P6 products meet (at least) two of these three criteria: local, from a co-op or non-profit, from a small farm or producer. If you recognize our symbols, a small version of them is on the tag.

What about those food labels? Everybody

knows they should read some of them some of the time; does anyone feel that they have the time to read all of them, all the time?

I have a few key things that I focus on. I'm avoiding anything labeled as a "Smart Choice," because it's a "food product" rather than a food. I'm looking for the USDA Organic seal, and I'm checking to make sure I know the size of the container. If I look at the nutrition facts, I always tried to check the "serving size" and "servings per container." That establishes a context for the rest of the numbers in the panel.

One more set of facts that will interest some is what kinds of promotional prices we run. Many of our sale products come from Co+op Deals. These are two-week-long deals we get through our membership in the National Cooperative Grocers Association, and they're what you see in our sales fliers. Our sales signs for these items will have the Co+op Deal logo on them.

We also get a smaller number of deals on products through a regional association of independent grocers we belong to called "Raise The Bar" (because that's what we intend to do, together: upgrade what each of us do in our stores by working together). And we put together "Weekly Specials," especially in produce and meat, when producers or their representatives make us an offer that we just can't resist passing along to you. Check our Web page (look for the "Sales & Coupons" link on the bottom of the home page) for links to a PDF of current sales in effect.

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

# Beyond Cookies

FROM THE  
EDITOR

By Amy Radbill

Let's talk about a few super simple food gifts you can make for the holidays, shall we? After all, the making of...pretty much anything is a favorite subject of mine, and it's that gifty time of year. Everything you'll need to make the following gifts can be found at the Co-op. And don't forget to decorate the packages with hand-made labels and tags, ribbons, children's drawings, found natural objects tied to the jars (seed pods, pine cones, etc.)—whatever inspires you. Happy holidays!

## Homemade Chai Mix

Last year, I made up a mix of chai spices, added it to plain black tea from the bulk section, and put it into jars decorated with ribbons. All the recipients had to do was brew their chai as they would any loose tea, but it was so very much tastier than chai you can get commercially. It was also a tremendously popular gift (people are still telling me how much they loved it).

My basic spice mix contained fresh cardamom seeds, granulated cinnamon (not sticks, not fully powdered), black peppercorns, and whole cloves, which I found in the bulk spice section of the Co-op, and then ground together in my coffee grinder. As a final ingredient, I chopped up a whole lot of candied ginger, and then mixed it all together with the black tea. And it will surprise no one who knows me that I didn't measure anything at all. Don't panic, though—there are plenty of recipes for chai spice mixes out there, so you can certainly use Google as your guide (see below). But why not try winging it? This

isn't fine pastry, so there's not much that can go wrong. Mix, sniff, brew an experimental cup or two. Too strong? Mix in more bulk tea. Too weak? More spice mix.

When it's where you want it, bottle it up, tie on a ribbon and maybe a pretty card with the ingredients, and you're good to go. Another option is to mix the spices to your liking, then give your loved ones bottles of just the spices—they can mix it with their own choice of tea, or (radical!) even into their coffee grounds before brewing. (This, by the way, is a fantastic way to use up all those glass bottles and jars that build up in the average pantry. Or am I the only who has this problem?)

Prefer to use actual recipes? Check these out:

[www.ellenskitchen.com/bigpots/chai.html#spices](http://www.ellenskitchen.com/bigpots/chai.html#spices)

<http://simplyrecipes.com/recipes/chai/>

## Baking Mixes

Of course it's traditional to do the baking for people this time of year, but there are certain baked goods for which people will love having the dry ingredients all prepped and ready to go when they want them—particularly if you have well-loved recipes of your own to share; or the recipients really don't bake much themselves; or they have particular needs that make home-made goods especially treat-like, such as a gluten-free diet.

Here's how it works: You mix up all the dry ingredients for a simple baked recipe—muffins, scones, quick-breads, or pancakes would all work well. (The recipes should be basic—the kind for which you combine the dry ingredients

together, then combine the wet ingredients together, then mix the two parts and bake.) Package the dry ingredients however you like—again, old jars and bottles can work quite nicely for this. Then write out a pretty card that lists the ingredients needed to finish the recipe (eggs, milk, etc.), and the instructions for doing so. Recipes, of course, can be found all over for this project, though this is particularly nice when you're working from recipes of your own that you know friends adore. Don't forget that you can include shelf-stable add-in ingredients such as chocolate chips, dried fruits, nuts, etc. (Looking for recipes to make a gluten-free or vegan friend's life a little tastier? Check the cookbooks on the Co-op shelves—including those listed in Sandy Weaver's cookbook gift review on page 9.)

Baking mixes, by the way, can probably be stored on pantry shelves for a time, but if you use ingredients that might go off—whole grain flours, nuts, nut meals, etc.—please tell friends to refrigerate them.

## Bean Soup Mixes

This is sort of a classic—I'm sure you've seen those little gift baggies of beans and grains and dried herbs and spices—but it's also a pretty brilliant thing to give to those friends who are just a little bit scared of the kitchen (or even those who aren't). Just deconstruct your favorite bean and/or grain-based soup, and package the dry ingredients all together in an attractive way. A mixed bean soup can look lovely if you separate the beans into the—say it with me now—recycled jars in colorful layers. You can give instructions for adding things like garlic and onions and fresh veggies, or you can make things super-

duper simple and opt to use powdered and/or dried versions right in the mix. Your choice.

If you need a little help understanding this idea, or would rather work from an established recipe, here are a few online resources for you (and I hereby give you advance permission to change out any beef or chicken bouillon powder for veggie bouillon powder and to skip the meat called for in the final recipes if that suits your needs):

<http://homecooking.about.com/od/vegetablerecipes/r/blv20.htm>

[www.allfreecrafts.com/giftinajar/bean-soup.shtml](http://www.allfreecrafts.com/giftinajar/bean-soup.shtml)

<http://owlhaven.wordpress.com/2006/10/19/five-bean-soup-mix-in-a-jar-2/>

Amy can be reached at [amymorgan95616@gmail.com](mailto:amymorgan95616@gmail.com).

## 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, December 9**. 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@daviscoop.com](mailto:jcross@daviscoop.com)



**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.

# STAFF PICKS



**BECKY SANTOS,  
BULK BUYER**

**Orange Flavor Dried Cranberries,  
\$9.75 per pound, Bulk Department**

"I just love the way these cranberries smell! They're good in a relish, and especially during the holiday season, they've just got a great flavor that goes with anything that you serve. They are just really tasty."



**TIFFANY KNOX,  
WELLNESS DEPARTMENT**

**San Diego Hat Company Hats, around \$20 to \$45, General Merchandise**

"I love these hats! They're durable, stylish, versatile, and great for covering up a bad hair day. We get seasonal shipments every few months, and if you want a certain style you're not seeing in our store, we can always special order one for you."



**TONY VANELLA,  
MAINTENANCE DEPARTMENT**

**East and West Gourmet Food Bolani,  
\$5.89, Deli Grab and Go Case**

"This is a really unique local product with a great flavor. It's mad good with curry—especially Madras curry from the Eastern hot food bar—and Greek yogurt."



**CHRIS BRANDSTETTER,  
FRONT END**

**Indian Life Dal Mix Ready-to-eat Snack,  
\$3.85, Aisle 5**

"Indian Life Dal Mix is a great tasting snack made up mostly of dried lentils and chickpeas with a little seasoning that's not spicy or hot. It's a perfect low fat, low sodium snack that stands on its own, or can be used in salads—a healthy snack worth discovering!"



## Frozen Glory

by Georgia Mckenzie

*The Co-op is having a celebration of frozen food throughout the month of December—look for displays in the store for more information, and friend the Demo Kitchen on Facebook for updates!*

It's like a winter wonderland in here! The crisp, cold, air; the delicate crystals of ice; the hoarfrost that paints each window...

Of course, I'm talking about our large frozen food aisle. If you haven't yet slapped on your parka and rummaged through some of our tasty offerings, do so. And if you don't mind a little nudging on my part, try to add these items into your shopping basket.

Amy's Kitchen's factory in Santa Rosa crafts wonderful frozen pizzas and Mexican foods in an amazing range of flavors, including low sodium varieties for all you burrito/enchilada lovers out there. Their burritos are hand rolled, and everything is fresh. Enchilada sauces are made fresh on site, and they make their own tofu and tortillas. The Co-op's own Melanie Madden got the chance to visit the factory, and couldn't help but rave about it. "It smelled like good food in there." And it tastes like good food on your plate. I should know: Amy's pizza is mandatory for those nights when I want something homemade...by someone else.

