



# MARIPOSA NEWS

EARLY SPRING 2013



## Notes from Mary Anne

By the time this newsletter comes out, Easter will already have come and gone. The weather does seem to be gearing up for an early spring. Warm days and dry conditions mean the soil can be worked and planted. Of course, we who live in Northern California know that the weather can take many twists before summer actually sets in, but the predictions are for generally dry weather and near normal temperatures. This is pleasant for the humans, but a little taxing for Mother Earth.

Speaking of Our Mother, Mariposa is getting ready for its annual Earth Day celebration. This year it lands on a Monday, April 22, which is normally a busy day. We will have our usual "awareness of the environment" theme with drawings for environmentally friendly products and a party with food from our café. Gaea, our beauty products buyer, will be doing makeovers using Gabrielle Cosmetics, an earth conscious line. This event will happen between 1 and 4 in the afternoon. Sign up sheets will be posted. Come in and get prettied up for spring on April 22, and take part in the festivities. The whole day will be dedicated to Our Precious Ma.

The produce department is also showing its spring colors. Strawberries from California are finally coming in after many delays due to cold spells and freezing weather. California asparagus is now on our shelves, as well. The citrus crop is hanging tight with late season mandarins (luscious things) and navel oranges dominating the scene for flavor and sweetness. New crop Valencia Oranges are starting to taste like delicious orange juice. Lemons and grapefruit are steady. On the down-side, onions and potatoes are becoming scarce as a gap develops between the old and the new crops. By May, the first peaches, cherries, and grapes should arrive, reminding us that

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## All the Colors of the Rainbow By Angelia

*"Human diversity makes tolerance more than a virtue; it makes it a requirement for survival."*

— Rene Jules Dubos

This month I'm celebrating my first year as a Mariposa employee. The past year has been a lot of fun and I feel so fortunate to be a part of this splendid market. Most of all it has been wonderful to see customers and coworkers alike find personal transformation here and emerge from their cocoons as beautiful butterflies. It is truly a joy to see all of the regular characters that make working here so colorful. In addition, I feel I've been given a safe space here to discover my own personal truth and resolve the inner conflicts that keep me from being as healthy as I could be.

When I'm on the register, it is fascinating to be exposed to so many different types of people on a daily basis. The Paleo, the gluten-free, sugar-free, low carb, raw and slow foodies all visit here and exchange handshakes, ideas and recipes with me. How interesting it is that with so many different ideas they all seem to make sense and really work for the people who use them. To some, these diets may seem extreme, or even un-

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## Earth Day Celebration! Monday, April 22nd

### 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

## Healing Begins In Potter Valley By Alecia

Mariposa's herb department just got better! We have just reintroduced a local line of herbal extracts and formulas from Snow Mountain Botanicals. This small herbal medicine company, located in Potter Valley, is owned and operated by two experienced woman herbalists, Joanne and Kathy. Their homestead and herb farm is nestled in the pristine foothills of Mt. Snow, surrounded by the Mendocino National Forest. In true Mendocino fashion, they are completely off the grid, using solar panels in the summer and hydroelectric in the winter to generate electricity. The water comes from fresh flowing creeks. The greenhouses are heated by passive solar, a family design that came to fruition after much community effort. Even with snow on the ground, which often happens at 3000 ft., the greenhouse stays comfortably warm at 50 degrees. With a little sun or a small wood-fire, the temperature can get up to 75 degrees. These ladies are proud of this fact because this is their sixth year of growing vegetables and herbs throughout the winter months.

The herbs that are grown on the farm for the medicinal extracts are selected carefully. They are harvested at the optimum time of maturity to insure the active constituents are at their peak. The herbal preparations start with the plants in their fresh state and are meticulously extracted into single tinctures or compounds. This is a lengthy process done by Joanne and Kathy, and is where their knowledge as herbalists is vital. Their compounds are synergistically combined to address a wide variety of health concerns.

Any herbs that they cannot grow themselves are procured from organic suppliers and local, conscious wildcrafters. While wildcrafting, it is vital to have appreciation and respect for the plants and to only take what is needed, never depleting the plants that provide their healing abilities. This is part of the holistic philosophy of these woman herbalists, and the reason Mariposa Market is happy to support their enterprise. Please look for Snow Mountain Botanicals in our Wellness Department.



## Mary Anne - Continued from Page 1

summer is not far away. Hard to believe, isn't it?

