Sponsored events

HOSPITALITY HOUSE NIGHT OF GIVING
Saturday, December 16, 4 - 10pm
Miners Foundry, 325 Spring St., Nevada City
The annual holiday fundraiser, featuring more than 35 of Nevada County’s favorite performers. Music on two stages, silent auction, and dinner available. Suggested donation is $20, no one will be turned away. Tickets will be available at Customer Service and online at hhshelter.org. See page 22 for more details.

SYRCL WILD & SCENIC FILM FEST
Thursday-Monday, January 11-15
The Annual Wild & Scenic Film Fest is organized and produced by SYRCL (South Yuba River Citizens League). Films selected for the Festival show how individuals and communities across the globe are taking action and becoming part of solutions. Tickets available online at www.wildandscenicfilmfestival.org, and in-person at the SYRCL office between 1–5pm. 313 Railroad Ave, Suite 101. Nevada City.

Applications to run for the Board available now

Every May, three seats on the nine-member Board become available for the Board election. Directors are elected for three-year terms. Board members currently receive a stipend plus a 10 percent discount on shopping at BriarPatch. Board members also enjoy terrific dinners prepared for our monthly Board meetings by our amazing deli chefs!

COMPLETED APPLICATIONS ARE DUE FEBRUARY 13
For more information about Board service or to have questions answered about the application and election process, attend a Board Meeting (Dec. 12 and Jan. 30), come to the Board Candidate Informational Event (see above), or contact a Board officer (see page 3 under Board of Directors). Application Packets are available at the Customer Service Window and online at http://www.briarpatch.coop/join-the-co-op/board-of-directors/

DATES TO REMEMBER
January 11: Informational Event
February 13: Deadline for candidate applications
Feb. 15 – March 1: Candidate interviews and orientation
March 9: Last day for email/mailing address changes
March 26: Notice of Election to Owners
April 15 – 30: Tabling and candidate forum
May 1 – 15 - VOTING!

ECOFarm Conference
BriarPatch teamed up with Sierra Harvest to sponsor scholarships for eight local farmers to attend the 2018 EcoFarm Conference – the oldest and largest farming conference in the West. The conference empowers local growers with the knowledge and skills to revolutionize the way agriculture works! Scholarships were awarded to:

Autumn Barr, Laughing Oak Farm
Kritters Blevins, Mountain Bounty Farm
Grayson Curtis, Bonanza Gardens
Sandra Higareda, Higareda Family Farm
Donald Joslin, The Natural Trading Company
Emily Koller, Riverhill Farm
Deena Miller, Sweet Roots Farm
Kale Riley, Mountain Bounty Farm

Pet policy
Our Co-op is home to a lot of delicious food and great dog owners. For the safety of both, please keep your furry friends on a leash and clean up after them. Only Service Dogs are allowed inside the store. Pets may be tied up on the leash hooks under the shade of our patio, but only for short visits please. Water dishes are provided. If your dog has an accident, please clean it up – we can help with cleaning supplies. If your pet must be in your vehicle, make sure they have plenty of ventilation and water, and only for a short time. Even in cooler weather they can overheat or become dehydrated very easily. Thank you!
Veteran’s Appreciation Dinner at the Nevada City Elks Lodge

Nevada City Elks Lodge #518 recently held their annual Veteran’s Appreciation Dinner. Every year they serve a complimentary Thanksgiving Dinner with all the trimmings to veterans. While guests of Veterans and non-veterans pay $12 per person. This year’s dinner was again a huge success due to the generosity and many efforts of local businesses and volunteers. The All Veteran Color Guard from American Legion Post 130 in Grass Valley performed the flag ceremony that kicked off the evening’s event. Emily Fitzpatrick beautifully sang the National Anthem, and there was not a dry eye in the house as all Veterans saluted the flag.

This year’s guest speaker was Ed Sanchez of Welcome Home Vets, a local Grass Valley nonprofit. The Nevada City Elks Lodge and Welcome Home Vets teamed up earlier this year to assemble and distribute Veteran Life Packs to homeless veterans in our community. These kits are being distributed through Welcome Home Vets at 255 S. Auburn Street in Grass Valley and the Nevada County Office of Veteran Services at 988 McCourtney Road, Grass Valley.