Of course, frozen food is not just about burritos and pizza. It's also about Rising Moon Organics ravioli and tortelloni. Did I mention the gnocchi? Yeah, I would marry

the gnocchi. Fast, easy, perfect paired with some tasty Co-op sausage or fresh tomatoes and a handful of most excellent romano cheese on top.

Make a full restaurant meal of it and toss in some Pub Bites Stuffed Jalapeños as a starter. Not only are these cheesy spice bombs full of flavor, they're also made by two locals, Chris Lamuto and Peter Weber. These little nibbles come in four varieties: Cream Cheese, Cheddar, Sweet Corn, and Blue Cheese, and no one can eat just one.

You can also find building blocks to fine dining, making you a fabulous chef without a lot of the kitchen drudgery. These are my two standbys: Wholly Wholesome pie shells and The Fillo Factory Fillo Sheets. Pick up one Wholly Wholesome pie shell—in spelt, whole wheat, or white flour—add ingredients, and boom, you have pie or quiche. Crusts take time and I'm a foodie, not a workaholic. Speaking of workaholic—fillo dough. Just describing the process for making it could take all day. The Fillo Factory does it all for you, in regular or whole wheat flour, bless them. I can make honey pistachio filled pastries for the 300 watching party, and not spend 300 hours in the kitchen. Real cooking in less than half the time. Frozen food that's not automatically bad for you.

Of course, if you're in the mood for bad for you, I can point you in a few decadent directions. First, ice cream. Indulge yourself

*Continued page 6*

# The Children's Candlelight Parade

By Kathy Lorenzato

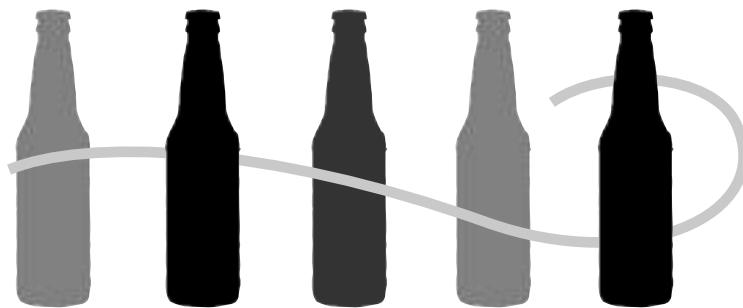
On Thursday, December 2, at 5:00 p.m. the Children's Candlelight Parade will begin to gather in the Davis Food Co-op parking lot. (The Co-op parking lot will be roped off for the event, but parking will be available in the garage at the corner of 4th and G Streets.) This is an annual event sponsored by the City of Davis and includes:

- Hot apple cider and cookies;
- candles for older kids, glow necklaces for younger kids;
- performances by the Davis High School Madrigals, the Cal-Aggie Band—uh, Mindy Manville's Children's Holiday Choir, and a jazz band;
- special appearances by Santa Claus and Mrs. Claus;
- a fire engine, complete with firefighters; and
- carriage rides, free of charge.

Line-up for the parade begins at 5:30 p.m. in the Co-op parking lot, and by 6:00 p.m. the parade departs for the E Street Plaza. When everyone arrives, the spectacular tree lighting ceremony begins.

The Co-op provides candles and glow necklaces for the parade free of charge, but collects donations for the Wallace and Vanucci Women and Children's Shelter, operated through the Yolo County Domestic Violence program. Come, bring your kids, and light up the night.

*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.*



By Meghan Rosen

Every Christmas, Claire Snyder's husband can count on seeing one thing under the tree: a magnum of Anchor Brewing Company's Christmas Ale. That's 51 ounces (or about two bottles of wine) of Anchor Brewing's much heralded, never replicated, limited edition holiday brew—all in one enormous Christmas-themed bottle. "It looks great with a big red bow," she says. Claire's the wine and beer buyer at the Co-op, and if she looks forward to something every year, I'm intrigued.

What's makes the Christmas Ale so special? Some people like the festive, hand-drawn red and green label, which features a new tree every year. (Last year it was a Monterey cypress, this year it's Ginkgo biloba. The artist is Jim Stitt, an octogenarian who has been designing the label for decades.) But for others, the allure is the recipe. For 36 years the San Francisco based brewery has released the annual Ale in time for the holidays, and they've used a different recipe every time.

Doug Walter, the Co-op's membership director and a veritable beer encyclopedia, likes the Christmas Ale's flavor infusions. "Sometimes it's arboreal (like cedar); sometimes it can be spicy herbs. One year I tasted coriander—the Ales always have a different

flavor, but when it's good, it's really good."

So what's this year's special ingredient? It's top secret. Anchor Brewing's Web site describes each year's Ale as "distinctive and unique" (the Christmas Ales are different from their more traditional Anchor Steam and Anchor Porter). It's up to you to taste and figure out what's in the recipe. "You never know what you're going to get!" Doug says.

For Christmas Ale enthusiasts, the Anchor Brewing Web site even provides instructions on how to preserve the beer to sample later and compare it to different vintages (keep it in a refrigerated, dark place and it will be "intriguing and drinkable for years"). I'm skeptical about the "drinkable for years" part (perhaps that lends to the intrigue), but Doug attests that it will be good a year from now.

Looking for a holiday brew that's a little less adventurous? Winter beers are typically higher in flavor and alcohol than their lighter summer counterparts, but there are many seasonals that are more subtly spiced than the Christmas Ale, and just as interesting. These beers tend to pair well with the rich, hearty meals that are so often appealing in colder months.

Eric Morgan, a Co-op member and lover of strong, dark winter beers, tends to avoid the specially flavored winter brews, but after

stumbling upon Avery Brewing Company's Old Jubilation at a Christmas party last year, he hasn't looked back. "I ended up buying a ton of it over the rest of the winter; it's sharp and bitter and feels great in the cold."

Claire recommends one of her current favorites, Port Brewing Company's Santa's Little Helper. "It has delicious coffee and chocolate notes—a little high in alcohol, but wonderful on a cold night," she says.

Not all good winter beers are seasonal, however. When the days start to become shorter, Eric likes to splurge on Delirium Tremens or Unibroue's La Fin Du Monde. He admits they're indulgent (an 11 ounce bottle of Delirium Tremens is \$4.89, and 12 ounces of La Fin Du Monde is \$2.79) but he enjoys drinking them slowly and paying attention to their subtle flavors.

"They cost more than I should probably spend on individual bottles... but the taste and price both remind me to slow down, savor the beer, and savor the moment." His drinking style mirrors Unibroue's philosophy. Their slogan? "Drink less, drink better."

Eric also favors Old Rasputin's and Lagunitas' Imperial Stouts. "Both are high in alcohol and not exactly easy on the palate," he says, but they're "delicious and perfect for winter." The Delirium Tremens, La Fin Du Monde, Old

Rasputin and Lagunitas Imperial Stouts are available all year long, but Lagunitas Brewing Company also puts out a seasonal brew: the cheekily-named Brown Shugga. According to Doug, it's perfect for those who like an over the top, malty brew.

And if you're interested in something on the sweeter side? My new favorite is the Hard Apple & Honey Cider from Red Branch Cider Company. They also make a Hard Black Cherry; it's not as sweet as most ciders, but very flavorful. Both come in 500 ml bottles with flip-top caps, so you can use them again.

This year, my husband and I are working our way through sampling the Co-op's selection of winter beers and ciders; we haven't tried Anchor Brewing's Christmas Ale yet, but I have a feeling a big bottle might be waiting for us on Christmas morning.

*Megan Rosen is a UCD graduate student in Biochemistry and Molecular Biology. She blogs weekly about life and science at <http://aliquots.wordpress.com>*

# BULK BUYS



## The Rice Cooker

By Sarah Mandel

If you're looking for a last minute gift item for someone who likes (or whom you would like) to eat lots of the whole grains we sell in the bulk section of the Co-op, you could do worse than consider a rice cooker. It's a very handy cooking tool, comes in a number of prices and levels of intricacy, and lasts a long time. And it's versatile. You aren't limited to cooking rice with it.

Last summer we took a long road trip with our rice cooker. On a previous trip, I ate various versions of eggs benedict from here to Fort Collins and back, and while it was an interesting experiment, I hope never to do that again. While we were still planning this journey, I remembered my mother preparing motel room breakfasts in her electric frying pan, and I checked out a few of these nostalgic appliances.

