



# MARIPOSA NEWS

## NEW YEAR 2015



### Produce News For The New Year From Mary Anne

Here we are at the beginning of 2015 anticipating a fresh new year. The winter has been fairly mild with little hard frost so far, resulting in decent citrus and seasonal fruits and vegetables. However, we are feeling effects from the previous season which was hard on Valencia oranges, avocados, and some other crops. Prices are notably higher than last year with Mexican produce more costly and less available.

The citrus season is in full swing though the Satsuma Mandarin crop was in short supply with slightly less quality than last year. The Page Mandarins have been exquisite but are currently gapping until more become available. This weekend we are expecting our first local citrus selections of navels, Clementines and pink grapefruit grown by the farmer Greg Gebhart of Winters, California. Minneola tangelos, Meyer lemons, and Cara Cara navels are all starting to become more available. New varieties of tangerines will also come on the market. Quality seems to be good.

Mangos are starting to arrive from Mexico. We have local kiwis from Piercy that are absolutely delicious. Loose carrots and Delicata squash are arriving today from Covelo. Greens such as chard and kale are in good supply and reasonably priced. Most lettuces are a little scarce and there are many issues with the baby greens which are sold in clamshells. They may be limited for a few weeks while kinks are worked out. If you are looking for a decent tomato try the red grape cherry toms from Del Cabo or Limited (Mexican grown). They are pretty tasty for a winter fruit. Before Valentine's Day, the first strawberries of the season should start to arrive.

The next couple of months are the low season

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### On Resolutions and Other Wacky Ideas By Kevin Copperfield

Hello, cherished readers. Once again it is time to ring in a new year. If you are like me, you have a lot to look forward to this year: morning jogs, less sugar, better interpersonal relationships, finishing deferred maintenance projects around the house, flossing daily, writing in my journal, taking my vitamins and about 23.5 other character-building activities. In a spirit of positivity and rebirth it is indeed an opportunity to pledge once more to be the person I always think I can be and imagine the world as I would like it.

Here are some things in store for us this year:

The corporate-food-industrial-complex will be beaten back to a reasonable degree of size and scope. A new organization, Moms Across America, is waging a nation-wide campaign to educate people regarding GMO's and pesticide use in our food. Evidently, the founder's three sons were stricken with a pesticide chemical that was remedied with a diet of organic food. Look out Monsanto, Kraft, Cargill, et al.

Also, the largest economy on earth will find a way to provide affordable, ethical health care for its citi-

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#### 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

## Food News From The Chill Department

We have recently brought in some delicious products from Orchard Choice. Currently we are featuring the Organic Mission Spread, made from Mission figs which are harvested at the peak of their flavor and sweetness, and a Balsamic Pepper Spread. Give them a try; they are worth it. Also from Ewetopia Brand is a sheep's milk feta, which is unique and tasty. This dairy believes that happy animals are productive and produce the best quality of milk. The families who own the dairy are committed to a "Farm to Table" environment.

Our third offering is from Carolyn's Cookie Company. These are frozen, hand-scooped cookies made from such fresh ingredients as pure real butter, fresh eggs, wholesome oatmeal, plump raisins, Guittard chocolate, and real vanilla. Conveniently ready to bake, they exude homemade goodness. Check out our selection. It changes from time to time but currently we have peanut butter chocolate chip, regular chocolate chip, and chocolate chip with pumpkin spice.

### Mary Anne - Continued from Page 1

for produce. We try to keep the supplies interesting, but there are limitations at this time of year. Stay healthy by eating your greens and topping them with varieties of citrus. Apples and pears are also in good supply. Walnuts in the shell can be cracked and toasted to add some oil and protein. We also have some early season avocados from California which are large and reasonably priced. They have creamy flesh and good flavor.

We will have some lovely rose bouquets and other Valentine-themed floral selections available for February 14<sup>th</sup>. As well as bouquets, we will have mini-orchids in 2" pots, heart-shaped jasmine wreaths, and mini roses in heart pots. Be sure to think of us when shopping for your Valentine.

