



MARIPOSA NEWS

SUMMER 2014



The Summer of No Water By Mary Anne

Even though Willits has water in its reservoir, the outlying areas are quickly running out of water. Every day I hear stories about someone who no longer has water, and even at my home where we have good springs the water has slowed down to an alarmingly low output. We had some rain in Northern California, but most of the state is experiencing the driest year in history. With water allotments from the Federal government at an all-time low, many farmers have chosen to let their crops go this season. As we move into the hottest part of the summer, we are likely to see hikes in food prices and the unavailability of some California grown produce. Most affected are tree fruits and tomatoes. We have seen several gaps in watermelon production as well.

On the positive side, the lack of moisture has meant a quality year so far for stone-fruit, which often suffers from mold, brown rot, and other disease in wet years. The peaches and nectarines are super juicy and mostly sweet, with little propensity to break down. The apricots were excellent. We sold nearly 100 cases. The pesticide-free peaches from Patterson have been especially delightful. Remember the O'Henry peaches are due in the first week of August. There is some concern about the quality of the late fruit, but it's a "wait and see situation" about which we will keep you informed. Our sandwich board on the street will announce the arrival of the peaches. During the next month we will have a constant supply of pesticide-free freestone peaches and nectarines. Check in our produce department.

The cherry crop this year was most disappointing. The California crop was damaged by wind and was very pricey and extremely limited. Also, quality and size were down. The Northwest crop was bet-

Continued on Page 2

Social Networking With Mariposa

Using the Mariposa Market social networking sites is a great way to keep up with Mariposa Market news and publications. The newsletter and the monthly sales are posted on *MariposaMarket.com* as they are published. You can sign up for our mailing list on the website, and have these publications delivered to your inbox as soon as they are ready. A great way to save paper!

We also post these publications on <http://www.facebook.com/MariposaMarket>, as well as the daily soup or lunch special. In addition we post new items in the store, special pricing or demos by vendors, upcoming special events, and interesting articles that relate to our products, vendors, or topics of interest to our customers.

Job Opening at Mariposa Market

Mariposa Market has a job opening for a Health and Beauty (HABA) Assistant Manager in the Body Care department (30-32 hours per week). Must have management and customer service experience, knowledge of products including body care; placing and receiving orders, stocking and keeping department clean and organized. To apply please bring a résumé and application in person to the store. Download our employment application here:
http://mariposamarket.com/doc/Mariposa_Employment_Application_Revised.pdf

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

Emptiness By Alecia

Have you ever heard that our body possesses the capacity to heal itself? On a cellular level, this renewal occurs constantly. As cells are destroyed or damaged, new ones are created. The human body is endlessly working to repair and regenerate. Much of this work happens while we are sleeping, so by getting lots of sleep/rest we are equipping ourselves with the tools we need to enable our body to do its thing. Proper nutrients are in the list of tools; however we need to be able to absorb them to convert them into useable energy for our cells. So really when you think about it good health relies on the intestines. No matter how great the food is that we eat, if it is not absorbed by the intestines it will begin to decay and actually turn toxic. When toxins accumulate in the intestinal lining they not only spread harmful toxins throughout the body but also inhibit the absorption of water and other good nutrients. It is quite the vicious cycle.

This toxic accumulation will inevitably lead to disease, broadly being defined here as any condition that impairs normal function, disrupting homeostasis in the body. Once our bodies get free of toxic build up, we can completely benefit from all the nutrient rich yumminess we put in!

Mariposa market now carries a product by Chakrafood which has been developed to reach the deepest crevices of the intestines and eliminate those festering toxins. Fittingly, it's called EMPTINESS. Based on Korea's natural healing traditions, EMPTINESS is an enzyme formula that, "empowers the body to remove toxins and nourish our cells with vital nutrients and water." Beneficial for treating Crohn's disease, Irritable bowel syndrome (IBS) Colitis and Leaky gut syndrome, this formulation made up of 10 slow fermented herbs, probiotics, and enzymes, is designed to reestablish our body's optimal health.

During fermentation, enzymes breakdown the herbal compounds into tiny organisms, thus allowing them to work in the nooks and crannies of our gut. This process is very gentle, and works to enhance the body's own cleansing action.