NEO, which stands for New Events and Opportunities, is an innovative non-profit youth center and youth empowerment program that volunteered their time again this year to help with the evening. Hosting a dinner for over 300 people is no easy task, and the volunteers from NEO were a tremendous help. The Nevada City Elks Lodge would like to thank the local community for all of the generous sponsorships and contributions. BriarPatch Food Co-op was one of those contributors to the success of the event. All proceeds from the event, including the raffle and silent auction, support our local veterans and their families.

When it comes to serving veterans, the Elks have a long tradition of being there when they were needed most. Since the inception of the Veteran Service Commission in 1946, the needs of military members and returning veterans have continued to change, and the Elks have adapted to those needs, remaining an ever-present ally to those who have served this country.

Would you like to run for the BriarPatch Board of Directors?

Thousands of people in our community know and love BriarPatch, and the Board is greatly appreciated by staff and Owners alike. We invite you to consider running if you would like to help govern our cooperative store. The Board serves a critical role in overseeing and guiding the strategic plan for BriarPatch Food Co-op.

WHAT THE BOARD DOES

The Board sets policy at the broadest level by monitoring how well the Co-op is supporting the Ends Policies (see page 7), and recently much of the Board’s attention has been on development issues. Plans developed by Management and approved by the Board will give shape to the Co-op’s growth over the next two decades, or even longer. The stakes are high and the challenges exciting. The Board’s work, however, is about more than future planning.

Board members are not expected to have particular areas of experience or expertise. While such expertise is certainly welcome and useful, the most important qualities for a BriarPatch Food Co-op Board member are intelligence, integrity, an understanding of Co-op principles, and the desire to work on a team.

TIME COMMITMENT

The monthly Tuesday evening Board meetings are two-and-a-half hours (with a delicious dinner prepared by the BriarPatch Deli served beforehand). All Board members are required to serve on one of four committees: Finance, Board Development, Governance, and Owner Engagement, which involves an additional time commitment. The Board also participates in one or two short retreats each year, and may choose to attend regional and national training workshops and conferences. All the Board activities add up to a rough average of 10 hours of regularly scheduled work each month, which includes time spent reading reports in preparation for Board and committee meetings. The workload is more demanding for the four officers: President, Vice-President, Treasurer and Secretary.

READY TO KNOW MORE ABOUT BOARD SERVICE?

- Attend one or both of the next Board Meetings, Tuesday Dec. 12 and Tuesday Jan. 30 from 6:00 p.m. to 7:30 p.m. in the Community Room.
- Pick up a Board Election Application Packet at the Customer Service Window or download from http://www.briarpatch.coop/join-the-co-op/board-of-directors/
- Visit the BriarPatch webpage http://www.briarpatch.coop/join-the-co-op/board-of-directors/ to read the bylaws and policies that are posted there.
Co-op strong

Chris Maher, General Manager

I would like to thank everyone who joined us this past October at our Annual Owner Meeting. It was an incredible night that offered us an opportunity to reflect on the success we have experienced in the past ten years at our “new” Sierra College Drive store. And perhaps more importantly, to begin crafting a vision for our cooperative future. This article is adapted from my remarks at that event.

I am very proud of how financially strong our Co-op is. As we all know, though, it is much more than our financial performance that makes us important and valuable to our community. In the ten years we have been here we have grown significantly. We serve more people than ever and the demand continues to increase.

The world of retail grocery is changing faster than ever before. People have so many more choices as where they’ll buy their favorite food products. Organic options, which were once only available in stores like the Co-op, are now so ubiquitous that you can find them on the shelves of gas stations and convenience stores. There is also more negative pressure on retail and on our food system overall than ever before. This means that it’s more important than ever for us to identify the things that make the Co-op relevant in the food system and important to our community. Our financial success makes it evident that our community understands the benefits that we offer. Our shoppers and members appreciate that we serve a more noble purpose that has impacts far beyond what other stores even consider they might accomplish.

Our Co-op builds strong, meaningful social capital through our work in the local and regional food system. We offer farmer support, loans, and access to retail information for better planning. We continue to offer organic certification loans to partner farms, operational loans through California Farmlink, and scholarships to Eco Farm and other training opportunities.