Enjoy your year ahead. Make resolutions to eat more fresh produce. Remember to exercise and stay happy. We wish you all the very best that the New Year can bring.

### On Resolutions - Continued From Page 1

zens. All it takes is some political will and we can join the ranks of the other industrialized nations of the world who have seen the humanitarian sensibility of not having a "for-profit" health care system.

More people will want good food and because health care is affordable, are willing and able to pay for it. Being a farmer becomes cool resulting in a boon to the economic localization movement. Folks are healthier and happier. Kids don't get sick as often.

Greed is deemed to be unacceptable in a business climate of sustainability. Instead, a consciousness of holistic interconnectedness takes hold. The by-products of which are cleaner air, water and soil resulting in a healthier environment for man and animal.

Due to demand for public banking, Wall Street is forced to see the error of its ways and decide to stop siphoning and hoarding America's working capital. There IS enough to go around for each household to enjoy more than a paycheck to paycheck existence.

Education will be funded back to pre-1999 levels as a result of Wall Street and the banks seeing the light. People get smarter, crime goes down, and the cops stop carrying military-style hardware.

The nuclear power industry will be used to energize the production of solar-based technologies and then honorably shut itself down.

The military-industrial-complex and its legion of supporters are in for a rude surprise when soldiers everywhere throw down their weapons in disgust, realizing no one wins except the profiteers.

Mariposa Market will be held as the model for which all small rural organic markets will strive to achieve.

**HAVE A GREAT 2015!!**



## Who Is Going to Protect Us? By Alecia O'Neil

In 2013 Monsanto, the supplier of the herbicide Roundup, petitioned the EPA (Environmental Protection Agency) to increase the allowable limit of glyphosate on crops. Glyphosate is the chemical sold under the brand name Roundup, and is the most common herbicide used around the world, and no doubt the most dangerous. This doubled the amount allowed on foods such as soy and canola, from 20 parts per million (ppm) to 40ppm. But don't fret...the US Department of Agriculture (USDA) headed by former Monsanto lawyer Tom Vilsack says people shouldn't worry, because pesticides are completely safe to eat. This may seem hard to believe, and if it wasn't meant to be a fact, I would laugh. It has actually been reported by the USDA that "U.S. food does not pose a safety concern based on pesticide residue".

This was after more than half of the food tested by our government last year showed pesticide residue. Apparently, this is not seen as a problem though, as long as the findings stay within their "tolerance levels" established by the EPA. And yet, the USDA knowingly avoids testing for glyphosate on food, claiming it costs too much, and is "extremely expensive". What is going on here??!

As genetically modified foods are increasingly raising questions about health risks, they are also wreaking havoc on the environment. Since the introduction of GMOs, they have been in conflict with our natural order, forcing insects to evolve into stronger, chemical resistant populations. The weeds have gradually developed into "super weeds" now needing more and more herbicides to do the job. As more pesticides are needed, the more residues remain; thus the need for higher limits of Roundup (glyphosate) on our food. This explains why the EPA was petitioned once again to raise the pesticide limits. I am sure this won't be the last time the EPA will succumb to the pressure by the big money corporate lobbyists and ignore their real job, to protect the environment.

Another good example of this is that the Environmental Protection (ha, ha, ha) Agency allowed an increase in the "legal tolerance" for a class of pesticides called neonicotinoids. This insecticide was developed by Bayer pharmaceuticals and the Shell oil company. After being pressured by the GMO giant Syngenta, the EPA folded. These chemicals are recognized as the bee-killing insecticides that are banned in most of Europe. This approval was done despite opposition from the

## Winter Bathing: Epsom Salts vs Dead Sea Salts By Gaea Bogue

We are deep into the chilliest season, when many of us may notice more aches and pains in muscles and joints. When winter brings the cold, my mind moves to thoughts of warmth, be it warm sunny places, glowing woodstove fires, or soaking in a hot bath. Upon noticing the seasonal aches in myself and hearing complaints from others, therapeutic baths seem to be a good solution. Both Epsom and Dead Sea Salts have therapeutic benefits, from easing muscle tension, to improving skin conditions. I've looked into the origins, similarities and differences between the two.

