MOVING FORWARD TOGETHER

Building relationships with organizations that support cooperative ideals and healthy food choices.
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**YBONC teaches student athletes how healthy food fuels strong performance**

*by Lisa Moeschler*

If it takes a village to raise a child, then what must it take to raise a community of active, strong, and health-conscious young athletes who value quality food as the fuel they need to perform? This is the question that led area cyclists and outdoor enthusiasts to form Youth Bicyclists of Nevada County (YBONC).

Cyclists have long understood the connection between the bike and body, as there are any number of ways nutrition can make or break a “soul-shattering effort” in a ride or race. For example, one could have the latest model bike, the greatest bike components available, and still “bonk” (run out of energy), thus sabotaging the whole day and wasting the resources spent preparing for it. This is why YBONC’s programs are designed to teach young riders that nourishing the body to maintain and build fitness is just as important as maintaining one’s bike.

“This emphasis on nourishment is one of the many reasons we’re excited to partner with YBONC this year and sponsor their Dirt Classic Race Series,” explained BriarPatch Marketing Manager, Margaret Campbell. She added that in addition to supporting the event with gift cards for healthy, locally-sourced food as podium prizes, BriarPatch also donated funds to help sponsor the events. Proceeds from the race series support YBONC programs such as their Healthy Snack Program, which provides riders with ideal eating plans, as well as wellness and training seminars, to name just a few of their initiatives.

“The new partnership with BriarPatch supports our mission for eating healthier food and living a healthy lifestyle,” explained Jet Lowe, YBONC founder and current Board member. As a mountain biker and mother of two Nevada Union (NU) High School Mountain Bike Team alums, she founded YBONC in 2008, just as youth mountain bike racing was catching on in Northern California. Together with fellow Board members — outdoor enthusiasts and active riders — YBONC has expanded its events and programs to support school-aged bike clubs in Nevada County, support that includes obtaining the insurance required for school bike clubs.

For student athletes like Mina Ricci, current NorCal High School Mountain Bike League champion, understanding the relationship between food and performance has been critical to her success racing on this year’s NU High School mountain bike team. Explaining how bike racing has taught her the great importance of nutrition, Mina said that “your nutrition must be impeccable 95 percent of the time in order to gain the most out of your training. A right balance of different foods and vitamins is necessary for strengthening your body to the fullest.”

Now in its seventh year, the Nevada City Dirt Classic Cross Country (XC) Series was selected by USA Cycling to host the 2017 California State Mountain Bike Cross Country Championships… right here on our local trails! The rider who earned the most points after participating in at least two of the three-race series events was declared the California State Champion, qualifying to compete at Nationals on the East Coast. The race series allowed spectators to watch bike racers from across the state compete at the highest level, demonstrating their incredible endurance and ability to race on some of our toughest XC courses. There’s another benefit to bringing the USA Cycling California State Mountain Bike Cross Country Championship Series to Nevada County. Jet explained that it also introduces a new type of tourism to our area, since many who come to watch and compete will also return to ride and enjoy the many charms Nevada County has to offer.

Congratulations to YBONC and the cooperative community support that resulted in an incredible Dirt Classic Series this year! For more about YBONC events and programs, visit ybonc.org.

*Photos by Akim Aginsky*

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The series started on April 15 with Race 1 on selected trails located up Hwy. 20 in the Tahoe National Forest, which formed a loop course of 7.5 miles with a 960-foot increase in elevation gain per lap. Race 2 was held on May 7 on private land in Grass Valley, and with the permission of the land owner, a four-mile course was developed that had a 686-foot increase in elevation per lap. Race 3 was held back in the Tahoe National Forest between White Cloud and Skillman Campground on May 20 on a 5.7-mile course with a 547-foot increase in elevation per lap. Each course had a diversity of terrain, soil types, climbs, and features that have in recent years made Nevada County a popular destination for mountain bike riders.
Board election results

Voting closed at 11:59 pm, Monday, May 15. Our third party, secure voting service, Simply Voting, verified the results at 12:00 a.m. Tuesday, May 16.

Congratulations to Jonathan Collier, Kali Feiereisel, and Alana Lucia! This was an exciting, contested election, with six candidates running for three seats. Each of our new Directors will serve a three year term.

Special thanks to our candidates, Martin Engel M.D., Monica Senter, and Robert Shapiro, who generously serve our Co-op and who stood forth to run for the Board.

ALANA LUCIA
704 Owners voted, which is 9.4 % of eligible voters, and represents a 48% increase over last year’s turnout (475 votes last year).

Thank you to the Elections Team, the Board of Directors and all the BriarPatch staff who worked so hard to make this a fun, successful, and professional election.

Sponsored events

WILD FOR THE YUBA
Sunday, June 4, 3 - 7 p.m.
North Star House, Grass Valley
The South Yuba River Citizens League Presents “Wild for the Yuba,” a party for the river. Come out for hot jazz dance music, auction, and BBQ picnic from Smiley Guys Smokehouse. Purchase tickets online at YubaRiver.org or at SYRCL, 313 Railroad Ave., Nevada City.

CENTER FOR THE ARTS presents
California WorldFest
July 13-16
Nevada County Fairgrounds, Grass Valley
This year features multiple stages of music with headliners to include: Lucinda Williams, Richard Thompson, Buffy Sainte-Marie, Ani DiFranco, Ziggy Marley, Cake, Michael Franti, and Los Lobos. Enjoy international food/crafts, children’s programs, camping, and workshops. Visit WorldFest.net for more details.

32ND ANNUAL SIERRA STORYTELLING FESTIVAL
July 21-23.
The North Columbia Schoolhouse Cultural Center
For 32 years, festivals-goers have gathered to hear the nation’s top tellers share the great range of human experience through artfully told tales. Enjoy a picnic of delicious local and organic food and drink. Tickets available at Customer Service at BriarPatch and online at SierraStoryTellingFestival.org.

BRIARPATCH ANNUAL FARM TOUR
Johansen Ranch, Penn Valley
Sunday, August 27
Save the Date! Join us from 10 a.m. to 1 p.m. for a “Melon Experience” Farm Tour and buffet brunch hosted by Rich and Mila Johansen on their organic farm in Penn Valley.

CELTIC FESTIVAL ROYAL TOURNAMENT & GATHERING OF THE CLANS
September 29th - October 1,
Nevada County Fairgrounds, Grass Valley
Featuring world-class musicians Skerryvore, Screaming Orphans, Story Road, John Whelan, Low Lily, Eamon McElholm & Johnny B. Connolly, Maggie & Cassie MacDonald, Fodhla, and more!

2018 Co-op CAUSE Applications available now

We are pleased to announce that Co-op CAUSE applications for the 2018 funding cycle are available online now and will be accepted through Thursday, August 31. The Co-op CAUSE program allows shoppers to donate easily at checkout to community non-profits and formal cooperatives whose endeavors are aligned with the Co-op’s Ends Policies. Visit BriarPatch.coop/act/co-op-cause/ for more details.

Pet policy

We love pets here at BriarPatch, and for the safety of both pets and shoppers we ask you to follow some guidelines when you bring them with you. While on the property, all pets must be on a leash. Only service dogs are allowed inside the store. On the patio, leashed dogs may be tied up at our designated pet areas (look for the sign), but only for short visits, please. Water dishes are provided. If your dog has an accident (from your point of view), please do the right thing and clean it up - we can help with cleaning supplies. Thanks for your cooperation!

Buster the Australian Shepherd and Bernese Mountain Dog. Photo by Anna Campbell
For 40 years BriarPatch has been a resource that so many people rely upon for fresh, locally sourced, healthful food. Fully 12 percent of Nevada County’s residents, though, are living at or below the federal poverty level (U.S. Census Bureau, 2013), and for them, practicing good nutrition and accessing healthful food can be compromised by financial crises or homelessness, and by social or emotional barriers they find it difficult to overcome.

“That’s why we meet with local program directors - to find out where there are still gaps and where BriarPatch can have a positive impact,” explained Margaret Campbell, BriarPatch Marketing Manager. “When BriarPatch can add value to a program, we work out the details and test different ways of contributing until we find a solution that is sustainable and works out positively for everyone.”

HOSPITALITY HOUSE

For example, when Hospitality House, Grass Valley’s year-round homeless shelter, was struggling after the expiration last year of the federal funding that supported most of their programs, BriarPatch offered to fund their culinary job-training dinners. “That not only helped us to sustain the program, it enabled us to take a significant step in providing a greater depth, instructional development, and conceptualization for lesson plans,” explained Chef Jeff Olson, who in addition to teaching the program also founded it in May 2014. The program accepts three to five students at a time and provides them with the skills necessary to find employment in the food industry, while also teaching them the fundamentals of good nutrition. Throughout the six-week program, students are tasked with providing nutritionally balanced menus for student chef dinners that must not only provide a certain caloric intake, but also the proper ratio of simple and complex carbohydrates, fats, and protein.

