



# the Vine

The Davis Food Co-op Newsletter • February 2012



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

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# The Vine

THE DAVIS FOOD CO-OP  
MONTHLY NEWSLETTER

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## Co-op Principles

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

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

## Davis Food Co-op 2011-12

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

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FROM THE  
EDITOR

## The Vine is Looking for Writers!

We have a few openings for volunteer writers—care to join us? Writers should have a strong sense of the Co-op and its mission and readership, the ability to conduct research and interviews, a basic sense of how to compose an article for a magazine, a clear understanding of what plagiarism is and how to avoid it, decent grammar and punctuation skills, etc. All pretty basic stuff—we're not looking for seasoned journalists here (though we'll certainly be glad to welcome them into the fold).

While we can't promise publication every month, we will give you Super-worker credit each month you write for us (that's 16.5 percent off your Co-op purchases...not to mention the admiration of your fellow Co-op members). Another advantage: This is a pretty great way for aspiring writers to build up their credits.

Interested? Please send an introductory email and a relevant writing sample to Amy Radbill, editor of *The Vine*, at amymorgan95616@gmail.com. Please understand that we can't accept everyone, but we will certainly consider and respond to all applications. And thank you!

# February: Take Back the Month

By Amy Radbill

(A version of this essay first appeared in this newsletter in February 2007.)

February is a month with an image problem. It's generally seen as the low point of the winter—a time when the excitement of various holiday celebrations has ended, and all we're left with is chill and damp and a lack of festivity and really good produce. And then there's Valentine's Day, which, depending on your outlook, is a nice little romantic holiday to break up the seasonal gloom, a depressing reminder that you have no one with whom to celebrate a nice romantic holiday, or a stupid Hallmark invention meant to force you to buy stuff and/or feel unworthy about your lack of romantic partner. Maybe for some of you it's a complicated mixture of the three.

But if you can overlook the damp and the chill (and here I have to admit to loving damp and chill), and the messy emotional messages of Valentine's Day (and now I have to admit that I've never bought into the whole Valentine's mess myself), it seems to me that February is a month ripe for some creative reclamation. It's a quiet month, whose name actually comes from the Latin word for "purification." It's also a preparatory month; a time of subtle shifts in light and weather—baby steps toward the return of spring. When I lived in the Northeast, I loved February for the hundreds of purple crocuses that would suddenly peek out from under dirty, tired-looking snow. Maybe February is a good month to take your own baby steps toward a new project, make your own subtle shifts in your life, find a few clumps of bright purple in the tiredness of late winter.

As for the actual holiday of hearts and flowers, if it's traditionally made you feel down in the dumps, why not reclaim it as well? Why not make this Valentine's Day

different? Over the years, *Vine* writers have come up with some really lovely alternatives to traditional Valentine's celebrations—holding a henna party with friends, volunteering, taking a single friend out to dinner, hosting a dinner party, launching a Campaign of Kindness. The idea is to do something positive, something that makes you feel good, something that offers love and kindness to someone else who might also be feeling a little down about Valentine's Day.

This month, two of our writers have written short essays on love and gratitude, but they're in no way syrupy, romantic fantasies. Both women talk about love (of several kinds) as a thing of everyday beauty, grounded in time and effort and, sometimes, even emerging directly out of heartache. Kathy Lorenzato's emphasis on re-envisioning pain or sadness into gratitude strikes me as particularly poignant and lovely.

Obviously, if Valentine's Day is working for you just as it is, then by all means, don't change a thing. I hope you enjoy it to the fullest. And if you just love this more-or-less final month of cocooning yourself in sweaters and drinking hot tea by a fire in the evening, then cocoon away. But remember that many people could use a little cheering this time of year. And remember how easy it is, and how great it feels—in any month—to cheer someone (maybe yourself) by offering them your love and gratitude.

Amy can be contacted at  
amymorgan95616@gmail.com

# Build a Cooperative Business: Invest, Participate

By Doug Walter,  
Membership Director

**T**hey were visionaries...and they liked to eat. Forty years ago, they got together and decided to start the food buying club that became the Davis Food Co-op. They wanted "food for people," and they weren't organizing a charity: They owned it, and now most of you reading this do too.

Our Co-op incorporated as a California cooperative corporation more than thirty years ago. We strive to profit in order to reinvest or distribute those profits to sustain our business, to strengthen our cooperative, and to benefit our members. For the past four years, to strengthen our cooperative by renovating our store, our directors have voted to retain eligible profits to restore capital and meet business needs. We renovated our store between 2007 and 2011; because of the money spent on equipment and building, and changes to the Davis grocery scene since then, we don't anticipate showing significant profits this fiscal year.

Any smart business listens to its customers. We are literally run by ours: Those directors are elected from consumer members, by consumer members. Feedback from shoppers and members, both positive and negative, has reinforced or changed our renovation decisions.

## Keep your card and make your investment

Is it time for you to receive a new Co-op card or key chain tag? Please call or email me if you or household members need a card. It's by far the easiest way to receive member prices at checkout.

Members remain in good standing by remembering to invest \$20 every year in Co-op shares. Unless you've reached the maximum level of investment, \$300, this year you will still have to invest \$20—or the amount that will raise your investment to a total of \$300.

Now is a heck of a good time to make that investment, because our mailbox and cashiers are just on the cusp of being buried under the March and April avalanche. That's right—once the *Notices of Share Assessment* goes into the mail, we expect we'll be inundated. There are more than 10,700 active Co-op owners. There might be 24,000 of us when you count household members. The Co-op will process thousands of investment transactions in a few weeks when the March 31 deadline rolls around.

The sooner you invest, the sooner we'll send the electronic pulses that extend the life of your Co-op card for another year. We'll also send you a mailing that tells you the number of your latest share certificate. You'll also receive familiar, but legally-required, information about share transfers, required investments, voting rights, and other matters regulated by our bylaws. Our bylaws are available at our website, in the store, or by

contacting me by mail.

If you'd like to make your share investment right away, we're running a share investment coupon on the corner of this page—just clip it out and send it in. Alternatively, you can tear off the top third of your *Notice of Share Assessment* when you receive it and use it as a "Share Certificate Coupon."

Let me know if you have questions or comments about membership at the Co-op. You can call me (or my desk) directly by dialing (530)758-2667, extension III. Or you can get an operator and ask to speak with the Membership Department.

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

## Member Orientation

Want to know more about your Co-op? Interested in volunteering? Just looking for some free entertainment? Attend the New Member Orientation ("old" members welcome) **at 6:00 p.m. on Wednesday, February 8, or Tuesday, February 21.**

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

*Now is a heck of a good time to make that investment, because our mailbox and cashiers are just on the cusp of being buried under the March and April avalanche.*

### MAIL-IN INVESTMENT COUPON

Shareholder Name \_\_\_\_\_

Member Number \_\_\_\_\_

I authorize the Co-op to assume that my mailing address is the same, because I'm mailing this coupon instead of a share certificate. A check or money order for \$20 in additional shares is enclosed.

**MAIL TO: Membership Dept., Davis Food Co-op,  
620 G St., Davis, CA 95616**

## STAFF PICKS



### JULIE LOKE, TEACHING KITCHEN ASSISTANT

Palacios Remondo La Vendimia Rioja 2010, \$13.99/750ml, Wine Department

"In the wintertime, I love red wine, and this one is my new favorite. It's very versatile, and pairs well with lots of different foods!" Speaking of food and wine pairings, Julie Loke chooses the snacks for our beer and wine tastings the first three Fridays of every month—join her from 6:00 to 8:00 p.m. in the conference room to see which pairings are on the table this week!



### ERNIE FELIX, FRONT END MANAGER

Cultured Kitchen Confetti Krout, \$5.99/16 oz., Produce Department

"I'm not usually a fan of sauerkraut, but I just fell in love with this product, which is milder and not as aromatic as standard 'krauts. It's chock full of beneficial live cultures, a beautiful color, and tastes good enough to eat straight out of the bowl. Plus, it's local, made right in Sacramento!"



### SALLY HENSEL AND LISE SMIDTH, CHEESE DEPARTMENT

Fiscalini Farmstead Artisanal Bandage-wrapped Aged Cheddar, \$24.79/lb, Cheese Dept.

