



# MARIPOSA NEWS

LATE SPRING 2010



## Notes from Mary Anne

The thing about spring is that it is the most flamboyant season of the year. It's a time of year that just shouts "see me" to the whole of mankind. Not only is everything splendidly green but the flowers are bursting forth everywhere with the most delicious aromas. And the birds---their songs are so joyous! Sure, spring is late this year, but at least we had enough rain to make spring glorious. It's always so inspiring to get your fingers in the earth and create the garden or lie about in the grass and stare at the puffy clouds overhead. If you're like me, you may also be afflicted with a case of spring fever which I define as dreamy escapism, afternoon drowsiness, and heightened hope for a better world.

Mariposa Market just celebrated Earth Day for 2012. Thank you for all who participated in the "Billion Acts of Green". It's our goal to do more to preserve the earth's resources, to conserve energy, and keep waste at a minimum. Please, please remember to reuse your plastic bags and containers, to recycle the ones you can't reuse, and to bring your own bags with you when you shop. Congratulations

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## From The Deli

Picnic time is upon us and we are gearing up with our own Mariposa creations. Sarah Schleuder has been busy putting together a wide range of salad possibilities. She has two delicious potato salads, one traditional, the other vegan friendly. The Asian Noodle salad with sesame seeds and shitake mushrooms is perfect as a meal by itself as well as a side dish.

Keep your eyes open for her quinoa and mango salad...it shouldn't be too long of a wait 'til it hits the shelf. Keep us in mind when planning a party and, with enough notice, we would be happy to take care of large orders. We are looking forward to the acquisition of another deli refrigerator. Upon its arrival we will be able to expand our deli choices. The request for a smaller, dinner size green salad has been heard and when we have the room, we will provide.

Another warm weather lunch item that will be available soon will be spring rolls (some call them summer rolls). These fresh vegetable rolls are made with rice papers and plenty of fresh veggies. We will offer meat or chicken options and all will be accompanied by a sweet chili sauce. I am currently working with a new vendor to obtain the rice papers, so let's hope we have this up and running by June. Don't forget our smoothies to get through the hot days ahead. They're not only delicious, they're a great healthy alternative to the traditional summer ice cream cone. Remember that soup will be discontinued to make space for our new warm- weather alternatives.

Thanks to all our customers who support our café. We strive to provide the high quality food you have come to expect from us.

### Hours

Mon-Fri 9-7    Sat 9-6    Sun. 11-5:30

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

## 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 the 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.

See if you can match the fruit or berry with its post-picking behavior:

- a. Do not ripen after picking.
- b. Ripen only after picking.
- c. Ripen in color, texture, and juiciness, but not sweetness.
- d. Only get sweeter after picking

Apples	a.b.c.d.
Apricots	a.b.c.d.
Avocados	a.b.c.d.
Blueberries	a.b.c.d.
Cantaloupes	a.b.c.d.
Cherries	a.b.c.d.
Figs	a.b.c.d.
Grapes	a.b.c.d.
Honeydews	a.b.c.d.
Kiwis	a.b.c.d.
Lemons	a.b.c.d.
Limes	a.b.c.d.
Mangos	a.b.c.d.
Nectarines	a.b.c.d.
Olives	a.b.c.d.
Oranges	a.b.c.d.
Papayas	a.b.c.d.
Peaches	a.b.c.d.
Pears	a.b.c.d.
Pineapples	a.b.c.d.
Raspberries	a.b.c.d.
Watermelons	a.b.c.d.

To check your results, compare them to the answers on Page 5

### Mary Anne - Continued from Page 1

to all of you who won one of our fine selection of wine bags, beauty products, and "green " cleaning and paper goods gift bag.

As you may have noticed, bedding plants are once again for sale from Lovin' Blooms and Plant Friends. These two local growers have been doing a fabulous job of providing us with organically produced plant starts which do well in this area. Please support these fine LOCAL businesses.