So how does the partnership work exactly? In short, students shop at BriarPatch for the food they need to prepare their student chef dinners on most Wednesday nights. And the results speak for themselves, as proud students serve their restaurant-quality meals to a full dining room of Hospitality House clients, many of whom are disabled, veterans, single parents, or children. If kindness were a currency, then the check for each meal (if there was one) would be paid in full with the smiles and expressions of gratitude that the chefs receive on these nights.

Chef Jeff further explained how students are adding value to the community beyond the Shelter. By graduating students with a fluency, knowledge, and appreciation for ingredients and their preparation, and for the labor and thought involved in getting those ingredients from their source to the dinner plate, “we draw attention from local restaurants looking to hire qualified food-service workers who share the same forward-thinking progressive ideals as the BriarPatch,” he said.

To date, 40 culinary students have graduated from the program, with 80 percent of them being hired. And in most cases, finding gainful employment also means qualifying for permanent housing opportunities as well—win-win!

INTERFAITH FOOD MINISTRY

We see another example of exceptional community collaboration in the programs and services of Interfaith Food Ministry (IFM). This non-profit organization serves Western Nevada County’s working-poor families, seniors, homeless, and children who are in need of food. With a mission to feed the hungry and work to reduce food insecurity*, IFM coordinates its efforts with area agencies and businesses so they can identify the needs of their clients and serve them in the best way possible.
A case in point is IFM’s cooking classes, which they created once they understood that many clients lacked the cooking skills to prepare their weekly food allocations at home. “We applied for and were accepted to receive one of BriarPatch’s grants for $300 three years ago,” explained Sue Van Son, IFM Executive Director. “This is what kick-started our first cooking class,” she said, adding that the cooking classes are now offered quarterly by Wendy Van Wagner of Nevada County Public Health (NCPH), and were attended by 110 clients last year alone at the IFM facility in Grass Valley.

Understanding that illnesses such as diabetes, heart disease, and hypertension are associated with poverty, IFM and NCPH worked together to develop a survey for IFM clients to complete. The survey results enabled them to adopt a nutrition policy that would guide IFM purchases and food distribution efforts to support healthy lifestyles. The survey results also educated them as to their clients’ eating practices and preferences, with 80% of those surveyed stating that their favorite healthy foods were fresh fruits (53%) and vegetables (41%), making these among the foods they were most likely to use at home. Happy to respond, IFM again connected with BriarPatch—this time to begin offering fresh, local, and seasonal organic produce once a month during their new Saturday distributions as part of a six-month trial that began in May. Moving forward, IFM hopes to expand their cooking classes and continue to deepen the impact of their nutrition policy.

**BRIARPATCH CO-OP COMMUNITY COOKING SCHOOL WITH SILVER SPRINGS HIGH SCHOOL AND GRIZZLY HILL ELEMENTARY**

In addition to supporting these and other community cooking programs, BriarPatch offers an incredible array of cooking classes of its own at the BriarPatch Co-op Community Cooking School, on Zion Street in Nevada City. Classes are taught by a variety of talented chefs who offer more than just instruction in how to prepare food—they also provide an opportunity to connect with the world around us through the food we eat. This is what attracted Marty Mathiesen to the program after it was suggested as a way to enhance the experience of his students after they toured the Co-op three years ago. As the Principal of Silver Springs High School, a continuation school offering alternative education in Grass Valley, Mathiesen is always on the lookout for opportunities to enrich the experience of kids he says are “breaking the cycle” in which “they literally have had no capacity (until now) to learn the essential healthy things in life, as it just passes them by.”

To address the barriers to health and nutrition, the Silver Springs faculty designed a class on the essentials of nutrition and eating. Mathiesen approached Hilary Dart, BriarPatch’s Outreach Manager, for another tour to complement the class. But instead of a tour, Hilary suggested that students attend a BriarPatch cooking class, and the rest, as they say, is history. This year 10 classes were scheduled, running about two hours each. “Kids are responding to it because it’s fun,” Mathiesen explained. “They first go into it because it sounds kinda cool and there’s a free lunch, but then they get into it, and want to come back.” Approximately 60 kids have attended the BriarPatch Community Cooking School.

Depending on the class, chefs explore many things: the sources of food; the cultural history of a particular food’s origin and why it’s prepared a certain way; the impact of spices and how they work; or the health benefits of eating dishes prepared with organic ingredients, to name just a few. Students also learn that it’s more economical to buy and prepare good food as opposed to eating fast food, which offers little to no return in terms of health benefits. This all fits in with the model of alternative education that Mathiesen and his staff work to cultivate, along with the trust and confidence of their students. For whatever reasons students attend Silver Springs High School. Mathiesen is proud to say that “many kids are now choosing to come here because of what we have to offer.”

BriarPatch has also hired chefs from the Co-op Cooking School to go out into the community to support outreach programs, such as those at Grizzly Hill Elementary School. Earlier this year, Chef Deanna Figueira taught a hummus-making class at Grizzly Hill that received positive reviews from the students in 5th through 8th grades. She said that almost every kid in her four groups loved it, and that most of them asked to take home the leftovers. “We talked about how homemade food is usually much better than store-bought,” she added.

Through cooperative partnerships and outreach efforts like these, the BriarPatch community is impacting the lives of many, including those who could be our neighbors, friends, co-workers, and relatives, but who may not want us to know they are in need. To learn more about these and other community outreach programs that BriarPatch is involved with, contact Margaret Campbell at margaretc@briarpatch.coop.

“Food Insecurity is defined by Nevada County Public Health as “having limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.” (United States Department of Agriculture.)
Sunscreen Confidential

From Co+op, stronger together and EWG Sun Safety

Did you know that your skin is the largest organ of your body? Your skin is amazing! As the boundary between our insides and the outside world, it has a very important job to do. Despite this fact, it can be hard to remember that just like other parts of our body, our skin needs TLC too. Luckily the number one way to care for and protect your skin is just to shield it from too much sun.

JUST THE FACTS

There are two main types of radiation that come from the sun, UVA and UVB rays. UVB radiation is the culprit behind that familiar red and blistering burn, while UVA radiation penetrates deep into the skin, where it can accelerate signs of aging and eventually lead to skin cancer. By the time UVB radiation has burnt the surface, UVA rays may have already damaged skin cells in deeper layers. You might be familiar with sunscreens listing an “SPF” or sun protection factor. This number only refers to degree of protection against UVB rays. It’s important to choose sunscreens that block both UVB and UVA rays—products usually described as “broad spectrum protection” sunscreens.

EWG IS ON THE CASE

Not all broad spectrum sunscreens work equally well, and many sunscreens, broad spectrum or not, contain ingredients which are considered endocrine disruptors. Fortunately, the Environmental Working Group (EWG) provides a Guide to Sunscreens which rates the safety and efficacy of about 1,700 skin care products that are marketed as having sun protection benefits. In fact, EWG has a great collection of information, articles, and resources to help you make good decisions about sun exposure. For example, did you know that you should use sunscreen every day, even on overcast days or while you’re traveling by car? Car windows do not block the sun’s radiation. Or that kids are especially vulnerable to sun? Studies show that just a few blistering sunburns in childhood can double a person’s chances of developing skin cancer in adulthood. Check out their Sun Safety Campaign for more tips like these.

SHADY BUSINESS

Sunscreen is important, but you can also care for your skin by taking “shade breaks” beneath a tree or sun umbrella, or make your own shade by covering up with a wide brimmed hat and long sleeves. Since ultraviolet (UV) radiation can penetrate some fabrics, read up on sun protective clothing. Jeans and tightly woven knits are great for short-term exposure, but if you spend a lot of time in the sun, you may wish to invest in lightweight, airy clothing that has built in UPF (UV protection factor). You can find it at recreational outfitters like the co-op.

And don’t forget your sunglasses! Not only will you look cool, glasses with UV protection shield your eyes and surrounding skin, which are vulnerable to damage. UV rays peak at midday, so plan your time in the sun for early morning or late afternoon.

Finally, check your skin regularly for new or changing moles or spots, and ask your primary care physician how often you should see a dermatologist for professional skin cancer screenings.

CASE CLOSED

Shifting to behaviors that prioritize caring for your skin is a great example of the saying “an ounce of prevention is worth a pound of cure.” You only get one skin to live in. Why not treat it well?

How to pick a good sunscreen

- **No Spray Sunscreens**
  They may pose serious inhalation risks. They certainly make it too easy to apply too little or miss a spot.

- **No Super-High SPFs**
  Products with sky-high SPFs may protect against sunburn but could leave your skin exposed to damaging UVA rays.

- **No Oxybenzone and Other Endocrine-Disrupting Chemicals**
  The chemical oxybenzone penetrates the skin, gets into the bloodstream, and acts like estrogen in the body.

- **No Retinyl Palmitate**
  This form of vitamin A is supposed to have anti-aging effects. But on sun-exposed skin, retinyl palmitate may speed development of skin tumors and lesions, according to government studies.

- **No Combined Sunscreen/Bug Repellents**
  Studies suggest that combining sunscreens and repellents leads to increased skin absorption of the repellent ingredients.

