

January 2012 Newsletter

Notes from Mary Anne

HAPPY NEW YEAR! The beginning of the year always seems to pose opportunities to kick-start health and fitness resolutions. It is at this time that many people make changes in their diets or join a gym or start a work-out routine. General awareness is on the rise concerning the impact diet has on our overall health. Trends are becoming obvious to the population as a whole. Some of these include shopping locally and sustainably, cutting back on sodium, an emphasis on whole grains and healthy fiber, choosing whole foods over processed foods (an economic factor as well), using high tech “apps” and websites to compare and determine nutrition and better values, a return to home cooking, a phenomenal rise in the availability and use of gluten-free products, a burgeoning interest in probiotics, an ever growing organic following, and substituting sweet natural alternatives for processed sugars. These trends signal the positive news that the general population is becoming more aware of their food and from where and what it comes. A lot of work still needs to be done, however. I recently read that over 40% of school children in inner cities do not know that chicken originally has bones and that milk comes from cows. In general, people want to know about their food and how their choices affect their health and well-being.

Speaking of food with much inherent goodness, take a tour of our produce department and check out the wealth of luscious looking fruits and vegetables available at this time of year. The dominating color is ORANGE because California citrus is in season now. We have the navels, the mandarins, the tangelos, grapefruit, lemons and Meyer lemons. The Cara Cara navels and the regular navels won our taste tests hands down. But, as winter progresses the citrus will get sweeter and sweeter. Valencias are out of season right now and the last of the California Valencias will soon be gone for a couple months. The “sweets” which come from Mexico are juicy but rather bland. The Satsuma, Clementine, and Page mandarins are very flavorful. Other types of Mandarins will be appearing on the shelves as time goes on, and their flavor will also improve. If you don't like them the first time you try them, try again in a few weeks.

Our mild and dry winter means the vegetable produce looks better than usual for this time of year. The green beans from Mexico have been lovely and sweet. Other winter produce from Mexico is pricey and scarce this year. This is probably due to the higher demand for organic produce across the United States, and some cold spells that have held up production. California asparagus and maybe some early strawberries should be here in time for Valentine's Day unless the weather changes radically. We also have nice blueberries from Chile, and their price is quite reasonable. In just a few weeks, Hass avocados will start from California. Thought the Mexican avocados have been pretty good this year, no one grows Hass avocados like California. We already have a few Fuerte Avos from California. They are creamy, buttery, and very delicious. However, they have to be closely watched because they ripen quickly and don't have the staying power of the Hass.

January is already winding down, and Cupid is smiling from the wings. Remember the ones you love with our selections of flowers, sweet chocolates, lovely and funny cards, and gifts from candles to scents. For

you ecologists or for the ecologist you love, how about a tube of certified organic lip balm in a very convenient and earth friendly cardboard tube from Organic Essences—no more plastic tube to toss into the land fill. Speaking of plastic, please urge your California congress to support the bill in favor of banning plastic bags. This bill would forbid stores from using plastic bags to contain groceries or goods when leaving a store. It would also prohibit the dispersal of such bags in the produce department. People could still buy and use plastic bags, but this would be at their own expense. The likely result would be conscious re-using and less plastic garbage on land and in the ocean.

Our staff at Mariposa Market would like to wish you all peace and prosperity in the New Year. May your lives be enriched by good food, good friends, and good thoughts.

Healing the Spirit with Flower Essences, By Trish

Flower essences are liquid extracts which are taken internally to address issues of emotional well being, soul development, and mind-body health. They work on a vibrational level rather than a biochemical interaction with the physical body. Flower essences are usually prepared from a sun infusion of either wild flowers or pristine garden blossoms in a bowl of water, which is further diluted and potentized, and preserved with brandy.

The actions of the flower essences are often compared to the experience we have when we hear music that moves us, or seeing inspirational art. There is a resonance that takes place with us that affects our breathing, pulse rate and other physical states. Each flower has a resonating life force that when the right essence is chosen for an individual it has the ability to restore balance where needed. For instance Blackberry may be used for competent manifestation in the world, or intentional and decisive action. Red Clover may be helpful for a calm and steady presence, especially in emergency situations. Evening Primrose has been used for awareness and healing of painful early emotions absorbed from parents; it helps us to open emotionally and form deep committed relationships. These are just a few examples that come from the book Flower Essence Repertory that we keep near the essences. You can learn how to choose your own essences, either a single or combination by studying this reference book and using your intuition, or you may work with a practitioner. I remember learning that Dr. Edward Bach, the creator of this healing modality, wanted to keep this practice very simple so that anyone could benefit. So many people and animals have been helped from the well known Rescue Remedy that he developed using five specific flowers. I have used this on occasion and it helped in a subtle yet powerful way. I found that I was able to gain composure and view the situation in a much clearer perspective.