In an effort to remind Mariposa Market's commitment to the environment, we are planning on instigating a program where we will charge for certain bags used in our store. These will include the large 11"x14" plastic bags used in the produce and bulk departments and all paper bags except the bags which are given at the register for carrying out your groceries. The charges will be small, but we want our customers to be aware of the amount of paper and plastic they are using. Remember, that if you bring your own bags you will be refunded 5 cents per bag. This MORE than compensates for any extra money you might have to spend, but it does require that you be conscious of your choices. This new policy will go into effect on July 1, 2013. If you have objections, we would be happy to listen.

## Rainbow - Continued From Page 1

healthy. But I encourage you to keep an open mind and remember that what works for one person may not work for another. There are so many factors that need to be considered when it comes to well-being. Age, sex, race, family history and personal taste are huge when it comes to planning a healthy diet. Someone who can't stand the taste or smell of meat would not do well on the Paleo diet just as a person with an extremely physical lifestyle could not live on just 1,200 calories a day. So I have learned it is very important to respect one another's individuality when exchanging ideas. Besides, I won't be 37 forever and some of this knowledge will come in handy someday.

The thing that strikes me the most though is a conversation I had with a perfect stranger in Ukiah one afternoon. When I told her where I worked she said, "I've never shopped there but I've heard it's a great place to work," and I told her she was right. It's not a corporate machine full of disgruntled, unhappy workers with barcodes tattooed on their backs, and there are not unions deducting fees from my paychecks. Most of all I have a boss who not only cares whether I live or die, but she cares that I'm living well. I dare you to approach a Safeway shopper and ask about the working conditions there. Thanks Mary Anne and Mariposa Market for a great year!

## Spring Clean Your Body Care Products

### By Gaea Bogue

Hello and welcome to early spring! I am the new Body care buyer for Mariposa Market and as such I have the opportunity to research and discover many new natural and organic products. Currently I am focusing on promoting our toxin-free makeup lines.

In my former career as a Freelance Makeup Artist for film and television I stocked my makeup kit with products that worked for each specific job. Unfortunately during the early years I was unaware of the array of toxins present in cosmetics. I purchased and used what was known and trusted in the film industry. I'd always been health conscious as far as food, exercise, and household cleaners so what about everything that was going on my, and others skin? During my research I was horrified at the ingredients that were allowed to be present in body care products. I began the long process of turning over my personal and professional makeup and skin-care supplies to be as toxin free as possible.

Some of the most damaging ingredients to avoid that can be found in body care products include the following ten, most listed in a previous article by Mary Anne Trevey.

**Propylene Glycol and Butylene Glycol.** Concentrated contact with skin can cause brain, liver, and kidney problems. It is easily absorbed by the skin and weakens protein and cellular structures.

**Sodium Lauryl Sulphate and Sodium Laureth Sulphate.** These can cause eye damage and skin irritation.

**DEA (diethanolamine), MEA (monoethanolamine), and TEA (triethanolamine).** Hormone disrupting chemicals that form cancer-causing nitrates. These are especially harmful for children.

**Sodium Hydroxide,** also known as lye or caustic soda. A common ingredient in drain cleaner.

**Triclosan.** Hormone disruptor. It can change genetic material, decrease fertility and sexual function, cause birth defects, cause liver, kidney, and lung damage.

**DMDM and Urea.** Releases Formaldehyde which is known to cause skin irritation, joint pain, an array of allergic reactions, and is a carcinogen.

**Polyethylene Glycol.** Carcinogen, dehydrates skin, increases the appearance of aging.

**Mineral Oil.** Clogs the pores and interferes with the skins ability to eliminate toxins. Does not allow skin to breathe.

**Fragrance (synthetic).** Can contain thousands of ingredients which are not disclosed on packaging. Can cause skin irritations, depression, hyperactivity, coughing, headache, respiratory troubles, and others.

**Nanoparticles.** Are so tiny that they are able to penetrate cells, can build up in the body and have caused an array of devastating effects in scientific studies. Look for nano-, micronized, microscale, or fullerenes on labels and avoid products that list them.