- **No Sunscreen Towelettes or Powders**
  FDA’s sunscreen rules bar sunscreen wipes and powders. Why? Dubious sun protection. Besides, inhaling loose powders can cause lung irritation or other harm.

- **No Tanning Oils**
  If they contain sunscreen ingredients, the levels are always very low and offer little, if any, sun protection.
Healthy hydration strategies

By Shauna Schultz, RD

With higher temperatures approaching, staying hydrated is key, with water as an ideal choice since it quenches thirst so effectively. Water is an essential nutrient; we cannot live without it. The human body is 60 to 65 percent water, and that water plays roles that are indispensable. It regulates body temperature, transports nutrients, protects organs and tissues, lubricates joints, and helps eliminate wastes.

So how much do we need, and what are the best ways to stay hydrated? Water needs vary according to climate, health status, activity level, and body size, but general guidelines from the Dietary Reference Intakes recommend 13 cups (104 fluid ounces) per day for men, and 9 cups (72 fluid ounces) per day for women. Staying ahead of the game is important, since the sensation of thirst already signals mild dehydration, and even mild dehydration has consequences. Symptoms of dehydration include thirst, dry mouth, rapid pulse, low blood pressure, lack of energy, headache, decreased athletic performance, and concentrated urine.

While many different beverages contain water, not all beverages are created equal. Data from the National Health and Nutrition Examination Survey shows that most Americans, especially young adults, choose high calorie beverages that contain about 600 calories a day for men, and 350 calories a day for women (based on a 20-year-old). And what about caffeine? Although caffeine is a mild diuretic, moderate consumption appears to be okay and can be easily offset with a slight increase in overall fluids. Just avoid sugar-laden beverages: they contribute empty calories and little to no nutrition. You can even help meet your fluid needs with food – some fruits, vegetables and soups are up to 95 to 99 percent water!

Is drinking enough water each day difficult for you? Try adding variety to plain water by infusing it with fresh fruit. Lime, orange and/or lemon slices, cucumber and mint, strawberry and basil, grapefruit and rosemary, blueberries and thyme or melon are all great combinations. You can even find reusable water bottles with a built-in infuser. Sparkling water is another fun option, as is herbal tea.

Unsure if you are meeting your daily water need? Instead of worrying about reaching a numeric goal, you can simply check the color of your urine. It’s an easy trick I recommend all the time that enables people to check their hydration status. If your urine is clear to pale yellow then you are probably well hydrated. If your urine is dark, then it’s time to drink up!

The reality is, a healthy person can easily meet their hydration needs by including a variety of fruits and vegetables in their diet and drinking liquids (preferably water) throughout the day. For a fun way to hydrate, add nutrients, and keep cool, try the following recipe that also freezes well for popsicles.

**REFRESHING GREEN SMOOTHIE AND POPSICLE**

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**Ingredients:**
- 1 cup coconut water
- \(\frac{3}{4}\) cup fresh squeezed orange juice
- 1½ cups frozen cubed mangoes
- \(\frac{3}{4}\) cup frozen pineapple or banana
- 2 kiwis, peeled
- 3 large handfuls spinach leaves or your favorite leafy green

**Directions:**
Place all the ingredients in a blender and blend to desired texture and consistency. Enjoy as is or freeze in popsicle molds.

**Per Serving:** 112 calories, 3g protein, 16g carbohydrate, 0.5g fat (0g saturated), 0mg cholesterol, 98mg sodium, 5g fiber, 2mg iron
Meet Javier Zamora of JSM Organics

Ever wonder who’s growing or raising that incredible food at BriarPatch? They’re a lot like us—people with families and busy lives who value fresh, healthy food... so that’s why we thought we’d help “put a face to the farm” by featuring them here in The Vine.

Meet Javier Zamora of JSM Organics in Aromas, California. Javier came to the United States in 1986 and now owns a 200-acre ranch, 80 acres of which is currently being farmed with the 20 workers he employs—talk about living the American dream! JSM Organics is one of the few farms outside of our regional boundary that BriarPatch looks to for high volumes of quality, seasonal, organic strawberries and off-season flowers.

In order to meet our owner-shopper demand for strawberries, Javier must deliver so many flats at a time that when they’re stacked in the storage walk-in area, they form three to four gigantic towers that reach from floor to ceiling!

Earlier this year, we were fortunate enough to catch up with Javier during the 2017 Food and Farm Conference in Grass Valley, where we got to know a little more about his life on the farm. Enjoy!

**BriarPatch:** What do you grow on your farm?
**Javier:** Strawberries, vegetables, and organic flowers—all certified organic.

**BP:** If we opened the doors to your barn, what would we see?
**Javier:** A tractor, a bunch of different boxes... things that we’ll need in early spring to start harvesting strawberries, including some organic fertilizers.

**BP:** What do you drive?
**Javier:** A truck—it’s a Chevy Silverado. Right now I’m driving a delivery truck but it’s a Ford with a camper shell on it. I just purchased a tractor. It’s a Kubota because those are really good for strawberries. They do really well because we farm on a hill so we don’t want to get anything that will turn over and possibly injure somebody.

**BP:** Who’s your best animal ranch hand?
**Javier:** Unfortunately, I cannot have any animals because I’m an organic guy and I’m certified. I have a dog but I cannot bring it to the field. I’m limited. I do have a few chickens but they have to stay away from where the strawberries are.

**BP:** If we were to come to your house, what would we find in the fridge?
**Javier:** Wow... you’ll find a lot of vegetables. In the freezer you’ll find English peas, sweet peas that were frozen from the last season... a lot of strawberries that are frozen because right now we have no strawberries but we still like them. You’ll find blackberries and raspberries... and then in the other section you’ll find a lot of vegetables, a couple of Coronas, and that’s about it.

**BP:** What’s the best season at your farm?
**Javier:** Any time is a good time. But I think the time to go to the farm might be, like, between summer and fall... because there’s still a lot of strawberries and a lot of flowers. Spring is beautiful; summertime is the best but you know... any time for me is a beautiful time to come to the farm.

**BP:** At 5 O’clock is it Sierra Nevada time or tea time?
**Javier:** No, I don’t play golf and I don’t really drink that much either, so... no, for me it’s still work hours. We don’t really go to bed until probably 11:00 or 11:30 p.m., and we get up at 5:00 a.m.

**BP:** What’s a fun fact about your farm?
**Javier:** Just that it’s a good experience to have customers come out, walk the fields, pick some strawberries, cut their own flowers, and see how beautiful the Monterey County hills are. It’s a really beautiful experience. For me as a grower, it’s a beautiful experience to see the customers’ faces when they walk around where their food comes from.
**JUNE & JULY CLASSES**

**HAWAIIAN CUISINE**
with Kayla Wexelberg  
Monday, June 5, 6 to 8 p.m.  
As part of the United States, Hawaii’s rich food culture has very much been overlooked. In this class Kayla will show just how unique and incredible these islands are. We will explore the history of Hawaiian cuisine and make our own BBQ pork, zesty homemade pineapple teriyaki sauce, traditional sticky rice, fresh poke (a fresh Hawaiian fish salad), and poi, another traditional side dish of taro root pudding that is often served with fish. Gluten-free and dairy-free.

**AYURVEDA DIET AND FOODS**
with Laurel Odem  
Tuesday, June 6, 6 to 8 p.m.  
In this class Kayla will introduce the basics of Ayurveda: its history, health benefits, and the abundant flavorful dishes Ayurvedic cuisine has to offer. We will make our own Ghee (clarified butter), as well as traditional Richadi (a rice and mung bean dish), Dal (traditional Indian soup), and a delicious vegetable curry over cardamom rice. While we cook, we’ll discuss the different spices that fuel each dosha, and how to heal physical ailments by combining delicious combinations of herbs and spices. Gluten-free and vegan.

**MEXICAN FUSION DIPS - Homemade Pico De Gallo, Salsa, Bean Dip and Guacamole**
with John of Heartical Foods  
Wednesday, June 7, 6 to 8 p.m.  
Mexican-style dips are a favorite at any party. In this class, you will learn how to make delicious dips entirely from scratch. We will grind cumin and other spices by hand, roast chilies and tomatoes on an open flame, slow-cook our beans before blending them to smooth perfection, and learn how to keep our precious guacamole green as long as possible. We will also make a refreshing cucumber salsa.

**SUPER DRINKS – Smoothies, Shakes, Horchata, and Golden Milk**
with Deanna Figueira  
Thursday, June 8, 6 to 8 p.m.  
They look like dessert, they taste like dessert, but they are filled with super foods! Come learn how to make these wonderful drinks: Carrot Cake Smoothie, Coffee Horchata Latte, Cacao Mint Shake, and Golden Drink (we’ll also learn how to make turmeric paste for the very best Golden Drink). We will complement the drinks with a few simple appetizers.