Epsom Salts originated in Epsom England, in the naturally occurring mineral baths. Soon it was discovered that the waters, and salts were rich in Magnesium Sulfate. Magnesium Sulfate is a mineral compound, important for overall health. In the year 1695, chemist Nehemiah Grew touted the therapeutic benefits of Epsom Salts in his book on the subject of "Bitter Purg-ing Salts". The bitter saline waters were boiled down, leaving the salt crystals. This mineral helps to flush out toxins from our bodies, relieves tension, improves absorption of nutrients, reduces swelling, and is often used as a sleep aid. Magnesium also helps to produce serotonin, which creates calm, and elevates mood. Our diets have become deficient in this mineral due to the abundance of highly processed foods. Processed foods have lost many of the basic nutrients, leaving us

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EPA's own scientists, who knew about the toxicity and were completely ignored.

By 1985, glyphosate levels were appearing in animal meat and fat, eggs and milk. At that point the EPA assigned an acceptable level in mammals at .05 parts per million (ppm). Then, they looked at the acceptable intake for human consumption; it was set at .10mg per kg of body weight. However, by 1993 the acceptable intake had been raised 20 times, to 2 mg per kg of body weight per day! From 1995-2005 glyphosate usage limits rose 1500%!

I find all of this really astonishing and wonder why these agencies are not drawing more resistance for these careless acts. Obviously we can't rely on them, and need to figure out ways to become actively involved. Any ideas?

## The Skinny On Extra Virgin Olive Oil

Mariposa Market carries many fine bottles of extra virgin olive oil (EVOO), both domestic (California) and imported (Mediterranean, South America). “Olive oil” is how we refer to the oil obtained from the fruit of olive trees. People have been eating olive oil for thousands of years and it is now more popular than ever, thanks to its many proven health benefits and its culinary usefulness. Olives can only grow in certain regions, yet millions of people are involved in olive oil production throughout the world and the culture of olive oil is rich and vital. Of course, from that simple beginning it gets a bit more complicated. Here are the basics you should know.

**How Olive Oil is Made:** After olives are picked and washed, they’re crushed – sometimes between two big stones, but now more commonly by steel blades. The resulting paste is stirred to release the oil droplets in a process called maceration, before being spun in a centrifuge to pull out the oil and water. After the water is removed, what is left is olive oil.

Only about **30 percent** of all olive oil production ends at extracting the oil from the olives. Refining using solvents and high heat to neutralize the tastes of the oil is used in the remaining **70 percent**. This allows producers to use olives that are not in the best condition, and blend from oils from a wide variety of sources (even countries) because the bad tastes resulting from oxidized olives and the mass production process are chemically removed. When you see “Pure Olive Oil” at the store, or a bottle that says simply “Olive Oil,” these are refined.

Unrefined olive oils do not undergo chemical refining. In unrefined olive oils, such as “extra **virgin**” and “**virgin**” olive oils, the process goes no further than extraction and bottling. Producers of unrefined olive oils need to use fruit that is in good condition and carefully manage various factors, because the oil will not be treated to chemically hide bad tastes that would result from oxidized olives or some other contamination.

**Extra Virgin Olive Oil:** An unrefined olive oil that exhibits nice fruity flavors, has no taste “defects” and meets certain benchmarks in its chemical composition can be called “extra virgin.” In extra virgin olive oils, the tastes of the fruit is intact, and its quality reflects the great care along the entire production process. Extra virgin olive oils have higher amounts of nutrients and therefore provide greater health benefits.

**Why Should I Use Olive Oil?** Olive oil is a monounsaturated fat and the cornerstone of the famous Mediterranean diet. Most people choose olive oil because of its many proven benefits to human health. Extra virgin olive oils offer even more: a world of fruity-bitter tastes that chefs are capturing to elevate dishes to a level they never thought possible.

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### Epsom Salts—Continued From Page 3

depleted of many minerals. The fastest way to help replenish Magnesium Sulfate is thought to be by soaking in a bath with Epsom Salts.

