

# Your Co-op ...On the Coast



Arena Market & Café/Coastal Organics

February 2012

## Happenings

- **Member Appreciation Day**  
Friday, Feb. 3 - An extra 5% off storewide for members
- **Next Co-Op Board Meeting 7pm, Tues Feb 21** -- Join our monthly board meetings and see what you can do to help us make the co-op even better. All are welcome.
- **Bill Elmore at the Coop**  
Paintings by Bill Elmore will be featured in the cafe during the month of Feb (for real this time!).
- **Contribute to Our Newsletter** -- If you have something you would like to share with our readers, please submit to [blake@snakelyone.com](mailto:blake@snakelyone.com).
- **Show Art at Your Co-op**  
Please contact Blake at 882-4173 or by email: [blake@snakelyone.com](mailto:blake@snakelyone.com) with requests and artist suggestions. Artshows are free and artist keeps the proceeds minus 5%.
- **Give us your opinion**  
Put a note or four into our new suggestion box! Your thoughts & requests are important to us!



## Managers Report: Help Me Feed You

I spent the weekend in San Francisco at a large food show. Sarah Bjorg (my trusty food show volunteer) and I sampled many new and exciting products. It was interesting to see all the food trends and right now alternative sweeteners are all the rage. Unfortunately, I had to try several different types of chocolate sweetened with Stevia, Agave or coconut sugar. It's a tough job but someone had to do it. I found a delicious new chocolate treat with just two ingredients, cacao and agave. The product is very new, it is not available to us yet but keep your eye for Go Raw Real Live Chocolate. You will love it. All the incredible intense chocolate taste without the guilt. Im confident our members will love it.

Another really exciting product I found was Miracle Noodles. They are a shirataki noodle. It will change lives. People with diabetes, celiac disease and high cholesterol can all enjoy pasta again. It will be on our shelves today. I hope you are as excited as I am.

Last month I wrote to the membership about voicing your wants and needs for the Co op. Once again I am asking for you all to help me put products on the shelves that will feed you and your family and keep them healthy. That is why we are all members of this kind of organization. We are a community of Foodys and a very eclectic, health conscious bunch. It's a challenge to bring in products and never get feedback from the members. Please bring in ideas and products you would like to have here. Lets build this Co op up and make it a place people want to shop.

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## Fence Post Facto: The View From the Farm

I've recently made two new friends. They are waiting for me every morning I head up the hill to let the chickens out, lounging on top of a redwood fence post that affords them an unparalleled view up the river valley. In mid morning, when the heat from the sun pulls thermals up out of the Garcia and sends them sweeping across the farm, they sit there and fluff their feathers and let the warm breeze blow through them, driving off the night frost from their iridescent feathers. One invariably takes flight as I sidle past them on my egg-collecting mission, squawking his (or her) warning to the sedentary partner. More distrusting of us two legged folks. Smart bird, I say. We're an unpredictable lot.

As I near the post and the braver of the two, I usually get the sense that I am being observed by a wise old egalitarian gentleman who has seen it all and watches everything with a wry smile that belies

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## Managers Report, continued from page 1

We are looking for volunteers to come in and put a few hours in to help out. We have several different tasks. Come in and see if there is something that you would enjoy doing.

It's a fun place to spend a few hours and when you're done volunteering you get a 5% off coupon to use on anything in the store. You could even save it for the first Friday of the month and get an additional discount on Member Appreciation Day. However works for you, we are happy to have new faces to spend the day with. See you all at The Co op...

~ Laura Smith, General Manager

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## Fence Post Facto, continued from page 1

his amusement at my antics. Just last night at 215 a friend told me of her experience some 20 years ago on a Grand Canyon rafting trip when her group was hiking a steep narrow trail in a side canyon with a sheer drop to one side. Ravens circled overhead, pelting the hikers with pebbles dropped from their Roman beaks, testing the mettle and nerve of those who enter into their world. They are tricksters, wolf-birds that to me have an obvious natural curiosity and an incredibly refined sense of humor. Imagine the delight of those Arizona ravens twenty years ago when a pebble hit it's mark and a yelp was heard out of the group of hikers. A deep guttural laugh from the back of the throat, like gargling with sand.

Back on the farm, amongst my raven friends for whom I occasionally leave a shiny brown egg on the path when all our cartons are full, big change is afoot. Boxes of books and clothes lie strewn about the greenhouse. We have begun the process of winnowing our stuff that is the first step towards moving to Minnesota. What awaits Liz and me there is 40 acres of beautiful rolling farmland ( or what Greg Brown calls 40 acres of brush and trouble), a strawbale house, artist's studio, family, and a certain creative freedom that has proved elusive for us here in California.