**ASIAN GRILLING**
with Mayumi Tavalero  
Saturday, June 10, 10:30 a.m. to 12:30 p.m.  
In this class, you will learn the importance of proper grilling technique as we explore the various Asian flavors. Our menu will include Baby Back Ribs with Hoisin-BBQ Sauce, Chicken Satay with Spicy Peanut Sauce, and Teriyaki Chicken with Asian Slaw. Gluten-free and dairy-free.

**DEEP FEAST WORKSHOP**
with Kayla Wexelberg  
Monday, June 12, 6 to 8 p.m.  
In this workshop, we will learn the power of eating consciously, and how that enables us to connect more deeply to our food, ourselves, and each other. When eating consciously our body is able to truly listen to its needs and wants. Kayla will share the depths of conscious eating and will also provide an eating experience, so you can tune into your food and diet at a more intuitive level. This practice will help you find the right foods and nutrition necessary to fuel you on any given day. You will receive recipes for the food provided but there will be no hands-on cooking. Instead, we will be more focused on eating! We will be featuring a Raw Red Pepper Dip, a Raw Truffle Oil Herb Pesto, Balsamic Reduced Onions, Sundried Tomatoes, an Olive Date Tapenade, Cardamom Ginger Chili Chocolate Sauce, fresh fruit plate, and a fresh vegetable platter.

**CONTINUED**
**HOMEMADE SODAS**
with Kayla Wexelberg  
Wednesday, June 14, 6 to 8 p.m.  
Great hydration station sodas include ginger beer, root beer, kombucha, and Jun. In this class we will return to the medicinal and flavorful qualities of homemade sodas. We will discuss the basic steps involved in creating fermented beverages and make our own root beer, ginger beer, and kombucha. Gluten-free and dairy-free.

**TRADITIONAL AND NOUEAU PÂTÉ**
with Kayla Wexelberg  
Thursday, June 15, 6 to 8 p.m.  
Learn the rich health benefits of this age-old food tradition, while making delicious new recipes such as Vegetarian Mushroom Walnut Pâté, Maple Chestnut Chicken Liver Pâté, and Creamy Red Salmon Dill Pâté. If we have time, we’ll also make Traditional Duck Herb-Infused Pâté. To top off our evening, we’ll spread these delicious, healthy, satisfying spreads across fresh toasted slices of baguette! Vegan.

**GOURMET BACKPACKING MEALS AND FOODS ON THE GO**
with Genevieve Mack  
Saturday, June 17, 10:30 a.m. to 1 p.m.  
Learn to make your own gourmet, organic, “add-hot-water-and-serve” backpack and travel meals, as well as fresh sprouts and delightful pop-in-your-mouth snacks. These are perfect when you’re on the go, whether deep in the mountains or just traveling and not wanting to stop for “fast food.” The recipes we make in class will include options for all food needs, including vegan, gluten-free, high meat protein, and low sugar. We will also discuss food dehydration in general, so you will not only be able to create your own recipes, but will be able to process your garden’s abundance. Come and enjoy learning how to maintain a lightweight yet functional kitchen in the backcountry that will keep turning out non-GMO nourishing and delightful meals for you and all your travel mates to enjoy. Vegan and gluten-free.

**GRAIN-FREE SUMMER BAKING**
with Mayumi Tavalero  
Monday, June 19, 6 to 8 p.m.  
Figuring out how to make grain-free and/or Paleo treats can be challenging. In this class you will learn the secrets of working with various flours, how they affect your baking, and how you can incorporate them into your own recipes. The treats we make will include Lemon Pound Cupcakes with Fresh Strawberries and Whipped Cream, Orange Shortbread Cookies, Blueberry Tart with Pastry Cream, and a Mixed Berry Crisp. Gluten-free.

**MOLE, MOLE, MOLE!**
with Kayla Wexelberg  
Tuesday, June 20, 6 to 8 p.m.  
Celebrate the beginning of summer with some fun new Mexican Mole sauces to spread across a few delicious new Mexican dishes! We’ll make a rich and creamy tomato-based mole, a dark chocolate chili mole, and a zesty green mole with a kick to tantalize your taste buds. We’ll also make Kayla’s mother’s favorite enchilada recipe, along with some slow-cooked meat and vegetables! Gluten-free, dairy-free option.

**FRESH, FAST, AND FUN SUMMER DISHES**
with Shauna Schultz, RD  
Wednesday, June 21, 6 to 8 p.m.  
Keep the kitchen cool by cooking with a variety of seasonal fruits and vegetables. In this class you’ll learn how to create light dishes in a fun and creative way. We will make Spiralized Zucchini with Tomatoes and Basil; Mediterranean Spaghetti Squash with Pesto; Corn and Tomato Relish with Toasted Baguette Slices; and Strawberry Basil Popsicles. Vegan, gluten-free option.

**MAIN DISH SUMMER SALADS**
with Mayumi Tavalero  
Saturday, June 24, 10:30 a.m. to 12:30 p.m.  
Summer is a time to celebrate the bounty of available vegetables, and what better way than with these hearty and delicious salads! In class we will make a Tuna Salad with Hard-boiled Eggs and a Shallot Anchovy Dressing, Thai Shrimp Salad with Glass Noodles, and a Cucumber-Ribbon and Radish Salad with Microgreens and Cilantro-Lime Dressing. Gluten-free and dairy-free.

**RAW PIES AND BROWNIES: The Desserts of Summer Bliss**
with John of Heartical Foods  
Tuesday, June 27, 6 to 8 p.m.  
There is a time and place to turn on the oven and bake a pie. But summer is the time for an ice-cold raw pie! Raw pies are refreshing and delicious, and are easy to make once you learn a few tricks. By using raw berries, banana, cacao, cashews, nut butters, coconut oil, and more, we can fill our pies with sweet healthy goodness. Nuts, seeds, and raw gluten-free flours can be combined with sticky ingredients such as coconut nectar and pressed into form. As these amazing pies are chilled, the filling sets and allows the pie to stand firm on the table long enough for everyone to gather around and share! It’s magic! Dishes to be served with fresh cashew/hemp milk include: Raw Cacao Raspberry Brownies, Giant Peanut Butter Cup Pie, and Strawberry Lemonade Pie. Vegan and gluten-free.

**BAHIAN CUISINE (Northeastern Brazil)**
with Deanna Figueira  
Wednesday, June 28, 6 to 8 p.m.  
The food of Bahia is rich with cultural significance and the flavors of Africa. In class we will make Xinxim de Galinha (shredded chicken, ground cashews, peanuts and dried shrimp, with ginger and coconut milk), the “everybody-loves-it” Pão de Queijo (cheesy bread balls), Couscous de Tapioca (tapioca like you’ve never had before, soaked in milk and coconut milk with fresh shaved coconut), and the classic Brazilian sweet, Brigadeiro.

**SUMMER SOUPS, SALADS, AND SAUCES**
with Shoshi London  
Thursday, June 29, 6 to 8 p.m.  
In the heat of the summer it can be wonderful to have some easy go-to recipes that don’t require any cooking! In this class, we will explore alternative ways of preparing food without cooking. We will prepare a raw gazpacho soup featuring seasonal local ingredients, some easy and nourishing sauce and salad dressing recipes that will add healthy fat and protein to your raw veggie dishes, and a yummy sprouted salad. Raw, vegan, and gluten-free.

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**IS DINNER SERVED IN CLASS?**  
Generally, YES! Students will prepare food in class, and then sit down to enjoy it together. The exceptions are classes for pet food or desserts, where the lesson does not include dishes that would constitute a meal, in which case there will still be samples to taste or take home. Come enjoy a meal with us at our cozy cooking school!

**CLASS FEE:**  
$30 Co-op owners  
$35 general admission  
Please sign up 48 hours in advance of the class you would like to take, so we know how many to shop for.

**CLASS SIZE:**  
The cooking school kitchen can accommodate just 10 to 12 people, depending on the space needs of the class.

**HOW TO SIGN UP:**  
Online: Pay with credit card at BriarPatch’s website: briarpatch.coop/community/ cooking-classes/  
At the store: Pay with cash or check at Customer Service, as well as pre-register and ask about availability.

**CONTACT:**  
Hilary at 272-5333 x134 or classes@briarpatch.coop

**BE A COOKING TEACHER!**  
Do you have a cooking specialty that you’d like to share with a small, friendly group? We’re always looking for interesting new cooking classes and teachers, and would love to consider your class idea. We provide the ingredients, pay a $100 stipend, help with cleanup, and publicize your classes. To get started, download a class proposal worksheet from the cooking class page under the Community tab at www.briarpatch.coop, contact classes@briarpatch.coop, or call (530) 272-5333, ext. 134. Classes are scheduled a few months ahead of time, so please submit your proposal for August and September classes by June 12.
**JULY CLASSES**

**COCONUT CREAM ICE CREAM**  
*with John of Heartical Foods*  
**Tuesday, July 11, 6 to 8 p.m.**  
Come see how easy it is to make your very own vegan Coconut Cream Ice Cream at home in less than 30 minutes! Using an affordable pre-frozen canister, you can make great vegan ice cream quickly, without the need for salt. This wonderfully delicious and nutritious treat is great for those hot summer days! A perfect companion to bring on your visit to the Yuba, this frozen friend will quickly gather a crowd! As for flavors, the possibilities are endless. We will be making a Lemon Ginger Mesquite, Cinnamon Spice, and a Surprise Flavor too! And toppings will also be available of course! Vegan.