In this last year we initiated a new partnership with Hospitality House, sponsoring their Culinary Academy which provides job training to their clients and helps them get back on their feet with new jobs. All the food cooked for their graduation ceremonies is sourced through BriarPatch. In recent months especially, we have been first on the scene to offer help during unexpected emergencies. Our crew was right there first thing on the morning of October 9th when the local fires broke out, providing food to those in shelters and snacks for the volunteers helping out.

Profits from our business are invested in the programming at Sierra Harvest, and our cooking school reaches hundreds of community members each year. We also consider the environmental and social outcomes of our everyday business decisions. It was in this spirit that we made our first investment in our newly purchased property last year by constructing our 680-panel solar array. It has been in operation for almost a year now, generating an average of 2,000 KWH per day, which offsets over 50% of our electrical demand, which would require and is the equivalent of 60,000 trees being planted annually.

We have also worked at the national level to leverage the collective strength of 150+ Co-ops across the country to improve the food system and create a better world. In 2016 we introduced La Riojana wine and olive oil and made it exclusively available through food co-ops. The power of that commitment has had a profound impact on the lives of the folks that produce it, as La Riojana is itself a cooperative of organic and fair trade sustainable producers. This is just one of hundreds of cooperatively sourced products that benefit communities worldwide.

Our impact reaches farther than we may think. It starts in our own community through our relationships with individuals, community groups, and non-profits. It is simply put, transformational. We use it to create benefits beyond the mere accumulation of wealth, to help make this a vibrant and special place to live. Looking forward, our task is to more accurately measure these non-traditional benefits and to communicate them clearly and increase their impacts so that more people may experience the benefits of our cooperative enterprise.

To that end, our Board and Management is exploring three strategies for our immediate future. We will continue to look at our current trade area, completing the expansion of our facility in the next five years while staying open to new possibilities. We will also begin to consider expanding our trade area into nearby communities, and will seek to engage our regional and national Co-op neighbors in greater depth. We grow stronger together.

Along the way we will want to continue to hear from all our Owners.

I would ask you to reflect on the Co-op’s work to date, and your own involvement with it, and then consider these questions: What outcome or impact of BriarPatch’s efforts do you particularly value, or give you pride in your store? What can we do to support that impact and keep it vibrant?

I would like to sign off by thanking you for being a part of our great Co-op and expressing my own gratitude for your support. It is an honor to serve as your General Manager.
Chris Maher, General Manager, and Board Directors Alana Lucia, Jonathan Collier, Richard Drace, Katie Turner, and Kwong Chew, update Owners on the state of the Co-op, Co-op Responsiveness, and development update.


Rossignol, led by Tynowyn, performed in the Osborn/Woods Hall. Tony Lauria entertained on piano in the Stone Hall.
Co-op Owner benefits

PATRONAGE DIVIDEND
Owners who redeem their Patronage Dividends by December 31, 2017 help the Co-op avoid paying unnecessary taxes. Thank you!

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.

EVENT TICKETING FEES
The $2.50 per ticket event 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—the number in a case differs for many items) from the UNFI catalog and select vendors. Use for items in 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. Breiling, Psy D, MFT, LPC
 10% disc., 478-9592, bbreiling@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, lismandelbaum.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, 477-1313
 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, kettlebelform.com
 Gold Country Kuk Sool Won
 50% off start, gdcountryyukkoosolwons.com
 South Yuba Club Fitness & Health
 470-9100, 272-7676, southyubacubl.com

 HOME SERVICES
 Bardsley Safe and Lock
 10% off labor, 575-2100
 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, 292-9355, covertspump.com
 Halford Real Estate
 $500 off services, 740-2686
 Help-U-Scape
 15% off landscape consulting, 955-1390
 Kimmel Electric, csl#914225
 $25 off, 432-1872, kimmelelectric.com
 Liz Fugman Construction GC#908963
 10% discount on labor, 265-5151
 Solar Cowboy
 10% off equipment and design, 273-5482
 Thomas Coté Electric
 10% off online purchases (code BP2014)

 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
 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
 Fast and Fit for Women, gym
 $10 off enrollment fee, www.fastandfit.net

 GRASS VALLEY

 KINFOLK YOGA

 CREATIVYO

 www.kinfolkyoga.com

 THE VINE, BRIARPATCH FOOD CO-OP NEWSLETTER

 We support fresh and local!