Major benefits of EMPTINESS are that it supports the body's ability to:

No Water - Continued from Page 1

ter, but not as good as in other years. There is still a chance to get a few cherries if this is a favorite of yours. Other items to note: sweet potatoes are still out of season with high prices; lemons are going up but limes should be coming down in price; new crop potatoes are filtering in; onions are in season now; avocados are going up in price; turmeric root will be out of season until December.

Nan, the buyer for our gift section, is temporarily out on disability. In the interim, Dena Shuster is taking over that department. If you have questions, orders, or ideas about the department, or if you are a vender of gift items, please direct your inquiries to Dena. She will be here on Nan's schedule: Monday, Wednesday, and Thursday.

As the summer rolls on, be aware of the water issue. We may again be asked to conserve on water here in town. Mulch your gardens well, and try to water in the evening when there is less evaporation. And pray for rain.



- smoothly and regularly remove toxins from the G.I tract
- promotes clear well hydrated skin
- supports blood circulation
- aids in immune system health
- promotes overall energy
- maintain healthy gut flora

The combination of soothing the intestinal mucus lining and strengthening the intestinal muscles and the nervous system can set you on the right "tract" to true holistic health.

"We are not what we eat, we are what we absorb."

Calendula

By Gaea Bogue

Calendula officinalis, also known as pot marigold, is native to Mediterranean countries, but is now grown throughout the world. Calendula flower petals have been used medicinally since at least the 12th Century. Current known uses include topical treatment for skin conditions, in the garden as a pest repellent, taken internally as a tonic, and used in vegan baking.

Calendula has a high concentration of flavonoids, plant-based antioxidants that protect cells from damage caused by free radicals, unstable molecules. For those concerned with aging skin, it stimulates the production of collagen, and is a wonderful moisturizer in an olive oil base. Calendula has anti-inflammatory, antimicrobial, astringent, antifungal, antiviral, and immunostimulant properties which makes it useful for disinfecting and treating minor wounds, conjunctivitis, cuts, scrapes, chapped skin, bruises, burns, athlete's foot, acne, yeast infections, bee stings, diaper rashes, and other minor skin conditions. It also helps minimize scarring, and the appearance of stretch marks. Calendula petals can be blended into, creams, compresses, washes, salves, ointments, massage oils, baths, facial steams, tinctures, and teas. It is gentle enough to use for babies, children, or animals. Internally, gargling with Calendula infused water may ease a sore throat, sores in the mouth, and inflammations in the mouth and throat. In addition, a blend of Calendula tea and flax seeds makes an excellent egg replacer for vegan baking.

Mariposa carries a range of Calendula products as well as bulk, loose dried Calendula flowers for use in homemade concoctions. Please enjoy the included recipes!

Flax and Calendula Egg Substitute for baking:

Brew a strong tea from 1 cup boiling water to 1 tbs of calendula petals. Strain the petals, and pour the tea into a small saucepan. Add 1 tbs of flaxseed, bring to a boil, boil for 3 min. Transfer to a blender and puree until seeds are coarsely crushed. S t r a i n seed particles out. The result is very much like egg whites in consistency. Let cool before using. 1/4 cup mixture= one egg

Calendula Infused Oil:

This oil is perfect for cradle cap, diaper rash, chapped or chafed skin, bruises, and sore or inflamed muscles. The oil can be used alone, or incorporated into salves, massage oils, lip balms, ointments, creams, and lotions.

Place Calendula flowers in a clean, dry glass jar. If using fresh Calendula, wilt for 12 hours to remove most of the moisture before adding to the jar. Pour olive oil into the jar, making sure to cover the flowers by at least 1" of oil so they will have space to expand. Stir well and cap the jar tightly.

Place the jar in a warm, sunny windowsill and shake once or more per day.

After 4-6 weeks, strain the herbs out using cheesecloth. Pour the infused oil into glass bottles and store in a cool dark place. You may also infuse on a stovetop, on low (about 100 degrees), for 3-5 hours if you prefer a quicker result.

Calendula Salve:

This is a very soothing, and healing salve. Rub into sore muscles, apply to minor cuts, scrapes, insect bites, rashes, diaper rashes, stretch marks, chapped lips, chafed skin, bruises, and other skin irritations. Use 4 oz Calendula flower infused herbal oil (from above recipe).

Coarsely chop 1/2 oz beeswax or use beeswax pastilles.

Melt beeswax and 4 oz Calendula oil over a double boiler.

Once melted remove from burner, and pour into tins or glass jars. Allow to cool completely before using or putting lids on containers.