In my new position I have been able to sample many of the products in the Gabriel Cosmetics line, MyChelle Mineral Makeup, and Aubrey Organics. I have been pleasantly surprised and find them to be comparable in skin coverage, color, durability, and overall quality to the professional makeup I used on actors and models faces. We carry the full line of Gabriel makeup, Aubrey Silken Earth Translucent Base, Powder Blush, and Natural Lips Shimmering Sheer Tint, MyChelle Cream Foundation, Concealer, Eye Shimmer, and Little Kisses. We also carry Dr Hauschka and Ecco Bella Mascaras, and a large selection of shimmering and tinted lip moisturizers. I've expanded our cosmetics section a bit and now carry Gabriel Cosmetics full and extensive line of nail polishes. We continue to carry the Piggy Paints water based polishes. Remember skin is porous and everything put on the body goes into the body!



## Sugar And Our Bodies

By Jenn Sanders

As a mother of an 8 year old and daughter of a diabetic father, I am very aware of how sugar can have an effect on our health. I did some research and found that 25.8 million children and adults in the United States, 8.3% of the population, are diabetics.

Diabetes is a disease which interferes with the metabolism of sugar and starches. Therefore, it is necessary that DIABETICS eat foods that have a low glycemic index. Let me explain. Glucose is the body's key source of energy. Glucose is set at 100 and all foods are indexed against that number. So food in which the glucose is quickly digested has a high glycemic index and food which is slowly digested has a lower glycemic index. Any food registering less than 55 on the Glycemic Index is considered to be low glycemic. When you consume foods with a high Glycemic Index your blood sugar increases rapidly, whereas a low glycemic food gives your body time to slowly digest and process the sugars present in the food.

Of course, eating raw or unprocessed food is the healthiest way to go. But, a lot of us can't do that 100% of the time. We can, however, take some baby steps and start lowering the amount of sugar that goes into our bodies and the bodies of our families. Here are a few of the sugar-free or low glycemic foods and beverage options that we carry at Mariposa:

**BREAKFAST:** *Barbara's Shredded Wheat* is sugar and sodium free. *Nature's Path Eco Pac Cereal Puffs* are all sugar free. *Lydia's Organics Berry Good and Apricot Sun Cereal* are both under 3 grams. Of sugar.

**SNACKS:** *Bearitos Black Bean Chips* are certified low glycemic. *Wonderfully Raw Coco-Roons* are sweetened with maple syrup and are low glycemic. *Everyday Gourmet Bakery* has diabetic friendly delicious cookies. *LuLu's Chocolates* are made with low glycemic coconut sugar. *Once Again Sunflower Seed Butter* is sugar and salt free. *Nature's Hollow* has a nice variety of sugar-free preserves. *So Delicious* frozen mini-bars are made with "no sugar added" coconut milk.

**BEVERAGES:** Zevia all natural sodas are all sugar free. Steaz energy drink *Zero Calorie Berry* is sugar free. Guayaki has an unsweetened Yerba Mate with less than 1 gm. Of sugar.

**MISCELLANEOUS:** *Walden Farm's and Caesar Dressings Ranch* are both sugar free. *Nature's Hollow* produces sugar free ketchup and pancake syrup.

## Containers For A Happier Earth

By Nan

I was born at the end of World War 2 and the earliest memories of recycling I have were from my childhood, before it became a political issue. Back then, we hadn't made the backwards leap toward disposables. Beverages came in glass refundable bottles and were shipped in wooden or metal crates. We simply used a bottle and returned it to be used again. What a concept!

Most of the environmental damage done to Mother Earth, that is human in origin, has been done in my lifetime, and this damage done in the name of progress, and has reached devastating proportions. The idea of disposable products and packaging has left our planet wading in garbage that we have no means of eliminating any time soon.

Some experts say it is already too late, that the balance has been tipped too far and only catastrophic means will return the ecological equilibrium. I choose a more optimistic approach, one in which my despair over our environmental situation is addressed through mindful practices to restore balance starting on a personal level.

It is not my intention, in this article, to expound on the problem. There are many books and CD's available where you can get facts and opinions of experts in Environmental sciences. I am here to offer some practical solutions to head us in

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## Antioxidants - Facts And Myths

By Mary Anne

Natural Foods Stores, and indeed, all grocery stores are rampant with products claiming that they contain antioxidants which put you just a few bites away from optimum health. Super Fruits, fruit juices, cereals, and even chips and candy bars are just a few of the packaged goods bearing these claims. Of course, it's really not that simple. More is not necessarily better when it comes to antioxidants, and how they are consumed is what makes a difference in your health.