 Pick up our free current issue at the BriarPatch Co-op and 300 places in the foothills, Sierra, Reno and Sacramento.
 Visit our new mobile website!

 Sierrawineart.com

 m.SierraCulture.com
In harm’s way — Empathy expands our sense of community

From Richard Drace, Board President

On a bicycle ride through Loma Rica and Bangor, we rode through about 5000 acres of recently burned over area. Wondrously, virtually all the homes were saved. Yet when we would pass by a home lost, the sadness we felt for people we didn’t know except as fellow human beings was so palpable. Even going by the homes saved, we could feel some of the fear each of those families lived through as they evacuated – or didn’t – not knowing if their homes – or they themselves – would survive. Usually, we think of community as those we directly encounter – in the store, in our neighborhoods, at the events we attend, or in the organizations we support. Yet after recent hurricanes, shootings, and fires here and elsewhere, our empathy for so many people who have been in harm’s way and suffered so much expands our sense of community way beyond our local scene.

Of course we still care about our local scene. Fire losses here are just as significant for those affected even though – thankfully – the numbers are much less than in Napa, Sonoma, and Mendocino counties. And our recent outpouring of support for a young man subjected to racist slurs connects us to other communities where intolerance and bigotry and similar “unnatural disasters” occur. So we might say our community is still our neighbors, and that recently we’ve acquired a lot of new neighbors.

Empathy – to feel personally emotionally touched by others’ emotional experiences – is a most unusual human attribute. We feel the joy of another’s blessing, and we feel the weight of another’s loss.

Beyond natural disasters and human-caused tragedies, we’re experiencing an expansion of our community as so many of us feel a national malaise with the current state of our political affairs. Whatever each of us may feel about those in charge, there’s a great uneasiness about the very obvious deep divisions and suspicions among us. Ironically, are we united only in our collective worry about our disunity?

As the holidays approach, “holiday cheer” may seem a bit out of place, even though we have so much to be thankful for. made all the more obvious for those of us unscathed by hurricanes, fires, and shootings. This holiday season is not unique. Throughout history we’ve experienced holidays in the midst of wars, depression, sickness, bereavement – this list could go on and on.

In such times, when we are more aware of how much we care about and want to care for each other, we need to listen to lessons people have been taught as long as they have been people:

• Take care of ourselves – but not in a selfish way. Make our own homes more fire safe. Hold on to empathy for others’ misfortunes without getting dragged down into too much sadness ourselves.
• Find cheer in seemingly small yet actually large things. Whether it’s the card from someone you meant to stay better in touch with, a local march for justice, or the newborn child that balances somehow the recently departed.
• Accept that we humans are awfully good at making a tremendous mess of things, but that we do manage to rebuild and restart. New homes will be built. Forests will regrow. Our countrymen will sometime again feel we have more that binds us together than drives us apart.

Ends Policies

BriarPatch Food Co-op exists so that Owners, customers, and members of our community have:

1. A successful and vibrant cooperatively-owned business that acts as a leader among local businesses and food Co-ops nationally, and contributes to environmental stewardship through its business practices.
2. Access to high quality, healthy products, especially local and organic food.
3. A community center where people experience a sense of connectedness, ownership, and fellowship.
4. A stronger local food system.
5. A major employer that provides a healthy, fair, and considerate workplace for employees.
6. Access to education about food and consumer issues that encourages customers to make healthier food choices.

7 Cooperative Principles

Co-ops are based on values not unlike those we subscribe to individually, including self-responsibility, democracy, equality, honesty and social responsibility.

1. Voluntary and open membership
2. Democratic member control
3. Member economic participation
4. Autonomy and independence
5. Education, training and information
6. Cooperation among cooperatives
7. Concern for community

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, December 12: 6 - 7:30 p.m.
Tuesday, January 30: 6 - 7:30 p.m.
On the scene with our community partners

BriarPatch Food Co-op sponsors events that support our community

RAINBOW CHAMBER OF COMMERCE
LGBT SCHOLARSHIP GALA

BriarPatch donated two gift baskets to the Rainbow Chamber of Commerce LGBT Scholarship Gala. Congratulations to BriarPatch Owners Angie and Teresa for their work and recognition in Sacramento!

