

Notes from Mary Anne

Here we are in June and drizzly rain is still falling. This wet and unseasonably cool Spring has wrecked havoc on the crops in the area and all over California. Our customers are asking about local produce so here's a report from our area farmers.

Tom Palley, Covelo Organics: He's off to a slow start, but his spring vegetables are starting to come to fruition this week. He will have carrots, beets, kale, chard, leeks and green onions. His first planting of melons was lost to bad weather.

Irene Engber: First planting of storing onions was damaged by rain and frost. Garlic will be harvested soon. Potatoes will be late as they are just being planted now. Hopefully, a crop of onions will mature in the Fall. She will bring lettuce this week.

Jim Leonardis: A crazy Spring so far has slowed many plans and crops. He's just now getting plants in the field and sowing seeds for things like cucumbers, beans, summer squash and flowers. Nothing will be available for 4-6 weeks.

Sean Mooney, Kelseyville: Same story here, but he may have some spring items soon.

We have been approached by several new local farmers about buying their produce. We are happy to buy local produce, but remember, this store uses quite a bit of produce so we need produce to be available in large quantities. It also needs to be beautiful, clean, and organically grown, though it does not need to be registered or certified organic. However, without registration or certification, we cannot pay the "organic" price and local produce non-certified has to be separated from certified organic produce in the display cases.

The general produce scene in California parallels the local situation. Many crops are late to mature. Many usually inexpensive spring greens, including lettuce, chard and kale, have been scarce and pricey. Fruit crops like cherries are coming in later than usual and there may be "splitting" due to late Spring rains. So far, early stone fruit and melons have been good quality and tasty, but center rot and mold are always concerns with a wet Spring.

Apricots from Fruit Group will start around the 24th of June. They will be Patterson variety, organic, and priced close to \$25.00 per box (24 lbs). We will have these on hand for a week or two. Look for the notice on our street-side sandwich board.

Strawberries and raspberries are in good supply, delicious and sweet. Prices will be coming down after this week (June 10th). If you want to can or jam, next week's prices should encourage you.

WELL, our Willits localization committee, is sponsoring a community street fair on Thursday, July 1st. Your participation is encouraged. Mariposa Market will be having a booth selling "fruit kabobs". Profits will be given to WELL to help finance their projects. The organization is support local endeavors on all levels to help make Willits a more sustainable town.

"Attitude Change"

Skin and Body Care - by Trish

New to Mariposa since my last article is a botanical body care line called Wild Carrots Herbals!

This is a woman-owned and operated company in rural Western Oregon. I first noticed her products where I formerly lived in Olympia, WA. She was attending Evergreen State college, doing farming studies, and started making lotions for her dry hands! People loved the lotion and suggested that she market it. So since 2000, her goal has been to create honest, nutrient-dense, joyful products that are reasonably priced for the whole family. All of the products are made in small batches and actually mixed, poured, and labeled the old-fashioned way, by human hands! We offer a wide variety of these products, from facial creams such as Vanilla Bean Skin Cream, Borage Butter Cream (for sensitive skin), and Saffron Seed Nutrient Rich Cream (for expressive faces). For the rest of the body, there is Pacific Northwest Arnica Massage Oil, Soulshine Rose and Sandalwood Shea Body Cream, and Hemorrhoid Healing Salve, to name a few.

I have to say, one of my favorite items is the Wild Rose Eye Cream. It's toning and moisturizing for the eye area. It contains organic jojoba oil infused with handpicked wild rose petals, organic rosehip seed oil and Turkish Rose Otto essential oil. The prices are very reasonable for such great quality.

We also offer Baby Carrot lines as well, featuring products such as: Attitude Change Calming Cream, Botanical Baby Powder, Calendula Nipple Whip, and Borage Butter Eczema Cream. So I hope you check out Wild Carrot. Their products are located across from the registers nearest the produce on the wooden shelves displaying our new products!

Hope you enjoy!

“The Healthy Food You Love” Grocery News by Terri

Hello to all. Here are a few grocery updates for the month:

We will be introducing “new items” and select sale items on the front end rack of the grocery department. I think it will be a fun way to introduce new items. Be sure and check that out! We have a lot of great sale deals each month throughout the market. Keep your eyes open for the yellow sale signs and Healthy Clippings coupons on select items. Starting the summer season off, we will have assorted Santa Cruz Lemonades, which will be displayed in the produce department all summer at \$1.49 each! On a personal note, into my second year here at Mariposa, I am getting to know a great many familiar smiles and appreciate all your compliments about the market! It is a beautiful store and I will continue to do my best to fulfill your requests for new healthy food you love. I welcome any and all suggestions. I am here for

you! Best Dishes and Happy Soon-to-be-Summer to all!

“A Taste of the Chyawanprash”

Health and Beauty News

by Marta Alonso

There are a few products worth mentioning that have taken up residence in our H&B shelves.