There are thousands of antioxidants. A few are vitamins, but many more are minerals or enzymes. Vitamin C and E, the minerals selenium and zinc, and pigments such as carotenoids are all promoted for their antioxidant benefits. Polyphenols, also called flavonoids, are common antioxidants found in fruits, vegetables, whole grains, tea, coffee, chocolate and red wine. .

Antioxidants are touted for their ability to block free radicals, unstable chemical fragments that can damage the body's cells, making them grow and reproduce abnormally. In time, these processes can contribute to conditions such as cancer, cardiovascular diseases, Alzheimer's Parkinson's, and eye problems like cataracts and macular degeneration. The body generates antioxidants on its own to help stabilize free radicals, but smoking, alcohol consumption, excessive sunlight, and environmental contaminants can produce more free radicals than the body can deal with. Antioxidants in the food you eat, such as fruits, vegetables, and whole grains can come to the rescue. They also combat inflammatory processes.

Antioxidants can be taken through supplementation, but best results are achieved by eating a diet of fresh fruits, vegetables, whole grains and legumes. Scientists have yet to pinpoint all the ways these healthy compounds protect against disease. The consensus from many studies indicates that people who consume the most variety of antioxidant rich foods are on track for better health benefits. The reason for this is the synergistic effect that antioxidants have on each other, a complex process that is best obtained from a varied diet. Though some fruits are labeled as "super fruits", notably pomegranates, blueberries, acai, and others, it is still best to eat all colors of the fruit and vegetable spectrum. Every color has a unique combination of dietary benefits, which cannot be duplicated by taking antioxidants as supplements. Many packaged foods that claim to be high in antioxidants often have a labeling hoax or contain so much fat and sugar as to be counter-productive to your health.

Bottom line: eat your fruits and veggies. Mom has spoken.

*Adapted from the article: Consumer Report on Health, Vol. 25, number 4, April 2013*

### Containers - Continued from page 4

a more healthful and "earthwise" direction.

The first one that comes to mind is the reusable beverage or water bottle. Klean Kanteen, is a brand we carry. They make durable stainless steel bottles in various sizes and colors. I have had one of these for years and it has eliminated the need for me to purchase water in plastic bottles. Yes, I have to remember to fill it and take it with me but that's where mindfulness comes into play. We also carry a nice colorful line of ceramic hot drink containers to replace "to go" paper coffee cups. Aside from environmental concerns, there are also health related issues associated with drinking water out of plastic bottles that have been made with BPA's. We have a state of the art water filtering dispenser in our store along with a variety of containers which are BPA free, and glass gallon and half gallon jugs.

To reduce your dependence on plastic bags we have a good selection of cloth shopping bags, nylon mesh and organic cotton produce and bulk grain bags. For the "bring your own lunch crowd", we offer Keep Leaf reusable cloth wraps and sacks for sandwiches and snacks. They are made of 100% cotton exterior and have a waterproof lining, eliminating the need for plastic wrap and disposable plastic and paper bags. To-Go-Ware offers the perfect accompaniment in their bamboo utensil set encased in a nylon sleeve. We also have beautiful handmade tie dyed and quilted shopping and lunch bags, made locally. You can also reduce tons of packaging by buying in bulk and save lots of money too.

If you are a veteran at "reduce, reuse and recycle" or just starting out, remember every positive action counts. The above mentioned products and other are available as a regular part of the housewares department and we will be happy to help you in any way we can.

## Alcoholism-Beyond the Myths (Part I of a 4 part series) By Todd Hall

What distinguishes the difference between an alcoholic and a non-alcoholic? Do alcoholics drink too much because their bodies are abnormal, or does the body become abnormal because they drink too much? Many people believe a person 'becomes' an alcoholic because they have failed to exercise control of their drinking, and as a result, became an alcoholic.

As a young child, I remember a quote from my late Grandfather. "I can enjoy a drink with a meal, but I'll never let it get the best of me. The difference between a drunk and myself is discipline!" (He said "discipline!" with all of the flare and fervor of a man destined to be victorious). The 'discipline' which my Grandfather acquired through a military upbringing and his religion could not save him from dying of liver disease at the age of 64. In the years to follow, my Grandmother routinely accused him of poor decision making and a lack of self control.

My own drinking spanned a period of over two decades. In the later years, when it became evident that alcohol was destroying me, I thought that my inability to quit stemmed from a complex combination of moral and psychological defects. I certainly shared similar views with my Grandmother in this regard. These same views are also shared by many people today. This attitude of blaming the alcoholic for their demise has proven to be a significant obstacle for alcoholics in finding quality, lasting sobriety. Only after several years of sobriety did I come to learn that these views were incorrect.

