



MARIPOSA NEWS

SPRING 2011



Spring Greetings From Mary Anne

Even though we're barely drying out from the onslaught of drenching winter/early spring rains, our hopes are growing that spring is coming. The pansies in the planters outside of Mariposa are lifting their colorful faces and promising sunnier days ahead.

Mariposa is trying to gear up for the celebration of spring called Easter. Though Easter is celebrated in Christian countries as a religious holiday, the actual origins of this feast are pagan. The name Easter is thought to have come from the Scandinavian "Ostra" or the Teutonic "Ostern" or "Eastre", both goddesses of mythology signifying spring and fertility. Traditions of the ancient festival survive in the Easter Bunny, a symbol of fertility, and in colored eggs, originally painted in bright colors to represent the sunlight of spring. Mariposa Market will have its usual selection of Easter candies, flowers, and gifts. Make up your own rustic or "deco" basket with healthy chocolates, a pair of socks, and a spring-scented candle. We will offer traditional foods and pastries, as well.

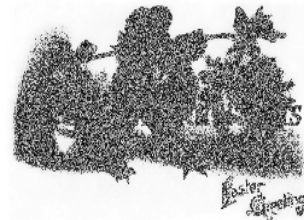
The produce department is starting to see signs of spring with sweet red strawberries and Californian asparagus. However, the scene in the produce world is still a little bleak. Prices are higher than

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Mariposa Café Notes From Dana

Good news for all our gluten-free friends! Sugar-Kat Kitchen is now in production. Once again she is supplying us with her delicious scones, crumb cakes, and other sweet treats. We're all happy to have her filling our shelves again. We are now featuring bagels, bialeys, and stuffed croissants (both ham and cheese and spinach veggie) from ZaZa's, our own locally owned bakery, bistro, and gallery. We are honored to carry their fine bakery products.

For a satisfying breakfast, purchase a package of Costarella Gravlox or Roundman's Smoked Salmon and top a toasted ZaZa bagel with this and some cream cheese---YUM! Paninis have become one of our top sellers and if you haven't tried one yet, I encourage you to do so. Be sure to call ahead and allow a least 10 minutes for cooking time. It warmed my heart to see our friends and neighbors gather in our cafe area during the confusing and frightening time of the Japanese earthquake and tsunami. It was encouraging to see the support and dialogue that came through our doors. We truly have a wonderful community.



Earth Day at Mariposa Market

Come celebrate Earth Day at Mariposa Market on Friday April 22nd when we will feature food tastings, informational displays, and a special drawing. We hope to see you there!

Hours

Mon-Fri	9-7
Sat	9-6
Sun.	11-4

Mariposa Market - 500 S. Main St., Willits, CA 95490 - Ph (707) 459-9630

“Butter Lotions” Skin and Body Care - by Trish

Happy spring! We have some new skin care lines for you here at Mariposa! Mychelle Dermaceuticals is a well known company with an excellent reputation for using pure nontoxic, therapeutic ingredients. There is a formulation specific for every skin type and need!

One of their most popular products is Sun Shield SPF 28. It offers powerful effective protection, yet is gentle enough for infants! We are also offering their Little Kisses Lip Colors and Cream Foundations. The foundations will provide light to medium coverage and naturally brighten your complexion. They say it will also diminish the appearance of fine lines and wrinkles! Alecia will be doing demos here from time to time and has a lot of knowledge about their products! We both will be happy to help you with any questions you may have.

The other new skin care line is Copper Moon Apothecary! This company comes to us not far from here in the Ben Lomond area near Santa Cruz! Copper Moon is dedicated to the wisdom of traditional healers and the use, formulation and application of herbs and other pure botanicals for the purpose of healing. The Apothecary uses only certified organic herbs grown in the apothecary garden, wild crafted or purchased from reputable sources when fresh herbs are seasonally unavailable. Their emollient oils and butters are fair trade organic and sustainably harvested. Only highly therapeutic grade essential oils are allowed in their healing formulas.

You might like to try the Almond Aloe spf 15+ Facial Moisturizer and their Rose Hips Night Crème. I and many of my co-workers particularly enjoy the Olive Oil, Comfrey and Calendula Healing Lotion! It smells delightful and sinks into the skin nicely. The price of these products is very affordable for such nice quality. I hope you enjoy them!