The produce department is doing especially well under the leadership of Debbie Flowers. I can't remember a time when that particular department was so well organized and displayed. This at a time when there really isn't that much exciting produce from which to choose. But, by the end of May, our local farmers should start having greens and carrots, peas and lettuce. Strawberries, which have been coming from Mexico, should start in from California in a big way. There will also be raspberries. The Navel oranges and other citrus like tangerines will be fading away. Valencia oranges, best for juice, are in season now. New crops of potatoes as well as onions are starting to show up. Apples are a fresh crop from South America. This goes for pears too. You may have noticed the melons on our produce racks. These little gems from Mexico are sweet and flavorful. By the end of May look for cherries, early grapes, and some California stone fruit. Summer is just ahead!

You may notice that the old raw classic G.T. Kombucha is returning to our drink cooler. This is the one that contained small amounts of alcohol, so it was taken off the market. It is experiencing a comeback, but under the Dept. of Alcohol Beverage Control. You will have to be 21 to purchase it, and I.D.'s will be checked like for any other alcoholic beverage. Look for it in our drink cooler next to the regular G.T. Kombucha.

We will be having some ideas for the occasions coming up in the next couple months. Look for cards, flowers, and gifts for Mom, Dad, and Grads. A gift certificate for the graduating senior in your life is often welcome at a time when a person is starting out on their own.

Take time out to bask in the beautiful spring sunshine, enjoy a picnic with friends or family, plant a garden. This is a time of renewal and rebirth.

## What's Up With Kombucha? Kevin Copperfield

As many of you know, Mariposa Market offers a variety of tasty beverages kept in our front drink cooler. One of our more popular segments is our offerings of flavored kombuchas. Two local outfits, Revive and GT, supply us with these high-demand drinks. Revive comes in two sizes in amber bottles with a single flavor. GT produces multiple offerings of juice flavors under the "Raw" and "Enlightened" labels. So what is kombucha?

Kombucha is an effervescent tea-based beverage that is often consumed for its anecdotal benefits or medicinal purposes, anecdotal because to date there has been little published research. Kombucha is available commercially and can also be made at home by fermenting tea using a visible, solid mass of yeast and bacteria which forms the Kombucha culture, often referred to as "kombo"(yeast mother).

Kombucha contains multiple species of yeast and bacteria along with the organic acids, active enzymes, amino acids and polyphenols produced by these microbes. Finished kombucha may contain any of the following components:

- Acetic acid(mildly antibacterial)
- Butyric acid
- Alcohol
- Gluconic acid
- Lactic acid
- Malic acid
- Oxalic acid
- Usnic acid

Normally, kombucha contains less than 0.5 % alcohol which classifies it as a non-alcoholic beverage. This would include Revive, and GT's "Raw"(100% kombucha) and "Enlightened"(95% kombucha). Older, more acidic kombucha may contain 1.0 % to 1.5 % alcohol, depending on more anaerobic brewing time and higher proportions of sugar and yeast. This higher alcoholic content is found in the much-anticipated re-introduction of GT's "Classic Raw Kombucha" which could be in our cooler by the time you read this. Please be advised that personal ID will be required when purchasing "Classic" as you must be 21 years or older to buy it.

With summer soon upon us, warmer weather will find us going to the drink cooler more often. And some day you will find yourself staring just a little too long through the cooler glass, straining to imagine what would be the right taste, the right refreshment, right now. I say, if you have never had a kombucha, try it. It's different. It's refreshing. It's fun.

## Oregon Graperoot

The roots and bark of *Mahonia Aquifolium* (Oregon Graperoot) is a herb which is a less expensive alternative to Goldenseal. Because Goldenseal has become scarce due to over harvesting, it has now an endangered species. Oregon Graperoot has a lot of the same properties as Goldenseal. It is both anti-inflammatory and antibacterial. Herbalists use this herb to treat bacterial diarrhea and intestinal parasites. It can also be used in skin washes to deter the over-production of skin cells in diseases like psoriasis. This herb is often used to treat acne and other facial breakouts. Here is a simple face wash that you can make at home using Oregon Graperoot.