Dead Sea Salt originates from the Dead Sea, between Jordan and Israel. The Dead Sea, also known as The Salt Sea, is the deepest hypersaline lake, and is at the lowest elevation on Earth. It has been recognized since before the days of Cleopatra as a source for wellness and health. The water that comprises the Dead Sea is unique on earth because it contains 33% salt, 10 times the amount found in other bodies of water. Dead Sea Salt has elevated level of minerals, including zinc, iodine, potassium, calcium, bromides, and magnesium. The salts are used worldwide with a range of health benefits, including skin conditions such as psoriasis, acne, scabies, eczema, and dry scalp. In addition, soaking in a bath with Dead Sea Salts can help improve circulation, reduce rheumatoid pain, reduce stress, as well as promote relaxation and restful sleep.

The holiday season has passed, and I for one am looking forward to some down time soaking in a warm therapeutic bath!



## Olive Oil—Continued From Page 4

**Olive Oil Health Benefits:** Studies of the health benefits of olive oil consumption fill the pages of medical journals around the world. Heart disease, diabetes, Alzheimer's, and cancers are among the long list ailments that can be avoided and conditions that can be improved by a diet that includes olive oil. Replace other fats with at least two tablespoons of extra virgin olive oil every day, eat lots of veggies and go for a walk.

**Quality and Tasting:** Those famous health benefits and the flavor of olive oil depend on many factors, and there is a lot to learn if you're interested in olive oil quality. Unfortunately, you can't always trust what the bottle says, and the best way to learn good olive oil from bad, is to know what to look for and learn how to taste it. Tasting olive oil straight is the best way to judge its quality. Pour a little in a small glass and warm the glass in one hand, while covering it with the other. Now put your nose into the glass to sense the aromas. Hopefully, it reminds you of things like fresh olives, grass, bananas and apples. Aromas of hay, cardboard, vinegar, mud and mustiness are some of the aromas that indicate an olive oil has gone bad. The very best extra virgin olive oils in the world compete in competitions judged by panels of expert tasters. The largest and most prestigious is the New York International Olive Oil Competition, which takes place each April. The winners are listed on the official results website, [www.bestoliveoils.com](http://www.bestoliveoils.com).

**Bitter is Better:** If you pluck a perfect olive off a tree, it will be too bitter to eat, but the less that comes between your cupboard and that perfect, bitter olive, the better. Just as they did with chocolate and craft beer, those who want to enjoy all of the health benefits and flavors of the best extra virgin olive oils should start to love bitterness. In fact, the opposite of bitterness is the taste of rancidity. Unfortunately, studies have shown most people actually will choose a rancid olive oil over a fresh, high-quality one, thanks to years of knowing little else.

**Cooking with Olive Oil:** Olive oil makes an excellent choice for nearly every kind of cooking. Just remember that if you choose to heat an extra virgin olive oil, you will lose its flavors. That's why some chefs choose lower grades for cooking, because some (but not all) of the value that you pay more for in an extra virgin olive oil "evaporates" once it has been heated. Still, olive oil is versatile and far healthier than other cooking oil choices for baking, sautéing and just about everything in your kitchen.

**Storing Olive Oil:** You can keep unopened olive oil in a cool, dark place for up to two years (high quality olive oil will last longer than one that wasn't great to begin with). Once you open the container, the oil begins to degrade much faster. A good rule of thumb is to use it within a few months after opening. Keep the bottle tightly capped and away from heat and direct light. The best strategy is to use olive oil often, and go through it quickly.

**How to Buy Olive Oil:** There are producers of outstanding olive oil in every country olives are grown, and it's fun finding characteristics unique to the various regions oils are made. Look for olive oils that indicate a "harvest date" within the last year, or with at least a year to go before its "best by" date. Tasting before you buy and finding a merchant you trust will enhance your chance of getting your money's worth.