"This is one of the first cheeses made in the U.S. to receive international recognition as one of the world's finest cheeses—and it's made right in California's own Central Valley! It's aged over 18 months so it's lactose-free, and made in very large, 60-pound wheels, which makes it one of the largest cloth-wrapped aged cheeses in America. Because it's aged in such a large wheel, and made with raw milk, it has a real complexity of flavor."

Meet the farmers behind Fiscalini Farmstead Cheese when they visit our store on Monday, February 13 at 6:00 p.m. Try a sample, and chat with Stephanie about their farming methods.



### KAREN POIRIER, WELLNESS DEPARTMENT

Johnny's Selected Seeds, \$3.99/pack, located in the Produce Department

"I'm so excited that we're carrying Johnny's Seeds! They are super-good quality, certified organic, and have a well-deserved good reputation. They are a favorite even among local farmers, so imagine how well they'll do in your home garden!"

# Are You Planning A Garden?

By Sandy Weaver

If you're concerned with the genetic diversity and heritage of our seed supply, consider planting your garden this year using heirloom seeds from Seed Savers Exchange.

Seed Savers Exchange (SSE) is a member supported nonprofit organization dedicated to preserving diversity among vegetable and flower seeds, and to sharing those seeds among members. Although membership is not required in order to purchase seeds, a membership with them is worth the small investment.

Founded in 1975 and located in Decorah, Iowa, the SSE farm has almost 900 acres where they preserve a seed bank of more than 25,000 rare and endangered vegetable varieties from all over the world. The preservation gardens on the farm have 23 acres of certified organic land, which are open for public viewing.

Thanks to Seed Savers' work, thousands of varieties of plants (and even animals) that might otherwise have disappeared are being preserved. They have a network of people committed to collecting, conserving, and sharing heirloom seeds and plants and they educate about the value of genetic and cultural diversity.

SSE's mission is easy to understand when you consider their apple preservation project. Numbers vary according to sources, but in the early 1900s, there were between 6,000 and 8,000 varieties of apples in the United States. Today, the vast majority of those are extinct—there are around 1,500 varieties still available, and only a handful of those are grown for commercial consumption. Seed Savers Exchange is working to halt this erosion of genetic diversity. They obtained as many of the pre-1900 varieties as they could, from government and private collections—all in all, about 700 varieties—and they developed the most diverse public orchard in the United States, where those 700 varieties of heirloom apples are on display. Seed Savers' Historic Orchard also contains many old varieties of grapes,

*Thanks to Seed Savers' work, thousands of varieties of plants (and even animals) that might otherwise have disappeared are being preserved.*

including more than 100 breeding lines from the collection of famed grape breeder Elmer Swenson.

Another Seed Savers program is preserving ancient White Park Cattle. This breed roamed the British Isles before the time of Christ, and is described exactly in ancient Celtic lore. Today, only about 800 of these extremely rare, wild cattle survive worldwide, including slightly more than 200 in the United States (and about 80 of those reside at SSE's Heritage Farm). These distinctive cattle have white coats, lyre-shaped horns with black tips, and black ears, noses, eyes, teats, and hooves. The cows are intelligent, alert, healthy, and are aggressive grazers that, conveniently, favor brush.

For \$40 you can become a member of Seed Savers Exchange for one year (or check out their longer term membership plans or their \$10 membership to their flower and herb exchange). As a member, you have access to thousands of heirloom vegetables, fruits, flowers, and herbs—many more than are available to the public through their online catalog. You will also receive various annual publications; and your membership fee will help support the genetic preservation projects at Heritage Farm.

Check out SSE's online store for seeds, books, and CDs and check out their website for their newsletter and listings of events and workshops: [www.seedsavers.org](http://www.seedsavers.org)

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



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

## Food Facts

By Julie Cross

**F**ood safety is a big topic at the Co-op, and I spend a great deal of my time on it. In fact, I spend what may seem an excessive amount of my own time reading and thinking about it, and I recently came to an important conclusion: After safe handling, I think the most important factor in food safety is to know the people who are making your food.

I think that even the best efforts of the government—and they do try, very hard indeed—to make Big Food safe food will result in, at best, a mediocre result. When your food goes to distant strangers, you just aren't going to make the same effort that you make for your neighbors.

So February is ♥ Your Farmer month at the Davis Food Co-op for very good reason: because we think the farmers who provide our food are working very hard to get us the best possible food. We'd like you to

get to know them, and to know your food. See the calendar elsewhere in this issue for opportunities to do just that!

And, in the meantime, here are a few food safety questions and answers that come up pretty frequently.

**Q: How long should my milk keep in the fridge? Mine keeps going bad before the expiration date.**

**A:** The sell-by date on dairy is how long it will keep until opened. Once you open the carton, most companies says the product is best if used within five days. That really depends on how you handle it, and the temperature of your fridge. If you find things going "off" more quickly than you think they should, you may want to invest in a refrigerator thermometer. You want your fridge to be at 40 degrees in the warmest part—try the thermometer in different spots in the fridge to be sure.

**Q: I'm allergic to X, and I'm worried about it contaminating the food I buy. Can you move it/stop carrying it?**

**A:** Grocery shopping is truly difficult for people with severe allergies, and bulk and produce are particularly difficult areas. Truthfully, while we all do our very best to keep bulk safe for everyone, it would only take a moment of inattention on the part of any one of our shoppers to cross-contaminate—just handling a scoop with hands that had touched an allergen would be enough for some folks. We very strongly recommend that anyone with a life-threatening allergy avoid shopping in bulk for that reason.

Cross contamination is also a concern in produce. We try to avoid or contain potential allergens in produce, but the truth of it is that while there is a small risk that a fresh chestnut might touch a pomegran-

ate and provoke an allergic reaction, there's a much greater risk that a shopper who had a peanut butter sandwich for lunch has touched that same piece of fruit. If anyone needs us to get a box of produce from the back for their selection, or if there's any other help we can offer, please let any clerk know and we'll do our very best!

**Q: Food from China. Safe or not?**

**A:** Great question! There are very real concerns about the quality of food imported from some countries, including China, but they are still deemed safe by the USDA. It's up to each of us to decide if we feel like it's good value. Both Cascadian Farms and Woodstock sometimes buy Chinese produce for their frozen foods. If the country of origin is not the United States, that information is always on the label for frozen produce.

**Q: Why is there a lead warning sign on the balsamic vinegar?**

**A:** Grapes may pick up naturally-occurring lead from the soil that they are grown in, and that lead may then be present in products made from those grapes. Balsamic vinegar is often made from grapes grown in Modena, which seems to have a higher concentration of lead in the soil, and thus in the end product. According to information in the *San Francisco Chronicle* (when this story originally broke in 2004), the allowable amount of daily lead exposure under Prop 65 reflects a 1,000-fold safety margin. In other words, that level is 1,000 times lower than the level that would cause an observable effect in animals. Although the levels vary a great deal from brand to brand and batch to batch, most of the data I see puts lead content at around .3 parts per million, well under the Prop 65 "Safe Harbor" limit (with the huge safety margin) of .5 parts per million.

**Q: I hear a lot about ground beef recalls. Where does our ground beef come from, and is it safe?**

**A:** Ground beef recalls are almost always of "industrial" meat, ground in large facilities using meat from many different sources. When you handle meat like that, just one bad source can contaminate the entire batch of thousands and thousands of pounds, because the contaminant is dispersed throughout the machinery. The Co-op grinds our own beef, from meat purchased from a single source. That significantly reduces the risk of contamination and limits the possible scope, since our machine is cleaned after each small batch. Incidentally, this lets us control exactly what goes into our grind, which helps ensure great quality along with safety.

# BULK BUYS



## Vegan Rice Pudding

By Sarah Mandel

**H**ave you ever seen any really old recipes? "Receipts," they're often called, and they pretty much assume that not only do you know how to cook, you know how to do all the processes that lead up to it. For example, chicken and dumplings. "Take one large hen, kill, clean, and stew until tender." That's a couple hours of work right there. Most of us wouldn't know how to do it, and that's just step one.