However the electric skillet is clearly not the tool of choice for the

kind of food my beloved and I eat in the morning. After a few experiments we discovered that you can make great steel-cut oatmeal in the rice cooker, particularly if you soak it overnight. In Laramie, when we'd had it with I-80 restaurant food, we even used it to simmer up a tasty tomato vegetable soup for supper. V-8 juice turns out to be an excellent soup base, along with a few chopped onions, potatoes and celery from Mountain High, the local organic food store.

The rice cooker can do all kinds of water-based cooking—some models even have a steamer option. Since I'm absent-minded I sometimes used to let my pots boil dry on the stove, and this meant I was afraid of cooking rice and other grains.

*The rice cooker is a set-it-and-forget-it kind of tool.*

But my little rice cooker never boils dry. When it gets even a degree above boiling, its thermostat clicks down to the warm setting. So it's pretty doggone mistake proof. The only problem with a cheap rice cooker like our little red road warrior (six cups, Rival or Aroma brand, under \$20 at several local stores) is that the lid doesn't vent as well as it might, and so it is prone to spitting as it bubbles. We put ours on a plate to catch the drool. Higher end models have better designed lids, so this is not a problem.

But the point of all this is, the hard part of cooking with whole grains/seeds/cereals and the like is that the preparation can be time consuming, and if there's one thing we all would like more of, it's time. But the rice cooker is a set-it-and-forget-it kind of tool. Granted, you're not going to get risotto this way, but you can take those plain cooked grains and do more interesting things with them later.

Quinoa, for example, cooks up very nicely in the rice cooker, after it's been soaked. And then you can make whatever you like with it—salads or casseroles, or use it as a base under stir-fries—in the time it takes to chop and/or heat the other ingredients. I even cooked plain lentils in it the other day, and my husband spiced them up later on.

And of course you can always cook rice. All those wonderful brown and wild and forbidden rices add a wonderful warmth and savor to winter meals, and can be eaten plain or as an ingredient in more complex dishes. And after you've eaten most of the rice, you can use the leftovers to make rice porridge, or jook. I learned about jook while dating a night owl who liked to go to a Chinese restaurant that only served it after 10:00 p.m.

The Owl's theory (he had many) was that they served jook in the evening as a way of using up the leftover rice from the day, and working from that assumption I discovered I could easily make my own at home. I offer my apologies to all the genuine

Chinese cooks out there, since I am sure there are more authentic ways to cook this dish, but this one is simple and easy.

### RICE COOKER PORRIDGE, CONGEE, OR JOOK

**1/4 cup uncooked rice per serving (this dish stores well if you make too much)**

**Chicken or other broth, approx 1 to 1 1/2 cups broth per serving**

**Chopped green onions**

**Sliced or grated fresh ginger**

**Optional: cooked meat, fish, poultry, or tofu, chopped or sliced**

**Salt and pepper or soy sauce to taste**

Prepare rice according to cooker directions—if using brown rice, use half again as much water as the rice cooker recommends, to extend the cooking time. (Some fancy rice cookers actually have brown rice and even porridge settings, and if you have one of these, check its suggestions.)

When the bell rings and rice is done, add chicken or vegetable broth until the cooked rice is submerged. (From my naïve

culinary perspective, a miso broth would probably work well too.) Stir gently to loosen the rice and give the jook an even texture.

Turn the rice cooker on again, and continue to add more broth or water as needed to keep the jook soupy. Simmer until rice breaks down and mixture has a porridge-like texture. At this stage, you can turn the cooker down to its warm setting and hold it at serving temperature.

Dish the jook into bowls and stir in protein as desired. Garnish with the ginger and green onions, and serve. Season with soy sauce or salt and pepper to taste.

This is a great dish for a winter evening—if time is short you can cook the rice in the morning, let it sit, and finish the soup off after work. It's also the Asian version of chicken noodle soup when you are sick. How do you say "Bon appetit!" in Chinese?

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

## Frozen Foods

*Continued from page 4*

with the Ciao Bella Blackberry Cabernet Gelato. It's tart and sweet with great blackberry flavor, and it goes great with the smooth, herby flavor of the Matcha Green Tea variety. So good with a touch of chocolate. Another sophisticated gelato, Talenti, has an amazing Double Dark Chocolate that I adore with their Roman Raspberry. Second—donuts! Kinnikinnick Foods Gluten-Free Donuts, that is. I don't care how gluten-free they are, these taste great, with ingredients you can live with. If you haven't tried them, do it. Third, Alexia Waffle Fries. These are the bane of the carb free. Delicious, just a hint

of salty goodness, and these fries come in regular old 'tater and intriguing sweet potato. Kids can have their fries, you can have some peace of mind that they're not pure junk.

Last but not least, a staple. Food for Life Sprouted Breads and English Muffins. These have a unique nutty, rich taste due to the 19 grains and seeds formula. They need to be kept cold, but toast right up just like other breads, and are divine topped with some butter and honey.

There you have it, a frost-borne feast. Now all you have to do is get your mittens on and dive right into the freezer. It's well worth it.

*Georgia McKenzie would really like a waffle fry right about now. Or a popper. Perhaps dieting and food writing don't mix well, n'est-ce pas?*

# The Co-op Holiday Meal: Get Involved!

By Kathy Lorenzato

The Co-op is not your ordinary grocery store. For starters, it has a walking/talking carrot as its mascot and a statue of a tomato on a pedestal. More importantly, we own the store and have a say in the way it's run. The Co-op supports local growers and organic produce. It sends staff members into local schools to teach nutrition, and offers classes at the Co-op kitchen for kids to learn how to cook. You'll see Co-op staff members in booths at the Farmer's Market demonstrating creative and tasty ways to enjoy seasonal produce, and the Co-op donates food to local food banks.

The Co-op philosophy is deeply rooted in supporting local community, and nowhere is this more apparent than at the annual Holiday Meal. For the past 25 years, our Davis Food Co-op has hosted a free meal on December 24, from 4:30 to 6:30 p.m. at the Veterans' Memorial Auditorium, located at East 14th Street and B Street. The Holiday Meal is a unique opportunity for the members of our community to come together to give and to receive. People of all ages come to the meal: Students far away from home, families that have no home, and community members who may not have family all come to be part of this welcoming and delicious holiday tradition.

The meal is created by financial and edible donations from businesses and suppliers who bring drinks, salads, meat, fruits, and vegetables. The meal also functions as a fundraiser for the fight against hunger in our area. It is a huge undertaking, with as many as 1,000 people being served, and lots of ways



From left, Dave Nachminoff, Wendy Silk and Ron Goldberg at the 2009 Holiday Meal.

for all of us to help out. Here's how:

- Sign up to be actively involved in the meal by cooking, serving, decorating, or cleaning up (volunteer sheets will be located at the Membership Desk near the front of the store beginning the Monday after Thanksgiving.)
- Donate food or money.
- Crafters and sewers (you know who you are—here's a chance to clean out that box under your bed) cut out 10-inch by 10-inch squares of fabric or netting, and lengths of ribbon to tie them up.
- Donate some wrapped candy or nuts still in their shells to go into the above-mentioned fabric and net bags.
- All donations can be dropped off at the Demo Station near the Meat Department the next time you shop at the Co-op.

## Want other ways to help?

Distribute flyers or put up posters advertising the meal around town in the weeks before the meal.

*The Holiday Meal will be on December 24, from 4:30 to 6:30 p.m. at the Veterans' Memorial Auditorium*

Ask your church or other organization how to help get your members to the Vets Auditorium in time for the meal.

The Annual Holiday Meal offers a place for everyone to be a part of something large and important. Please help out in whatever way you can.

*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.*

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# Monticello Seasonal Cuisine:

## *A World-Class Restaurant Right Next Door*

By Eve West Bessier  
Photo by Steve Bonnel

*One cannot think well, love well, sleep well, if one has not dined well.*

—Virginia Woolf

What a pleasure to announce and celebrate the opening of a new location for a much loved restaurant! Monticello (formerly operating as Monticello Bistro in a time-share with Steady Eddie's in Winters) is coming home to roost right next door to the Davis Food Co-op.

Co-owner Tony Gruska has been a regular columnist for this newsletter for over a decade, providing recipes and food concepts to our 10,000 Co-op households and our online readership at the Davis Food Co-op Web site. His wife, Rhonda Gruska, is a co-owner of the restaurant, and the two are joined in this new venture by partner Jim Eldon, owner of Fiddler's Green Farm, Inc., a local 35-acre certified organic farm. Jim will be providing the farm connection and will also be joining Tony as chef in the kitchen, while Rhonda runs the front end of the restaurant. That makes for a strong triangulated foundation of success. According to Rhonda, "Jim specializes in amazing greens and asparagus" and she has lost count of the items he sells at farmer's markets. "He worked in restaurants for ten years prior to becoming a farmer, so there will be a farmer in the kitchen." (KDRT October 11 interview on Davisville).