**Why Does Good Olive Oil Cost More?** There are two 500 ML bottles on the store shelf: one is priced \$12.99, and the other is \$29.99. How can that be? Like wine, there are a lot of factors that go into the price of a bottle of olive oil. Often it is tied to the production cost: one is from a highly automated, large-scale and efficient producer, while the other might be harvested by hand from trees scattered among steep hills, for example. Prices multiply by the intervention of middlemen along the supply route. That beautiful packaging adds cost, and if you're buying olive oil at a souvenir shop in a tourist town, you're not just buying olive oil, you're paying someone's rent. At Mariposa we have 14 different bottles of EVOO in various sizes ranging in price from \$11 to \$24. Six bottles are from Northern California, three bottles Italian, and 5 bottles from various Mediterranean countries and South America. Some are organic, some not. All are good oils and like wine, everyone will have a favorite. There are good olive oil buys for \$12.99, just like your favorite everyday wine. However, if you have been holding back on trying one of the pricier oils go ahead and splurge. You only live once.

## Every Day Health Maintenance By Todd Hill

### Introduction

If you dined this week on a pair of chili dogs with cheese and washed them down with 4 Coors Lights, you can stop reading. This article is not for you (or, if you purchased your valentine a 16 oz. flask from the local quick mart). If you are Biblically versed, you may believe that God promises eternal life to those who believe. If you are a consumer of the previously mentioned meal, featuring Farmer John's beef franks, Hormel chili, and Darigold shredded cheddar cheese on white Wonder buns, you may meet your God sooner, rather than later. Mariposa Market customers are an educated lot, and not likely to consume such foods. Nonetheless, most of us continue to educate ourselves on the 'science' of proper nutrition. Please allow me to pass on some things which have been greatly beneficial for myself over the course of my two and one half decades in this business. I realize that much of this will be common knowledge, but perhaps there are a few things you may not be aware of.

### A Balanced Diet

The key word here is 'balanced'. If you are a picky eater like myself (just ask Alecia), this could prove to be challenging. I like to start with basic principles. Plenty of fresh, organic fruits and vegetables, organic grains, nuts and seeds, cereals, beans, and legumes, organically fed and/or sustainably raised meat and dairy products, and raw foods. I also find some fish to be beneficial (check sources and labels!). I try to eat a lot of green salads. The nutritional benefits of spinach and kale cannot be overstated. I include various vegetable combinations, such as carrots, cucumbers, broccoli, and celery. To top it off, I add various nuts and seeds, such as raw pumpkin and sunflower seeds, cashews and almonds. Some dried seaweeds are also very tasty. Those of you not as picky might enjoy peppers, garlic, olives, fresh basil, or other fresh herbs. I prefer olive oil based dressings. Studies have shown that many vegetable oils are toxic to the body. Olive oils are a healthy fat. Olive oils are loaded with phytonutrients, many of which are antioxidants. The anti-inflammatory properties in olive oil reduce the chance of chronic diseases such as diabetes, heart disease, and arthritis. Monounsaturated fats in olive oils will have positive effects on cholesterol and help lower blood pressure. I am a proponent of obtaining the vast majority of my nutritional needs through food sources, and alternating a wide variety of foods is the best way I've found to remain nutritionally balanced. I'm a hard sell on magic bullet supplementation. Like so many other things, the principle to selling is catering to our fears. I do however use a handful of supplements which have proven to be beneficial for me.

### Cod Liver Oil

Green Pastures Blue Ice fermented cod liver oil is more expensive, but for good reason. This is a completely unprocessed product. Fermentation is an age old traditional method of extracting oil from cod livers. This method of extraction is exclusive to Green Pastures (no, I'm not a shareholder). Other companies use heat or chemical solvents for extraction. This process strips the oil of almost all its nutrients. Green Pastures cod liver oil is among the richest sources of vitamins A and K. It's also packed with valuable omega oils, quinines, Vitamins K and E, and CoQ enzymes.