Information sourced from Mountain Rose Herbs, and University of Maryland Medical Center web sites.



Oh...Go Ahead And Eat Some Fat

By Mary Anne

For years now saturated fat has been the most maligned of the nutritional components. Every dietary agenda for health and well-being, especially of the heart, asked us to forego whole milk, butter, cheese and red meat in favor of low-fat alternatives. We were asked to eat our fruits and vegetables, but also encouraged to consume a diet high in complex carbohydrates and proteins. The years have passed and new studies are showing that the American public is broadening its girth on this recommended diet. The idea was to cut calories, but Americans actually ended up eating more, even as fat consumption fell.

We have known for some time that fats found in vegetables like olives and in fish like salmon can actually protect against heart disease. Now we are starting to understand that even the saturated fat in a medium rare steak or a slab of butter has a much more complex effect on the body than previously thought, some of which is benign. Our demonization of fat may have back-fired in ways we are just beginning to understand. The idea was to cut back on calories from butter and beef and cheese and replace those calories with healthy choices like fruits and vegetables. This thinking was completely naïve. Instead, Americans upped their consumption of carbohydrates, sugar, and sweeteners which are responsible for the obesity epidemic we are experiencing today. Refined carbohydrates like those found in white flour breads, crackers and pasta are converted to sugar and cause changes in our blood chemistry that encourage the body to store the calories as fat and intensify hunger, making it much more difficult to lose weight. The myopic focus on saturated fat has warped our diet and caused the biggest health crisis facing this country.

It's true that saturated fat raises the levels of LDL in the body. But it also raises HDL cholesterol whose purpose is to remove LDL from the arterial walls. In other words, raising both HDL and LDL makes saturated fat a cardio wash. Plus, scientists now know that there are two kinds of LDL particles: small dense ones and large fluffy ones. The large ones seem to be mostly harmless---and levels of these seem to be increased by fat intake. Carb intake, on the other hand, seems to increase the small sticky particles that now appear linked to heart disease. This is not to say that we should double down on the cheeseburgers or pour globs of cream into our morning coffee. Weight gain is still a result of excessive calorie intake and puts a strain on the heart. But, saturated fat of itself seems to have, at worst, a neutral effect on obesity and heart disease.

And, of course, some other fats are even more beneficial. There's evidence that Omega 3's found in salmon and flax oil can actually protect against heart disease.

Nearly every expert agrees that we'd all be healthier if more of our diet were made up of what writer Michael Pollan calls "real food". The staggering rise in obesity doesn't just stem from the consumption of carbohydrates themselves. More and more of what we eat is a creation by the food industry enhanced with non-food additives which are designed to make us want more. Studies suggest that processed meat raises the risk of heart disease in ways that unprocessed meat does not. Processed foods are a direct link to poor health.

How we eat and the connection we have with our food is probably the most important factor in creating a diet that actually feeds our body. A balanced diet of whole foods including the butter on your toast (as opposed to some processed supposedly healthy low fat "spread") and the real scrambled eggs (as opposed to powdered "egg-makers") are the considerations we all should be taking in order to live a healthy life. So, go ahead and eat a little fat. It makes you feel satiated and helps to curb the snacking impulse.

Excerpted from Time Magazine Vol. 183, No. 24/2014



THC Levels in Hemp Products

By Kevin and Casey

A question recently asked here at Mariposa is whether or not the consumption of hemp seed, hemp oil, hemp hearts, or hemp protein powder will cause the failure of a drug test. The answer to this question may vary.

Hemp foods that are available in North America are mostly produced in Canada and Europe and have strict regulations on the amount of THC grown in the plant. The allowed amount is less than 0.3% and during harvest the products are tested and cleaned of the resin to ensure that the federal standards are met. If the only source of THC going through your body is through regular consumption of hemp related products, then it would be highly unlikely to fail a drug test.

Studies have shown that a threshold of 600 micrograms (parts per million) of detectable THC will not cause a failed urine drug test. To reach this threshold a person would have to consume 8 tablespoons (4 fluid ounces) of hemp oil or 14 ounce of hemp nut.

However, if you are a person who is in the United States Air Force, for example, then any amount of hemp consumption is detectable. Studies have recently shown that even dairy products containing hemp may contain varying levels of THC and can cause the failure of urine tests. However, the Air Force has much stricter policies against any kind of substance.