The restaurant's mission statement promises that Monticello's goal is "to serve delicious cuisine and provide excellent service, while creating opportunities for people to learn about local, seasonal, sustainable food systems."

The restaurant will serve gourmet meals, with fresh produce dictated by the seasons and sourced from local farms. It will also feature locally raised beef and lamb, pastured

chicken and eggs, house-made pasta, and always some fabulous vegan and vegetarian entrees.

Those of you who have been fortunate enough to experience the culinary creativity of the Chefs Gruska at Monticello Bistro in Winters, in the delights from Tastebuds Catering, or at the Davis Farmers Market will know that having Monticello here in our own backyard is a boon! The rest will find out very soon.

The Gruskas think their new location is a big plus. "We love being next to the Co-op, they have been rooting for us all along," says Rhonda (KDRT October 11 interview on Davisville). The location may not be right downtown but it has ample parking, which is a must for their catering business and a convenience for diners, as parking downtown is becoming increasingly hard to find on Friday and Saturday evenings.

Average prices for meals at Monticello will be modeled on the offerings in their previous Winters location. There will be some modestly priced items like ample portions of salads and soups for \$7 or \$8, and there will be a beer and wine bar in the front area of the restaurant featuring local offerings. There will also be a comfortable and festive full dining area in the back, making Monticello an upscale restaurant experience, and a wonderful destination for special occasions.

Davis currently has a plethora of Thai and Sushi places, but not much in the way of creative "New American" cuisine, and not much to offer in vegetarian or vegan options. Monticello will bring a welcome flowering of diversity to the local restaurant landscape.

The long-term track records of the two prior restaurants at the location are a very positive sign. The space originally housed Straw Hat Pizza, and then Osaka Sushi was there from 1983 until this past year. The building itself was constructed in 1969/1970, so the Gruskas have put a big emphasis on cleaning out the old and doing a thorough remodel to open up the space and modernize.

According to the business plan, "Monti-

cello will serve customers interesting and flavorful food they aren't likely to make for themselves at home. In addition to the menu showcasing seasonal appropriateness, regional resources, freshness and minimal interference between source and plate, the wine and beer list will feature local and regional selections. This farm to fork business will serve as a model reflecting the values and sustainable future of Yolo County and the region."

The restaurant is an integral part of the Gruska's life and lifestyle. "We love it so much. Even on vacations we go out to restaurants and get new ideas and do critiques. We just really like good food and the restaurant work comes naturally."

Monticello is planning to open by Thanksgiving or sometime in December. The restaurant will serve lunch Tuesday through Friday from 11:00 a.m. until 2:00 p.m., dinner Tuesday through Saturday from 5:30 p.m. until 10:00 p.m., and brunch on Saturday and Sunday from 8:00 a.m. until 2:00 p.m..

We wish Tony, Rhonda and Jim fabulous success, and we wish all of you a fabulous dining experience at Monticello Seasonal Cuisine. Bon appetit!

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



From left: Tony Gruska, Rhonda Gruska, Jim Eldon

# The Gift of Healthy Eating

## *Vegetarian Cookbooks to Give This Holiday Season*

By Sandy Weaver

Photo by Deb Westergaard

### *Ecological Cooking*

By Joanne Stepaniak and Kathy Hecker

This vegan cookbook is one of my favorites, and I've had it for a long time. It's useful not only for its many great recipes (over 500 of them), but for the information it includes about the environment, how to live more in tune with the earth, and feeding your animal friends.

This is the cookbook that I would recommend to people getting started with vegan cooking, since it contains a wealth of knowledge about plant-based food preparation. As well as a huge range of recipes, the authors provide a guide to setting up the vegan kitchen and lots of inspiring quotes on vegan ethics. Most of the recipes use pretty common ingredients; less familiar ingredients are explained in the glossary. The best thing about the recipes is that they contain small ingredient lists and most of the ingredients are fairly common. Some of my favorite recipes are the Veggie Burger; the Sloppy Joes; the Cheeze, Vegetable, and Barley bake; and the Greek Rice Special.

### *Raw Food Made Easy*

By Jennifer Cornbleet

If you know someone who wants to dabble in raw cuisine, this may be the best book to start with. The book has attractive photography, which helps you choose recipes—like raw wraps (in kale, cabbage or nori wrapping); or one of the numerous, luscious looking desserts, such as fig cake, key lime mousse, or berry crisp. This book presents raw cooking in an easy way—you need no special, expensive equipment to get the most out of these recipes. There's a very detailed section at the beginning that discusses everything from kitchen setup to pantry staples in order to help you be successful in your raw food lifestyle. There are directions for sprouting seeds, soaking nuts, and cleaning your

produce. The book provides a simple list of kitchen staples—such as nuts, sweeteners, dried and frozen fruits, and some herbs and spices—and a list of things to buy weekly, and you are on your way to delicious simplicity. Most of the recipes have only four to five ingredients. Try the Cream of Tomato soup with the Garden Wraps. You'll be very surprised at how simple it can be.

### *Fields of Greens*

By Annie Somerville

Fields of Greens contains vegetarian recipes from the celebrated Greens Restaurant in San Francisco. Whenever I serve a dish prepared from this book I get rave reviews. Though the recipes can be time consuming and sometimes require sometimes unusual ingredients, the results are well worth the effort. This isn't the book I open when I want to throw a quick dinner together, but these are recipes that you can make for the first time for guests and be assured that everything will turn out amazingly delicious. The ingredient lists are sometimes long, and there are sometimes many steps in each recipe, so to save time, I usually make a double recipe and freeze one half.

Many recipes in this book are rich in flavor because of the technique of roasting the seasonings. There's hardly any tofu and no tempeh or other meat substitutes used in this book. The soups are exceptional—my favorite is the Moroccan Lentil and Winter Greens soup. A must-have book if you are into gourmet cooking.

### *Alive in 5—Raw Gourmet Meals in Five Minutes*

By Angela Elliot

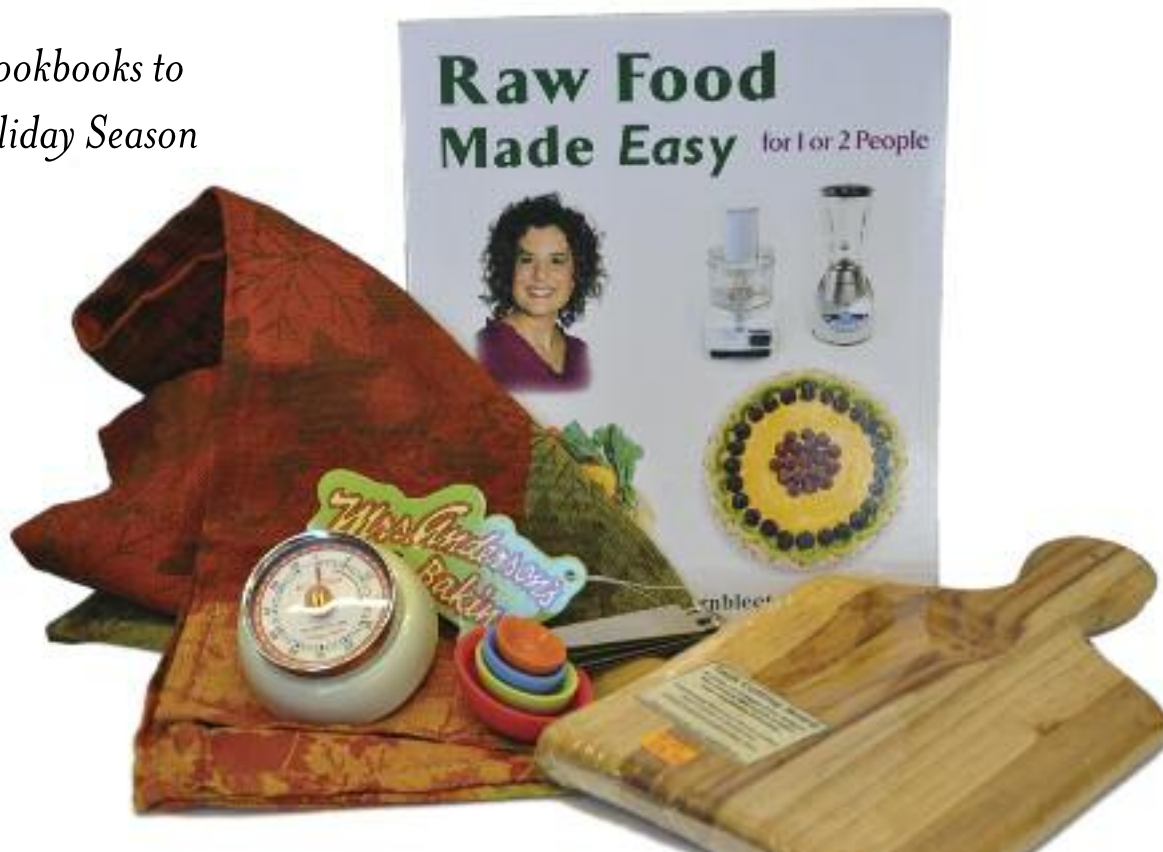
This book would be great for anyone who is interested in or transitioning to raw food and anyone who is especially busy. These recipes are quick and very easy to prepare. The book provides practical ways to make fabulous raw dishes every day—with some preparation ahead of time, you can have a nice meal just a few short minutes from getting home from work. No need for expensive equipment or exotic ingredients—it's very simple. Elliot gives you a list of pantry items, essential equipment, and a sample menu plan for one week, along with breakfast items, appetizers, soups, entrées, and desserts. This is one of the easiest raw books that I have acquired.