### Silica

I choose to take silica because irrigation systems used in today's farming hinders silica absorption in crops. Super Silica by Positive Nutrition Co. is an excellent product to fill this 'agricultural void'. This is a mineral based product, which is ionized to allow our bodies to take it in. This ionization allows approximately 90% absorption. Silica is so versatile, healing can literally occur from 'head to toe'. The body reserves silica for vital organs. When deficiencies are present, silica is drawn from less crucial body functions to support these organs. Silica supplementation will help provide needed silica for all of these functions. A partial list of benefits include, autoimmune response, arteries, intestinal function, joints and connective tissue, bones and teeth, heart, brain and nervous system, and skin, hair and nails.

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**Health Maintenance - Continued from page 6****Turmeric**

Since I am still a picky eater and dislike turmeric for culinary use, I take it in supplement form. Turmeric has been proven to provide numerous benefits. To classify turmeric as a spice would be selling it short. Externally, turmeric is a natural antiseptic, effective in treating minor cuts and wounds. Studies have shown that turmeric can prevent prostate cancer, breast cancer, and melanoma. It is also a natural liver detoxifier. Turmeric can slow the progression of Alzheimer's, as it removes amyloid plaque buildup in the brain. Turmeric is a natural anti-inflammatory, and is effective in the treatment of arthritis.

**Multivitamin Supplements**

Although not taken daily, I will often use a multivitamin supplement to fill some nutritional holes in my sometimes limited menu. To a large extent, I believe the multivitamin industry to be a scam. Through some research however, I have come to cultivate a significant amount of trust for MegaFood. They use fruits, vegetables, and grains for source nutrients, and they use what they call a Slo-Food process to preserve authentic nourishment. As needed, I will also take Oxylent drinks for a vitamin, supplement, and electrolyte boost. This product is by Vitalah, and is superior in quality than our previously carried Emergen-C's. This product uses chelation to bind amino acids with minerals. The end result is a fast and efficiently absorbed supplement for a boost of energy and immune system support.

**Exercise**

Good nutrition needs to be balanced and best utilized with regular exercise. Many have told me that they are too tired to exercise. My response is you are tired because you don't exercise. I realize that commitment to responsibilities often leave us with little time or inspiration to engage in exercise. Simply put, find an exercise or physical activity you enjoy and carve out some time to consistently do this. I know, spoken like someone who's never raised children. Time restraints notwithstanding, facts are facts. People who eat well, coupled with regular exercise, are simply better equipped to deal with whatever life presents, both physically and mentally.

**Some General Trends Concerning Nutrition**

It should come as no surprise that foods in their natural state offer the highest nutritional value. We live in an industrial age. The resulting effects on our food industry have been predictable. The more that foods are altered from their original state, as a result of processing, the more nature's pure nutritional benefits are compromised. Today's food industry is largely motivated by profit, rather than quality. Mariposa customers and consumers of natural foods worldwide are aware of this, and this awareness is growing. This is one reason that we choose pure foods beyond the reach of this corporate system of food production, and support organic and sustainable practices.

**Conclusion**

Beyond good nutrition and exercise exist some other basic and obvious practices we can observe to live healthier, more balanced lives. That is plenty of fresh air, sun, and water. It has been rumored that I sometimes carry a \*flask on the job. I must confess that this is true. However, my flask contains only pure, reverse osmosis filtered water. (courtesy of Mariposa's state of the art water filtration system) This system removes chlorine, fluoride, and other contaminants from water, and tastes great. I find this a much better, and more ecologically sound alternative to bottled water. Unless you live on property sourced from an underground spring, filtered water is the best available option. I hope some of you find this information helpful. I look forward to learning and sharing more from our customers and staff.

*\*A final note concerning my flask. Since there is often some religious artwork affixed, I am sometimes asked if the flask contains holy water. Although this water is often blessed immediately after filling, I have been unable to correlate any scientific data which suggests any spiritual benefits as a result of drinking it.*

## From Our Suggestion Box

**Amy's Cheese Pizza "Bites":** We have the Bean & Cheese Bites... when space becomes available, we'll look into carrying this.

**Daiya Vegan, Gluten-Free Pizza:** We will look into this.

**Vegenaise Low-Fat, 32oz:** We do carry this in 16oz. Right now we do not have the space for the 32oz.

**Claravale Farm Raw Goat Milk:** Unfortunately, there are no distributors in this area that carry this.

**Thank you, thank you, thank you for getting Organic Chicken Sausage:** You're welcome!!

**Indian type flat bread that was tortilla like, (whole wheat chapattis):** We will see if we can find this. The closest thing we have right now is Naan bread.