The bottom line is that it is unlikely that the sole consumption of hemp food products would cause you to fail a drug test if you are consuming verified Canadian and European products that meet the regulatory standards in reasonable amounts. You must weigh the health benefits of hemp intake with the consequences of failing a drug test. If the consequence is greater than the health benefit then there are many other ways to get the same vitamins, nutrients, and omegas that hemp has to offer.

Grass-Fed Beef by Mitchell

We are regularly asked here, "What are differences the between grass-fed and conventional-fed beef?" So, here's a short breakdown of the most prominent known differences in the nutritional content (since taste is of individual preference) of these two types of cattle feeding practices.

First, for clarity, grass-feeding means that the animals are not fed a grain-based diet for fattening purposes before slaughter. The grain feed is typically made up of corn, soy, wheat, oats, barley, and rice. Also, 100% Grass-fed is not the same as organic. A certified organic cow can be fed a certified organic grain feed mix. Some cattle may be fed on grass and finished on grain. Only cows that have been only raised on grass can be called 100% grass fed.

Now, let us get to the meat of the matter. Grass-fed beef is leaner, and therefore lower in calories, than is meat from grain-fed animals. "If you eat a typical amount of beef per year, which in the United States is about 67 pounds, switching to grass-fed beef will save you 16,642 calories a year," as Jo Robinson points out in her book "Why Grass-fed is Best." Lean meat also has lower cholesterol, including artery clogging LDL cholesterol. Grass-fed is also shown to be higher in Omega-3s, vitamins E&A, beta carotene and anti-oxidants.

As a tip for shoppers; if you can find beef that is certified by the alternatives to the USDA, namely The American Food Alliance (AFA), and American Grassfed Association (AGA), these labels are stricter than USDA and can automatically be considered USDA approved.

For further reading about what is mentioned in this article, please look to the Mayo Clinic website <http://www.mayoclinic.org/diseases-conditions/heart-disease/expert-answers/grass-fed-beef/faq-20058059>, AGA <http://www.americangrassfed.org/>, World's Healthiest Foods whfoods.org. You can also check out the AGA <http://www.americangrassfed.org>, and AFA <http://foodalliance.org> websites.

Yoga For Strength: An Overview

From: "Yoga for Healthy Aging" by Baxter Bell

As a family doctor, one of my many roles was that of doctor to my patients who found themselves admitted to a nursing home. For many of these patients, they were admitted for post-operative recovery and physical therapy following a hip fracture and hip replacement related to osteoporosis. So their underlying issue that led to the broken hipbone was the thinning of the bones that affects the vertebrae of the spine, the wrists and the neck of the femur (thigh) bone, this last one usually causing the most problems. If these patients got to work promptly on their physical therapy to improve strength in the legs, they often had short stays in the nursing home and were happily discharged home to complete their recovery there.

However, many patients, for a variety of reasons, would not progress in physical therapy and so began to get very weak from inactivity and quickly began to lose muscle mass. For a younger person, rebuilding lost muscle mass doesn't take that much time, but for older people, that time could double or triple, so preserving muscle strength is a much bigger issue in these individuals. In addition to my nursing home folks, I also noticed that as my general patient population began to age, somewhere in their 50s, many began to notice an overall loss of muscle mass and strength. A concept known as Sarcopenia, which in some ways is an expected part of the aging process – that is, unless we chose to intervene with specific practices to maintain our muscle mass or increase it. Our now in-house Physical Therapist Shari Ser had this to add about Sarcopenia:

"The composition of our muscle fibers changes from being able to contract quickly and explosively to slower contraction rates. There are also changes in how the information is transmitted through the central nervous system and the "rate of processing information" slows down. There are also changes in our proprioceptive system, that is, in how we sense where our body and its various parts are in space. Our range of motion may change with a decrease in our stamina and our overall flexibility due to system trauma (acute and chronic diseases, decrease in endurance and cardiovascular efficiency). And our genetic predisposition to disease will

also affect our overall strength."

The main culprit on planet Earth that necessitates that we have adequate strength is, of course, gravity. We have to have enough strength, along with that other essential skill, balance, to get up each day and move around to do the things we have to do and want to do! And we have to have enough strength to simply get out of bed, stand well and move about the home, community or work space in easy fashion. This would lead us to want to keep the muscles of walking and standing very strong, and add in decent strength for the arms depending on other activities we engage in.