KVMR CELTIC FESTIVAL

BriarPatch was happy and proud to provide fresh fruit and healthy snacks at the Festival. The booth was created by local company Sierra Exhibits for the Co-op. Photos by Akim Aginsky

FIRE FOOD RELIEF

The many fires that spread throughout Nevada County in October had a lasting impact on our community. Peace Lutheran Church, First Baptist Church, Twin Cities Community Church, and the Nevada County Fairgrounds were some of the evacuation sites during the fire. BriarPatch was proud to provide healthy food options to community members with allergies and sensitivities seeking shelter.

DONOR APPRECIATION
DINNER AT FOOD LOVE FARM

Sierra Harvest and BriarPatch enjoy a wonderful partnership. SierraHarvest served a garden-fresh meal at the Partner Appreciation Dinner at their educational farm site in Nevada City, Food Love Farm.

HEART & WINE GALA – ONE SOURCE

Appetizer ingredients, wine, and beer was donated by BriarPatch to the “HeART & Wine Gala” at the One Source – Empowering Caregivers Fundraiser.

SCENES FROM SEPTEMBER AND OCTOBER

Sierra Harvest and BriarPatch enjoy a wonderful partnership. SierraHarvest served a garden-fresh meal at the Partner Appreciation Dinner at their educational farm site in Nevada City, Food Love Farm.

FIND YOUR INNER PATH...

Meditation
Wellness
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Inspiring Gifts
Uplifting Events

530.470.6057
nevadacity.innepath.org
Shop Online: innepath.com
200 Commercial St, Nevada City

a 501(c)(3) Non-Profit
NEVADA COUNTY GROWN
BOUNTY OF THE COUNTY
BriarPatch participated in the Nevada County
Grown “Bounty of the County.” The BriarPatch
Deli team worked together to prepare a delicious
Watermelon Gazpacho featuring local ingredients.
Chef Pat Kersten created the recipe.

SIERRA NEVADA MEMORIAL
HOSPITAL EMPLOYEE
HEALTH FAIR
BriarPatch not only served samples of
healthy snacks and kombucha at the SNMH
Employee Health Fair, but the Co-op also
donated a Gift Basket, created by Hilary Dart,
and 40 locally grown pumpkins.

SYRCL YUBA RIVER
CLEAN-UP
The Yuba River is a vital part of
our community. BriarPatch’s Toon
Vandevorst and Julie Hubbard,
along with Julie’s daughter and
many other volunteers contributed
their time to help at the Annual
Clean-Up. BriarPatch also
donated 500lbs of Deli-made
salad to feed the volunteers.
Photos by Shelby Vintere (Love
Photography) and Nathan Anglin.

VOLUNTEER APPRECIATION
PARTY
Volunteers are an important part of BriarPatch.
They enjoyed sushi prepared by class teacher
Mayumi Travaler to at the Cooking School.

“Educating the Whole Child
for the Whole World”
YUBA RIVER
CHARTER SCHOOL
PRESCHOOL • K-8 • HOME STUDY
- Guided by the Core Principles of Waldorf Education -
Members of the Alliance for Public Waldorf Schools
HANDWORK • SPANISH • DRAMA • ART
WOODWORKING • FIELD TRIPS • SPORTS
MUSIC • MOVEMENT • STRINGS PROGRAM
For more information and to sign up for
a parent information meeting, visit:
WWW.YUBARIVERSCHOOL.ORG
505 Main Street, Nevada City, CA
530-265-6060 • www.yubariverschool.org

Up Your
Anti(oxidants)
Use Vitamin C and A daily to help
defend against environmental pollutants,
brighten skin tone, and reduce the visible
signs of aging.
Joel Salatin helped kick off the first Conference in 2010, and he is back again for 2018! Whether you’re a farmer, a home gardener, or foodie – Sierra Harvest’s Sustainable Food & Farm Conference will inspire you with dynamic speakers and change the way you think about growing, preparing, and eating food.