The flower essences at Mariposa are created by FES, the Flower Essence Society. I would like to make sure that you realize that flower essences are completely different than essential oils. Our flower essences are located next to the essential oils and there has been some confusion. Flower essences are not intended for use in aromatherapy. If you are interested in learning more about flower essences please feel free to use the Flower Essence Repertory guide located beneath the essences. It is amazing to have such a wonderful connection with nature.

WHAT'S NEW IN THE WINE AND BEER DEPARTMENTS? By Ree

After the holidays we decided to continue with the Handley Pinot Noir. It was getting rave reviews from some of our customers, always a good sign!

Definitely look for sale wines on the wine endcap through mid-January. I'm most taken with the Dashe Riesling, a wonderful fruity and dry Riesling made in an old world fashion and produced with McFadden Farm grapes in Potter Valley...great price at \$16.99 (marked down from \$24.49)! There's also a J. Lohr Chardonnay on sale for \$11.09 along with McFadden's Sparkling Brut at \$16.19, Wildhurst Muscat selling for \$10.39, Paul Dolan's Organic Sauvignon Blanc is \$12.99 and Atrea's The Choir White at \$15.99. Each is priced a bit above cost.

In the beer department we're on to new seasonals...they happen so fast I can barely keep up with the changes! New on the shelves are Lagunitas Maximus, Deschute's Red Chair, Sierra Nevada's Ruthless Rye, and Bridgeport's 22 oz. Hop Harvest. Keep an eye on the section for the little yellow "NEW" signs as we head into spring and sales of the holiday beers as we're clearing the shelves for the new.

I've been asked recently as to why we carry cans of Boont Amber Ale and if it's really a better environmental or health choice over bottles. Here's what I found on line to answer part of the question:

"Cans require less energy to ship and use more recycled and less virgin materials than glass. Cans can be recycled many times in their lifetime. Cans get colder quicker, are lighter to carry, and crush easily to be packed in and out of the wilderness. The 6-pack holder is recyclable and made in the USA. Cans are better for the beer as well. Even brown glass allows light to penetrate and with a larger volume of headspace, these two factors will speed up oxidation. Cans allow zero light, and have less headspace. Think of a can as a keg in your hand."

As always, I enjoy helping you find the beer or wine that will fit your tastes for the moment or occasion. Please feel free to make suggestions to me especially for organic, biodynamic, and or sustainable Mendocino County wines or craft beers from the West.

JUST A QUICKIE FROM CAMILLE

IN FROZEN AND CHILL

Not too much is happening in the frozen and chill department these days. However, we have gotten one new item of interest from Rudi's Breads. "They have come up with an excellent little line of bagel flats and sandwich thins. These bread items will be found on the bread shelf. Only 100 calories each, these can be used for low calorie sandwiches, with all of the flavor and half of the bread, make them really appealing to those who are watching their weight. This product comes in both whole wheat and multigrain, making it a high fiber addition to our diets.

The World of Cacao! By Trish

Many of you are familiar with raw chocolate otherwise known as cacao. Here at Mariposa we offer cacao in its various forms. We have the whole bean, nibs, powder, and butter, not to mention a plethora of cacao bars made by expert chocolatiers! We carry Lulu's, Indaphoria, Fearless Chocolate, Righteously Raw, Chocolatl, and our latest addition from David Wolfe, well known for his expertise in the raw foods way of life, his very own "Sacred Chocolate." This chocolate is raw, certified organic, vegan, gluten and dairy free, refined sugar free and a Super Food with more antioxidants than red wine or green tea.