I am sad to have to resign from the Co-op board. My brief stint as president has been challenging, but equally rewarding in that I have seen time and time again members of our community step forward in response to calls for support. Some of you have given money when we desperately needed it, others stepped in to the role of board members and now our board is on a good track towards attaining financial stability for the store. Working closely with Laura and the staff, the board, and the owner/members who make everything possible has given me a new perspective

## Product Spotlight: Coconut Milk Kefir



Getting probiotics into our system everyday is essential in both maintaining or creating good health. Making sure our intestinal flora is balanced also means we're metabolizing calories properly (yes, good flora can make you thin!) and hormones properly, we're fighting off germs and infection, and we are minimizing our chances for leaky gut and autoimmune disease. Taking probiotic supplements for balance is one option, however, nothing beats eating foods that have been fermented or pickled – they're loaded with good bacteria and coat our bodies from the mouth, once we start chewing, all the way down the esophagus and finally into the stomach and intestines. But some people have an aversion to raw sauerkraut or pickled vegetables because they can be a little intimidating at first to the taste buds – the live cultures definitely contribute a very tangy flavor.

If you're looking for something more mild, consider So Delicious Coconut Milk Kefirs. We sell the original flavor, which is great because it has the lowest sugar content and yet still manages to taste sweet and good. It contains 10 live and active cultures, so you'll get your probiotic quota for the day.

Because the kefir is made from coconut milk, it is allergen-free, is full of medium-chain fatty acids (thyroid- and metabolism- stimulating), as well as lauric acid, an immune booster like found in human breast milk. It is also fortified with calcium, magnesium, and vitamin B12 to help fill in some of the nutritional gaps. An entire cup yields just 6g of fat, and it is kosher certified.

While some might find it a bit too savory for drinking straight or to douse on cereal, it tastes great with a couple of drops of stevia, blends well in fruit smoothies and adds a nice contrast to cereals that are a bit sweet. It also works great as a healthy buttermilk alternative in salad dressings since it has good thickness and is smooth and fluid. Since kefir is all about the live and active cultures, it shouldn't be used in cooked/baked recipes (at least if you are going for the probiotic benefits) but consumed raw.

## “Cherry in love with Chocolate” Smoothie

- 1 cup So Delicious Coconut Kefir
- 2 very ripe bananas, medium size
- 1 Tbsp unsweetened cocoa powder
- 2 medjool dates (pit removed)
- 2/3 cup frozen cherries

Preparation: Blend together all ingredients, pour into a tall glass and enjoy!



## No Bake Coconut Kefir “Cheesecake”

Crust:

- 2 cups of wafer cookies crumbs
- 6 tbsp coconut oil, melted
- 1/4 tsp cinnamon (optional)

Kefir Cheesecake Filling:

- 1 container Coconut Milk Yogurt
- 2 cups Original Coconut Kefir
- 1 cup coconut milk
- 1 tbsp agar powder (or kudzu)
- 3/4 cup coconut sugar
- 1/4 cup arrowroot
- 1 tbsp vanilla extract



Using any type/flavor of wafer cookies (or even sandwich cookies), finely crush cookies making sure that they're about the texture of almond meal. Add the cinnamon if using. (While a food processor creates a better texture faster, cookies can also be sealed in a plastic bag and smashed with a rolling pin). Transfer the crumbs to a medium bowl, and slowly stir in the melted coconut oil, ensuring that all crumbs are moistened with no dry patches in the mixture. Lightly grease a 10-inch round spring form pan, and press the crumb mixture in to the bottom, smoothing it out evenly with the bottom of a measuring cup or glass. Refrigerate to firm.

In a medium saucepan, combine the coconut yogurt, coconut kefir, and coconut milk. Separately, mix together the agar, coconut sugar, and arrowroot in a small dish, being careful to evenly distribute all of the dry ingredients. This will help to prevent lumps from forming. Slowly sprinkle this dry mixture into the saucepan while vigorously whisking, until it's all been incorporated, and there are no clumps lurking on the bottom of the pan.

Turn on the stove to medium heat, and whisk periodically until mixture heats up and small bubbles break on the surface. The mixture should be significantly thickened. Turn off the heat, whisk in the vanilla, and pour the filling into your spring form pan. If air bubbles form on the surface, tap it a few times on the counter to release any air pockets. Let cool COMPLETELY at room temperature before returning to the refrigerator (hastening this process will weaken the gel and make it runny). Chill for at least 3 hours before serving.

Fence Post Facto,  
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on community supported endeavors. Community isn't efficient, it isn't clean. It takes a lot of work and cooperation and discussion to make even a simple decision. It can be frustrating at times and downright disheartening at others. But it is real, it is grassroots and it reflects, in a way that no other business structure can, the true nature of a people. It allows one to look back after a task is done or a goal attained and feel a true sense of pride. It removes altogether the tendency we have in our culture towards simplification and corporate sponsorship and places the exquisite burden of our desires squarely on our own shoulders. In community, we succeed or fail on our own terms, by our own actions or inactions.

It is my hope that this beautifully amorphous and patchwork creature we all call the Co-op will continue to have everyone's support and love. It's very existence is an extension of each one of us who has chosen to be a member and to place an importance on real, honest food and local control of what we put in our bodies.

Thank you, everyone

Fair winds and a following sea  
~Curtis Weinrich

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**Thank you for  
supporting Arena  
Market & Cafe Co-op!**

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Love Your Coop!