### Why some People are Alcoholic

While psychological, cultural, and social factors influence the alcoholics drinking patterns, they have no effect on whether or not they become alcoholics in the first place. Physiology, not psychology, determines whether one drinker will become addicted to alcohol and another will not. For an alcoholic the enzymes, hormones, genes, and brain chemistry work together to create an "abnormal" reaction to alcohol. For the drinking alcoholic, this inevitably leads to a physiological addiction to alcohol. One thing universally shared by alcoholics is a liver which is incapable of efficiently eliminating alcohol from the body. This is caused by a liver enzyme malfunction which results in a harmful buildup of acetaldehyde throughout the body. The second step in breaking down and eliminating alcohol from the body is the liver's function of converting acetaldehyde into acetate. The liver of an alcoholic can only perform this function at the rate of

about half of that as a non-alcoholic. For alcoholics, this causes acetaldehyde to accumulate throughout the body when they drink. The chemical agents in acetaldehyde are responsible for numerous, far reaching disastrous effects. Acetaldehyde directly irritates cells and hampers their normal activities. When this substance flows through the body and brain, it competes with other substances for the attention of certain enzymes. In the brain, acetaldehyde blocks the enzymes ability to perform their primary activities. (These enzymes in the brain are called brain amines, or neurotransmitters) These inflated amounts of acetaldehyde interact with the brain amines to create isoquinolines. This is a chemical agent which intensifies the alcoholic's need to drink more alcohol, to counter the painful effects of the progressive buildup of acetaldehyde.

For the alcoholic, an unfortunate irony is that alcohol is the only thing which offers relief from the distress it creates in the first place. Scientific data as it relates to the disease of alcoholism can be difficult to understand, yet we have only scratched the surface here. For the alcoholic, the cells of the body learn to adapt with alcohol constantly present. We will examine this in a later article focusing on the various stages of the disease as it relates to cellular function.

### Ethnic Susceptibility

Extreme differences in addiction rates have been found among various ethnic groups. Among the lowest rates of alcoholism are found within those of Jewish and Italian heritages. (About 1%) Native Americans and Eskimos have the highest rates. (About 90%) Interestingly, the ethnic rates of alcoholism are directly related to the length of time alcohol has been available to specific ethnic groups. Studies have shown, the longer an ethnic group is exposed to alcohol, the lower its members susceptibility to alcoholism. Alcohol was first introduced to North American Indians and Eskimos around 300 years ago, whereas for Jew and Italians, over 7000 years ago. Alcohol was first introduced in Northern Europe around 1500 years ago, and they have 'medium' rates of alcoholism. Here in the United States, wherein resides many ethnic groups, the rate of alcoholism is about 10%.

### Heredity

Other studies have concluded that alcoholism is he-

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## From Our Suggestion Box

COULD YOU CARRY "NUTS TO YOU" PUMPKIN SEED BUTTER?

*We couldn't find a distributor for this product. Also it is not organic.*

PLEASE CARRY KEVITA SPARKLING PROBIOTIC DRINK.

*We are sorry, but we don't have a distributor for this item either. Buying it on line is out of the question because of the shipping costs.*

### Alcoholism - Continued from Page 7

editary, passed from parents to children through genes. These studies have also confirmed that a child's environment and social influences are not determining factors in whether they become alcoholic or not. This includes children who were born of one or two alcoholic parents, who were adopted by non-alcoholic parents, and vice-versa. The rates of alcoholism in these children remained consistent regardless of the social circumstances of their upbringing. These findings also shatter theories which insist that children of alcoholics often become alcoholics themselves because they have acquired bad habits from their parents, and model their behavior after them. This type of environment may help create a 'problem drinker', which is not an alcoholic at all. For the problem drinker, they will never be physiologically susceptible to addiction to alcohol, regardless of how much or how often they drink.

### Conclusion

Unlike the problem drinker, an alcoholic's drinking cannot be controlled by psychological methods such as counseling, threats, punishment, or reward. The alcoholic is powerless to control their reaction to alcohol. The alcoholic's behavior is governed by their addiction to alcohol. Despite their best efforts to control their drinking, the disease will progressively continue on its path of destruction. Of course, the rate of progression may vary from one alcoholic to the next, yet all alcoholics share the same malady. The only way to arrest this progression is to not drink. To 'not drink' sounds like a simple and viable solution, but unfortunately for the alcoholic, that is not the case. (We will examine effective treatments for the alcoholic in a later article). Next, we will take a look at alcohol itself; the drug, the food, and the myths associated with it.