"Strength... has to be reproduce-able and renewable." So, you have to be able to get up and down many times a day easily, and have ways to maintain, restore and improve your strength from day to day.

A lot of people turn to the gym and circuit training to do isolated muscle strengthening on machines that, for example, strengthen muscles that flex the elbow. This is great for building strength in that isolated muscle group, but unless you are doing curls with the milk carton as an everyday activity, it may not translate into smooth, strong, balanced movements in your daily routines. For that, yoga asana practice is a great combination of both isolated muscle strengthening and coordinated, graceful strong movement. And because a balanced asana practice includes standing poses, backbends, forward bends, twists and inverted poses, a regular practice that includes a wide range of poses will build strength in the muscles and bones throughout your entire body.

Isolated strengthening is accomplished via the process of holding poses statically for a certain amount of time. Research has noted that bone strengthening starts around 10 seconds into a held pose and continues for up to 70 seconds or so, and muscle building starts around the 90 second mark. This has led me to recommend working up to a 90 second hold in many of your poses to achieve both

Continued on Page 7

From Our Suggestion Box

Applegate Organic Sausage: We had a setback when Rock Island, our main distributor quit carrying these products. However, now we have a new distributor. Look for Niman Ranch and Applegate products to return to our shelves!

More than One Bella Rosa Option in the deli: When we had several Bella Rosa options, some people complained that they wanted other brands of coffee. So now we keep one flavor and alternate the others. There are lots of opinions on coffee!

Any bulk Celtic and/or Himalayan Salt: We do carry Himalayan salt in our bulk bins.

IDK Uncanny beans, any size: These sound interesting. We don't have a distributor, but we'll call the Co-Op and see where they get them.

Rosie/Rocky whole chickens, roasted and ready

Yoga Strength - Continued from Page 7

goals. Now, if you are starting out on the weak side, you may find that after a short while you lose the ability to hold the pose safely. So, that is your starting point, that amount of time you could go before feeling like you had to come out, and you'd add a few seconds to your hold every few days or once a week and gradually work your way up to the 90 second goal.

Shari also noted, "Repetition of effort with your current range of motion builds strength." That means you can also get the benefit of the repetitions you see folks doing on those machines at the gym by entering and exiting the poses dynamically with your breath for a given number of times. I often use the timing I learned from TKV Desikachar of coming in and out of a pose six times with the breath. For certain poses, this can mimic real life activities, such as Powerful Pose (Utkatasana, or chair pose), which would help with transitions in and out of a chair. When you extend your practice to include the dynamic complex sequences like Sun or Moon salutations, you will add in more practice balancing and improving your agility, so you get even more bang for your buck. Taken all together, these ways of utilizing the asana to build strength will give you quite a complete system for bond and muscle strength as you age.

For more information, go to:

www.yogaforhealthyaging.blogspot.com

You will find a wealth of information!

Namaste, Camille S.

to eat: It has been considered. At some point we would like to do this.

Back To Nature Lemon Cookies: We will consider ordering these.

Organic Masa Harina tortilla flour in bulk or 5lb: This is not practical in bulk, there's not much demand for this. We do have it in the baking section from Bob's Red Mill. You can also special order a larger quantity.

Amy's Frozen Mac n' Cheese with regular noodles: We used to carry this product, but it was too slow of a seller and space is limited. You can always special order a case.

Earth Balance made from flax or hemp seed oil only (no soy): We will look into it.

Three Twins Ice Cream, Chocolate Orange Confetti: Ok! Look for it in the next couple of weeks!

Clover Chocolate Mint Ice Cream: We'll check into it.

Raw Sauerkraut, plain: Cultured makes plain, raw sauerkraut, and we have it.

Sweet Gherkins, pint jar: We keep looking for these, but no luck yet.

Flora alcohol-free Swedish Bitters: Sure! We'll try it. (We were not aware of bitters that are alcohol free J)

Rootology Allergy capsules: We like the formula and we have tried this product, however it did not sell well. Hopefully we will get more requests and bring it back in!

Goodbelly singles instead of whole pack: We'll look into it.

Dick Taylor Chocolate, from Humboldt Co.: We currently carry Venlo Chocolates who are also from Humboldt Co. We will look into your request.

Please list the ingredients for the items in the Deli Case: We have a recipe file at the counter with ingredients listed. Just ask and we'll look it up for you!