We have brought in more essential oils from Snow Lotus. These are very high quality practitioner oils. They are intended for clinical and home-care aromatherapy. We have new single oils and nice blends for your special needs. Snow Lotus Facial Serums are also available for each skin type. Snow Lo-

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Mary Anne - Continued from Page 1

we've seen, the result of a serious freeze in Mexico, lower temperatures and higher rainfalls than normal in California, and exorbitant energy costs. The winter citrus is at its sweetest now, and one commodity that hasn't been affected as severely as many others. Potatoes will be in short supply until May. Onions may become scarcer as well. Cauliflower, broccoli, celery, and all greens are higher in price than usual for this time of year. There is a shortage of some vegetables, and quality issues in others. Still, word is that our produce department has the tastiest selection and the lowest prices in town.

Mariposa Market is participating in a fund promoting raffle with our public radio station KZYX&Z to help raise money for this local treasure. There will be three prizes given, and these will be gift certificates for \$1500.00 each, to be spent at Mariposa Market, Ukiah Natural Foods Co-op, or Harvest Market. You must signify which market you prefer when buying your ticket, with only one choice allowed per ticket. The tickets are on sale here at the market for \$15.00 each and have a bar-code on them so that they can be rung up with your groceries. Please help us support our public radio station.

Word has it that work on our indoor water-dispensing machine is due to commence this week. We are also preparing to order new outdoor tables for our cafe patio.

Lastly, Camille Stuart, our beer and wine buyer who has brought us such a delightful selection, is going to be leaving us to deal with some pressing family matters. She will be replaced by Ree Slocum. Please address your alcohol-related questions and requests to Ree. She will be happy to assist you.



Radiation Detox - By Alecia

In lieu of the recent tragic events in Japan, and the environmental, political, and health issues that surround them, it is a good time to educate and empower ourselves. I would like to point out some of the supplements and foods that help detox the body, highlighting things specific for radiation detox.

These particular radioactive isotopes are among those with the greatest impact:

1. Caesium, which concentrates in the fatty tissue
2. Plutonium, which concentrates in the liver
3. Iodine, which concentrates in the thyroid and ovaries
4. Strontium and Uranium, which concentrate in the bone

Despite statements from officials and scientists that the contamination is not expected to reach our shores at dangerous levels, a massive panic fed by the media, has placed potassium iodide at the forefront as the supplement to take to ward off the dangers of irradiation. Potassium iodide, also known as KI, is a salt of stable iodine, not radioactive iodine. In times of nuclear emergency, taking KI is a way to saturate the thyroid gland, preventing the radioactive iodine from getting into this gland. High doses, such as 130mg., recommended by the Center for Disease Control, should only be taken in case of emergency, as too much iodine can have harmful side effects. Please note that this supplement, in high doses, does not work on a precautionary basis, and should only be taken by those who have been actually exposed to radioactive iodine. Increased demand in the U.S. has caused shortages in Japan, where the supplement is actually needed.

There are plenty of other ways that we can be proactive in protecting ourselves during this crisis. Maintaining a strong immune system through diet and supplementation is extremely crucial. Increasing fiber intake helps capture toxic particles present in the body and eliminates them from the colon and digestive tract. Grains, beans, and especially lentils which are said to reverse DNA damage caused by radiation, should be increased in the diet. Mineral rich foods like those in the brassica family and comestibles high in beta-carotene help protect our cells from the onslaughts of contaminants.

Superfood green powders and reishi mushrooms are beneficial immune system builders. Immune systems, weakened by radiation, can benefit from natural anti-virals such as olive leaf and colloidal silver. Other dietary recommendations include fish oil, especially from anchovies, mackerel, krill and sardines, fish lower

on the food chain and less likely to be contaminated. Or, if fish is not for you, consider avocado, flax seeds, walnuts, or cold-pressed olive oil. Another important group of foods are ones that are high in Nucleotides. Nucleotides are molecules that when joined together, make up the structural units of RNA and DNA. High nucleotide foods such as wheatgrass, spirulina, chlorella, and algae all assist in cellular repair.

Sea vegetables contain a polysaccharide substance called sodium alginate, which bonds to radioactive strontium and eliminates it from the body. In addition, their high mineral content inhibits the absorption of plutonium. Miso soup has proven to have an active ingredient called zybicolin, discovered by the Japanese in 1972, which acts as a binding agent for detoxifying and eliminating radioactive elements from the body. Bathing in epsom salts and baking soda, and ingesting clays such as bentonite are also good ways to cleanse.

In closing, it is hard to fault the U.S. consumers for their sense of self preservation, especially given the government's hesitancy to be truthful in informing the public during some crisis situations. However, emergency supplies such as potassium iodide need to go to those individuals who are in immediate danger. Just eat right and try to alleviate stress. Worrying could be the biggest threat we face.