### *Vegetarian Cooking for Everyone*

By Deborah Madison

If you'd like to increase the elegance of your vegetarian cooking, or if you just want to get more vegetables into your diet, this book is a very satisfying way to do it. I've made dozens of these recipes and now trust the book so completely that I will make dishes for special company without having tested them first. The Roasted Eggplant Lasagna with Garlic Bechamel is sublime; the Carrots Braised in Honey, Butter, and Fresh Thyme is a delicious new twist; the sweets in the back of the book will delight your taste buds; and the vegetable section is well organized by ingredient. The recipes range from very simple to more complicated, but no recipe is too intimidating, no matter what your cooking experience.

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



# Latkes for the Holidays

By Rae Gouirand

I have nothing against traditional potato latkes. Hardly anything feels more clearly like a treat in my culinary book. But if you (like me) have strong loves for other fall and winter vegetables, the latke does not have to involve potatoes alone, and can bring some additional nutrient value to your dinner table.

All you need to make latkes is a good grater, some patience, an oil that fries well (look for notes regarding high heat suitability—safflower, canola, and peanut oil are common choices), a good skillet, and a suitable slotted spatula. And a lot of paper towels.

I recommend making the mixtures just before you are going to fry them, otherwise any latke batter will give up liquid (and some of the vegetables will discolor). If you need to make the batter in advance, just make it and either strain the liquid from the batter before frying, or try to leave the liquid at the bottom of the bowl as you take batter from the top.

If you like these, try experimenting on your own to find new combinations with your own favorite vegetables—squashes, celery root, apples and pears and quince, sturdy greens, essentially anything with fibrous cell walls that you could reasonably grate or chop finely is fair game. Reconstituted dried vegetables from other seasons (like sun-dried tomatoes) make for interesting mix-ins to traditional potato latkes as well.

Each recipe makes one to two dozen, depending on the size of your tablespoon.

## Parsnip Latkes

**1 yellow onion, grated**  
**finely grated zest of 1 orange**  
**1 1/2 teaspoons salt**  
**1/2 teaspoon cayenne pepper**  
**1/4 teaspoon freshly ground black pepper**  
**2 large eggs, beaten**

**1/3 cup all-purpose flour**  
**1 1/2 pounds parsnips, peeled and grated**  
**1 medium russet potato, peeled and grated**  
**oil for frying**

See below for frying instructions.

## Sweet Potato Latkes

*If you prefer warmer spices, try smoked paprika in place of the lime juice, ginger, and/or cardamom.*

**3 scallions, thinly sliced**  
**2 large eggs, beaten**  
**1 tablespoon lime juice**  
**1/3 cup all-purpose flour**  
**1 1/2 teaspoons salt**  
**1/2 teaspoons ground ginger**  
**1/4 teaspoon ground cardamom**  
**1/4 teaspoon freshly ground black pepper**  
**1 1/2 pounds sweet potatoes, peeled and grated**  
**3 small Yukon gold potatoes, peeled and grated**  
**oil for frying**

See below for frying instructions.

## Carrot and Beet Latkes

*Use red beets here for strikingly pretty results, or mix red/yellow for a different effect and slightly milder beet flavor.*

**1 yellow onion, grated**  
**1 teaspoon lemon juice**

**2 large eggs, beaten**  
**3 tablespoons all-purpose flour**  
**1 teaspoon salt**  
**1/4 teaspoon freshly ground black pepper**  
**4 carrots, peeled and grated**  
**2 raw beets, peeled and grated**  
**1/2 medium russet potato or sweet potato, peeled and grated**  
**oil for frying**

*To Fry All Recipes:*

Combine ingredients one at a time, and toss until combined and evenly coated. Fill skillet with 1/4 to 1/2 inch oil, and heat over medium-high heat. Once the oil is hot enough, work in batches, and, for each latke, spoon about 2 to 3 tablespoons batter into oil. Tamp down lightly to flatten, and cook until golden, about 2 to 3 minutes on each side. Using a slotted spatula, transfer to a paper towel-lined platter to drain. Serve immediately with sour cream, applesauce, or other favorite accoutrements.

*Rae Gouirand is a writer, writing instructor, and editor living in Davis. She can be reached at [rgouirand@gmail.com](mailto:rgouirand@gmail.com)*

# Spaghetti Bolognese 101

By Julie Cross

Although I am by most accounts a foodie, I was also raised a hippie by way of poor white trash parents. This means that I know guanciale is delicious (and that I can spell it without looking it up), but I'm most likely to make biscuits and gravy out of it. It also means that I sometimes lose patience with the aspects of the foodie world that are, well, too precious for words. Bacon on everything. Vanilla paste. Brussels sprouts as the "new bacon" (no, they aren't). Jamie Oliver.

On the whole, though, I am very grateful to the foodie movement for a number of things. In particular, the drive for "authentic" foods has made great strides in undoing some of the food horrors perpetrated on unsuspecting Americans. It's true that our heritage will always include lime Jello and carrot salad with mayonnaise dressing as a vegetable, but we can correct some of the mistakes of our culinary past.

Take spaghetti sauce, for instance. If you grew up in the United States, you probably grew up with spaghetti dressed with a pound of browned hamburger and a jar of Ragu. If you were lucky, the cook added a little garlic and maybe some oregano. If you were very lucky, the Ragu was replaced with onions, herbs and garlic, and tomato sauce. Many of us—maybe most of us—never realize that this is a pale mockery of a classic Bolognese sauce.

At least, we don't realize it until one of the temples of Foodism takes it up. In the case of Bolognese sauce, the late great *Gourmet* magazine ran an extensive article collecting "authentic" Bolognese recipes. The quotes are there because authentic, in the case of a food that belongs to the grandmas, is a bit

dacey, although the registered recipe of the Bolognese delegation of Accademia Italiana della Cucina contains beef, pancetta, onions, carrots, celery, tomato paste, meat broth, white wine, and milk or cream.

The crucial element in authentic Bolognese is the cooking technique, which takes hours, and is likely why someone decided hamburger and corn syrup sauce was good enough. I promise you, on my oath as a foodie and as a plain cook, that it isn't.

## Uncomplicated Bolognese

**2 strips bacon**  
**1 small onion**  
**1 small carrot**  
**2 stalks celery**  
**3/4 pound ground beef**  
**3/4 pound ground pork**  
**1/4 cup white wine**  
**2 tablespoons tomato paste**  
**1 teaspoon dried oregano**  
**1 teaspoon dried thyme**  
**1 teaspoon salt or to taste**  
**2 cups whole milk**

Finely dice vegetables. Dice bacon and cook in a Dutch oven until fat has rendered, but bacon is not crisp. Add vegetables to bacon and cook gently until vegetables start to soften, about 10 minutes. Add ground meat and cook, breaking it up as you go, until it's just starting to brown. Increase heat to medium and add wine. Cook, stirring, until wine has mostly evaporated. Add tomato paste, herbs, and salt. Stir in some of the milk. Set heat so sauce is barely simmering and walk away, leaving pan uncovered. Return every half hour to stir in a little more milk. Cook roughly 4 hours, until very tender and milk is absorbed. Use to lightly sauce pasta, layer in lasagna or, in unorthodox fashion, serve on really good rolls for the best Sloppy Joe in the history of the universe.