TRU ROOTS ORGANIC SPROUTED QUINOA AND LENTILS, AMAZING. PLUS, IT'S ORGANIC AND SPROUTED AND QUICK COOKING

*This sounds delicious and nutritious. We will order it up.*

TOBY'S BLUE CHEESE SALAD DRESSING. YOU USED TO CARRY IT.

*Unfortunately, UNFI doesn't offer it anymore. We will search out a new distributor. So far, we have had no luck.*

PLEASE CARRY EDEN BROWN MUSTARD IN GLASS.

*We will order this product.*

CAN YOU CARRY A BONELESS SKINLESS CANNED SALMON WHICH IS ALSO UNSALTED?

*This specific type of salmon is not in our catalog. If we find it we will order it.*

CAN YOU PLEASE ADD KALE AND CHARD TO YOUR "GREEN JUICES" IN THE CAFÉ?

*Unfortunately these coarse-leaved vegetables jam up in our juicer.*

THANK YOU SO MUCH FOR THE NEW AND CLEAN OUTDOOR TRASH RECEPTICLES.

*You are so very welcome. They ARE an improvement.*

YOUR PRODUCE DEPARTMENT IS GROGEOUS! (NOTE FROM A TRAVELER)

*Thank you, we try really hard to have the best produce we can.*

CAN YOU GET SKIM MILK RICOTTA?

*We are trying to find this product.*

CAN YOU GET WILDWOOD ORIGINAL SOY CREAMER IN QUARTS?

*This particular product is only available in pints.*

PLEASE CARRY GOLDEN BLINTZES CHEESE AND BLUEBERRY.

*This is a frozen item which we can get but it is neither organic nor GMO-free. We could possibly order you a case.*

## The Scoop on Barley

### By Kevin Copperfield

Whole grain barley is a healthy high-fiber, high-protein whole grain boasting numerous health benefits. When cooked, barley has a chewy texture and nutty flavor, similar to brown rice. Although soup is the most popular way to eat barley, you can use it like any other grain such as couscous or rice. Serve a curry or stir-fry over barley instead of rice or make a barley pilaf.

Cooking barley is similar to cooking rice. Cover 1 cup of pearl barley with 2 cups of water or broth and simmer for 30-40 minutes before fluffing with a fork. Or, try using a rice cooker. Add 2 1/2 cups water per cup of barley. You can pre-soak barley in plenty of water to cut down on the overall cooking time. Barley can be pre-soaked for an hour or overnight. Pre-soaking will reduce the cooking time to about fifteen minutes.

According to the FDA, barley's soluble fiber **reduces the risk of coronary heart disease** and can **lower cholesterol**. But that's not all that this amazing food does! Barley also contains insoluble fiber, which **reduces the risk of Type 2 diabetes and colon cancer**. One cup of cooked barley provides **193 calories**, 6 grams of fiber and 3.5 grams of protein. With less than one gram of fat per serving, barley is a virtually fat-free food and is also **cholesterol-free**.

#### Types of Barley



Most barley growing in the field is what's called "**covered barley**," which means it has a tough, inedible outer hull around the barley kernel. This covering must be removed before the barley can be eaten. A less common variety, referred to as "naked" barley, has a covering, or hull, that is so loose that it usually falls off during harvesting.

**Hulled barley** (sometimes called "de-hulled" barley) is covered barley that has been minimally processed to remove only the tough inedible outer hull. It's challenging to remove the hull carefully so that some of the bran is not lost – but that's what must be done for covered barley to be considered whole grain. (see Pearl Barley, below)

**Hull-less barley** has an outer hull that's so loosely attached to the kernel that it generally falls off during harvesting. This cuts down on processing and ensures that all of the bran and germ are retained.

**Barley grits** are barley kernels are cut into several pieces. Read the label carefully: grits from hulled or hull-less barley are whole grain, but grits created by cutting up pearl barley are not considered whole grain.

If **barley flakes** remind you of oatmeal (rolled oats), it's because they're created the same way, by steaming kernels, rolling them, and drying them. As with barley grits, flakes can be made from whole grain barley or from pearl barley, with only the former considered to be whole grains. Barley flakes cook faster, because they've been lightly steamed and because of their greater surface area.