**“CRUSH IT” VEGETARIAN SUMMER SALADS**  
*with Joseph Guida*  
**Wednesday, July 12, 6 to 8 p.m.**  
Extraordinary gluten-free and vegetarian summer salads with special “crush it” ingredients. We’ll start with ricotta cheese with cucumber and parsley, plus the crushed ingredients that make this salad a stand-out. Next is a Raw Salad with red cabbage, tomato, leeks, beans, cilantro, feta cheese, plus those exciting crushed ingredients! We follow with a Red Beet and Walnut Salad with “crush-its” designed to EXTRAOBDINIZE your salads. Finally, Joseph will demonstrate a Hijiki Salad smothered in his T’ai Chi Master’s sauce (and he’ll share the recipe). Vegetarian and gluten-free.

**VITAMIX VITALITY, SPECIAL SUMMER EDITION**  
*with Shoshi London*  
**Thursday, July 13, 6 to 8 p.m.**  
If you feel like you are not using your Vitamix to its full potential, or if you don’t have a Vitamix but want some new ideas for how to use your blender, or if you feel totally intimidated by blenders and want to overcome your fear, this class is for you! We will make delicious and nutritious concoctions in the blender including fresh “Green Juice,” two types of easy cashew sauces, a Wild Greens Pesto, and an Iced Vegan Blender Chai with homemade almond milk. We will also talk about some other savory and seasonal things you can easily whip up in the blender, such as salad dressings, soups, and sauces. Vegan, gluten-free.

**SUMMER THAI**  
*with Mayumi Tavalero*  
**Monday, July 17, 6 to 8 p.m.**  
Come explore the unique flavors and ingredients that make up Thai cuisine, including coconut milk, fish sauce, and tamarind paste. Our menu will include Spring Rolls with Sweet & Spicy Sauce, Thai Coconut Milk and Red Curry Chicken with Jasmine Rice, Shrimp Pad Thai, and a Thai Cucumber, Carrot, Red Onion, and Basil Salad with Peanuts. Gluten-free and dairy-free.

**FEED ME ZUCCHINI!**  
*with Shoshi London*  
**Tuesday, July 18, 6 to 8 p.m.**  
As one of the most abundant and easy-to-grow crops, perhaps you have more zucchini in your life than you know what to do with! Come to this class to be inspired with some new ways to transform a zucchini into yummy bliss. From savory to sweet, this class will offer new recipes and exciting twists on old recipes featuring this amazing summer squash. Learn how to make a delicious Raw Vegan Alfredo Sauce to go along with Spiralized Zucchini Noodles. Discover a healthy twist on a low-carb dinner option by using zucchini slices to make a lasagna-style casserole dish. We will also learn a unique marinade sauce to spice up the staple grilled zucchini classic, as well as finish with a sweet treat of some moist and healthy Zucchini Muffins. Gluten-free.

**HOW WE ROLL: Vegan Sushi Fusion Fun**  
*with John of Heartical Foods*  
**Wednesday, July 19, 6 to 8 p.m.**  
Ever wonder what makes a Nori roll become Sushi? In this class we’ll tenderly fan our sushi rice after it has begun to cool as we sprinkle it in savory rice vinegar while adding any interesting ingredients we can imagine, so long as the combination is tasty! We’ll assemble a huge platter of diverse ingredients carefully grated, chopped, or fried to crispy perfection, all ready to be rolled up in the combination of your choice. Savory, salty, sweet, bitter, crunchy, chewy...the possibilities are endless. We’ll make a special dessert roll using Thai Sticky Rice, coconut sugar, and your choice of shredded coconut, plump soaked raisins, mango slices, dates, etc. The dishes will use gluten-free tamari, wasabi, and pickled ginger. Vegan, gluten-free.

**MEXICAN FIESTA**  
*with Deanna Figueira*  
**Wednesday, July 26, 6 to 8 p.m.**  
Making flour tortillas is super simple and delicious. After rolling out our tortillas we will turn them into Chicken Enchiladas with Spanish rice, a Lime Chile Cabbage Roll, and Chicken Enchiladas with Seafood. We will also learn how to make all kinds of tortillas including sourdough and whole wheat. We’ll taste Preserved Lemon Ice Cream, Chickpeas with Feta, Lemon Quinoa with Shaved Zucchini, Mint Feta Dip, and we’ll taste Preserved Lemon Ice Cream, and we’ll taste Preserved Lemon Ice Cream, and we’ll taste Preserved Lemon Ice Cream, and we’ll taste Preserved Lemon Ice Cream. Gluten-free, dairy-free.

**SUMMER PICNIC SALADS**  
*with Jim E.*  
**Thursday, July 27, 6 to 8 p.m.**  
In this class we’ll make salads for the summer season with fresh organic produce and meats. The menu we’ll prepare is a complete summer meal for a warm evening or picnic in the park: Gazpacho (the liquid salad), Tempeh Rice Salad, Chinese Chicken Salad, Southwest Grilled Beef Salad with Corn Salsa and Chipotle Dressing. Dairy-free.

**RAW PIES**  
*with Shoshi London*  
**Monday, July 24, 6 to 8 p.m.**  
By popular request, Shoshi will share some of her delicious raw pie secrets for healthy, decadent, and delicious raw and vegan sweet treats! In this class she will teach you how to make her signature Vanilla Blueberry Swirl Pie (not for the faint of heart, this rich dessert is full of healthy fats), as well as a sweet and tangy Lemon Strawberry Cheesecake, and a raw Apple Pie. These special desserts are always crowd pleasers at summer potlucks and birthday parties! All recipes will be raw, vegan, and gluten-free.

**PRESERVED LEMONS AND WHAT TO MAKE WITH THEM**  
*with Deanna Figueira*  
**Tuesday, July 25, 6 to 8 p.m.**  
Preserved lemon is an essential ingredient in Middle Eastern and North African cuisine. In this class you’ll learn how to make your own, changing the flavors of your cooking forever. We’ll make Spicy Chickpeas with Feta, Lemon Quinoa with Shaved Brussels Sprouts and Toasted Walnuts, Lemon/Mint Feta Sprouts, and we’ll taste Preserved Lemon Ice Cream at home in less than 30 minutes! Using an affordable pre-frozen canister, we’ll make a Lasagna-style Capperini dish. We will also learn a unique marinade sauce to spice up the staple grilled zucchini classic, as well as finish with a sweet treat of some moist and healthy Zucchini Muffins. Gluten-free.

**PLANT PROTEINS: Summertime Legume Dishes**  
*with Shauna Schultz, RD*  
**Thursday, July 20, 6 to 8 p.m.**  
Legumes (beans, lentils, soy, peas) are a staple in many vegetarian and vegan diets and for good reason – they are an excellent source of protein, fiber, vitamins, and minerals. If you are tired of preparing the same old lentil and bean dishes, or looking for new ways to incorporate legumes into your diet, then this is the class for you! We’ll prepare and sample Beet Hummus, Lentil and Quinoa Tacos, White Bean Antipasto Salad, and Black Bean Raspberry Brownies. Vegan, gluten-free.

**CANNING AND FOOD PRESERVATION FOR A TREASURED PANTRY**  
*with Genevieve Mack*  
**Saturday, July 29, 10:30 a.m. to 1 p.m.**  
Are you wondering what to do with all your garden abundance? In this class we’ll learn how to safely can high-acid fruits and low-acid vegetables, using both the water bath method as well as pressure canning methods. We’ll also discuss other options such as canned pie fillings and homemade apple cider vinegar. This is a must-experience class to learn country kitchen and homesteading skills.

To see the cooking classes for August, please visit: [www.BriarPatch.coop/community/cooking-classes/](http://www.BriarPatch.coop/community/cooking-classes/)
Summer recipes with seasonal produce

By Taste for Life and Co+op, Stronger Together

SAVOR THE SEASON

GRILLED TOFU WITH CILANTRO GINGER PESTO

Prep Time: 30 minutes
Number of Servings: 4

Ingredients:
- 14-oz. block extra-firm tofu
- 1⁄4 c. wheat-free tamari
- 1 bunch cilantro, washed and dried
- 1⁄2 c. fresh ginger, peeled and chopped
- 2 Tbsp. vegetable oil
- 1⁄2 tsp. toasted sesame oil
- 1 tsp. white sugar
- 1 tsp. sea salt
- 1⁄4 c. sesame seeds black or white

Directions:
1. Preheat grill to medium-high heat.
2. Beginning at the short end, slice the block of tofu into 8 even rectangles. Lay the tofu on a baking sheet and sprinkle with tamari. Let sit, flipping once while preparing the pesto.
3. Cut the stems off of the washed cilantro and puree the leaves in a blender or food processor with the fresh ginger, oils, sugar, salt, and lime juice. The resulting pesto should resemble a vibrant green smoothie.
4. Lightly oil the grill. Using a metal spatula, place the tofu on the grill and cook for 2 mins. Flip and grill for 2 mins. on the other side. Remove to a plate and let cool, then toss with the cilantro pesto and garnish with sesame seeds.