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**Q:** Nice, relaxing music. The cashier even commented how much she was enjoying it. Thanks.

Anonymous

**A:** Glad we could make your shopping experience pleasant!

Bija Young,  
Advertising and Brand Manager

**Q:** I remember when the **morning hour music** was the classics—so soothing. But the current junk—it's so without class!

M.M.

**A:** I'm sorry the music was not to your liking. We currently have a classical music station selected for the time slot you referenced. The company that we use for our music services, Muzak, decides which songs are actually played. If you could tell me in more detail what didn't suit your taste I'd be happy to see if I could find another station that may be a better fit for that time slot.

Bija Young,  
Advertising and Brand Manager

**Q:** Please **get rid of the music**. It's annoying and I can't imagine the Co-op wasting money on something so useless.

K.R.

**A:** Music has been scientifically proven to put people in better moods and lift their spirits. If the Co-op can help brighten someone's day, that's money well spent!

Bija Young,  
Advertising and Brand Manager

**Q:** Request that we carry **compact fluorescent bulbs**.

N.J.

**A:** We are looking at bringing in some Western Family CFLs. We just need to run down our GE bulbs.

Rose McFadden, Wellness and  
General Merchandise Manager

**Q:** Have you considered a sliding scale fee (based on income) for **cooking classes**?

Anonymous

**A:** We do keep our cooking class prices as low as we can without losing money on the program. We do have a little wiggle room, and can arrange low-cost classes for members who wouldn't otherwise be able to afford them. Please contact me for more information.

Julie Cross,  
Education Coordinator

**Q:** There are a lot of **bins of stuff** I have never heard of or seen in my life. I wish I knew some recipes—or [could] take a class through you to actually try new stuff.

S.C.

**A:** We offer about 30 cooking classes a month in our Teaching Kitchen—the full schedule is available on our Web site at [www.davisfood.coop](http://www.davisfood.coop). We also offer samples at our Demo Station most evenings, and those often incorporate bulk ingredients. And we make a new 12 for \$40 menu most Fridays (available on the demo counter)

that relies heavily on bulk foods to keep the costs down.

Julie Cross,  
Education Coordinator

**Q:** Every time we try to come in and out—now on a busy Saturday afternoon—I **get in a line selling a membership**—not fun—holds everybody up—will go to Nugget where service is faster.

Anonymous

**A:** We sincerely apologize for inconvenience and slowness. Yet membership is the core of what we do, and we need to make it available even at busy times. Because we're a membership organization, it's important that we let people take the opportunity to sign up. We'll continue to work on the best way for everyone to do that, and on making the process move as quickly as possible. After all, each of us had to "hold up the line" to join at least once!

Doug Walter,  
Membership Director

**Q:** Request that we carry **Co-op shirts** in XS for the ladies/smaller folks!

M.K.

**A:** We do carry XS, perhaps they were out. The t-shirts are American Apparel, which run small. They are also pre-shrunk/washed.

Bija Young,  
Advertising and Brand Manager

**Q:** RE: **GT Kombucha**; I noticed that the Co-op is missing raspberry, guava, grape, lemon and strawberry in the flavor line up. I also noticed that there is less inventory on this product. Can you tell me if you plan to order the other flavors (my favorites by the way)? I think you should dedicate more space to this

product. The other kombuchas are awful.

E.H.

**A:** After a long hiatus due to FDA regulation issues GT has reformulated their drinks. We are stocking what is currently available to us. We will be bringing back more of their products as they reach distribution.

From GT's Web site, "We at GT's Synergy Kombucha are eager to be back on shelves after a prolonged hiatus from stores. We thank you for your patience and support while we've been preserving our ideals and pledge to bring you the finest Kombucha available. We will be sharing our progress and updates on Facebook. Please visit us!"

Beth Tausczik, Store Manager

**Q:** Request that we carry **A.G. Ferrari** products in addition to the flourless chocolate torte. The chocolate torte is delicious and I'd love to try Ferrari's other baked goods, which include fruit tortes I've seen at Nugget stores.

S.S.

**A:** I have, in the past, carried several of A.G. Ferrari's other products, including the apricot tortes and other fruit and cheese tortes. For some reason, these other products did not sell well for us (though their flourless chocolate tortes are two of our bestsellers!). As with any product that's available to us, we're happy to get you a case discount on a special order.

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

**Q:** What happened to **Soy Deli tofu products**? They have the best pressed/flavored tofu. I'm not so impressed with the Wildwood products.

T.Y. & J.R.

**A:** We've discontinued Quong Hop/Soy Deli products due to a listeria outbreak at their production facility, and will resume stocking these products if/when they become available. As they have not been answering their phones when I've called, I have a suspicion that they may be out of business.

Peter Jensen, Deli Clerk

**Q:** Request that we carry yeast-free salad dressing. And do you have a list of **yeast-free products** for people who suffer from Candida overgrowth?

Anonymous

**A:** We don't have a yeast-free list, but I'll add it to our roster of desired brochures. Thanks for the suggestion!

Julie Cross,  
Education Coordinator

**Q:** Trader Joe's is so close to the UCD campus that a lot of students will probably start going there. Maybe we could give **UCD students a discount** if they have their ID.

K.C.

**A:** Thanks for the suggestion. During our fall new member drive we offered member prices to students as an incentive for them to check us out. Many alumni who've moved on have told us how the Co-op was one of the best parts of their Davis experience, because we are so much more than just another grocery store; we want to encourage more students to take ownership of our Co-op by becoming active members, not discourage their participation by offering automatic discounts.

Bija Young,  
Advertising and Brand Manager

**Q:** Yay! 774I now has 2 bins! Thank you! Also starting to see sale tags with the new price per ounce. Thanks!

Anonymous

**A:** You're welcome.  
Becky Santos, Bulk Buyer

**Q:** Puroast Coffee Beans sign says "Dark French Roast" but the cash receipt says "FT Coffee Decaf." Is it decaf?

A.F.

**A:** Thanks for bringing this to our attention; our Puroast coffees are low-acid, but not decaf. We've corrected the item name in our scan system.  
Rachel Quinn,  
Scan Coordinator

**Q:** The chairs outside scrape loudly on the ground when you move them! Maybe we could place rubber bottoms on them?

D.E.

**A:** We'll consider this when our maintenance crew has knocked off some of the higher priority items.  
Julie Cross,  
Education Coordinator

**Q:** Request that we carry a DVD kiosk.

J.D.

**A:** Interesting suggestion. Currently we don't have the space but it may be a service we look into in the future.  
Bija Young,  
Advertising and Brand Manager

**Q:** How about getting the parking stripes repainted in the lot. It's impossible to see them at certain times of the day and it makes parking straight difficult.

B.B.

**A:** Our parking lots were resurfaced and re-stripped in early October, and should remain in good shape.  
Phil Rexroad, Maintenance

**Q:** I suggest you train your co-workers to keep washing their hands well because I saw one of them just walk away to return to

work without washing his hands. That is really gross!!!!

Anonymous

**A:** You are absolutely correct that all staff must wash their hands after a break, using the restroom, taking out trash, petting a friendly dog outside of the Co-op, etc. Our employees are trained to follow all sanitation procedures. Sounds like it's time for a firm reminder. Thanks for letting us know, and we apologize that you saw something "that's really gross." I'd also like to take this opportunity to encourage everyone (staff and shoppers) to wash hands well during this flu season. Stay safe and be well!  
Cathy Speck, Safety Director

**Q:** Haven't you realized how nasty the gluten-free muffins are? And yet you keep finding reasons to run out of plain old blueberry or coffee cake muffins so no matter how early I show up, all that's left are grease spots and an occasional raisin nut zucchini thing...you guys are so eclectic that all you're worth is a shake of head and roll of eyes! I'm getting tired of coming here a finding what I want is always gone, moved and/or discontinued. What a waste of time...

Anonymous

**A:** At 5:00 p.m. on Monday, we still have coffee cake muffins, blueberry muffins, raisin bran muffins, cranberry nut muffins, glorious morning muffins, and raisin nut zucchini things. I'm sorry that we ran out early yesterday when you wrote your note. The combination of the record-breaking last day of the 11% sale and the first rainy day of fall apparently made our baked goods irresistible.  
Julie Cross,  
Education Coordinator

**Q:** Request that we carry Vitamin MK7 and Strontium (mineral).

E.