### Homemade Face Wash

*1-2 tsp. of Oregon Graperoot Powder*

*A few drops of water*

*5 drops of lavender essential oil*

*Mix all ingredients. Apply to pimples or facial blemishes and let dry. Or*

*Use as a scrub and gently rinse off.*



## It's Smoothie Time Alecia O'Neil

Smoothies began gaining popularity in the mid-60's, and have since become a favorite way to cool off in summer heat or to ingest your daily intake of fruits or vegetables in a very delicious way. There are an abundance of variations, from the breakfast smoothie designed to fill you with energy to detox smoothies which enhance the body's cleansing processes. These yummy drinks are a simple way to modify your diet and your health.

Here's a quick rundown on some nutritious additions which you will find offered at the Mariposa Café. Bee pollen tastes great, and is especially helpful at this time of year for reducing allergies. Bee pollen enhances energy, increases endurance, and aids in memory and cerebral function. This superstar of superfoods is rich in vitamins, minerals, and antioxidants. Plus, it supports weight loss, partly due to its supply of lecithin. Lecithin assists in the removal of fat stores and stimulates the metabolism.

Introducing spirulina and chlorella to your smoothie recipe is another way to add a nutritional punch. These algae are a concentrated, easily assimilated fuel, chocked full of protein, enzymes, antioxidants, vitamins, and minerals. One teaspoon of spirulina supplies 150% of the RDA for Vitamin B12. These algae are also good sources of GLA, Gamma Linoleic Acid, an omega-6 known for regulating blood sugar. GLA is also an anti-inflammatory and has immune-boosting properties. Both spirulina and chlorella enhance a natural alkalinity in the body, and are some of nature's richest sources of chlorophyll. Chlorophyll increases the quality and quantity of red blood cells, which in turn increases oxygen utilization by the body. As well, chlorophyll has anti-inflammatory, and anti-septic properties, and has the ability to remove heavy metals, including mercury. It is useful in combating bad breath. Speaking of which, halitosis can also be addressed by adding cardamom to your smoothie. Cardamom relieves acidity in the stomach and is detoxifying.

Our café also offers shredded coconut, dates, ginger, and cashew butter, all which can be added to your smoothie. Non- GMO soy protein and whey powder can be good addition for increasing your protein intake. You can buy fresh fruits or vegetables from our produce department which can supplement your smoothie if you desire something special. Or you can make smoothies at home. Eclectic Institute has raw fresh freeze-dried food powders which specifically target body systems. There are formulas for high blood pressure, liver toxicity, eye support, inflammation, and gout. These are available from our Wellness department. With our fine selection of organic fruits and vegetables, you can whip up the smoothie of your dreams.

## Beer and Wine Spotlight

It's hard to believe it's already May. Welcome to the summer season of warm weather, flowers, and outdoor activities. In the beer section we have a few lighter selections available. We have Ace hard apple cider and pear cider from the Sebastopol area. The pear cider is also gluten free. We also have "Hell or High Watermelon" a wheat beer with a dry and refreshing taste. We will also be carrying a blonde beer from Eel River brewing company and a 22 Oz. Acai Berry Beer with a bubbly berry flavor. All of these are perfect for those long warm summer months. Yum!



This month for our display in our wine section is Chance Creek Winery, located in Redwood Valley. We have available a Sauvignon Blanc Terroir 95470, made with Sauvignon Blanc grapes and loaded with mineral and fruit overtones. Also is a Sauvignon Blanc blended with Viognier which imparts a distinctive peach-kernel and lychee-fruit nose to crisp exuberant pink-grapefruit essence; pairs beautifully with crab, salmon, poultry and vegetarian entrees. The two other Chance Creek selections are a Syrah and a Sangiovese. The Sangiovese is a light red with cherry and blackberry aromas. The price is right and they are certified organic! We hope you come try our featured wines and all our other local selections. We enjoy hearing your comments and look forward to seeing you in the months to come. Here's a toast to the warmer and longer days ahead hopefully with family and friends.