Since the beginning of Nevada County’s organic movement, our local farmers and homesteaders have been exploring ways to think like nature and grow ecologically sound food that’s high in nutrition, rich in flavor, and free of chemicals. In fact, it was a group of local farmers who created the first Sustainable Food & Farm Conference in Nevada County, bringing internationally recognized leaders of the ecological farming movement right here to Grass Valley. And now we all benefit from this movement! Check out this year’s lineup of keynote speakers FOR Saturday, February 10th:

**JOEL SALATIN, POLYFACE FARMS**

Get inspired by one of the most famous farmers in the world, “the high priest of the pasture,” who has been featured in the *New York Times* bestseller *Omnivore’s Dilemma* and the award-winning documentary *Food Inc.* Joel Salatin will teach you how to make a living raising animals, how to build relationships to have a successful farm business, and how to use “nature mimicry” to increase your yields and profits. With his family, Joel co-owns Polyface Farms in Swoope, Virginia, which serves more than 6,000 customers, 50 restaurants, 10 retail outlets, and a farmers’ market with salad bar beef, pigaerator pork, pastured poultry, and forestry products. He is the author of 10 books on farming, and will be sharing from his latest release, *Your Successful Farm Business: Production, Profit and Pleasure.*

**ELIZABETH & PAUL KAISER, SINGING FROGS FARM**

At Singing Frogs Farm, Elizabeth and Paul Kaiser have applied their unique backgrounds in farming, nutrition, public health, and agro-forestry to develop a highly intensive, no-till, ecological management system for their small but mighty vegetable farm and CSA in Sonoma County. Learn how their method of farming has resulted in a 300% increase in soil organic matter and drastically reduced their water use. These award-winning farmers will share how to decrease your fertilizer inputs and water usage and maximize your crop yields, while improving the ecological health of your land. The Kaisers grow over 100 different crops year-round and generate over $100,000 per acre in sales.

**DAPHNE MILLER, M.D.**

On a quest to discover the hidden connections between how we care for our bodies and how we grow our food, Daphne Miller, M.D. ventured out of her medical office and traveled to innovative family farms around the country. Miller eloquently weaves together an understanding of biomedical science and soil health, along...
FOG DOG FARM

Farmers Kristen Draz and Wil Holland moved to Nevada County in 2016 and founded Fog Dog Farm, an organic, no-till, hand-scale vegetable farm in North San Juan. Kristen remembers, “We just moved up here, leased our land, and it was very fortuitous that Jean-Martin Fortier was speaking [at Sierra Harvest’s Sustainable Food & Farm Conference].” Learning directly from Fortier – an organic, no-till farmer earning six figures on a one and one-half acre farm – helped them in the process of setting up their own farm systems. They learned new strategies to help them be more efficient, like covering beds with silage tarps between crops to germinate weeds and encourage the decomposition of organic material. “We leave the tarps on the beds in the winter to prevent new weeds from growing, and then we have beds early in the spring that are ready to plant... it’s not something we would have thought to do on our own.”

Aside from the new tips and strategies they learned to help run the farm, going to the Conference also gave them encouragement and inspiration as they built their new farm business, “The fact that Jean Martin was financially successful on small acreage was inspiring to us... we felt like we could do it, too, with the right systems and good planning. We really do love the Conference and feel super lucky it happens in our neck of the woods.”
Thoughtful gifts are very appreciated, and at BriarPatch Food Co-op, you can find something special for everyone on your list – from locally-made cozy goodies to exotic and unique finds that are fairly traded. Here are some of our favorite suggestions to help you give just the right gift.