Nowadays of course, recipes are highly detailed, and tend to be extremely specific. People make their living out of being the one who knows how to do it right, the best way, and if it gets a little obsessive, well, people respect that, don't they? However, it may not make an ordinary person want to get involved in the process. Too much equipment, not enough time. We all have so much to do these days.

This column requires me to

come up with an original recipe every month, and usually that's not too much of a problem. I don't generally cook with recipes unless I am doing fancy baking, which practically never happens. So everything I make is more or less original anyway. I learned to cook from my dad, who learned to cook from his mother, whose recipe for chicken would begin as described above, if she had ever written it down. It's a simple principle. You take what you have and put it together in the best tasting way you can come up with.

So entering recipe land has been eye opening for me. I dream something up, and then I fine tune it a bit, and then I try making it. Usually it comes out fine, but because I've begun working with more exotic ingredients lately, sometimes I get something a little different than what I expected. Take this month's rice pudding.

I have friends and family with various food limitations, including

cow's milk, butter and olive oil, and eggs. So the challenge I set myself was to make a rice pudding that doesn't include any of the above. I had a cup of tea at my favorite hangout and stared out the window and thought it through and came up with a pretty good plan. Went home and made it, and although it was slightly oily and not quite as pudding-ish as I had hoped, I took it to the social gathering where I try things out, and everybody gobbled it all up. Good, I thought. I've got it.

But I'd made my original with some very expensive fancy rice, just because I could, and I thought I'd try it with some garden variety short grain brown rice like we eat all the time. I didn't have quite as much rice as I would have liked, but I figured that would just make it creamier.

Wrong. Somehow the coconut oil separated out, and I was left with what looked like oatmeal with dried fruit in it floating in hot oil. Dang! My tasters said it was delicious once we poured off the extra oil, but now my pride was challenged.

I made another version of my original, but since the fancy rice triples in volume when cooked, I increased the amount of hazelnut milk and tapioca flour and baked it at a slightly lower temp and got a really good-looking and tasty outcome. So it was the oven heat that caused the oil to separate out. I'm still working on the brown rice/white rice versions of the same pudding, since I don't want people to think they can only make it with fancy rice. However, each rice I work with has its own set of rules, and requires a bit of fine tuning. Brown rice gets mushy, white rice tends to get dry, and once you know that you adjust the recipe accordingly.

Nonetheless, all my wacky puddings were good enough to eat, and they were eaten enthusiastically. And they were recognizably tasty versions of pudding, which is good news for people who haven't had any pudding for a long time because they couldn't eat the stuff it was

made of. And this leads to my final conclusion about recipes, old and new. Unless you have 25 cooks in a commercial kitchen, working toward some sort of platonic ideal that your loved ones may not be able to eat in the first place, results will vary. If you work with what you've got, there's a certain amount of variation, and that might even be the good news.

### VEGAN TROPICAL RICE PUDDING

(No dairy, no egg, no gluten)

- 1 cup red jasmine rice, uncooked
- 2 tablespoons coconut oil
- 1/3 cup tapioca flour
- 2 cups hazelnut milk
- 1/3 cup sugar or honey
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 teaspoon grated lemon or lime zest
- 2 tablespoon lemon or lime juice
- 1 cup coarsely chopped dried fruit (pineapple, papaya, and/or mango)

Rinse rice and cook in 2 1/2 cups water; set aside to cool. Preheat oven to 325 degrees.

Melt coconut oil over very low heat, and stir in tapioca flour. Stir in hazelnut milk with a whisk, a bit at a time, so that the oil and flour are evenly mixed and dissolved. Cook this milk mixture over medium heat just until it thickens, stirring frequently to prevent lumps.

Stir in sugar or honey, salt, vanilla, lemon or lime zest, and lemon or lime juice until well mixed.

Mix together cooked rice and dried fruit until fruit is evenly distributed through rice and rice kernels are not in clumps. Add seasoned milk mixture to rice and dried fruit and mix well. Spread mixture in a lightly oiled two-quart glass baking dish and bake for 40 minutes.

Serve warm or cool. Makes eight servings.

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

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# The Last Crop

*Film Screenings and Discussions Supporting One Farm at a Time*



To enjoy local food, we must preserve our local farms. *The Last Crop* is a documentary film that tells the story of Jeff and Annie Main, who, like many farming families, confront an uncertain future as development impinges on their rural community and their children choose careers off the farm. What sets the Mains apart is their resolve to ensure their land will be affordable and productive for future farmers.

One Farm at a Time is a collaborative project that is raising funds and awareness to protect the Mains' farm, Good Humus Produce, and eventually other local farms to ensure opportunities for young farmers and sustainable sources of local food for generations to come.

One Farm at a Time has raised about \$200,000 toward the purchase of an easement to protect Good Humus in perpetuity. \$4000

in matching funds have been offered by the Sacramento Natural Foods Co-op, Davis Food Co-op and Twin Pines Cooperative Foundation to encourage individual donations at upcoming events over the next month. This is an opportunity for everyone to invest in the future of local food!

An upcoming screening of *The Last Crop*, with a panel discussion to follow, will be hosted by the Agricultural Sustainability Institute at UC Davis. The panel will be moderated by Dr. Shermain Hardesty of the UC Small Farm Program, and will include a discussion with filmmaker Chuck Schultz, farmers, Melanie Madden of One Farm at a Time, and others who have a stake in ensuring the sustainability of small farms.

## Screening of *The Last Crop* and panel discussion

**When:** Thursday, February 9, 6:30-8:30 pm

**Where:** 1322 Storer Hall, UC Davis Campus

**Cost:** Free

**Parking:** Campus Parking is available in VP Lot 15 (California Avenue) for \$7

*For information about additional screenings in coming months, please see:*  
<http://thelastcropfilm.com/blog/screenings/>

*For more information, visit:*  
[www.onefarmatotime.org](http://www.onefarmatotime.org)  
[www.thelastcropfilm.com](http://www.thelastcropfilm.com)  
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The Davis Food Co-op's 6<sup>th</sup> Annual  
**Souper Bowl Benefit for Elderly Nutrition**  
Sunday, February 26, 4:30-6:30 pm  
Veterans Memorial Center, 14th & B Streets, Davis

Featuring delicious soups from some of your favorite local restaurants—including Seasons, Monticello Bistro, Café Italia, Tommy Jo's, Dos Coyotes, and more! Admission includes tastings of all soups, beverages, live music, and your opportunity to vote for your favorite soup. Tickets sell out fast, so get yours today!

Ticket sales begin February 1<sup>st</sup>  
Adults \$10 advance, \$15 at the door  
\$3 for children



# The Yoga Seed Collective



By Rae Gouirand

The story of how The Yoga Seed Collective, Sacramento's only donation-based, 501(c)(3) nonprofit yoga studio, came to open its doors in October of 2010 is one of my favorite examples of how much magic gets made by local co-operative types.

Seed's executive director, Sara Johnson, first envisioned a studio free from the typical commercial influences that shape most studios, an alternative space "where regular people (not necessarily 'yoga people') could come and do yoga and be themselves, a place that was interconnected with the rest of our lives, a place that participated in the broader community."

(Sound familiar?)

"My monthly yoga membership was actually my largest expense after rent. This idea of donation-based really ignited after attending a yoga class at [donation-based] Yoga to the People in Berkeley. I checked out the non-profit Samarya Center in Seattle. I visited a non-for-profit sliding scale fee yoga studio in Portland. Yoga has in a lot of ways become a sport of privilege in this country.

"In addition to creating a more community-based feel, making yoga financially accessible was key to lowering the barriers that regular people feel keep them from the practice.

"My girlfriend at the time saw a space for rent in midtown, and said 'You should open a yoga studio there.' I laughed in her face.

"Then I started thinking about it.

"Then I started talking about it."

One local teacher Sara talked to connected

her to Seed's Operations/Creative Director Zack Pasillas, who she knew was looking to create some kind of yoga co-op.

Add: friends, brainstorming meetings, instructors' commitments, some fundraisers, some donations, and lots of creative thinking. Seed incorporated in April 2010, and celebrated its grand opening at the newly restored Shine Building at 14th and E streets six months later.