## Quiz answers: Is It Ripe Yet?

- A. Do not ripen after picking:** Cherries, Grapes, Lemons, Limes, Olives, Oranges, Pineapple, Raspberries, Watermelons
- B. Ripen Only after picking:** Avocados
- C. Ripen in color, texture and juiciness, but not sweetness:** Apricots, Blueberries, Cantaloupes, Figs, Honeydews, Nectarines, Peaches
- D. Only get sweet after picking:** Apples, Kiwis, Mango, Papaya, Pears

## Asparagus: The Green Spears of Spring

Nearly every person who loves vegetables welcomes the first asparagus of spring. The succulent spears emerge around March in California and are then available for consumption until late May or early June. This short season makes asparagus somewhat of a specialty item, or at least it used to be. Now, China and Peru are the largest growers and exporters of asparagus, so in many areas it is available year round.

Asparagus is a perennial plant from which edible spears arise from crowns attached to root systems. Spears open into feathery foliage. The plants are usually male or female, with female plants supposedly producing the most stalks. The berries which form are known to be poisonous to humans. This vegetable is low in calories and sodium and a good source of dietary fiber. Nutrition studies have shown asparagus to be a good source of folate and potassium as well as Vitamin C. The shoots are typically served as an appetizer or vegetable side dish. They can be stir-fried, grilled, steamed, sautéed, or pickled. The size of the spears is said to be indicative of plant age. Young plants produce thin shoots while older plants produce spears with thicker stems. Though some people believe that thicker stems are tough, this is seldom the case. Lower parts of stems can be cut off or peeled if necessary. Asparagus can give the urine an odor very reminiscent of asparagus. The onset of asparagus urine smell is remarkably rapid. It can occur as early as fifteen minutes after ingestion.



Asparagus has been eaten as early as 20,000B.C. near Aswan in Egypt. It has been used as a vegetable and a medicine, owing to its delicate flavor and diuretic properties. It is pictured as an offering on an Egyptian frieze dating 3000 B.C. It was known in Syria and Spain in ancient times. The Greeks and Romans ate it fresh and dried it for winter use.

Organic asparagus is much more expensive than its commercial counterpart. However, this vegetable is such a popular item that even prices do not detour the aficionado. Here at Mariposa we sell more than 12 cases per week. Be sure to treat yourself to this remarkable vegetable before the seasons ends.

## Homemade Almond Milk

### Ingredients

- 1-1/2 cups whole almonds, blanched or raw
- 4 cups water
- 1 teaspoon vanilla extract
- 1-1/2 Tablespoons maple syrup or honey
- Dash of cinnamon

### Preparation Instructions

Soak the almonds for at least 4 hours, or over night.

Strain off the water.

Blend the almonds with 1-1/2 cups of water until they form a paste.

Add syrup or honey, dash of cinnamon, and the remaining 2-1/2 cups of water and mix well.

For a smoother product you can strain the milk through a nut bag, or cheesecloth.



## Chill News

Look in our meat case for a new line of products from Berkeley called Fra'Mani Foods. We are featuring their roasted pork loin which makes a good sandwich, and uncured pancetta. Both are made from pork raised in California with no hormones or antibiotics, and fed a vegetarian diet. The pancetta is a great alternative for recipes that call for bacon. It may also be enjoyed on its own, cooked to the crispness you prefer. Look for fresh spring lamb from Schmidbauer Ranch soon.

New in our cheese case is Honey Bee goat cheese from Holland. Also returning for the summer season is the Kokos coconut cheese. Both are delicious melted over a grilled meat or hamburgers. Back by popular demand is the Pt. Reyes Toma. This mild cow's milk cheese has a buttery subtle flavor with a tangy finish. It's perfect for snacking or melting into your favorite dish.