David Wolfe has written a book called Naked Chocolate that is a fascinating exploration into the history, scientific and exotic properties of raw chocolate, it also includes great recipes! Did you know that the cacao beans were so valued by the Mayans that they were used as currency? The Aztec Emperor Montezuma was a confirmed chocoholic. Rumor had it that Montezuma would drink 50 cups of a certain cacao drink before visiting his harem. Cortes, the Spanish explorer was probably the first to bring chocolate to Europe. About the cacao drink Cortes wrote: "The divine drink which builds up resistance and fights fatigue. A cup of this precious drink permits a man to walk for a whole day without food." It wasn't just the Mayans that used cacao as currency, but other Central American cultures as well. Montezuma had his treasure vaults filled with cacao beans, not gold! It's recorded that the emperor's cacao warehouse held more than 40,000 loads, which would mean 960,000,000 beans!

Nutritionally cacao is high in magnesium and antioxidants. Magnesium is the most deficient major mineral in the diet of civilization and yet is one of the most important of all minerals. Over 80% of the United States population is deficient in magnesium. Other sources of magnesium include seaweeds such as kelp and dulse, unprocessed wheat seeds, sunflower seeds, almonds, cashews, and chlorophyll rich green vegetables. Magnesium supports the heart, increases brain power, causes strong peristalsis, relaxes muscles, builds strong bones and increases alkalinity. So, to quote from David Wolfe's book "Chocolate is truly food for the heart-it is the heart's" blood" due to its magnesium, antioxidants, love chemicals and esoteric properties. Cacao opens the heart center. It heals not only on the physical, chemical level, but also on emotional, spiritual, and metaphysical levels."

Cacao has also been referred to as nature's Prozac. It is a great source of serotonin; dopamine, and phenyl ethylamine, three well studied neurotransmitters which help alleviate depression and are associated with feelings of well being.

I have only touched on a small amount of information regarding this incredible food. I highly recommend taking a look at the book "Naked Chocolate", especially if you are attracted to the raw foods life style or if you simply love chocolate! Don't forget chocolate is also an aphrodisiac and makes a great gift for that special someone! Enjoy.

CHIA SEEDS—A BENEFIT FOR YOUR HEALTH

Chia is a seed from the Chia plant, botanically *Salvia hispanica*, and is nutritionally superior to flax and soy. Chia is the richest non-marine food source of Omega-3 fatty acids. Some of the health benefits of Chia seed are the normalizing of blood pressure, the lowering of bad cholesterol levels, and the supporting of healthy heart and blood vessel function. With six times the calcium of milk and greater levels of protein than soy, this tiny seed can assist in joint function, bone density and increased mobility. Chia can absorb 12 times its weight in water. Chia's insoluble fiber reduces digestive transit time and removes toxins as it passes through the digestive tract. Chia's high fiber content and its ability to reduce blood sugar levels after meals will inhibit the appetite, thus making it the perfect food for healthy, effective weight loss. Chia is neutral in flavor and color, so it integrates seamlessly into almost any healthy recipe. It can be sprinkled over cooked or raw dishes, or added to bread dough, smoothies, or other foods. People with high triglycerides should choose the Salba variety of Chia seed (sometimes labeled just "Salba") since other types might raise triglycerides.

Stress Less and Sweet Dreams by Trish

New in the body care department are some lovely room and body mists from Pink Sky Body-Blue Sky Home! These mists are created by Donna D'Terra's daughter, Amy. They are made to be used to mist around a room, on your body, bedding or clothes, in the car or wherever a little feel good scent is needed. We have available Rose Vanilla, Lavender, and Stress Less Mist. All three are delightful. I like to use the Stress Less Mist in the office at work to help me calm, center, and regroup. The Rose Vanilla has quickly become a favorite go-to for lifting my spirit. The Lavender Mist is subtle, sweet and dreamy. I hope you treat yourself to a well deserved experience in the world of aromatherapy, you're well worth it!

Wild Carrot has a wonderfully effective new product called "Peace Cream". I love this stuff! To quote from Wild Carrot "This cream is for those who have trouble sleeping, quieting the mind, or perhaps they sleep well but they don't dream. It contains essential oils that are extremely balancing to mind, body, and spirit and nettle infused oil for the adrenals." I really notice the difference in my sleep when I use this cream, I do feel more rested and I am remembering dreams more readily. I find that I go to this cream even during the day because there is just something comforting about the essential oil blend created here! Peace Cream will be located either in the cosmetic case with the other Wild Carrot Products or in the Sleep Section of the supplement department. Pleasant dreams!

Mary Anne's Favorite Products

Ever wonder what we Mariposites think about our products? I love the food here. When I leave Willits I often feel food-deprived, not in amount, but in quality. Here are some of my favorite foods and products that we sell. . They are subject to change with the seasons.