"We launched a calendar of yoga classes, taught then all by volunteers, and had three months rent-free to get the word out. We crossed our fingers, and we managed to pay the bills. By May of 2011, we were making enough to pay our teachers."

The studio has no debt, and no business loans.

And if you've ever been to the Seed, you probably have a gut sense as to why it's succeeded. It takes a good brain to run a business, but it takes a truly fine group of hearts to run a yoga studio that keeps people walking in the door like they own the place. Drop in to visit any of Seed's 15 or so weekly classes and you'll experience something that smacks of the neighborhood watering hole as much as a church: people checking in with each other, lazing upon the random couch, enjoying the constantly shifting constellation of work by local artists, browsing the lending library of yoga-related books. Drop your donation in the donation bowl, unroll your mat, and experience a whole new level of gear shift.

Because, as at any co-operative, donations to Seed feed not just the studio business, but the studio community. The suggested donation range of \$7-15 per class helps keep the bills paid, but trade options are available for those who have trouble meeting the minimum suggested donation, and no one is turned away for lack of funds. "One supports the community when they have the means to do so, and one is carried by the community when they need it. All of this encourages faith in the community, and also asks one to get involved in it to make sure it stays strong."

*...an alternative space "where regular people (not necessarily 'yoga people') could come and do yoga and be themselves..."*



In its second year, Seed's wish list includes additional donations and grants to provide outreach programming to communities that could benefit most from yoga: recovery centers, elderly homes, afterschool programs, juvenile halls.

"We need: People! who want to be on the financial development team, canvas community businesses, and research and secure funding opportunities. Monthly sponsors! anywhere from \$30/month individual sponsorship to \$100,000 and more from corporations and business leaders. Just \$200 can cover the cost of a six-week yoga course that can really make a difference for those in a vulnerable/underserved population."

The studio could also use a new MacBook, 30 more yoga mats, and monthly sponsors to help cover basic monthly costs.

What does Sara want the community to know most of all about Seed?

"All of this is done for the benefit of others."

The causeway's not that long, my friends. If you haven't been already, you really should give the Seed a visit.

To learn more, view a class schedule, check out upcoming events and workshops (Partner Yin? Deep Restorative? "Dharma Wheels of Steel?"), or make a tax-deductible donation of any amount (future sponsors, we're looking at you!), check out theyogaseed.wordpress.com.

Rae Gouirand is a writer and writing instructor in Davis. She blogs at [allonehum.wordpress.com](http://allonehum.wordpress.com).

# Lessons from the Easy-Bake Oven



By Suzanne Miller

When the topic of cooking comes up with friends, I eventually say “Well, if I learned to cook, anyone can cook.” I came out of graduate school with a love of all things Lean Cuisine and scattered bits of cooking knowledge. I had been a vegetarian for 10 years and preparing meat baffled me. I didn’t know how to put together a healthy, balanced meal, which was fairly disastrous for my health and stress levels. I ate out a lot.

Julia Child said if you want to save money on food, learn how to cook. In the past few years I’ve eaten cheaply—and more importantly, eaten well. Slowly I’m teaching myself to cook with the help of books, a few classes, and an appreciative husband. I have a modest goal: I just try to make myself make dinner most nights, and not stress if I need to take a

night off and get take-out or take short cuts. And I’ve learned a few things along the way that might make starting your culinary journey a bit easier.

Learn to make food you like to eat. I started with simple French and Italian food. One of the first things I made was French Onion Soup. On a cold winter night, it was heaven. It was also an “aha” moment along the lines of “Hey, I just might be able to cook one day.” For you it might be Lebanese, Thai, or even British food. As a bonus, traditional food cultures tend to use inexpensive whole foods and simple techniques. Living in California, you can find any exotic ingredient you crave.

Start slow. Don’t decide you’ll make all your own stock and pastry dough from scratch or start with some crazy French Laundry recipe that takes two days to make. Learn a few simple skills or adaptable recipes and build from there. Every once in a while you can take a class or try a new recipe. They

add to your overall skills, and over time you expand your comfort zone with techniques and your list of go-to recipes. Every once in a while I get burnt out and stick to old favorites (my family never gets sick of tacos, thank goodness) until I get the energy to learn something new.

Get a basic cookbook. There are tons of basic, comprehensive cookbooks. Browse and find one that speaks to you. Everyone has a personal favorite—me, I’m on my second *Joy of Cooking*. It’s geared toward home cooks, not aspiring sous chefs. I use it as a reference and jumping off point. I’ve accumulated other cookbooks along the way that inspire me to try new things, but I usually start with *Joy*. And take notes. Whenever I write a recipe, I try to write the date next to it and a few notes, even if it’s “this is great” or “never again on your life.” When I really have my act together, I jot down what we eat so I don’t forget the stuff we like.

Be prepared. Use your pantry and freezer. I can’t emphasize this enough. When I’m really tired and don’t know what to cook, I look at the pantry and freezer and think that I really want to order pizza but... I’ve got arborio rice, some canned chicken stock, some good parmesan cheese in the fridge.... Okay, let’s have risotto. If you have the basics you can always add fresh seasonal sautéed veggies or a salad and you’ve got dinner. Any recipe can be daunting if you have to go buy every single ingredient.

Consider asking for a slow cooker for your birthday. I’m still working on using mine regularly, but I have friends who swear by them. They’re especially good in the winter when you want a hot, home-cooked meal but don’t have time to prep dinner after work.

## My Pantry

I’m not afraid (okay, maybe a little), to tell you how little I know. But I have a few tricks that I’ve been able to use repeatedly with trips to farmer’s market to keep things seasonal. Remember that I have a bias toward slightly French/Italian food, so if you like Asian food you’ll buy Thai fish sauce before olive oil. My pantry always has:

- Chicken broth. I use it in risotto, polenta, soups and sauces, and for sautéing greens. Adds depth and nutrition. When I have my act together, I have frozen homemade stock or broth in the freezer.
- Lotsa cans. A variety of beans and diced tomatoes for quick vegetarian chili. Canned tomato sauce for pasta. Tuna for sandwiches, quick pasta, and Salade Nicoise.
- Grains. Brown rice, Arborio rice (for risotto), polenta, pasta. Complex carbs you can build on. Here I sneak in some boxes of Annie’s organic mac and cheese. For dinner I make homemade, but this is quick comfort food for lunch.

- Veggies on hand. Lettuce for salad and sandwiches. Onions and garlic for everything. Seasonal veggies and fruits.

- Basics. Favorite spices, good olive oil, favorite vinegar, good Parmesan Reggiano, baking supplies. I also like Asian food, so I also have some rice vinegar, sesame oil, and some other treats I’ve picked up along the way. I also like having roasted nuts handy.

- Frozen organic veggies. Not ideal, but lifesavers on busy nights. Frozen organic vegetables have saved me many a meal, especially in winter.

- Frozen pre-made pie crusts. The Davis Food Co-op carries organic, trans fat-free crusts that become quiche and yes, sometimes even pie. I always have a few in my freezer.

## My Recipe Basics

After you think about what foods you like, gradually start with a few basic recipes. Keep the pantry staples on hand. I have a few recipes that are adaptable to any vegetables in season or on hand. Develop your own roster and write it down. What can you cook? What’s missing? Is everything a variation on a pancake? Is it taco night every night?

- Quiche or your favorite egg dish. I developed my own version that fits into a 9” pie crust well. I usually have a little bit of milk, cheese, and eggs on hand, a pie crust in the freezer, and whatever veggies I can find.

We always have a few eggs handy, and they're great scrambled with veggies and wrapped in a tortilla.

• Soup. Another lifesaver. I have a few go-to soup recipes that I can pair with grilled cheese, or just some baguette and salad. Our favorites are tomato soup (sometimes with rice) and blended vegetable soups, thickened with potatoes or crème fraîche.

• A few meat dishes will do. Obviously this is for the non-vegetarians among us. I love roast chicken and pan-fried pork chops. For other people, it's rack of lamb or New York strip. Get a few techniques down for roasting or braising your favorite meat. Just remember, you don't need it every day. Michael Pollan suggests using meat as a flavoring, like crumbling some bacon on salad or baked potato or slicing some sausage to spice up canned pasta sauce or lentil soup. Also, it's worth it to buy sustainable and humanely raised meat, poultry, and dairy.