**Fra' Mani Pancetta, it's the real thing! Please bring it back!** Unfortunately this was discontinued by our distributor. We are looking for another distributor that carries it.

**Brown Cow Yogurt, Non-Fat, small size:** For some reason, the non-fat yogurt just doesn't sell and we were throwing out too many that had expired.

**Synergy Raw Kombucha Third Eye Chai:** We are looking forward to carrying that product again!

**Bhakti Chair Original, Boulder, Co.:** We will check it out.

**Please stock a plain/regular corn chip in a smaller bag:** Sounds like a good idea, we'll look into it!

**Bulk Dulse, whole, not flaked:** We will look into adding it to our bulk herb & spice section.

**WEDO Banana Flour, gluten free and Fair-trade, great for baking:** We will definitely look into this!

**Pickled Okra, not sure about the brand:** We are unable to get a "clean" brand (organic or non-gmo).

**Black Lemonade, brand unknown:** We have no plans to carry this item, but you can place a special order for a case and receive a nice discounted price.

**Yellow split peas, supposedly more nutritious:** The nutritional value of green and yellow are very similar. We may consider adding the yellow.

**Bulk Green Tea:** We currently carry 1 pound bags of Sencha in the tea aisle and Green Yerba Mate in the bulk herb section.

**Diva Cup:** We normally stock both sizes in the paper



product aisle. Occasionally the manufacturer's out of stock.

**Meyer's All Purpose Cleaner, Geranium:** Unfortunately, this was not a good seller for us. It can be special ordered.

**Newman's Popcorn, unsalted:** We have organic popping corn in our bulk aisle. It's very good!

**Organic masa harina for making tortillas:** We carry Bob's Red Mill Masa Farina. Our distributor does not currently have an organic option, however we will continue to search for organic.

**Free trade spicy hot chocolate:** This is currently not offered by our distributors, but we will keep an eye out for it!

**One pot of veggie soup and one pot of meat soup, please:** We try to have at least 2 pots of soup, whether veggie, vegan or with meat on a daily basis. If you look on Facebook you'll find that the veggie and meat soups are equally divided during a 2 week period. Unfortunately, our kitchen is such that we cannot make 2 kinds of soup on a daily basis given the other tasks to be done as well as the stovetop situation, which does not allow for multiple tasks.

**Organic Valley or Columbia Gorge for the smoothies in the deli:** We are now carrying Uncle Matt's Organic orange juice, however if it does cost nearly twice as much so prices will have to go up a little.



**Breakfast burritos and sandwiches need to be out by 9:00AM:** The kitchen day starts at 6:30 and breakfast items are the first things made, and go out by 9:00AM. Sandwiches are dependent on when the fresh bread arrives. Sandwiches and salads are out by 11:00AM as well as the soup. Our crew works hard to keep to these time lines.

**Kemmy's Pies, sweet and savory, please bring back!** We have a wonderful, local, organic, and gluten free baker who make fabulous pastries. We had trouble selling the Kemmy's pies when we carried them in the past.

## Beer And Wine Notes

### By Debbie Mac

As the season for Dungeness crab begins we all may be wondering what delicious dishes to prepare. Here is one of our favorites and the perfect wine to pair it with. Sauvignon Blanc is a versatile wine that pairs well with many foods because of its high acidity. Whenever you want to bring out the best flavors in a dish without masking any of the flavors, Sauvignon Blanc is your wine. The fresh crisp taste goes well with salads, goat cheese, pork, chicken and especially shellfish.