**COZY**

1. **Nevada City Winery**  
   Alpenglow 2015 Rose Table Wine  
   Local, Nevada City

2. **Chasewater**  
   2014 Zinfandel  
   Local, Lake County CA

3. **Dancing Deer Baking Co.**  
   Caramel Pecan Brownies

4. **Solmate Socks**  
   Recycled Cotton  
   Made in the USA,
**FAIR TRADE**

1. **Coconut Secret**  
   Caribbean Crunch  
   White Chocolate and Toasted Coconut  
   Fair Trade, Non-GMO, Organic, Gluten-free

2. **Lily’s**  
   Coconut Dark Chocolate  
   Fair Trade, Gluten-free

3. **Alter Eco**  
   Dark Salted Brown Butter  
   Organic Chocolate  
   Fair Trade, Organic, Non-GMO, Gluten-free

4. **Taza Chocolate**  
   Mexican-style Stone Ground Chocolate - Chipotle Chili  
   Direct Trade, Organic, Non-GMO, Gluten-free, Vegan

**LOCAL**

1. **Sunlight Botanicals**  
   Rose Mist  
   Local, North San Juan

2. **Grateful Body**  
   Essential Facial Cleanser  
   Local, Non-GMO, Vegan, Cruelty-free, Nevada City

3. **Grateful Body**  
   Nourish Facial Moisturizer  
   Local, Non-GMO, Vegan, Cruelty-free, Nevada City

4. **Paavani**  
   Oil Pulling Oil, Refreshing Mint  
   Local, Nevada City, Cruelty-free, Vegan, Non-GMO, Organic

5. **Frontier Angel Soap**  
   Lime & Aloe Shave Soap  
   Local, Grass Valley

6. **Yuba Kiss**  
   Lip Balm  
   Local, Non-GMO, Smartsville

7. **EcoTeas**  
   Yerba Mate Unsmoked Leaf and Steam  
   Fair Trade, Organic, Kosher, Non-GMO, Gluten-free

2. **Coco Polo**  
   Dark Chocolate - Cherries  
   Fair Trade, Gluten-free, Vegan, No Added Sugar

3. **Heavenly Organics**  
   Acacia Honey  
   Fair Trade, Organic, Raw

4. **Taza Chocolate**  
   Mexican-style Stone Ground Chocolate - Chipotle Chili  
   Direct Trade, Organic, Non-GMO, Gluten-free, Vegan

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Let them choose their own gift!  
Order a BriarPatch gift card online!
Help spread “kitchen kindness”

For about six years, BriarPatch has offered cooking classes to educate and inspire people to eat healthy, use delicious ingredients, and cook creatively. The Co-op has supported these classes financially, and we haven’t raised prices since the program began. We now want to offer these classes to an even wider variety of community members.

The solution? We’re introducing tiered class pricing that includes two new categories: Benefactor Level and Kitchen Kindness Level. This will allow us to offer cooking classes to the community at a discounted fee for those who might not otherwise attend. We encourage you to pay at the highest level you feel comfortable affording!

$30 – Owner “Real Cost” Level: This level reflects our actual cost of offering cooking classes, with a discount reflecting the support of Owner payments to offset the real cost.

$20 – Kitchen Kindness Level: This rate is now available to allow community members to attend our cooking classes at a rate below the Owner “Real Cost” Level, and is supported by the generous contributions of those in our Co-op community who sign up for classes at the Benefactor Level.

And finally - whomever you are, we hope to see you soon at our wonderful cooking classes!

December Classes

Ahi Tuna Steaks – Deliciously Demystified
with Hiroko Greenberg
Sunday, December 3, 12-2pm
Cooking ahi tuna steaks can be tricky, but once you know the basics, they’re quite easy to prepare at home. In this class we’ll learn how to marinate, sear, and pan-fry them to perfection. Then, we’ll enjoy them with a flavorful chicken and ginger sauce and a salad or steamed greens. Elegant, protein-filled simplicity! Gluten-Free

Vegetarian Dishes from South America

with Joseph Guida
Thursday, December 7, 6-8pm
When we think of South American cuisine we naturally think of beef, but if you seek it out there is a vegetarian movement slowly gaining strength and we are going to explore the flavors of our Southern Hemisphere. We start with Crispy Baked Yucca Fries from Cuba, Spaghetti with Fried Eggs from Chile, Baked Avocado with a Black Bean Salsa from Colombia, and a Pozole de Frijol (Bean, Hominy and Chili Soup) from Argentina. Que viva Sur America! Vegetarian, Gluten-Free