• Viva Italiano. There's life beyond penne pasta. Polenta and risotto have become foundation recipes for me, because they go well with any vegetable and grilled meat. For my sister it's lasagna and homemade Bolognese sauce.

• Learn how to build a meal. For some reason this baffled me for years. What should be in a dinner? Now I try for some sort of complex carbohydrate, protein, and vegetable at dinner. I developed a few ways of preparing each one so I can mix and match, depending on what I have on hand.

• Winter greens and other unexpected friends. If you think local, seasonal eating is just for August, try again. I experimented a few times and came up with ways to eat chard and kale that I can use all winter long. I put them in soup, with eggs, in burritos, on top of polenta...if you're sensing a theme here, you've got it. They're cheap and really nutritious. As you build your favorite meals, you'll find things that endlessly help you and that you find delicious.

• Lighten up. Sometimes we have waffles for dinner. Other days it's childhood favorites that are simply too embarrassing to describe in print. Yes, we should be eating three squares a day and 10 different types of vegetables and a sack of flax seed, but my feeling is that anything I eat now is a vast improvement on the stuff I ate during my formative years.

You will have disasters. Oh, do I have stories. There's the time I threw out an entire pan of kale and tofu and vowed never to touch either of those items again. The pizza for out of town guests that was raw on top and burnt on bottom (and I had no plan B). The raw Thanksgiving turkey (we were able to salvage it for soup, but seriously, that wasn't just embarrassing, it was a potential health hazard). My overcooked sautéed winter greens for Christmas Eve dinner that, while tasty, looked like a pile of compost on the plate. One near miss was a gallon of mole sauce that technically fell under federal toxic waste regulations. Luckily I made it the day before a dinner party and was able to substitute it with something edible.

But hey, who cares, right? I'm just a beginner.

*Suzanne Miller lives in Davis.*

# Gratitude

By Kathy Lorenzato

I left work the other day, and felt awash in gratitude that I still love my job. I knew I'd love it, even before I created it, but it's gratifying to know that I still feel that way 24 years later.

I've been in love with the same man since I was 18 years old. Since we are both now 56, that works out to be a really long time. When I look at him, however, I see Robert Redford, so it doesn't seem so long.

I may have low expectations, and I know I'm easily satisfied. But I'm also grateful for all the times when things didn't go my way—the setbacks, the disappointments, the losses. My generation was hooked on *The Prophet* by Kahlil Gibran, and I still find that his words resonate with me: "The deeper that sorrow carves into your being, the more joy you can contain." It was my typing job in the hospital basement for six years, and volunteering for three, that made me so grateful for the gift of 24 years as a music therapist on Pediatrics. It might not have ever happened.

The serial miscarriages that I survived made me realize just how deeply I wanted children, and yet I'm grateful for those years of grief and loss. I finally got the kids I needed and can't imagine my life without those two precious human beings.

I know I might be over the edge when I realize that I'm even grateful for migraines. Yes, migraines—the throwing up five times, it-feels-like-my-head-is-exploding migraines. But for me, they only last a day. Although they are far more painful than natural childbirth (and I pushed out a nine-pounder for my first baby, folks), when they are gone I appreciate feeling good on a whole new level. I don't take health

*Working with children who are facing the enormous challenge of living with chronic and even terminal illnesses is humbling... I appreciate life and health every day that I have them.*



for granted. Pain is so debilitating and can be all-consuming, but the day after a migraine, although it feels like my brain is bruised, I am deeply relieved.

Working with children who are facing the enormous challenge of living with chronic and even terminal illnesses is humbling. That also affects my "how did I get so lucky?" feeling. I appreciate life and health every day that I have them. I also tell people how important they are to me when I have the chance,

because I know that life is a temporary gig, and I don't want to waste it.

So lastly here it is, Co-op—I'm grateful for you and to all the folks who started you in the first place. I started shopping at the Davis Food Co-op when it was located in a tiny hole-in-the-wall on L Street, and have been a loyal customer ever since. I hate shopping in general, but I love going to the Co-op. There are cashiers who laugh when they see me for the second time in the same day. I tell them, "You have a discount for Superworkers, what about people like me who come here daily (or more)? You should have something for us super shoppers!"

The Davis Food Co-op has served our community for many years. When I talk about it in conversation, my friends sigh and say, "My town doesn't have a co-op." I realize, once again, that this store is not to be taken for granted, and how lucky we are as a community to have such a place in our lives.

*Kathy Lorenzato is a music therapist and has worked at UC Davis Children's Hospital for 24 years. She has shopped at the Co-op even longer.*

What's essential to me is embracing every little moment.

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# On Mutuality

By Georgia McKenzie

**P**ardon me. That sound you heard is me exiting the broom closet for moment. I'm certainly not a door slammer, yet there's a resounding finality to this gentle slipping out for a bit of a walk-around. But I have a good reason, I'm going to talk a bit about love. I've made my peace between my rational, science-loving self and my artsy-fartsy, ethereal, Tam O'Shanter-wannabe-mystic side. I just am. There's nothing to explain to anyone else. I like my pharyngular rss feed, my tech, my BBC science, my herbals and grimoires, and my tarot. There's a thread of commonality for me in all of them; I'm enchanted by meanings. Science explains what all this reality stuff means in a concrete fashion. The mystical stuff has the charm of history and fantasy with interesting esoterica.

One of the things I like is the old fashioned Rider-Waite tarot card deck. The images themselves are a bit quaint, enigmatic—which befits their purpose of contemplation. Of all the many, many cards that refer to love and relationships, the Two of Cups is one I favor. It speaks to me of more than what people think of

when it comes to love and partnership. On this card, you just see two people, holding onto a cup with both hands. The first conception of love is usually passion. A person makes your heart beat faster, they make you swoon. It's heady and distracting, better than chocolate, more fun than a gallon of coffee and 20 hours of Warcraft (you will have to fill in your own fun thing, people). To me, the Two of Cups is about the solidity of real love. It isn't flashy or showy. It's not the Lovers card, with two jaybird nudes frolicking beneath the two trees from the Garden of Eden, the Angel Gabriel floating over them.

That's some serious drama, for good or ill. Contrast that with the Two of Cups. Just two folks sharing a cuppa. It could be a good cup, it could be a bad cup, but it is just the two of them. Holding on with both hands. When relationships work—and let's be frank, even long term ones don't always work all the time—this is the essence of why they work. You are sharing your life with someone, and you are both holding on to each other and what you've built. It's not filled with crazy drama. That's for beginners, people who can't mature past the need for thrills in everything, every

time. People who don't understand that the reason why music, movies, and books are memorable is because the exciting parts are balanced by codas. Lulls. Interludes. You deal with the boring marital issues like who used the last tissue and who will take the cat to the vet today. You pay bills, you eat a few meals together and collapse for a bit of a snuggle in front of the flat screen before you hit the sack, grab some sleep and do it all over again. Together. Until you both croak. At least that's the goal.

Sometimes, someone puts down that cup and walks away. But a lot of times, people do make it to that goal. I see it every day: A husband caring for his wife by making not-that-great-dinner-but-it's-dinner because she's working hard. And she'll eat the burnt parts, or the ants he did not see in the pasta, with good grace. A wife caring for her wife who has become ill and needs round the clock attention, but she can still see the vital woman she fell in love with. A husband who can't help tearing up because his daughter is going to make him a grandpa, and he still can't believe he got through training bras and first boyfriends. That's true, persistent, real love. Something we should celebrate every day.

*Georgia McKenzie is principle at uni multimedia and found the red ants to provide a nice zippy, pepper flavour and crunchy texture.*

## Co-op Offers Battery and Cell Phone Recycling

**G**reat news! Your Co-op is now collecting alkaline and lithium batteries, rechargeable batteries, and cell phones for recycling. The Co-op is partnering with the City of Davis to provide recycling receptacles for alkaline and lithium batteries. And in order to provide Co-op members and

shoppers with a convenient way to properly dispose of other types of batteries, the Co-op is also working with Call2Recycle (<http://www.call2recycle.org/>) to provide a recycling collection box for rechargeable batteries weighing up to 11 pounds, including nickel cadmium (Ni-Cd), nickel metal

hydride (Ni-MH), lithium ion (Li-Ion), nickel zinc (Ni-Zn), and small sealed lead acid (SSLA/Pb), as well as cell phones and their batteries of any age and size.