**A:** We have both these nutrients in a product called "Bone Strength Take Care" by New Chapter.  
Rose McFadden, Wellness and General Merchandise Mgr

**Q:** My reusable bags that I got back on Earth Day 2007 are—alas!—starting to go. Doing a little research online, I found out that the bags ARE recyclable, but since they're made of polypropylene they're plastic type 5, which in Davis at least means you may need to wait until you're planning to go to the Yolo Landfill. (Woodland's municipal waste pickup handles all #7 types). All the same, you might like to tell your customers, in case they're wondering what to do with damaged or worn-out bags.

B.W.

**A:** You get five stars for commitment, research, and communication! I'm passing your message along to some other folks at the Co-op.

In Davis, #5 plastic can also be dropped off for recycling at DWR, 2727 2nd St. I've found it's easy to mend frayed seams and reattach handles with my very elderly sewing machine. Also, it's important to follow good food safety habits with your reusable bags. Designate specific bags for meat and fish. Wash these bags regularly to get rid of bacteria. Soak #5 plastic bags in warm soapy water and either the juice of half a lemon or about a quarter cup of vinegar.

Beth Tausczik, Store Manager

**Q:** I love our Co-op but I have a terrible time finding my way to what I need to buy. The layout has changed once or twice lately and some sections, like bulk foods, seem like they change more often. Workers are helpful but sometimes hard to find, and of course, I feel like I'm wasting someone's time by asking...I hate being lost in a market... So, how about several maps in the store, of the "you are here" variety?... One big map of the general layout and then several smaller maps in the sections, one for bulk foods and one for vegetables? Bulk foods has often been a problem for me. I'm sure there is logic at work in its layout but I can't decode it.

K.C.

**A:** Our store has gone through many changes in the past 3 1/2 years during our renovation (and the changes continue as we expand our Bulk section into the corridor north of the cash registers!). We've done our best to put out signs that direct shoppers when products have moved from one section of the store to another, but it's not very practical to leave such signs up indefinitely. The good news is, once we've finished resetting all the fixtures in Bulk, our store's layout should remain pretty constant now that we've grown all the way into our renovated space.

Our staffers are 100 percent dedicated to customer service, and we're positively delighted to help shoppers find their way; it is never a waste of our time! We will also have handy way-finding maps for the holiday season, as we've done in past years, to help folks locate those hard-to-find specialty items for their holiday celebrations. At this time, we have no plans to install directory maps on our limited interior wall space, but will keep the suggestion in mind.

Bija Young,

Advertising and Brand Manager

**Q:** I'm a new member of the Co-op and new to Davis. Overall, I'm very happy and impressed with the Co-op here. I was disappointed, however, when I recently received a load of junk in the mail from the Co-op, including the newsletter and coupons. I know that people have different ideals related to how a co-op should operate. For me, reducing waste is a top concern. I would prefer that there were no coupons at all, and that promotions were all marked in the store, accessible to all without wasting paper and the resources used printing and mailing. Automatically sending the newsletter to everyone is also a waste. I suggest giving new members a choice when they sign up of receiving the printed newsletter in the mail, receiving an online version, or not to receive it at all.

A.L.

**A:** Any member or shopper who wishes to opt out of Co-op marketing mailings is welcome to e-mail their request to mcmadden@davisfood.coop, and we'll happily add you to our e-mail list and make sure you no longer receive the paper versions of our updates and notices. We are a values-driven, community-centered business, and appreciate how many of our members have made a strong conscious effort to reduce their impact on our planet. We also want to be a resource to folks who want to do good, but are still learning about the impact of their choices as consumers. By reaching out to the community at large, inviting them to join us in education and awareness around our consumer choices, we think we can make a real difference.

Direct mailings, coupons and a quality newsletter are an effective way to extend our welcome. (We recognize that there is an environmental downside to these conventional marketing methods, and have made efforts to keep them as "green" as possible: our direct-mail postcards are printed on recycled cardstock with soy-based inks; our sales fliers and coupons are printed on FSC-certified recycled paper; and our monthly newsletter is printed at the presses of the Davis Enterprise, a valuable community resource right down G Street from the Co-op.) We'll continue to evaluate them, and will use electronic means of reaching out as well.

Melanie Madden,

Marketing Coordinator

**Q:** Please paint the bench outside green again! I like it better because it symbolizes growth and is more pretty.

M.

**A:** We have no plans to re-paint the bench at this time. The suggestion to paint the bench the same terra-cotta color as the beams on our patio came to us from Maintenance.

Continued page 15

# the Co-op Calendar

## Wine and Beer Tastings

### Holiday Port & Dessert Wine Tasting

Friday, December 10,

6:00 to 8:00 p.m.

#### Co-op Conference Room

\$1.00 per taste. Proceeds will benefit the Davis Farm to School Connection.

## Class Schedule

Classes will resume in January. The schedule will be available on our Web site and in the store the first week of December. Gift Certificates are available!

## 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, December 9. 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@daviscoop.com](mailto:jcross@daviscoop.com)

## Special Events

### Annual Children's Candlelight Parade

Thursday, December 2, 5:00 p.m.

Line-up for the parade begins at 5:30 p.m. in the Co-op parking lot, and by 6:00 p.m. the parade departs for the E Street Plaza. For details see page 5.

### The 25th Annual Holiday Meal

Friday, December 24, 2010

4:30 to 6:30 p.m.

Veterans' Memorial Center  
203 E. 14th Street

A free, festive meal for the community, offering both a full traditional AND vegan menu.

Everyone is welcome to eat—no reservations required!

- Volunteer sign-up sheets available at the Co-op November 29.

- If you have prep experience and can volunteer for a food prep shift, e-mail Julie Cross at [jcross@davisfood.coop](mailto:jcross@davisfood.coop). Adults only, ability to lift 50 pounds required.
- Donations of desserts (homemade or store-bought) are always welcome—drop them off at the Vet's between 10:00 a.m. and 3:00 p.m. on December 24.
- Cash donations beyond the cost of the meal benefit hunger relief charities in our area. Donations can be made in person at the Co-op, or made payable to the 25th Annual Holiday Meal and mailed c/o the Davis Food Co-op Holiday Meal, 620 G Street, Davis, CA 95616
- Donations of wrapped candy, nuts, 10-inch by 10-inch squares of fabric/netting, and ribbon for gift bags can be dropped off at the Co-op.

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

December 28, 29, and 30,  
Noon to 5:00 p.m.

The "express" version of our usual summer training, this is a hands-on, 18-hour program designed to give teens (age 15 through 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, between Noon and 6:00 p.m.



Volunteers prepare food at the 2009 Holiday Meal

Angie's  
Hair Salon



Mention this ad to receive  
\$2 off your next haircut or  
\$5 off touchup color & perm

Free haircut with Full Color  
or Highlights!

Show your Co-op Member Card  
to save \$1 on any service

(530) 759-0775  
617 G Street 4A-4  
Davis, CA 95616  
(across the street from the Co-op)  
Monday-Friday 10-6  
Saturday 9-5

Upcoming Events at the  
IRH INSTITUTE OF  
RESTORATIVE HEALTH

The IRH welcomes Shelly Rodgers,  
RN, FNP-C

Shelly Rodgers has been a family nurse practitioner for 13 years and a registered nurse for 5. Her practice is built upon faith in the ability of the body to heal itself if given the right materials. She will assist you in building a diet that preserves and enhances nature's bounty in order for you to obtain optimal wellness.

Dr. Hassid's Healthy Living  
Workshop

Thursday, December 16, 5:00-6:30pm  
IRH founder Dr. Eric Hassid continues his renowned Healthy Living series. The December session will cover sleep. To sign up, please call IRH at (530) 758-4474 or e-mail [J.Petrovski@4lh.com](mailto:J.Petrovski@4lh.com).

1460 Drew Avenue, Suite 300, Cost: \$25

IRH Community Chamber Mixer

IRH will host the Davis Chamber of Commerce's evening Mixer on January 13 from 5-8:30pm. Light refreshments will be served. Come meet our Doctors and practitioners and learn how integrative health and functional medicine can make you healthier.

(530) 758-4474  
1460 Drew Avenue, Suite 300  
Davis, California  
[www.4rh.com](http://www.4rh.com)

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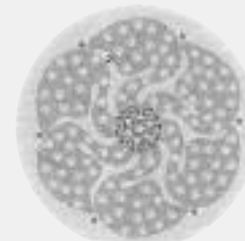
[www.cchvs.com](http://www.cchvs.com)

(El veterinario habla español.)