FIRE-ROASTED NECTARINES

Prep Time: 25 minutes
Number of Servings: 4

Ingredients:
- 2 c. strawberries (8 to 10 oz.), hulled and coarsely chopped
- 1⁄2 c. raspberries
- 1⁄3 c. blueberries

Directions:
1. In a medium bowl, mix strawberries, raspberries, blueberries, sugar, ginger, lemon juice, and salt; set aside. (Makes about 2 cups of salsa.)
2. Prepare outdoor grill for direct grilling over medium heat. Or lightly spray a ridged grill pan with nonstick cooking spray and heat over medium. Spray cut sides of nectarine halves with nonstick cooking spray. Grill 5 to 6 minutes or until lightly charred and tender, turning over once.
3. To serve, in each dessert bowl, place 2 nectarine halves, cut sides up, and top with berry salsa.

June - July Produce Outlook

BLUEBERRY HILL
Blueberries

BONANZA GARDENS
Escarole & Frisee
Green Onions

COCO RANCH
Figs

FILAKI FARMS
Piel de Sapo Melons

FIRST RAIN FARM
Red Beets
Rainbow Chard
Collards
Dino Kale

GREG’S ORGANICS
Summer Squash
Cherry Tomatoes

JOHANSEN RANCH
Melons, various

LAUGHING OAK FARM
Gold Beets
Dandelion Greens
Red Bore Kale
Green & Red Mustard
Pickling Dill

LAZY VALLEY RANCH
Blueberries

MOUNTAIN BOUNTY
Broccoli Crowns
Green Cabbage
Napa Cabbage
Carrots
Garlic Scapes
Sweet Yellow Onions

MOUNTAIN SWEET
Cherries
Nectarines
Peaches
Plums

NATURAL TRADING CO
Peashoots
Sunflower Cherry Tomatoes

PYRAMID FARMS
Summer Squash
Red Beets
Globe Eggplant
Cilantro
Red Onions

RIVERHILL FARM
Green Cabbage
Napa Cabbage
Red Cabbage
Red Chard
Green Kale
Mint
Lettuces, various

SWEET ROOTS FARM
Fennel
Red Chard
Italian & Curly Parsley
Summer Squash, various

STARBRIGHT ACRES
Family Farm

FAMILY FARM
Dill
Sweet Nardello Peppers
Radishes, various
Salad Turnips

SHARED ABUNDANCE
Plums

SUNROCK FARM
Summer Squash

SUPER TUBER
Gold Beets
Rainbow & Nantes Carrots

WEIMAR FARM
Japanese & Lemon Cucumbers
English & Mediterranean Cucumbers
Slicing Cucumbers
Asian Eggplant
Basil
Honeydew Melons
Okra
Cherry Tomatoes
Roma Tomatoes
Slicing Tomatoes
Wheatgrass
It’s strange to write about the future from the past. By the time you all read this, our election of new Board directors will have happened, but as I’m writing this in late April, I don’t know yet how good our voter turnout was or the final election results that will determine who our new directors will be.

The results I do know are these: we will be moving forward after our most robust election ever – resulting from great outreach that encouraged members to run for the Board; resulting in six strong candidates for our three open positions; resulting in more reason than ever to get out and vote; and hopefully resulting in even greater voter turnout than ever as our smoothly running electronic voting system makes voting easier than ever.

Our prior Board elections have mostly seen incumbent directors running for re-election, with a very modest voter turnout. I’d like to think that this was because you, our owners, were generally content with the way the Board was representing you. Yet a vital board needs fresh energy as well as experience and continuity. I’ll very much miss working with Debbie and Louise, who decided not to seek re-election, and I heartily thank them both for their commitment to our Co-op. And I wish Alana the best of luck with her campaign as she seeks re-election. So we will have two and possibly three new directors on our Board.

So how did it go? Who won, and how was the turnout? Who won the staff betting pool on how many people voted? I don’t know yet but I do know our Board Development Committee and BriarPatch staff collaborated very well to reach out and recruit, publicize the election, and refine the online voting process.

How will our new Board function and get along? I’m betting we’ll be a cohesive bunch that will discuss ideas and issues enthusiastically and sometimes adamantly, that will continue to collaborate well with management, and come to resolutions that reflect our commitment to speaking with one voice as a Board.

I just might have custom T-shirts made up for us all that say “Plays Well With Others.” I just might have another version made up – to be worn only rarely – that says “Sometimes Runs With Scissors.”

Congratulations to our new directors and to all of you who came out to vote.

CONGRATULATIONS TO OUR NEW DIRECTORS AND TO ALL OF YOU WHO CAME OUT TO VOTE.

BriarPatch Co-op Vision Statement

BriarPatch Food Co-op is the leading natural food store in Nevada County.

• We are a vibrant, important community hub for gathering and for dialogue and learning about healthful food.
• We seek to be a leader in social, environmental, as well as fiscal business responsibility, among both local businesses and food co-ops nationally.
• We model community-mindedness and cooperative principles, and hope to inspire others to do the same, and in so doing contribute to peace and prosperity for all within our reach.

UPCOMING BOARD MEETINGS:
Tuesday, June 27: 6 – 7:30 p.m.
Tuesday, July 25: 6 – 7:30 p.m.
Co-op Owner discounts & perks

Is 2017 your year to become a Co-op community volunteer?

VOLUNTEER PROGRAM DISCOUNT
Earn a 10% discount for volunteering with community nonprofit groups or outreach. Get started with a volunteer application, available online or from the Customer Service window.

UP TO $50 CASH BACK
When you pay with a debit card or check.

BRIARPATCH TICKETING FEE WAIVED
BriarPatch’s $2.50 per ticket fee is waived for owners. (Note: Some event producers charge their own fees, which we can’t waive.)

SPECIAL ORDER DISCOUNT
Pay only the catalog price plus a handling charge when you order products in wholesale quantities (by the case or six each for Wellness Dept. items) from the UNFI catalog and select vendors. Use for large quantities, hard-to-find items, and products not carried on our shelves.

OPPORTUNITY TO BE INVOLVED
Vote for the Board of Directors, run for the Board, and attend our annual Owner Meeting.

ADVERTISING DISCOUNTS
Receive a one-time $20 discount on a newsletter ad. and/or post free online classified ads.

Co-op Owner discounts at local businesses

For more info and website links, go to www.briarpatch.coop/join-the-co-op/owner-discounts. To receive these discounts, present your owner card prior to the transaction. For more information — 272-5333, ext. 127 or margaretc@briarpatch.coop.

HEALTH, HEALING, BEAUTY

Antouri Chiropractic
Grass Valley, 273-6192, antouri.com
Brian J. Brelling, Psy D, MFT, LPC
10% disc., 478-9592, bbrrelling@aol.com
Debra Buddie, L.Ac.
10% off acupuncture treatments, 913-6347
California College of Ayurveda
10% off Bliss Therapies, intern consultations
Center of Movement
Pilates & Functional Fitness
First class free, 210-3644
Gloria Coy, MFT
10% off, 391-6291, coygloria@yahoo.com
Inner Path Yoga & Meditation Gear
10% off online purchases (code BP2014)
Jacobson Chiropractic
$45 followup visits, Thursdays only; 265-2220
Lisa Mandelbaum Acupuncture
10% off, 615-1649, lisamandelbaum.com
Living Waters Colon Hydrotherapy
5% off packages & service, 274-9738
Naturally You Salon
10% off all hair and skin services, 274-1381
Dr. Jennifer Nelson Chiropractic
10% off Ayurveda services, 478-9592
Samadhi Tank Co.
10% off sessions, 477-1319
Sierra Wellness Nutrition
20% off services, 263-3131
The Shame Free Zone
Anger management, couples coaching 7% off hourly rate, 1-888-903-0050
Dharma Acupuncture, Lisa Swanson L.Ac
First visit: $108, Follow up: $65 Insurances accepted, 648-4192

FITNESS

Fast and Fit for Women, gym
$10 off enrollment fee, www.fastandfit.net
Form is Function, fitness classes
10% off, 510-393-2568, kittlebellform.com
Gold Country Kuk Sool Won
50% off start, goldcountrykuksoolwon.com
South Yuba Club Fitness & Health
470-9100, 272-7676, southyubacclub.com

HOME SERVICES

Bardsley Safe and Lock
10% off labor, 573-2100
Brian’s Electrical Service & Solar
10% off labor, lic. #324214, 272-6241
Byers LeafGuard Gutters
50% off gutter installation labor, 272-8272
California Solar Electric Co.
$300 Co-op gift card w/solar system installation, 274-3671
Covert’s Pump Service
10% off labor, 292-9365, covertspump.com
Halford Real Estate
$500 off services, 740-2686
Help-U-Scape
15% off landscape consulting, 955-1390
Kimmel Electric, csi#914225
$25 off, 432-1872, kimmelelectric.com
Liz Fugman Construction GC#908963
10% discount on labor, 265-3151
Solar Cowboyz
10% off equipment and design, 273-4895
Living Waters Colon Hydrotherapy
10% off labor & materials on any service, 470-0100

INSURANCES

California Hardwood
10% and more off, 888-8191
Country Wood Furniture
10% off merchandise except sale items & finish, claim discount before ordering
Geronimo Pole Co. 5%-20% off poles, custom log furniture, timbers, etc.
Mark Toelkes Custom Furnishings
10%, 20% discount for seniors, 575-0962
Parts for Imports
10%-15% off (except oil & special orders)
Sweet Diane’s Custom Cakes & Catering
10% off, 692-1614
Weiss Brothers Nursery
10% off (except sale items), 273-5814
Bread & Roses Thrift and More
$5 off purchases of $25 or more, 205-9605

SERVICES, MISC.