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via [kvmr.org](http://kvmr.org) for details.

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# Our Members Are the Greatest!

**Q:** You guys are great.

Anonymous

**A:** Why, thank you! It's always so lovely to receive a note letting us know when we're doing a good job. If we've delighted you, we encourage you to please tell a friend—by the same token, if we've disappointed you, please let us know so we can make it right!

Melanie Madden, Marketing Coordinator

**Q:** How about online cooking class registration with payment at the registers?

J.L.

**A:** Look for online registration and payment in the coming months of 2012. We've also brought back the Class Pass, which allows folks to pay for classes up front for a slight discount, and take classes when you can.

Julie Cross,  
Education Coordinator

**Q:** Please drop merchandise which has hexane processed soy ingredients. It's an endocrine disruptor and neurotoxin/carcinogen.

Hexane is in Cliff Bars, Amy's Kitchen frozen food, Garden Burgers and most soy-based energy bars. Please take out TVP from your hot buffet vegan chili beans. TVP is GMO soy and TVP is processed with hexane. Hexane is banned in food products in many nations. Please eliminate GMO food from what you sell. Anything with high fructose corn syrup is made from GMO corn. 96% of conventionally grown soy / soy oil is GMO. 83% of non-organic corn is GMO and so is maltodextrin, which is made from cornstarch.

L.T., Eco-Gastronomy Educator

**A:** I don't care for soy protein or high fructose corn syrup myself, but I'm pretty sure people would object if we took away their Clif Bars and Dr. Pepper. We've chosen to offer education and allow people to make their own choices. Thanks for being part of that process!

Julie Cross,  
Education Coordinator

**Q:** I've wondered for some time why apples, pears, onions and other firm fruits seem to have more bruises from the Co-op than from other markets. Recently, 2 times, I've seen produce workers toss these from boxes to bins. Please put a stop to this produce abuse. Thank you.

A.

**A:** Sorry you had to witness the produce abuse; the Produce Department will be gentler with these items.

Elizabeth Davidson, Produce Manager

**Q:** I'm a transgender (F to M) and would like to see perhaps a gender-neutral sign posted on bathrooms, or even better, the addition of a

"real" gender neutral bathroom. I commented about this before but was not very specific. Partly why I request this is because when I used the men's room, I was frightened for my safety, yet I identify as male. I am a daily shopper here, too, and need to use the bathroom from time to time, finding myself in a quandary each time. Women's room = self betrayal; Men's room = Fear for my safety. Do you see what I mean? I doubt I am the only trans who shops here and finds themselves in the same quandary. I appreciate your consideration of this issue. Thank you.

A.

**A:** As I responded in the December issue of *The Vine's* Suggestion box, we understand that gender-neutral bathrooms are a more comfortable choice of public toilet for transgender and gender non-conforming individuals. Unfortunately, the space and budget required to build a third bathroom are beyond our means at this point. As future capital budgets allow, we will explore the opportunity to add a facility that is both gender neutral and family friendly. As always, we strive to be a welcoming place for all, and absolutely will not tolerate harassment of any member of our staff, our shoppers, or anyone who comes through our doors. If you experience harassment at the Co-op for any reason, up to and including your choice of restroom facilities, please notify management immediately.

Eric Stromberg,  
General Manager

**Q:** Today's pumpkin pie had too much cloves in it. Didn't seem cooked all the way in middle. In

past, several apple pies (lattice crust and two crust) were not cooked all the way—crust in center was raw/goosey. Thanks for taking my comments. Muffins are always great (and cookies)!

Anonymous

**A:** I'm sorry that you had this experience! If one of our products is ever unsatisfactory, please feel free to return it for a refund. I have brought your concerns to the attention of our bakery staff to insure that all of the items we bake in-house meet the highest quality standards that have made our DFC bakery famous.

Ronald K. Chan, Lead Baker

**Q:** Please make a gluten-free section in the store so people do not have to hunt for items!!

N.T.

**A:** The Co-op tries to accommodate the needs of an extremely wide range of special diet shoppers—vegans, vegetarians, raw foods, wheat-free, lactose-free, casein-free, dairy-free, macrobiotic, all-organic...the list is extensive, and ever-changing. Because of the scope and complexity of our members' needs, it would be awfully difficult to segregate food by special diet. We do have specialty shopping lists available for gluten-free, low sodium and other needs, and now host a gluten-free circle every first Wednesday of the month (please see [www.davisfood.coop](http://www.davisfood.coop) for details).

Julie Cross,  
Education Coordinator

**Q:** Local beers are not highlighted. Have a dedicated local beer section and reduce international beers.

Anonymous

**A:** We sign all locally produced (within 100 miles of Davis) with our "Local" shelf tags, and think this does a very nice job of highlighting our local products. Connoisseurs appreciate the diversity of beers that we offer, which does include many international brews; we would hate to disappoint them by limiting our selection!

Melanie Madden, Marketing Coordinator

**Q:** Show corporate ownership of various products—Burt's Bees, Dagoba, Green & Black, Odwalla, etc.

Anonymous

**A:** We have offered a brochure about corporate ownership of "natural" brands in the past, but due to the ever-changing nature of big business and corporate wheeling and dealing, it contains information that needs constant revision. We are currently working on a revised version of the brochure that should be available this spring; in the meantime, we encourage concerned shoppers to visit [www.responsibleshopper.org](http://www.responsibleshopper.org) to research different brands' corporate responsibility records.

Melanie Madden, Marketing Coordinator

**Q:** Pumping soap @ bulk soap bar is very messy. Too many bubbles come up and over. Maybe try a tube extension to reach bottom of bottle to be filled.

G.B.

**A:** Thanks for bringing this issue to our attention. We believe that keeping the gallon bottles of our bulk liquids full will alleviate the problem; please feel free to ask a

Wellness Department clerk for assistance if you need one of our bulk products refilled!

Rose McFadden, Wellness and General Merchandise Manager

**Q:** Why are your organic pomegranates so expensive? Trader Joe's sells them for \$1.50 apiece. It feels wrong to ask \$3 for a pomegranate - \$5.29/lb?

M.

**A:** The price was high when we were getting pomegranates from a local organic farm. Now that we order the organic pomegranates from a warehouse the price has gone down.

Elizabeth Davidson, Produce Manager

**Q:** Request that we carry peanut butter cookies. I would also like to be able to buy peanut butter cookie dough.

K.

**A:** We do carry DFC peanut butter cookies daily on the front bakery table across from the deli salad case. They, along with other DFC brand cookies sell out fast during the morning to late afternoons. The Bakery Department no longer carries peanut butter cookie dough on a daily basis. But every effort will be made to put together peanut butter dough per customer request. Just ask anyone behind the Deli counter and they would be more than happy to assist you.

Ronald Chan, Lead Baker, DFC Bakery

**Q:** Please, please, please unify your per unit prices. Beers vary by ounce and count. Make all beers by ounce. It's simple math. Thank you.

B.F.

**A:** As many of our shoppers buy single beers from six-packs, they appreciate the unit price of "per ct." to know the price at a glance for a single beer. Yours is the first request I've seen asking us to switch all of our beer unit prices to ounces; it could be done, but I have concerns

that this would have the net effect of making the simple math more difficult for shoppers who just want to know the price of a single beer.

Rachel Quinn, Scan Coordinator

**Q:** Thanks again for the new redone bathrooms. So long overdue!

P.M.