"Butter Lotions" - Continued from Page 2

tus is local out of Sonoma County! You might like to create your own unique beautiful blends for yourself or your friends! We have essential oil burning pots if you want to scent your home!

Also in the fragrance world we offer you Pacifica solid and roll-on perfumes, with scents such as Tuscan Blood Orange (one of my personal favorites!), Hawaiian Ruby Guava, and Mediterranean Fig to name a few! I think you may also enjoy one of their glycerin bar soaps...perhaps Persian Rose? We have a few of their body butter lotions if you'd like to layer your fragrance for more effect. You can also mix Pacifica's scents to create your own! Anyway, rain or shine natural beautiful fragrances can enhance your mood! I'd like to mention we have some great books on essential oils, aromatherapy, and creating your own cosmetics in the book department! Enjoy!

“Sea Vegetables” - Mendocino Coast Miracle Food

By Terri

This past month with its horrific events in Japan has also brought tension to our little town. Fear of encroaching radiation from the melting nuclear power plants have many citizens worried about their own safety here in the U.S.. Although the radiation is unlikely to reach us here in significant amounts, we should still be aware of some of the incredible edibles available here at Mariposa Market, harvested fresh from our own Mendocino coast. Here is some information I gathered from our local harvesters to help entice you to try something new and introduce you to these mighty sea vegetables and their many beneficial nutrients.

Mendocino and Rising Tide's sea vegetables bring to the table 10 to 20 times more minerals and vitamins than land vegetables. All sea vegetables contain significant amounts of protein, sometimes as much as 48%. Sea plants are a rich source of dietary fiber. The large brown seaweeds, known as Kelp, Wakame and Kombu, contain alginic acid. Studies show alginic acids help rid heavy metals and radioactive isotopes from our digestive tract, as well as Strontium 90 from bones.

Traditionally in Asia sea vegetables are used to treat heart disease, hypertension, cancer, and thyroid problems. One exciting theory proposes that consumption of Kombu (*Laminaria*) explains the low breast cancer rate in post menopausal Japanese women. It is encouraging to know that studies of these plants are still continuing today for future recognition. Seaweeds contain vitamins A, B, C, and E. Many seaweed varieties contain vitamin B-12, a vitamin normally only found in animal products. Missing B-12 can pose a problem for people on raw, vegan, macrobiotic, and vegetarian diets, but seaweed just might solve the problem!

The mineral content in sea vegetables is extraordinary, and is probably at the root of most of their healing properties. Researchers suggest that the ability of seaweed to reduce heart disease and hypertension are based on the high mineral content of seaweed, particularly potassium, calcium, sodium, and chloride. The major minerals are instrumental in all kinds of life sustaining activities in your body. **MAGNESIUM:** crucial in calcium absorption, **IODINE:** thyroid function, **IRON:** blood oxygen exchange, and **CHROMIUM:** blood sugar regulation

These minerals in sea vegetables are more important to



humans and animals today than ever with the steady deterioration in soil, air, and water quality, as well as reduced seed vitality that are depleting minerals and other inorganic compounds from our food.

This and more information available at www.love seaweed.com

Here is a list of valuable sea vegetables available here in our store

KOMBU: makes great soup stock, softens beans and hydrates them with precious minerals

SEA PALM FRONDS: tender, crunchy “sea noodles” they are great raw, toasted, or in a stir fry.

DULSE: zesty raw or cooked, a delightful snack!

DULSE FLAKES: tangy, salty, sprinkle on anything

DULSE GRANULES: enhance raw or steamed land vegetables

BLADDERWRACK: a famous herbal remedy packed with healing virtues, use in tea or soup

SEA WHIP FRONDS: the most tender sea vegetable, sweet and salty, great raw or in soup

MENDOCINO MIRACLE MIX: a beautiful blend of 4 sea vegetables, Wakame, Kombu, Sea Palm, and Nori. This mix has a delicate flavor and is high in nutrients. A combination of the richest minerals that the sea has to offer! Just add to soup or chowder, stir fry or popcorn topper!

Well, I could go on and on, there is so much more to share! For now I would like to invite you to check out this amazing section of bountiful sea garden's harvest! And ONE more thing.....

NEPTUNE'S DELIGHT

1 Pkg. Nori and Wakame blend chopped small

3 Qts Water

1 Pkg. Sea Palm Whole (sea noodles)

Your choice of land vegetables, and as much as you want!