A One Bookkeeping & Tax
10% off any services, 470-0100
Broad Street Inn
10% off weekday stays (applies to visiting family and friends of BriarPatch owners)
Carbright Auto Detailing
10% off, 11671 E. Main St., GV, 273-5482
Cat Scholz, Wordpress Coach
10% off Wordpress coaching, catswebweave.com, 362-8586
Dreamspinner Photography
10% off prints, 265-4753
Home Tutoring Plus 878-1014
20% off New Client First Lesson Package
JD Online Website Design
10% off all services, 470-0112

HOME, GARDEN, AUTO

California Hardwood
10% and more off, 888-8191
Country Wood Furniture
10% off merchandise except sale items & finish, claim discount before ordering
Geronimo Pole Co. 5%-20% off poles, custom log furniture, timbers, etc.
Mark Toelkes Custom Furnishings
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Parts for Imports
10%-15% off (except oil & special orders)
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10% off, 692-1614
Weiss Brothers Nursery
10% off (except sale items), 273-5814
Bread & Roses Thrift and More
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Vote for the Board of Directors, run for the Board, and attend our annual Owner Meeting.

ADVERTISING DISCOUNTS
Receive a one-time $20 discount on a newsletter ad. and/or post free online classified ads.
Growing together

*“If everyone is moving forward together, success takes care of itself.”*  
-Henry Ford

Our original 2006 Board and Management projections for the Sierra College Drive store showed that in our first 10 years of operations, our annual sales would grow steadily from $6 million to $16.5 million. Those of you who follow our financial performance in these pages and in our Annual Report know that the current projections for 2017 are approximately $32 million in sales - nearly double those original projections.

This extraordinary success allowed us to negotiate the purchase of our site and building in late 2015, which in turn has allowed us to make a significant investment in upgrading our facility to accommodate the business we have built. We are excited now to tell you about additional upgrades that will take place in the remainder of 2017.

Beginning in Mid-July, we will be undertaking a significant remodeling of the store layout and reset of our merchandise. This work will involve cutting and re-pouring the concrete on our front patio, and moving the front wall and entry-way doors outwards about six feet. The center planter and trellis will be removed as part of this work. Once the wall is moved, we will be able to shift the front-end register boxes slightly and widen our front cross-aisle, alleviating the congestion that occurs there during peak times. After that we will increase our refrigerated space by adding additional high-capacity, low-demand coolers.

**OUR PRIMARY GOALS IN THIS PROJECT ARE TO IMPROVE OUR CUSTOMERS’ EXPERIENCE BY EASING CONGESTION, AND TO INCREASE THE CAPACITY OF OUR SHELVES AND REFRIGERATION.**

Our primary goals in this project are to improve our customers’ experience by easing congestion, and to increase the capacity of our shelves and refrigeration. We will also be able to refresh and replace older equipment and fixtures that have become worn after 10 years of high use. We will also paint the store and upgrade the lighting fixtures to current environmental standards, thus lowering our power usage.

To do this work we have engaged Sutti & Associates, a top-tier natural foods store design-and-build firm that has worked with many co-ops and independent retailers throughout the Western United States. They will be partnering with local subcontractors to complete the remodel by mid-autumn. Most importantly, they will work with our Management team to ensure that shoppers experience the least possible disruption.

Information about this project will appear in The Vine, and a special page will be maintained on our website for construction updates. We will also keep you updated on the project’s progress on our front bulletin boards. And, you can also follow us on social media for updates and learn about cool events as they occur. We found this strategy to be very successful during the construction of our solar array last year.

The grocery industry is going through significant changes. Natural foods, once a fringe element of retail food, are now ubiquitous. Our job as co-op operators is to remain responsive and relevant to our owners and shoppers. This is why we seek a deeper level of connection and engagement than most stores. Your ideas, feedback, and comments are very much welcomed and wanted. When we move forward together, we are greater than the sum of our parts, and the success just takes care of itself.
Excitement builds as date for store remodel gets closer

It seems like we just finished our new solar array parking structure, expanded our parking lot, upgraded landscaping and irrigation, and made various improvements to work and storage areas. We’re in the middle of refreshing store signage, publications, and advertising to reflect our new logo, colors, and brand imagery. And now we’re going to ask everyone to get ready to watch our beloved BriarPatch Food Co-op building undergo a major remodel! Wow, does this Co-op have energy!

We realize that being a vital community hub, full service grocery store and wellness center, and meal destination for thousands of Owners and shoppers carries the responsibility for our store and staff to be ready to serve at the highest level, every day.

With this major store remodel, beginning in mid-June, we’ll see the concrete patio dug up and resurfaced, the entire patio area opened up for new seating with more shade, and new dining tables and chairs. The next step will be to enlarge the inside of our store, install new refrigerator cases and display areas, and completely revamp and expand the Customer Service area. Through all of these improvements that will bring more product choices and more sustainable energy practices to the Co-op, you’ll be called upon to shop and enjoy the store while it’s being transformed! To reward our long-time customers and shoppers new to the Co-op family, we plan to fill the months of June through October with special contests, sales, prizes, promotions, and games! Stay tuned for updates!

ARCHITECT’S RENDERING OF THE OUTSIDE FRONT OF THE CO-OP SHOWS THE AREA WHERE MOST OF THE CONSTRUCTION BEGINNING MID-JUNE WILL TAKE PLACE. WORK ZONES WILL BE CLEARLY MARKED, MUCH WORK WILL TAKE PLACE AT NIGHT, PLenty OF SPACE WILL BE AVAILABLE FOR SHOPPING, AND THERE WILL BE ALWAYS BE STAFF TO HELP OR ANSWER QUESTIONS. INFORMATION ABOUT EACH STEP WILL BE AVAILABLE AT BRIARPATCH.COOP.

BRIARPATCH ANNUAL FARM TOUR

Join the BriarPatch Food Co-op Produce Team for a Sunday morning excursion to the Johansen’s organic acreage in Penn Valley for a "MELON EXPERIENCE!"

- Taste-test five different melons (they’ll be ripe and also for sale at a very special price).
- Learn about the management of the 12 cultivated acres for maximum quality and yield.
- Enjoy the company, the striking Tuscany-like landscape, juicy melons, and a buffet brunch provided by BriarPatch and hosted by Rich and Mila.

Sunday, August 27, 10am to 1pm

The Tour and Brunch are FREE. Reservations open at BriarPatch.coop JUNE 1
SCENES FROM SPRING

On the scene with our community partners

BriarPatch sponsors events that move our community forward.

**BRIARPATCH EARTH DAY CELEBRATION**

*Earth Day: Kids spin the prize wheel, which was custom-made by The Curious Forge, to determine whether they were air defenders, clean energy champions, ground guardians, or water protectors, and received buttons and educational pamphlets to take home. Seed packets adorned with sentiments of ‘sharing love by growing love,’ were free for kids to grab in the garden, while children created artistic letters to Mother Earth, declaring how much they wanted to protect, love, and thank her.*

**DIRT CLASSIC**

*Center for the Arts Family Fun Day: Community members learned about erosion control and the solar array during the Sustainability Tour sponsored by Sierra Business Council.*

**BRIARPATCH BOARD CANDIDATE FORUM**

*KVMR Big Day of Giving: BriarPatch partnered with KVMR for their Big Day of Giving, inviting the community to enjoy live music from Boca de Rio as part of their 24-hours-of-giving challenge to support local non-profits.*

**SUSTAINABILITY TOUR**

*Blue Marble Jubilee: Juggler Izzi Tooinsky performed for the kids while adults enjoyed refreshments infused with organic blueberries and strawberries donated by BriarPatch. Proceeds from the drink sales benefited Grass Valley Charter School.*

**DIRT CLASSIC**

*Day of the Young Child Keeping Kids Safe Carnival: Kids “hang out” safely at the Gold Country Gymnastics play area. Brooklyn Welty is fingerprinted for her free child I.D.*

**KVMR BIG DAY OF GIVING**

*Oriah Bishop takes a turn on the “smoothie bike,” powering the attached blender with each pedal stroke in order to provide riders with nutritious, post-race recovery drinks. Dr. Dan Goldsmith and Dr. Jon Pritchett put in solid efforts in race 2 of 3 of the NC Dirt Classic series.*

**BLUE MARBLE JUBILEE**

*Day of the Young Child Keeping Kids Safe Carnival: Kids “hang out” safely at the Gold Country Gymnastics play area. Brooklyn Welty is fingerprinted for her free child I.D.*

**CENTER FOR THE ARTS**

*Board Candidate Forum: Community members enjoyed live music from Laura Lackey’s Rhythm Revue while learning more about our six candidates running for the three open positions on the BriarPatch Board of Directors.*

**KVMR Big Day of Giving**

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**BLUE MARBLE JUBILEE**

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**Nevada City Dirt Classic Mountain Bike Race**: YBONC Board Member Mike Bernadett and YBONC Board President Jet Lowe are joined by Jay Kinney of USA Cycling at the Nevada City Dirt Classic race.