**A:** You're so welcome; we are really pleased with the results of our bathroom renovation.

Beth Tausczik, Store Manager

### In Brief:

#### We'll look into:

- Funnels
- More Hannukah items next year
- Gallo lower fat salami (as soon as it's available from our distributor)

#### Yes, we will provide:

- Cold, organic whole milk in a thermos at the coffee bar

#### Sorry, we don't have a source for:

- Crazy Rumors Lip Balm



Candy Kane	2/3
California Honey Drops, Arann Harris and the Farm Band	2/4
Honey Island Swamp Band	2/8
Gretchen Peters	2/9
Houston Jones / Susie Glaze	2/11
Jenifer Berezan	2/15
Red Wine	2/16
Mark Hummel & the Blues Survivors w/Little Charlie Baty	2/17
Skynnyn Lynyrd	2/18
Lake Street Dive	2/22
Chris Webster & Nina Gerber	2/24
Roland White's All-Star Bluegrass Band featuring Laurie Lewis, Keith Little, Bill Amatneek, & Patrick Sauber	2/25

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\$1 Million Community Challenge

The challenge is on!


Yolo FCU has made it our mission to save our community \$1 million in loan interest by June 30, 2012. Ready to save your share? Here's how:

- Refinance your higher rate auto loan from another lender
- Consolidate and save with our debt-consolidator personal loan
- Take advantage of our money saver mortgage loan

Once our goal is reached, we'll continue to spread goodwill with a grant of \$5,000 to a local non-profit or cooperative.

Visit [www.yolofcu.org](http://www.yolofcu.org) for details and to view our progress. Start reducing your debt and see how much you can save. Apply today!

Neighborhood branch opening  
March 2012 at 501 G St. Come by and see us!




lauren  
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**Limited Spring/Summer Sessions available in Davis**  
Co-op members book by March 1st and receive a 30 min session for \$150 with this ad.



# the Co-op Calendar

## Class Schedule

Unless otherwise noted (with an asterisk), all classes are vegetarian with vegan and omnivore options discussed. Most adult classes last roughly 2 hours; classes for kids are 1 ½ hours, and In Good Taste classes 1 hour. Classes are held at the Teaching Kitchen, 537 G Street. Please park in the Co-op parking lot.

Children's classes are divided into levels—choose the session at the right level for your child.

**Level 1 (roughly ages 3+ to 5):** speaks clearly and understands directions (two sessions are offered to accommodate demand)

**Level 2 (roughly 5 to 8):** can follow directions with help and supervision

**Level 3 (roughly 8 to 12):** reads and follows directions, needs help for new ideas and skills

Payment in advance is required to reserve a seat. You may make payment by mail to The Davis Food Co-op, Attn: Julie Cross, 620 G Street, Davis, CA 95616, or in person (cash or check only) to our store at 620 G Street. Payment is accepted at the door only if seats are still available—most classes fill up quickly.

### Kids Can Cook: Even More Cheese

Level 1 Fri., February 3, 3:45 p.m.

Level 1 Thurs., February 23, 3:45 p.m.

Level 2 Fri., February 17, 3:45 p.m.

Level 3 Fri., February 24, 3:45 p.m.

We'll make our very own ricotta cheese and bake it into a savory pasta dish. While it cooks, we'll have a little cheese tasting. \$20

### Bubble Trouble

Wednesday, February 1, 6:00 p.m.

The whys and wherefores of sparkling wine. Embrace champagne for dinner, parties, and brunch! Join Lis Harvey, of last year's Champagne Cocktails class, for a tasting and a bit of whimsical mixology beyond the classic Champagne cocktail.

Lis Harvey \$25

### Hands-on French Desserts for Your Valentine

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

Cœur de Crème, Napoleons, and more—learn the tricks and take home delicate, delicious sweets from your own hand for your sweetie!

Julie Loke \$40

### A Hearty Indian Brunch

Saturday, February 4, 2:00 p.m.

Impress your guests with easy, healthy brunch dishes that step outside the usual. Includes Upma (cous-cous with vegetables, ginger and green chillies), Khichdi (comfort food made with rice and lentils) Coconut, Tomato and Onion Chutney, and more.

Instructor: Viji Gururajin \$25

### Homemade Granola 101

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

If you can turn on your oven and set your timer, you have all the kitchen skills you need to have complete control over what goes into your breakfast cereal. We'll make delicious granola variations like Maple Pecan and Fruity Cranberry Apricot, but really the sky's the limit. Gluten-free.

Amy Radbill \$25

### Vegan Valentine's Treats

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

Even if you can't give your loved ones commercial candy hearts, you can still make them sweet treats so tasty, they'll be the envy of everyone they know. We'll show you how to make a few scrumptious candies and cakes that will be beloved by little and big Valentines alike. Gluten-free.

Amy Radbill \$25

### Dairy Free and Delicious

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

Going dairy free doesn't mean the end of creamy, delicious treats and snacks. We will make nut milk from scratch (it's easy), smoothies, pesto, spreads and frozen desserts with nuts, seeds, avocado, coconut and bananas. Food will still be exciting without the congestion and discomfort. Vegan.

Ilah Jarvis \$25

### Hands-On Chocolate Truffles

Sunday, February 12, 2:00 p.m.

Truffles are one part science and one part art. Learn both while you make your sweetie the perfect rolled truffle.

Instructor: Sarah Palmer \$30

### Gluten-Free Pasta

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

Join Amy Radbill for a gluten-free pasta party! Learn to make gluten-free pasta dough and turn it into spaghetti, linguine, lasagna noodles, or ravioli. You'll never want to eat store-bought rice noodles again.

Amy Radbill \$25

### Hands-on: All About Samosas

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

This Indian fried pastry stuffed with curried potatoes is the most popular snack in India and well known all around the world. In this class you will learn to make the dough and filling from scratch. Also we will make Potato puffs (aka curry puff), and the dipping sauces (chutney) to go with it.

Viji Gururajin \$30

### Budget Cooking: Cooking Ahead and Freezing\*

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

Amy's updated this classic class with all new recipes! If your budget or diet rule out take out, don't despair. Learn to cook when you have time, then freeze portions for later. Includes casseroles, stews, loaves and soups, as well as tips for making multiple meals in quantity. Gluten-free

Instructor: Amy Radbill \$25

### Hands-on Knife Skills 101

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

Pack up your knives and bring them along to this hands-on class. Learn basic cutting techniques, tricks and knife sharpening to make your cooking at home easier.

Instructor: Staff \$30

### Sourdough Sensations

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

Making delicious homemade sourdough foods is easy, economical and tasty. You'll learn how to create your own starter, kneading and rising techniques, and more. We will make a pizza crust, pretzels, and pancakes.

Rebecca Tryon \$25

### Hands-On Pressure Canning Vegetables

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

Pressure canning is an economical way to preserve vegetables long after harvest season. Learn the tools, techniques and science of home pressure canning. This is a hand-on class where you will prepare a jar of carrots to take home.

Dennis Zanchi \$30

### Veggie Teens Thai

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

Everybody loves Thai food! Learn how to make delicious vegetarian and vegan friendly Thai classics like Pad Thai, Pumpkin Tom Kah (coconut lemongrass) soup for a starter and fried bananas over vanilla ice cream for dessert!

Open to students age 12-19 only.

Julie Loke \$20

### Intro Buying, Storing, and Using Food

Wednesday, February 29, 6:00 p.m.

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

Dennis Zanchi \$7

## Special Events

### Wine and Beer Tastings: To benefit the Domes

February 3 – Local Beers

February 10 – All Things Pinot

February 17 – Sonoma vs. Napa

### BloodSource Blood Drive

Sunday, February 19, 1:00 to 5:00 p.m.

In the Co-op parking lot.

### Board of Directors Meeting

February 27, 7:00 p.m.

## Co-op Circles

(Like FaceBook, but Real!)

### Davis Food Writers

The first Monday of every month, 7:00 to 8:00 p.m.

in the Conference Room

Local food writers and bloggers are invited to gather for discussion, workshop and mutual support in our mission to produce delicious, delicious writing that matters.

### New Parent Network

Every Tuesday 10:00 to 11:00 a.m. for families with newborns; 11:15 a.m. to 12:15 p.m. for those with children six months and up

In the Teaching Kitchen. Free and open to everyone. Expectant parents welcome!

### Suburban Self Sufficiency

The first Tuesday of every month at 6:00 p.m.

in the Conference Room

Put the chickens to bed and come on down to our coop to discuss all things homestead related.