Kevita Probiotic Drink, Blueberry, and Cherry: Unfortunately our cooler space is booked solid for the summer. However, we can special order a case for you at a small discount.

Beanfields Unsalted Bean & Rice Chips: Our distributor is in the process of picking up this product. Look for it in the future.

Cousteau Breadsticks, Sourdough: We will change from parmesan to plain once we run through what we have. The plain breadsticks were actually ordered today, 7/10/14!

Non-Fat Dry Milk, in bulk or quantities larger than 1lb: This commodity is not available in larger sizes through our distributor. However, it is available online thru Bob's Red Mill.

We Love Our Local Honey

By Kevin Copperfield, Grocery Manager

Well, summer is here. Sun, fun and...allergies? For most of us it is time to enjoy the outdoors without suffering from the sneezing, watery eyes and dripping noses that do affect some of our unfortunate neighbors and friends during this time of year. And it is now that the inquiries about honey as it relates to allergies become a warm topic in the aisles. So here is some information I'd like to share that I have garnered via the world wide web and other sources.

A report by Food Safety News sampled honey at grocery stores around the country, and found most of it has been filtered to the point where it has no pollen at all. The World Health Organization, the European Commission, and the US Food and Drug Administration all state that in order for a product to be called honey, there has to be *some* pollen content. Removing all of the pollen from honey removes any way to test for its geographic origins, doesn't improve shelf-life, negates the possible health benefits of pollen, and is actually being used to cover up the import of unregulated and often contaminated honey from China through another country like India and finally into the US. In fact, in the EU, pollen must be listed as an ingredient on bottles of honey so consumers know what they're getting. The FDA, on the other hand, hasn't responded to the allegations, and doesn't currently inspect honey for pollen content.

The best way to deal with the controversy is to avoid it altogether. Mariposa Market, like other natural food stores and farmers markets, carry real honey, sometimes labeled "raw honey", that is produced locally and where the pollen has not been filtered out. Because of this, honey is a powerful immune system booster. It actually contains bits and pieces of pollen. Allergies can arise from continuous over-exposure to the same allergens. Eating a couple of teaspoons-full per day of honey made by bees working in the area where you live will often prevent allergic reaction to the pollens it contains. Begin several months prior to the pollen season. For you springtime sufferers, now may be a good time to begin your "2-a-day's". This is not to suggest that local honey will replace allergists. It just makes sense to try this quick, safe and inexpensive solution before going to the expense of medication or immunology injections.

Here are some additional "fun facts":

All pure honey naturally granulates. Sometimes it takes weeks other times several years. Honey crystallizes fastest when stored at temps between 55 and 63 degrees. This does not damage the honey. Honey never spoils! To liquefy, place the container in very hot but not boiling water and let stand. Do not place in the microwave.

Freeze it! Freezing honey preserves its enzymes, protects it from crystallization, and is easy to do with a little extra space in your freezer.

Honey contains vitamins, minerals and amino acids. Researchers have also discovered that honey contains antioxidants—which combat free radicals that can damage cells—as many antioxidants as spinach, apples, oranges or strawberries

Bees are social insects, cousins of wasps and ants. Bees are very useful in nature as flower pollinators, and as a side job, they produce lots of good products for us, like honey, beeswax, pollen, and royal jelly. Honey has been found to have medicinal qualities, particularly when applied topically to burns, wounds, and ulcers.

Honey is one of the only food substances that NEVER goes bad. Honey is the only food that includes all the



Continued on Page 8

Beer And Wine Notes

By Debbie Mac

Hopland, California is the gateway to Mendocino County and the heart of the upper Russian River wine country. This little town has deep-rooted agriculture and some of California's most prestigious wine legends. We are truly lucky to live so close to such a wonderful bevy of wineries! There are no lines, no attitude, no traffic, just award-winning wines, friendly people and space to breathe. Tasting rooms in Hopland wineries offer visitors chances to meet the vineyard owners, winemakers, growers, and the locals — you never know who you'll run into. People pride themselves on looking you in the eye, listening to your stories as they joyously share theirs, and pouring wines made from locally grown grapes.