**Center for the Arts Family Fun Day**: Families packed the venue for a full afternoon of fun activities: dancing to live performances by Grammy-winning rap musicians, 23 Skidoo, and making Mother’s Day cards, to mention just a few.
EARTH DAY IN ACTION

Bear Yuba Land Trust pollinator garden thriving thanks to community and BriarPatch shoppers
by Laura Petersen, BYLT Community Engagement Manager

During Earth Week, three girls from Girl Scout Troop 505 pulled weeds and planted native plants at the Community Pollinator Garden at Bear Yuba Land Trust (BYLT) Adam Ryan Preserve, near the neighborhood of Alta Sierra.

“I like being near the earth,” said Tova Rothert, age 10. “…and helping plants and people,” added Julia Barbieri, age 11. “It’s fun and satisfying to pull weeds,” said Delaney Sherr, age 11.

Using money they earned from cookie sales, the girls purchased and donated native plants to the garden, such as columbine, yarrow, penstemon, and ceanothus or “California lilac.” Local efforts like these offer promise that backyard gardens can help curb the global decline of pollinators that threatens the world food supply.

The BYLT pollinator garden was started in the winter of 2016, when 35 volunteers came together with shovels and native plants. The project was funded two summers ago by the BriarPatch Co-op Cause program, a successful fundraising tool that allows shoppers to make donations to their favorite charity by rounding up their purchases to the nearest dollar at the register. Today, over 70 native plants, including milkweed, flannel bush, redbud, California pipe vine, foothill penstemon, and yarrow grow in BYLT’s 3,000 square-foot garden, attracting native pollinators as well as migratory and native butterflies that are considered important to the local food supply.

“These pollinators require having these plants around for their continued existence. We planted native shrubs and wildflowers with the hopes of attracting more pollinators and encouraging more symbiotic relationships between plants and their pollinators,” said Stewardship Program Manager Erin Tarr.

Pollinators include some 20,000 species of wild bees and contribute to the growth of fruit, vegetables, many nuts, and flowering plants. Plants that depend on pollination make up 35 percent of the world’s crop production, with a value of as much as $577 billion a year.

Climate change, pesticides, mono crops, parasites, and pathogens have combined in recent years to create a complex number of pressures that are causing the demise of pollinators. Many pollinator species are threatened with extinction, including 16 percent of vertebrates like birds and bats, according to a report by the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services, a group formed by the United Nations and represented by 124 countries. The report warned of “high levels of threat” for some bees and butterflies, with at least nine percent at risk.

A nature preserve, like Adam Ryan Preserve, is a protected area for wildlife, flora, fauna, or other special land features. The 37-acre public nature preserve features meadows, forests, and a popular nature trail along Dog Bar Road and Alta Sierra Drive. Many of the plants growing in the garden – such as Humboldt lilies - were removed from BriarPatch Co-op’s native plant area prior to the remodeling of the store’s parking lot. Now, after the wettest winter on record, the preserve is thriving with year-round blooms – yarrow, flannel bush, lupine, milkweed, and more, attracting bees and butterflies. “It’s awesome to see they have survived,” said Tarr.

This is the third time Girl Scout Troop 505 has volunteered for the Land Trust. In the past, they’ve pulled Scotch broom and planted native bulbs at the Land Trust’s Burton Homestead near Nevada City. Troop Leader Christy Sherr says the girls are “environmentally savvy” with interests in nature and science. With a background in public lands and State Parks, Sherr wanted the girls to do something tangible within their own community. It’s a natural fit for the young conservationists to work with the Land Trust, a non-profit organization that for 27 years has saved more than 12,000 acres of land from development.

BYLT is a community-supported organization that promotes the voluntary conservation of natural, historical, and agricultural resources in the Bear and Yuba River watersheds of the Sierra Nevada. Besides conserving land, BYLT has built and maintains 35 miles of trails and each year gets hundreds outdoors to encounter the wonders of nature through a vibrant trekking and educational program. Learn more at www.bylt.org.

Photos from BYLT
Expanding new opportunities within Neighborhood Center of the Arts

The local Neighborhood Center of the Arts (NCA) is the best kept secret in town (till now, anyway) It’s a non-profit facility designed to provide working studios for artists with special abilities, and it’s right up the street from BriarPatch at 200 Litton Drive. The studios supply artists with the tools they need to become successful in the development of their careers. Currently supporting 69 artists ranging in ages from 22 to 81, NCA offers a wide range of studio opportunities such as weaving, ceramics, painting, woodworking, digital arts, mixed media, performing arts, video production, and most recently, a garden business class called Whimsical Botanical.

NCA has a large garden space that is being used to grow herbs and native plants that attract bees and butterflies. With the goal of providing opportunities for artists to build their entrepreneurial skills — marketing, public relations, and teamwork is learned through the product development of soaps and essential oils, all while managing the garden itself. The garden team is also learning about composting and encourages composting among all who attend NCA. Thus they not only make great art and soap, they also make great dirt!

NCA’s artwork has been featured in the South Pine Cafés, Broad Street Bistro, Art Works Gallery, Make Local Habit, Summer Thyme’s, Matteo’s Public, Afternoon Deli, and Nevada City Winery, as well as BriarPatch. This work will be on display in the Co-op’s dining room in the month of June, and 50 percent of all sales go directly to the artists, with the remainder supporting the program’s operating costs.

With the BriarPatch Co-op Cause program, shoppers can round up their purchases to the nearest dollar, thus accumulating significant funds that will go specifically to NCA’s garden business, Whimsical Botanical. As usual, with each of us doing a little, together we can do a lot. Thanks for your contributions and your caring!

You are welcome to visit NCA on Litton Drive and follow them on Facebook. Learn more on their website, neighborhoodcenterofthearts.org. You can also call 530-272-7287 or write ncadirector@nccn.net.

Kids pick up for a healthier community

In honor of Earth Day 2017, Nevada County Public Health recently took to the streets for a “Butt Pick Up.” One of Public Health’s goals is to decrease the use of tobacco products, and members of its YOUTH Coalition (Youth Opposing the Use of Tobacco for Health) led the way for this event in downtown Nevada City. In just one hour these young volunteers gathered an estimated 500 cigarette butts.

If cigarette-butt waste were just litter, that would be bad enough, but it’s not. Scientific studies have shown that cigarette butts are toxic waste, and are also the #1 item of litter found on beaches, roadsides, and in parks. In addition, cigarette butts leach toxic chemicals into the environment, including lead, arsenic and nicotine, the same toxic chemicals found in secondhand smoke. Because these butts do not biodegrade, they continue to leach those chemicals into the soil and streams for years. Alarmingly, too, billions of trees are cut down each year to make cigarettes. So not only does this litter tarnish the natural beauty of Nevada County and contribute to community blight, it poses a serious risk to the health and safety of our residents and wildlife.

Please join our Nevada County Public Health’s YOUTH Coalition in making the next generation tobacco-free. For more information or to join our tobacco coalition, visit www.NCTobaccoFree.com or contact Shannon Glaz at (530) 265-1451.

Photos from NCA
How could BriarPatch do more to move our community forward?

By offering more classes and workshops. From health and wellness to gardening, there are so many programs BriarPatch could host to improve the community.
- Shurika

My wife is involved with the Women’s Veterans Alliance and it would be good to have more support for women veterans in the community.
- Thomas

By providing opportunities for community to connect here other than shopping. Also, to continue supporting the local farms.
- Mondy

Have an educational children’s event where you teach kids how to grow good healthy food and cook healthy meals.
- Valerie

Seems like you’re doing so much already—I can’t think of anything you can improve on. It’s a really nice space filled with really nice people... It’s a pleasure to be here.
- Shannon

How about a hot food line because I see a lot of people waiting with hot food getting cold while groceries get bagged in front of them.
- David

This summer keep your eye out for contests, prizes, and sales... rewards for your support during our upcoming store renovations!

Thank you