### Gluten-Free Group

The first Wednesday of every month at 6:00 p.m.

in the Teaching Kitchen

### Club Vegan

The first Thursday of every month at 7:00 p.m.

in the Conference Room

### DFC Knitting and Crafting Circle

The first and third Sunday of every month at 4:00 p.m.

in the Conference Room

Come knitters, crocheters, embroiderers all! Whether you've never picked up a pair of needles or you've been at it for years, you're invited! Join us to work on our projects, troubleshoot problems, and discuss favorites.

### ♥ Your Farmer

February Event Highlights

Visit our website for the full schedule

## 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 March issue is February 3. Submit your ad via email to [amymorgan95616@gmail.com](mailto: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 emails for classified ads received.

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

## CLASSES/EDUCATION

**COME EXPLORE THE BUDDHA'S TEACHINGS** in a friendly, participative setting: Thursday evenings at the Unitarian Universalist Church of Davis, 7:00 - 8:30, in the BridgeHouse. Tea included! Beginners, experienced practitioners, new and knowledgeable students welcome. Please visit [DavisInsightGroup.org](http://DavisInsightGroup.org) for more information or email us at [DavisMeditation@gmail.com](mailto:DavisMeditation@gmail.com)

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

**MOMS CLUB OF DAVIS:** Looking for fun things to do with your little one and a fun group of moms? Email us for more information ([momsclubofdavis@gmail.com](mailto:momsclubofdavis@gmail.com)) or check out [http://daviswiki.org/MOMS\\_Club\\_of\\_Davis](http://daviswiki.org/MOMS_Club_of_Davis)

**9 WEEK PARENTING CLASS**, based on book Parenting from the Inside Out. Thursdays, 7 to 9 pm, starting February 9. Cost: \$80/\$150 per couple. For information or to register, call 756-5525 (Linda) or 756-5420 (Barbara)

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

FarmLink works to preserve family farms and farmland in California.

### The Davis Food Co-op Souper Bowl

Sunday, February 26, 4:30 to 6:30 p.m.

to benefit The Elderly Nutrition Program, advance tickets available at the Co-op

Advance tickets: \$10/adult, \$3/kids 12 and under (adult tickets are \$15 at the door, if available)

Join us at the Veteran's Memorial Center for the sixth annual sampling of delicious soups from some of your very favorite local restaurants—including Seasons, Monticello Bistro, Caffe Italia, Tommy J's, Dos Coyotes and seven more. Admission includes tastings of all soups, beverage, live music, and your opportunity to vote for your favorite soup. Tickets sell out fast, so get yours today!

### Fiscalini Farmstead Cheese

Monday, February 13, 6:00 p.m.

Fiscalini says "the health and contentment of our cows is our livelihood" and their cheese certainly bears out their methods. Try a sample, and chat with Stephanie about their farming methods.

### E.A.T From the Garden

Saturday, February 18 11:00 a.m. to 1:00 p.m.

Meet high school students who grow some produce and buy the rest from local farmers to make and sell their own salsa.

### Organic Valley

Sunday, February 19, time TBD

Organic Valley is a great example of how large scale food production can work with local family farms. Come on by and meet the farmer!

### FarmLink

Monday, February 27, time TBD

## PROFESSIONAL SERVICES

**DAVIS COMMUNITY ACUPUNCTURE CLINIC:** Wednesday, December 28th, 9-4: Free treatments, no appointment needed! New patients welcome. Donations (jackets, blankets, canned goods, cash) for local charities welcome (not required). Help decide where donations go: email [itayneta@gmail.com](mailto:itayneta@gmail.com). Also see: [Davisacupuncture.com](http://Davisacupuncture.com)

**DISSERTATION COACH** Is an unfinished thesis or dissertation keeping you from completing your degree? Get support and get it done. Eve West Bessier, M.Ed., Certified Coach. 530-756-6021. [www.evestwestbessier.com](http://www.evestwestbessier.com)

**GIRL GONE GREEN SKINCARE** Organic skincare, natural waxing services, emphasis on local products. 305 D Street, (inside Smooth As Silk Day Spa) find us on Facebook or DavisWiki; call at 530.219.5822 for appointments.

**NEED GOOD PHOTOGRAPHY FOR A GOOD NEW YEAR? FRIEDMAN FOTOGRAFHY** offers natural, affordable photography (perfect for DFC members) for weddings, special events, and portraits. Contact [laurief@dcn.org](mailto:laurief@dcn.org) or 758-9668. [www.friedmanphotography.com](http://www.friedmanphotography.com)

**SHIATSU, OKASAKI RESTORATIVE MASSAGE**, certified. Tues. & Thurs 9:30-11:30 a.m., Weds. 7-9 p.m. Studio, 515 G St. near Co-op. Fair and affordable rates!! Loshan 530-400-5860.

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

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Order our book  
*More Than A Theory: A  
New Medical Paradigm*  
(explains chronic disease)

# We're showing our love for farmers all month.



See [davisfood.coop](http://davisfood.coop) for details; here are some highlights!

## LAST CROP SCREENING AT UC DAVIS

Thursday, February 9, 6:30pm

This screening of *The Last Crop*, a documentary film that tells the story of Jeff and Annie Main of Good Humus Produce, will feature a panel of speakers from the Agricultural Sustainability Institute and One Farm at a Time.

## FISCALINI FARMSTEAD CHEESE

Monday, February 13, 6:00 pm

Fiscalini says “the health and contentment of our cows is our livelihood” and their cheese certainly bears out their methods. Try a sample, and chat with Stephanie about their farming methods.

## E.A.T. FROM THE GARDEN

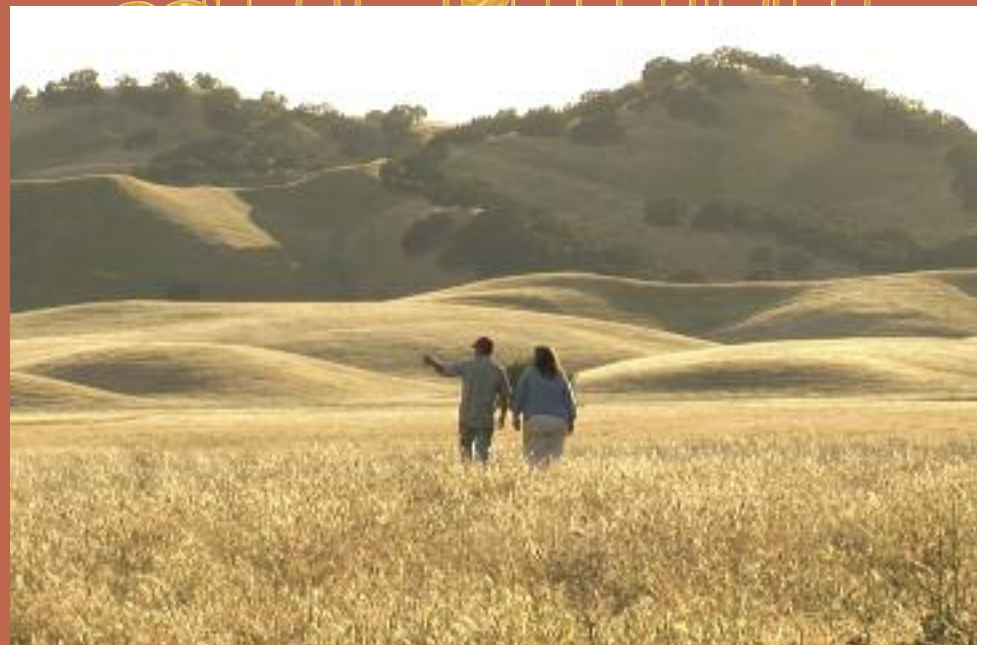
Saturday, February 18 11:00 am- 1Pm

Meet high school students who grow some produce and buy the rest from local farmers to make and sell their own salsa.

## ORGANIC VALLEY

Sunday, February 19, time TBD

Organic Valley is a great example of how large scale food production can work with local family farms. Come on by and meet the Farmer!



Jeff and Annie Main of Good Humus Produce

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