Mix together and boil 5 to 10 minutes...add Soy Sauce and Sesame Oil to taste.

Next remove vegetables and put into glass jar.

Add 2 Tbsp Soy Sauce, 1 Tbsp Honey, 2 tsp Vinegar, One Half Cup Sliced Onion, and 1 tsp Sesame Oil. Sauté 1 Cup cubed tofu and add to jar...marinate for 30 minutes. It's delicious over Brown Rice!

The Lagunitas Brewing Company

A Short History

Back in the early '90's, Tony Magee was looking for a way out. The Gulf War, the capriciousness of plying a trade in print sales, and most notably the IRS, seemed to conspire simultaneously to render this successful print salesman into an indentured servant to a tax bill - itself the product of improbable capital gains with a simultaneous near cessation of income. Tony needed an out, and acknowledging he would be a slave to the Feds for a few years to come, he decided his path lay in his new passion: Beer.

The craft beer movement had just started to get rolling. Drawing inspiration from the pioneers: folks like Anchor Brewing, Sierra Nevada, New Albion, Mendocino Brewing and Anderson Valley, Tony saw this nascent business as the place to make his mark. He'd been successfully home brewing for a couple years already, and had in mind a business making "vanity" beer for all the local restaurants and pubs in Marin County.

Working out of the back room of an old storefront just down the road from his home in Lagunitas, Marin County, Tony started brewing on a home brewer's three-tier brew-sculpture and quickly graduated to "the beast," a single-vessel seven barrel all-electric brewhouse. The beast is best known for knocking out power to a substantial part of West Marin on it's first brew, and nearly electrocuting it's owner in the process.

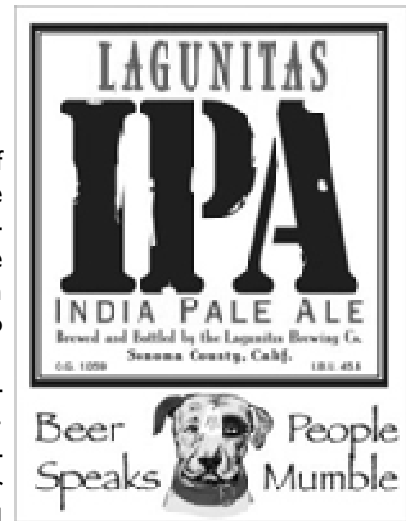
From those humble beginnings, Tony began a period he describes as, "being chased down the street by a pack of wild dogs." That full sprint run from wild dogs lasted more than 16 years as Lagunitas grew and learned the painful lessons all businesses must endure about the cost of inventory, the arbitrary nature of the commodities market (for grain and hops and glass and stainless steel) and the inevitable demands of the economy-of-scale necessary to actually make a profit in the craft beer industry.

Happily now Lagunitas can focus on just one thing: making good beer. And that they do. In addition to the prototypical west coast Lagunitas IPA, Lagunitas is now known worldwide for it's hoppy, happy, hippy take on traditional styles, with a bunch of "freestyle" brewing thrown in for good measure. IPA, New Dogtown Pale Ale, Czech Pils, Censored, Maximus, Imperial Stout and the newest addition to the permanent lineup, Little Sumpin' Sumpin' Ale, are all stand outs in their class recognized by discerning beer folk as being amongst the best craft beers consistently available. Lagunitas doesn't stop there: a constantly rotating cast of seasonal beers keeps the lineup fresh every month. Standouts in the seasonal lineup are the currently available Wilco Tango Foxtrot in 22 ounce "bombers" and Undercover Shutdown Ale in 6 packs. Other releases throughout the year like Brown Shugga in the fall, and Lucky 13 for the early summer, and Cappuccino Stout and Gnarleywine in the darkest part of winter not only introduce beer drinkers to the possibilities of craft beer, but also fit with the season in Lagunitas style.

The Lagunitas story has a happy ending, or should we say, middle - as their story continues - with a bullet! They could well be the fastest growing craft beer maker in the U.S., and certainly on the west coast. From private-label brews in Marin County, Lagunitas now ships to over 30 states, and enjoys success in such unlikely places as New York and Chicago, where beer drinkers recognize Northern California as being the birthplace of craft beer and Lagunitas as representative of the best. Though not distributed there (yet) Lagunitas' fame now extends to Europe, where their Pils and IPA have won Gold and Silver medals in prestigious worldwide competitions.