1. Clementine mandarins, navel oranges, and Meyer lemons. Super sweet and full of vitamin C.
2. Food for Life 7-Grain English Muffins. They have protein, fiber, and hearty flavor. No flour in these babies. All the grains are sprouted.
3. Voskos organic non-fat yogurt—Non-fat anything never tasted this good! Vanilla is my favorite.
4. Snikiddy Eat Your Vegetables Jalapeno Ranch Chips---not really like eating vegetables, but a delicious chip.
- 5 .Dagoba Authentic Drinking Chocolate—This stuff is the bomb when it comes to making hot chocolate or a mocha coffee drink. Never too sweet and contains chunks of real live chocolate.
6. Sacred Chocolate Twilight Dark—oh, chocolate lovers, this is real chocolate at its finest. This is a raw food and it's the best! Look for it in the raw foods section.
7. Spoonful of Fruit Mixed Berry. This jam rivals a homemade product. It's lower in sugar than other jams and the fruit flavor is awesome.
8. Wild caught prawns. I'm not the only one. Many people tell me we have the very finest prawns. I agree.
9. Bear Republic Racer 5 Beer. What list is complete without at least one alcoholic beverage. This beer just is yummy, even if I do have trouble finishing a whole one. It's high in alcohol content for a beer.
10. Mychelle Mineral Cream Foundation Stick. This creamy stick covers blemishes and irregularities in the facial skin without heavy cover. It makes the skin feel soft and moisturized but never oily.

DANA RELATES FROM HER DELI PERCH

Willits' baker of excellence, Phil Rollins, is returning here to bake, and will be supplying Mariposa Market with his exceptional goodies. Even if your New Year's resolution won't allow you to indulge at this time, come on in and gaze fondly at his creations. They are truly works of art, and you will appreciate the love and detail he puts into his product. Besides, you may want to occasionally bite into something really succulent, and at least, these delicacies are worthy of a slip from your diet. Mariposa Market will be carrying his bagels, croissants, muffins, and breads. The breads will be sliced, but can be ordered unsliced if you wish (a day's notice must be given for this). We look forward to supporting another local business which offers a fine product.

Valentine's Day is just around the corner! Our local vendors are offering their very finest creations. Some of the possible goodies are cakes for two, large frosted heart cookies, cupcakes, and, of course, our very own hand-dipped chocolate strawberries. Gluten free and sugar free choices are also available. We encourage you to come in and take a look at our list of special desserts, and pre-order anything that appeals to your fancy.

Chocolate Mousse on a Diet

A Valentine's Day Recipe

Borrowed from Cook's Illustrated

Serves 6

The meringue and chocolate mixture are combined in 2 stages so that the meringue doesn't collapse. For the best texture, chill the mousse overnight.

4 ounces semisweet chocolate, broken into pieces

½ cup white chocolate chips

2 tablespoons Dutch-processed cocoa powder

6 tablespoons plus ½ cup water

1 teaspoon vanilla extract

1/3 cup (3-1/2 ounces) sugar

3 large egg whites

¼ teaspoon cream of tartar

- 1) Melt semisweet chocolate and white chocolate with cocoa powder, 6 tablespoons of water, and vanilla in medium heat resistant bowl set over pot of barely simmering water, stirring occasionally, until smooth. Set aside to cool slightly.
- 2) Bring remaining ½ cup water and sugar to vigorous boil in small saucepan over high heat. Boil until slightly thickened and large bubbles rise to the top, about 4 minutes. Remove from heat and set aside while beating the egg whites.
- 3) With electric mixer on medium-low speed, beat egg whites until frothy, about 1 minute. Add cream of tartar and beat, gradually increasing speed to medium-high, until whites hold soft

peaks, about 2 minutes. With mixture running, slowly pour the hot syrup into whites (avoid pouring syrup into beaters or it will splash). Increase speed to high and beat until meringue has cooled to just warm and becomes very thick and shiny, 2-3 minutes.

- 4) Whisk one third of meringue into chocolate mixture until combined, then whisk in remaining meringue. Spoon mousse into six 6-ounce ramekins or pudding cups. Cover tightly with plastic wrap and chill overnight. (Mousse can be refrigerated for up to 4 days.)

Enjoy!

NUTRITIONAL INFORMATION per serving

Calories: 230 Fat: 10 g Saturated Fat: 5 g