New Chapter has redefined their daily multivitamin line to “deliver a whole new kind of daily nutrition, uniquely formulated to support targeted areas of health” for men and women and pregnancy. Of course, we are talking about vitamins produced from organic whole food, cultured in probiotics that your body easily recognizes and absorbs.

Take advantage of our promo discount @ 20% off the SRP.

Genesis is a company that specializes in liquid superfoods and supplements. They have come out with a liquid Resveratrol, which is a blend of seven natural sources, and also a liquid 100% Seabuckthorn. These products are free of sugar, artificial colors, artificial flavors, preservatives and sodium. Check out their literature and some free CD's on the shelves in the juice section.

Green Pastures: I am excited about introducing you to their product called “Blue Ice”, a Fermented Cod Liver Oil. This company provides us with a true gem. What makes this product really distinctive is that they use a processing method that allows for the preservation of the naturally-occurring fat soluble vitamins A and D, as well as the valuable EPA and DHA fatty acids. Most products in the industry add synthetic vitamins to their final processing. Rest assured you are getting a good quality product. To read about the nutritional value of this old traditional superfood, go to www.westonaprice.org and get inspired to use it.

Also, on the shelves we now have, by customer request: Pumpkin seed oil in softgels by Planetary Formulas. Krill oil in softgels by Jarrow. Chia seed in softgels by Source Naturals.

And for those of you who got a taste of the Chyawanprash and got short-changed for lack of availability, there is now an organic Chyawanprash by Organic India at a special intro price of \$15.59. Organic India is a company dedicated to promoting organic products while supporting sustainable farming, wild crafting and village-tribal communities in India.

News from the Deli

By Dana

The Panini's have made it to our new menu. Because they are already a popular item and because they are cooked to order, please allow some time when ordering...or better yet, call ahead and we'll have them ready when you get here. Those of you who are on a gluten-free

diet can also enjoy Panini's, as we offer a vegetarian and a turkey sandwich on Udi's gluten-free bread.

I know many of you are disappointed because we discontinued our soup for the summer, but rest assured we will be producing a few summer menu items as we attempt to make more room in our display cases.

Don't forget to check out our raw cheesecakes from Earth Café, as well as our locally-owned Kemmy's Pies. Both desserts come in a variety of flavors.

Vegetable Crust-less Quiche Cups (Sarah's Variation)

6 cups Cooked spinach, chopped
8 large Whole eggs, beaten to fluffy (**or** for heart-compromised people, 16 egg whites, **or** 1 pint liquid egg whites)
1 tsp Turmeric (if using egg whites, so there is an appealing color)
1 heaping cup Cheese, shredded (NY sharp/med. or colby types work best)
1 large Red bell pepper, chopped small
1 large Yellow onion, chopped small
8-10 drops Hot pepper sauce (optional)

Add salt and pepper as desired.

Place cooked chopped spinach in a colander and press/squeeze out 99% of water/liquid. Place squeezed out spinach in a large bowl and fluff with a fork. Combine the rest of the ingredient with the spinach. Mix well with a fork.

Line a 12-cup muffin pan with baking cups and spray or lightly grease the cups with cooking oil (or skip the baking cups and just spray or lightly grease the muffin tin.)

Divide mixture evenly among the muffin cups.

Bake at 350 F. For 20-25+ minutes or until a knife inserted into the middle comes out clean.

Yield: 12 mini-quiches. These refrigerate well and can be re-heated in a microwave for 30 seconds on high or in a toaster oven.

For Weight Watchers participants: 1 quiche = 1 point when made with egg whites. Mariposa Market carries Organic Liquid Egg Whites in handy pints in the refrigeration section.

Lynsey's Wine Spotlight

Hello again readers. This time around we're going to broaden our focus from one local winery to an entire appellation. Nestled among the hills in Mendocino's northernmost grape growing region lies one of the county's most distinctive appellations: Redwood Valley. As early as the late 1800's, Italian and Greek immigrants began seeking out the benchlands above the Russian River to establish their vineyards. These benchlands, back then as well as today, offer

the vines well-drained soil, warm days, and cool nights, forming a perfect trifecta to allow the grapes to mature. From the beginning, these growers have practiced low input, sustainable agriculture, which we know today as organic farming. Today Redwood Valley has the highest percentage of certified, organically-cultivated acreage in California.

A Taste of Redwood Valley will mark its 19th anniversary as the event that put this appellation on the map. As always, it will be held Father's Day weekend, June 18-20. The fun begins on Friday night with an extraordinary winemaker dinner. Then from 11:00-5:00 both Saturday and Sunday you can meander the beautiful back roads of this picturesque valley while visiting eight wineries and one distillery. Awaiting you at each stop is a unique experience where you can enjoy wine and barrel-tasting, food pairings, live music, fine art, and artisan crafts. Most of the wineries on the tour are too small to keep regular tasting room hours, so this event offers a rare chance to taste these fine wines as well as to catch a behind the scenes glimpse at where some of your favorite wines come from.