Mariposa is proud to feature Lagunitas IPA, New Dogtown Pale Ale, Little Sumpin' Sumpin' Ale as well as 12 and 22 ounce seasonals. In April we will have special pricing for the IPA 12 pack from the 11th-29th, and in May, Lagunitas IPA, New Dogtown Pale Ale and Pils will be on sale from May 16 through the Memorial Day weekend.

Still locally owned and operated in Petaluma, Sonoma County, Lagunitas continues it's tradition of re-investing in itself, funding it's growth with beer. To keep up with foreseen demand and the dream of bringing California craft



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An Oily Topic - By Marta



The controversy regarding cooking oils and fats is enormous, mostly due to the misinformation offered by the companies involved in the production of these oils. There are three factors to be taken into consideration when choosing any cooking oil. One is the smoking point. Two is the safety for cooking at high temperatures (not the same as smoking point). And three is the health benefits.

To determine which one is suitable for your purposes, you have to look at the content of the fatty acid types predominant in the oil, that being, monounsaturated, polyunsaturated and saturated. For example; Avocado oil contains 10% polyunsaturated, 70% monounsaturated, 20% saturated. Grape seed oil is 71% polyunsaturated, 17% mono, 12% saturated. Lard contains 11% poly, 45% mono, 44 % saturated.

Any oil that has a predominant amount of polyunsaturated oil should never be used for cooking –regardless of the smoking point. Oxidation and free-radical activity happens almost immediately upon contact with any degree of heat. Most of these oils are relatively new to our diets due to the modern methods of extraction, including solvents. These oils include grape seed, safflower, corn, sunflower, soybean, walnut, hazelnut, hemp, pine nut, pumpkin, wheat germ. Other more therapeutic oils high in polyunsaturated fatty acids are flax, cod liver, fish, borage, black currant, evening primrose. All of them contain high amounts of omega-6 which should only be consumed raw and organic and in very small amounts (1:1 ratio with omega-3, about 1 teaspoon/daily). They should all be kept refrigerated and away from the sunlight.

Oils that are predominantly monounsaturated are a bit more stable and can be used for cooking at very low heat. Oils such as macadamia, avocado, olive, peanut, sesame and rice bran are to be used in moderate amounts and also kept in the refrigerator. With these types of oils, you have to consider the amount of polyunsaturated versus the saturated oils that make it more or less stable. The more saturated the oil, the more stable it is. Mixing it with other more saturated oils also helps add protection to the polyunsaturated oils contained within it.

Despite the erroneously bad press they have been getting over the years, saturated oils and fats are the best choice for cooking at higher temperatures, and for your health in general. These include coconut oil, palm oil, butter, ghee, lard and tallow. They are extremely stable and can be kept at room temperature for months without go-

ing rancid. Of course, you don't want to use animal fat that has been reheated over and over again.

(Now, in case your "cholesterol police" put out the red flag, here is a reminder on what cholesterol is and what it is necessary for. Cholesterol is a molecule that is produced by almost every cell in the body. It is necessary for the repair of damaged tissue. It gives structural integrity to the cell membranes. It is necessary for the production of Vitamin D and bile salts. It is raw material for the formation of all sorts of hormones, important for the absorption of fat soluble vitamins A, D, E, K, critical for the development of the brain in babies and children... and the list goes on.)

All in all, these are some oils that should be avoided at all costs; canola oil, cottonseed and any hydrogenated and partially hydrogenated (trans fat) oils. They are highly processed, antinutritive, refined and possibly contain pesticides and solvents. So be aware of ANY type of commercial shortening, imitation cheese and even croissants (make sure they are made with real butter), chips, cookies, etc, etc, etc. I got a little off the topic there

For more information on oils and fats, here are some sources. "The Oiling of (North) America" by Sally Fallon (also on DVD) available from www.consumerhealth.org/ articles, "Know your Fats" by Mary G. Enig, and "Fats That Heal, Fats That Kill" by Udo Erasmu.

Lagunitas — Continued from Page 5

brew to the entire country, Lagunitas is currently breaking ground on a new state-of-the-art 250 barrel brewhouse at their Petaluma brewery. Lagunitas enjoys having the number one IPA in California, which is fast becoming the number one IPA in the country. All of this built on a reputation for good beer alone. Lagunitas relies on a community-based approach to getting the word out on craft beer, eschewing traditional beer marketing. The brewery is famous for supporting musicians, music festivals and most importantly, locally-based charitable organizations with the philosophy that helping communities directly is better for the community, and as it turns out, better for the beer.

As they say at Lagunitas, "Beer speaks, people mumble."