In May my daughter and I attended the 23rd annual Hopland Passport. Hopland hosts passport every fall and spring. Numerous wineries participate and this spring there were 17. We started at Terra Savia, which is located off Mountain House Road. They have been in business for 9 years and make their own organic wines, olive oils and honey. We paired their homemade Peruvian food with their hand-crafted wines and we especially enjoyed the Cabernet Sauvignon and the Blanc de Blanc sparkling wine. The owner was wonderful and welcoming and showed us around the building where we saw beautiful artwork and original furniture made by local artist Ben Frey. At Mariposa, we currently carry their Chardonnay, Cabernet and Merlot. The Merlot is the personal favorite from the owner herself.

The next stop was Campovida, which is new to the Hopland area. Located on Old River Road and previously Fetzer Valley Oaks, the facility has been remodeled to include a restaurant and winery with a tasting room, organic garden, and a facility to host weddings, overnight stays and much more. The garden was planted more than 20 years ago by a dedicated gardener whose intent was creating a space that would honor and elevate taste, scent and text and ignite beauty. The wines are organic, bio-dynamic and sustainable. They are open daily from 11 am-5 pm. Campovida makes many wines but we currently carry the Classico, a red blend.

While walking through downtown Hopland, we visited some of the main highlights, tasting the Dolcetto at Naughty Boy, the Monte Volpe Sangiovese and Pinot Grigio at Graziano, and the Chardonnay at McFadden. Then we ended our day at Jeriko with a taste of their variety of Pinot Noirs.

Mendocino County hosts many wonderful events, so be sure to attend and see what our local wineries have to offer.



Local Honey - Continued from Page 8

substances necessary to sustain life, including water. Honey has antibacterial properties so it actually kills germs in the mouth and can be used as a mouth wash. Mix 1 tablespoon of honey with a cup of warm water. Honey speeds the healing process and combats infections. Honey is an effective expectorant, even more effective than DM cough medicine in treating colds. (Info from the Archives of Pediatrics and Adolescent Medicine). Honey is safe for children over 12 months old but it can be very dangerous for infants under a year old. Honeybees have remained **unchanged for 20 million years** although the world has changed around them!! We can thank the honeybee population for every third mouthful of food we eat. Without their pollination, many of our agricultural crops would not be available.

Personally, I am very grateful for the bees. It is another example of how dependent we are on our smaller, but powerful and under-appreciated fellow inhabitants of this big blue third rock from the sun.

Peace

Peaches Roasted in Amaretto By Jody Williams

Ingredients:

4 peaches
 1/4 cup amaretto
 1/2 cup sugar
 Crème fraîche or Fior di Latte Gelato, for serving



Directions:

1. Preheat the broiler to high.
2. Halve the peaches and remove and discard the pits.
3. Place the peach halves in a skillet that will hold them in a single layer. Pour the amaretto over the peaches and sprinkle with the sugar. Place the skillet on the stovetop over high heat to burn off the alcohol, about 3 minutes. Pay attention when the amaretto cooks off its alcohol, taking care not to burn the mixture. Transfer the pan to the broiler and broil until the peaches are browned and the liquid has reduced to a honey-like consistency, 5 to 10 minutes. Serve the peaches hot, warm, at room temperature, or even cold. These are just perfect by themselves or with a bit of creme fraiche or Fior di Latte Gelato.

Yield: Serves 4

Homemade Creme Fraiche By Lynne Rossetto Kasper

To go with your peaches roasted in Amaretto, prepare a *creme fraiche culture* from The New England Cheese-making Supply Company and follow their directions.

Ingredients

1 to 2 tablespoons cultured buttermilk
 2 cups heavy cream (pasteurized, not ultra pasteurized or sterilized, and with no additives)



Instructions

Combine the buttermilk and cream in a saucepan and heat only to tepid (not more than 85 degrees on an instant reading thermometer). Pour into a clean glass jar. Partially cover and let stand at room temperature (between 65 and 75 degrees) for 8 to 24 hours, or until thickened. Stir and refrigerate at least 24 hours before using. The cream will keep about 2 weeks in the refrigerator.

Prep time: 10 minutes

Total time: 48 hours

Yield: 2 cups



Lynne Rossetto Kasper has won numerous awards as host of The Splendid Table, including two James Beard Foundation Awards (1998, 2008) for Best National Radio Show on Food, four Clarion Awards (2007, 2008, 2009, 2010) from Women in Communication, and a Gracie Allen Award in 2000 for Best Syndicated Talk Show.

Borrowed from the Splendid Table website <http://www.splendidtable.org>