Order our new book  
*More Than A Theory: A  
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available today!



Laura Bealer, L.Ac.  
Acupuncture & Herbal Medicine

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Davis, CA 95616

530-304-6409  
[laurabealerlac@gmail.com](mailto:laurabealerlac@gmail.com)  
[www.laurabealerlac.com](http://www.laurabealerlac.com)

## CLASSIFIED

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

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

### CLASSES/EDUCATION

**ALEXANDER TECHNIQUE:** Free yourself from your own preconceived ideas about yourself. Stephen Brown, Ph.D., 757-2955, [sbrown@dcn.org](mailto:sbrown@dcn.org)

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

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

**EXPLORE YOUR CREATIVITY** Have you always wanted to be creative, but don't know where to start? Come experiment with the creative process in my Intro to Art-Making class. No art experience required. Contact Nicole: [nkdocimo@gmail.com](mailto:nkdocimo@gmail.com), 530-574-6696, [bluebicicletta.com](http://bluebicicletta.com)

**HAWAII YOGA RETREAT** May 15-22, 2011 at YMCA Camp Naue, Kauai. Your host, Cynthia Frueh, from Makoto Kai. \$1,000 includes: Yoga, 3 daily meals, shared cars & dorms. [makotokai-healingarts.com](http://makotokai-healingarts.com) 530-662-5662

**INSIGHT MEDITATION GROUP** of Davis Weekly Buddhist Meditation & Study Group, Thursdays, 7:00 - 8:30 PM Unitarian Church of Davis, 27074 Patwin Meditation, Tea Break, Dharma Discussion. Contact Jo at 530-867-5743 or [jocrescent@hotmail.com](mailto:jocrescent@hotmail.com) Web site: [www.davisinsightgroup.org/](http://www.davisinsightgroup.org/)

**LOOKING FOR A SOUL-CONNECTED SPIRITUAL COMMUNITY?** Davis Awakening to Spirit group meets 3rd Saturday of each month from 10-12. Group meditations and spiritual discussion and practices from mystics like Eckhart Tolle, Byron Katie, Pema Chodron. Contact Deborah Cohen, MFT: (916) 491-1216; [www.soulwisdomtherapy.com](http://www.soulwisdomtherapy.com), [debcohen@hotmail.com](mailto:debcohen@hotmail.com)

**MASSAGE CLASSES OFFERED IN DECEMBER:** Sports, Lymphatic, Myofascial Massage, and Massage for Seniors [www.mtidavis.com](http://www.mtidavis.com) 1920 East 8th St. Davis, CA 95616 530-753-4428

**MINDFULNESS-BASED STRESS REDUCTION** Programs and 1-on-1 sessions, Massage & Reiki. Denise Dempsey, CMT, a member of the Sutter Center for Integrative Holistic Health. 530-304-4341. [StressReductionPrograms.com](http://StressReductionPrograms.com)

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

**THIS DECEMBER, THE VOCAL ART ENSEMBLE** traces medieval Christmas texts to their roots, presenting a path of musical stepping stones through the ages. Concerts in Sacramento, Dec. 10; Dixon, Dec. 11; Davis, Dec. 12. For info; [www.vae.trug.com](http://www.vae.trug.com)

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

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

### PROFESSIONAL SERVICES

**ASPIRING OR COMMITTED VEGETARIAN?** Get weekly vegetarian cooking inspiration from a local Davisite 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!

**AVAILABLE FOR DIFFERENT REASONS ALL SEASONS:** Loshandra: Piano instructor—all levels; Guitar—beginning; Yoga therapy—private and classes; Shiatsu therapy—40 minute treatments; Face art—all occasions. 530-400-5860, [Loshanti@gmail.com](mailto:Loshanti@gmail.com)

**BELLAGIO DESIGN & PHOTOGRAPHY** specializes in portraiture on location, weddings, and other events. We do retouching and photo restoration. Visit at [www.bellagiophoto.com](http://www.bellagiophoto.com) and contact Svetlana Kitson at (530) 220-4823 or [info@bellagiophoto.com](mailto:info@bellagiophoto.com).

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**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

**GUITAR AND OTHER FRETTED INSTRUMENTS** professionally repaired and adjusted. Recycled guitars for sale. [Frettedstrings.com](http://Frettedstrings.com), email: [repair@frettedstrings.com](mailto:repair@frettedstrings.com) or call 530 304-1886.

**HOLIDAY PET SITTING:** Dog, cat, and exotic pet sitting in your own home. Mid-day dog walking available. Reasonable rates. Bonded, licensed, and insured. Contact Diane at Purrfection Pet Watch, 530-756-7157.

**LOVE'S DRY CARPET CLEANING** Organic Green Seal Certified process Check Out Our Online Specials [loves-drycarpetcleaning.com](http://loves-drycarpetcleaning.com) 530.312.9337

**SPANISH LANGUAGE TUTOR/TRANSLATOR:** All ages and levels welcome - Individual classes in a relaxed atmosphere - UC Davis teaching and translation of agriculture, biology and history topics background - Specialized translator of Old Spanish, 15th. - 18th. century. Please call Beatriz at (530) 757-2538 or e-mail her at [beatrizcabezon@gmail.com](mailto:beatrizcabezon@gmail.com)

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

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**WILSON CHIROPRACTIC** "The Natural Approach" Serving Davis since 1977 - Safe and experienced Chiropractic care to gain and maintain Better health. Learn more at [www.davischiropractor.net](http://www.davischiropractor.net) or call 530 753 2182! Your Friendly Neighborhood Chiropractor!

## Suggestions

Continued from page 13

nance staffer Esteban Corrales, and we rather like the way it looks!  
Melanie Madden, Marketing Coordinator

### IN BRIEF

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

- Whole Soy 24-ounce size
- Monterey Pasta Herb Alfredo Sauce (in fresh pasta case near eggs)
- Organic Pastures Raw Milk (quarts) on bottom shelf with 1/2 gallons
- Anheuser Red Bridge, Lakefront, and Bard's GF Beers

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

- BPA-free mason jar lids
- Full Lunch Box Sets

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

### EVENTS

**TRUNK SALE:** Hand-bound books, hand-crafted jewelry of silver, glass, semi-precious stones by Rae Gouirand and Amy Radbill. December 4, 2010, 2:00 p.m. to 6:00 p.m., 2452 Bucklebury Road, Apt. 6, in Village Homes. [amymorgan95616@gmail.com](mailto:amymorgan95616@gmail.com) or [rgouirand@gmail.com](mailto:rgouirand@gmail.com)

### FOR SALE

**YOSEMITE TREE PRINTS** and Aztec-motif original lithographs, professionally framed. Best offer. Wood bridge chairs/patio chairs (2), 20\$ OBO. 530-297-1657 evenings.

### HOLIDAY GIFT OPPORTUNITY

**SEEKING GIFT-GIVING ALTERNATIVES?** Redbud Montessori, a non-profit 501 3c preschool and kindergarten, welcomes contributions toward tuition assistance and our annual auction fundraiser. Give the gift of learning to Davis children! Please contact Karen Gill, Director at [karen@redbudmontessori.org](mailto:karen@redbudmontessori.org) or the school at 530-753-2623.

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

- St. Benoit Plain Yogurt in small size

**Not available from our suppliers:**

- Almond Flour
- Sierra Nevada Cheeses (out of stock)

**Discontinued by the manufacturer:**

- Julie's Strawberry Sorbet



**Bernadette Balics**  
530.756.2078  
[bbalics@cal.net](mailto:bbalics@cal.net)  
[ecologicallandscapedesign.com](http://ecologicallandscapedesign.com)



Peter Case	12/2
Hot Club of San Francisco	12/3
Rick Estrin & the Nightcats	12/4
Gene Taylor Blues Band	12/11
Christmas Jug Band	12/19

**And much more!  
Check our website for upcoming events.**

**13 Main Street  
Downtown Winters  
530-795-1825  
[www.palmsplayhouse.com](http://www.palmsplayhouse.com)**


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

## JOIN US FOR THE ANNUAL CO-OP HOLIDAY MEAL

Veterans Memorial Center

Friday, December 24, 4:30-6:30

For details see page 14



### HOLIDAY HOURS:

Friday, December 24; 7 a.m. to 7 p.m.

Saturday, December 25; closed, Friday, December 31; 7 a.m. to 6 p.m.

Saturday, January 1, 2011; Noon to 6 p.m.

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.