**Barley flour** is used in baked goods and as a thickener for soups, stews and gravies. While it contains gluten, the protein that helps baked goods rise, the type of gluten in barley flour does not promote adequate rising on its own, so barley flour is usually used with wheat flour. Look for whole grain barley flour, ground from hulled or hull-less barley, not from pearl barley.

**Pearl Barley is not a whole grain.** Pearl barley has been polished, or "pearled" to remove some, or all, of the outer bran layer along with the hull. If it's lightly pearled, pearl barley will be tan colored; if it's heavily

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## Beer And Wine Notes By Debbie Bumpus

I was recently invited to attend a wine tasting on the coast put on by Pacini Distributing. It was wonderful to try so many delicious wines from our local area and meet the people that make and represent them. The difficult part is that there are so many great wines to taste!! It is nice to see all the wineries excited about sharing their product and educate people on what goes into making wine. I talked with Martha Barra who brought with her a sample of cover crops they plant that fertilizes their land so they don't have to use synthetic fertilizers. They include mustard, fava beans, sweet peas, clover and vetch. It's so nice to see organic practices in use. We carry quite a few wines from Barra which include the Girasole label. The Girasole wine is produced in stainless steel barrels with oak chips added, as opposed to French oak barrels. Hopefully, we can bring a few new wines to Mariposa Market. Next month we will have a few of them on the display shelf. We are temporarily out of Terra Savia merlot but we've replaced it with their Meritage, a nice red blend.

The beers have also started to change in the spring. The lighter ales take the place of darker flavors. Since there are quite a few gluten free people, we've tried to expand our selection. We still have Redbridge and Estella Damm DAURA but have added Tweason'ale from Dogfish Head and Omission from Oregon. We've had good feedback from our customers and some employees. Also the Ace Pear and Apple Cider that we have in the 22 oz. are gluten free.



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pearled, barley will be quite white. Most of the barley found in the typical supermarket is pearl barley. Although it is technically a refined grain, it's much healthier than other refined grains because (a) some of the bran may still be present and (b) the fiber in barley is distributed throughout the kernel, and not just in the outer bran layer. Pearl barley cooks more quickly than whole grain barley.



**Quick barley (also not a whole grain)** is a type of barley flake that cooks in about 10 minutes, because it has been partially cooked and dried during the flake-rolling process. Although barley flakes can be whole grain and technically it would be feasible to create quick whole grain barley (similar to quick oats, which are whole grain), the quick barley commercially available today is made from pearl barley and so is not whole grain.

**Barley trivia:** 98% of barley grown in the United States will never make it into your soup! Barley is refined to make barley malt - a key ingredient in beer, and is also grown for feeding animals used for food.

## Stir Fried Vegetables with Rice

### Ingredients:

- 1-1/2 cups vegetable broth
- 3/4 cup uncooked long-grain brown rice
- 1 Tablespoon butter or Earth Balance
- 1 Tablespoon sesame seeds
- 2 Tablespoons peanut oil
- 1/2 Lb fresh asparagus, trimmed & cut into 1" pieces
- 1 large red pepper, cut into 1" pieces
- 1 large yellow onion, sliced
- 2 cups sliced mushrooms
- 2 teaspoons minced fresh ginger root
- 1 teaspoon minced garlic
- 3 Tablespoons soy sauce
- 1 Tablespoon sesame oil

### Directions:

Preheat oven to 350° F (175° C). In a saucepan combine broth, rice, and butter (or Earth Balance). Cover and bring to a boil over high heat. Reduce heat to low and simmer for 15 minutes, or until all liquid is absorbed.

Place sesame seeds on a small baking sheet and bake in preheated oven for 5 to 6 minutes, or until golden brown; set aside. Meanwhile, heat peanut oil in a large skillet or wok over medium-high heat until very hot. Add asparagus, bell pepper, onion, mushrooms, ginger, and garlic and stir fry for 4 to 5 minutes, or until vegetables are tender but crisp. Stir in soy sauce and cook for 30 seconds. Remove from heat and stir in sesame oil and toasted sesame seeds. Serve over rice.

Serves 4

Prep time 10 minutes

Cook time 25 minutes

Ready in 35 minutes

[From allrecipes.com](http://allrecipes.com)