Here's a closer look at some of the participating wineries:

Barra of Mendocino/Girasole Vineyard is located in the architecturally exquisite tasting room just off Hwy. 101. Designed to resemble an upside down champagne glass, you'll find it hard to miss. All of the wines they produce are certified, organically estate grown. You can find many of their wines on our shelves.

Frey Vineyards is a family affair. They are among the pioneers of the even-growing Biodynamic wine niche. All of their wines are certified organic. That means that none of them contain added sulfites. We carry their Cabernet Sauvignon, Syrah, Table White and Table Red.

Lolonis Winery/Ladybug Winery was founded in 1982 to showcase the family's prized old vine grapes. They are dedicated to organic grape growing practices, as well as handcrafted wine production. Here at their market you'll find Lolonis Merlot as well as their Ladybug Red.

So if your Papa likes wines and isn't so hot on ties, perhaps you can take him out for the weekend. For more information, please call 485-0322 or check out their website: www.atasteofredwoodvalley.com.

Salude!

QUIZ: *Is It Ripe Yet?*

Everyone who's ever bought a green banana knows they continue to ripen in taste, and texture, after being picked. But the banana is a lone wolf in that regard. Some fruits and berries do not ripen one bit after being picked. One ripens only after it's been picked. Others get sweeter after being picked, while another group sees changes in texture, color, and juiciness, but, sadly, does not get even a little bit sweeter as it lingers on your counter.

Match the fruit or berry with its post-picking behavior.

- A. Does not ripen after picking.
- B. Ripens only after picking.
- C. Ripens in color, texture, and juiciness, but not sweetness.
- D. Only gets sweeter after picking.

Apples
Olives

A. B. C. D.
A. B. C. D.

Grapes

A. B. C. D.

Apricots	A. B. C. D.	Honeydews	A. B. C. D.
Oranges	A. B. C. D.		
Avacadoes	A. B. C. D.	Kiwis	A. B. C. D.
Pears	A. B. C. D.		
Blueberries	A. B. C. D.	Lemons	A. B. C. D.
Papayas	A. B. C. D.		
Cantalopes	A. B. C. D.	Limes	A. B. C. D.
Pears	A. B. C. D.		
Cherries	A. B. C. D.	Mangoes	A. B. C. D.
Pineapples	A. B. C. D.		
Figs	A. B. C. D.	Netarines	A. B. C. D.
Raspberries	A. B. C. D.		
		Watermelons	A. B. C. D.

A Beer Moment with Lynsey

In 1995, two avid home-brewers, Ted Vivatson and Margaret Frigon, had their vision come into fruition. Thus was the beginning of Eel River Brewery Company. After only two years of brewing, Eel River picked up elite status by winning gold at the Great American Beer Festival in Denver, Colorado with its Climax California brew. In the years that have followed, ERB has continued to win award after award. In the Spring of 1999, they decided to make an organic ale. Little did Ted know that ERB's Organic Amber Ale was not only California's first organic brew, but also America's. Now their whole line is organic! They have also since become America's first biomass brewery utilizing the nearby mill leftovers.

Their goal was not limited to offering the public a quality microbrew. They also wanted to create a place to enjoy a delicious lunch or dinner. Enter the Taproom located in the former site of the Clay Brown Redwood lumber mill in Fortuna. Remnants of the old mill can still be seen from the Beer Garden. With a vast menu containing many local fares, one would have a hard time leaving unsatisfied. The beef served up is registered Black Angus and raised strictly on organic alfalfa, organic grains, and spent products from the brewing process.

Here's a deeper look at a couple of their offerings:

Organic India Pale Ale: This beer was brewed with the hop-lover in mind. Beginning with the finest organic malts and hops, this brew comes out deep copper in color with strong floral and citrus notes. At 7% alcohol, this beer is crisp with smooth hop bitterness.

Organic Raven's Eye Russian Imperial Stout: This complex stout is brewed with a combination of nine domestic and imported malts and only the finest Pacific Northwest hops. This stout is a rich brew that is deep espresso in color. Drinker beware that this stout comes in a 9.5% alcohol.

Cheers!

Local Meats

By Mary Anne

Spring is lamb season! We have a fine selection of ground lamb and cuts from Schmidbauer Ranch located right here in Willits. The lambs they slaughter are young, making the meat succulent and tender.

Rusty of Bar Bell Ranch, also located in Willits, has brought us ground beef and cuts from his 100% grass-fed beef. One-hundred-percent grass-fed beef is highest in nutrition and lower in fat than grain-finished beef. Rusty has had to raise his prices a little due to increased packaging costs.

Come in and try packages of these final local products. By supporting our ranchers, we support our community.

Quiz Answers

Do not ripen after picking:

Cherries, grapes, lemons, limes, olives, pineapples, raspberries, watermelons.

Ripen only after picking:

Avocados

Ripen in color, texture, and juiciness, but not sweetness:

Apricots, blueberries, cantaloupes, figs, honeydews, nectarines, peaches.

Only get sweet after picking:

Apples, kiwis, mango, papaya, pears.