The subtle sweetness and light ocean flavors play nicely against the fruit and herbal tones of the wine. Crab cakes are the perfect food to make for a casual evening in or for entertaining a group of friends. Mariposa is currently featuring three of our local favorites. Husch Sauvignon Blanc, which has a full impact and presents freshness and clean fruit purity. Bonterra Sauvignon Blanc which has tropical aromas and bright minerality that balance on the finish. And lastly, Brutocao Sauvignon Blanc with a crisp, fresh mouth feel bursting with ruby red grapefruit and clean long finish



## The Very Best Louisiana Crab Cakes Ever

*Recipe from Dana*

### Creole Seasoning

- 4 Tbsp salt
- 1 ½ tsp pepper
- 1 ½ tsp garlic powder
- 1 ½ tsp paprika
- 1/8 tsp cayenne
- 1/8 tsp thyme
- 1/8 tsp oregano

### Seasoned Bread Crumbs

- 3 cups French bread-pulse in processor until fine crumbs (reserve ½ cup of plain crumbs for the crab cake mixture)
- 1/3 cup parmesan
- 1 tbsp basil
- 1T oregano
- 1 ½ tsp garlic powder
- 1 tsp cayenne

### Creole Sauce

Doubling the sauce assures extra for topping rice

- Sautee in ½ cup of butter until soft:
- 1 cup green bell peppers-rough chop

- 1 large onion-rough chop

Add:

- 32oz veggie broth
- 15oz can diced tomatoes
- 3 bay leaves
- ½ tsp thyme
- 1 Tbsp paprika

Bring to boil and simmer 45 minute, stirring occasionally

Remove from heat and add:

- ½ tsp tabasco sauce
- 1 tsp Creole seasoning
- 1 dash of cayenne

Remove the bay leaves and carefully process the hot sauce until smooth

### Crab Cakes

- Mix thoroughly:
- 1 ½ lb fresh crab meat
- ¼ c green bell pepper (dice very small)
- ½ c green onion-minced
- ½ c fresh bread crumbs
- 2 eggs

## Healthy Peanut Butter Cups (Vegan, Gluten-Free, Dairy Free, No Refined Sugar)

From: [www.thehealthyfamilyandhome.com](http://www.thehealthyfamilyandhome.com)

### Ingredients:

#### For The Peanut Butter Bottoms

- 3/4 cup organic peanut butter
- 1 tablespoon organic maple syrup
- 2 tablespoons organic coconut oil (melted/liquid)

#### For the Chocolate Topping

- 1/4 cup organic raw cacao powder
- 1 tablespoon organic maple syrup
- 1/4 cup organic coconut oil (melted/liquid)

### Directions:

#### **For The Peanut Butter Bottoms**

Combine the peanut butter, maple syrup and coconut oil (melted/liquid) in a medium size bowl and stir until well combined.

Drop a spoonful at a time into standard sized muffin cups until they are approximately 1/2 full.

Put them into the freezer for at least 15 minutes or until hardened.

#### **For the Chocolate Topping**

Combine the raw cacao, maple syrup and coconut oil (melted/liquid) in a small size bowl and stir until well combined.

Drop a spoonful at a time on top of the frozen/hardened peanut butter in the muffin cups.

Put them into the freezer for at least 15 minutes or until hardened.

Keep in the freezer until ready to serve because they will get soft and lose their shape if left out at room temperature. Enjoy!

Recipe inspired by and adapted from: <http://www.freecoconutrecipes.com/index.cfm/2013/1/9/buttercup-bars>

## A Few Words From The Deli by Dana

Some new items are appearing in our cold case for the New Year. In an effort to create healthier choices, Mariposa has developed some lunch bowls in three flavor styles: curry, teriyaki, and Cajun. These will be available in chicken, seafood, or vegetarian choices.

Valentine's Day will soon be here and the Deli is preparing to indulge you and your sweetheart. There will be a nice selection of cakes and cookies in the shape of a heart, some even gluten-free for the wheat intolerant among you. There will also be assorted candy bags from Mariposa's own assortment of bulk sweets. Be sure to let Lori in the Deli know if you need something special ordered for this popular holiday.

There is going to be a price increase of 5% for most items in the deli. This unfortunate event is due to the increasingly high prices of produce, and the rising costs of paper products. Soup prices will stay the same.

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Happy New Year To All Our Beloved Customers!!