Two Ausgezeichnet (Excellent) Austrian Desserts
with Richard Drace
Monday, December 4, 6-8pm
When it comes to desserts, can anyone match the Austrians? This holiday season, bring two traditional favorites to your dessert table. Learn to make an Apfelstrudel the traditional way – with ausgezogener (pulled-out dough), and a Linzertorte, redolent of almonds and raspberry. Create your own delightful, sensory symphony for all to enjoy! Vegetarian

The Roman Saturnalia – A Winter Solstice Feast
with Louise Jones
Saturday, December 9, 10:30am-12:30pm
Cooking of the ancients has a small but dedicated following. Many who live in our area like to celebrate the Winter Solstice. In this class, we will cook recipes from the first cookbook known to exist, and embody the pre-Christmas holiday for the Winter Solstice. The menu includes Olive Caviar with Crostini, Vegan Pastitsio, Puree of Chestnuts, Caesar Salad with Horseradish Dressing, Honey Fried Stuffed Dates, and non-alcoholic Rose Wine. Vegetarian, Dairy-Free, almost Vegan (honey will be used)
The “Right Stuff” – Stuffed Avocados and Potatoes with Shauna Schultz, RD
Monday, December 11, 6-8pm
Avocados and potatoes are perfect vehicles to stuff full of goodness! It’s time to get creative and explore different combinations that make for a delicious and nutritious meal or party-pleasing appetizers. We will prepare Stuffed Sweet Potatoes with Black Beans, Kale and Cilantro Pesto. Twice-Baked Potatoes with White Beans and Spinach and Stuffed Avocados with Greek Chickpea and Couscous Salad. You will also leave with a bonus recipe for Potato Skins with Nacho ‘Cheese’ Sauce and we will discuss tasty variations along the way.  Vegan

Ayurvedic Cooking – Food as Medicine: Part One with Kathi Kimmel
Tuesday, December 12, 6-8pm
“Let food be thy medicine, and medicine be thy food.” Many healing traditions recognize the importance of nutritional influences on our well-being, and in this class we’ll explore the Ayurvedic perspective. We’ll prepare and enjoy Mung Dal Kitchari (Vata Reducing), and then toast our health with a delicious Virgin Hot Toddy. This is the first in a series from Kathi.

January Classes

Baking Wild-Yeasted Sourdough with Rick Silberman
Thursday, January 4, 7-9pm
This popular class is back, just in time for the new year! Come learn how to bake wild-yeasted sourdough bread using both the knead and no-knead methods. We’ll cover all phases of the process, including how to maintain your starter, measure (using a gram scale), blend, rest, bulk rise, stretch and fold, tension pull, divide into battons, and bake in a Dutch oven. We’ll sample a warm loaf we’ve just pulled (using a gram scale), blend, rest, bulk rise, stretch and knead methods. We’ll cover all phases of the process, including how to maintain your starter, measure (using a gram scale), blend, rest, bulk rise, stretch and fold, tension pull, divide into battons, and bake in a Dutch oven. We’ll sample a warm loaf we’ve just pulled

Make Your Own Miso! with Hiroko Greenberg
Saturday, January 20, 10:30am-12:30pm
Now is your chance to learn how to make your own Chickpea Miso. Miso-making can sound complicated, but in this class Hiroko will share her recipe she’s been making for over ten years, from just cooked chickpeas, salt, and Koji. We’ll also talk about all kinds of miso and how to use them – savory, healthful, versatile, and now only as far as your own refrigerator!

Ayurvedic Cooking – Food as Medicine: Part Two with Kathi Kimmel
Tuesday, January 23, 6-8pm
Ayurvedic tradition focuses on the healing and balancing qualities of food, and each meal can support us in ways that we may not be aware of. Tonight’s healing menu features a Salmon Quinoa Burger and a Spiced Milk and Honey Lunc Tonic. Salmon is lighter than beef, yet gives the satisfaction of a classic all-American meal. Beef also amps up aggression, whereas fish is a calmer food choice that nourishes a peaceful state of mind. Like a cozy fire, this Spiced Milk and Honey restores a warm, nurturing glow that seems to emanate from your chest. This formula also supports your lungs and opens up airways so you can breathe freely. The second in a series from Kathi, you don’t have to have attended the first class in order to enjoy this one!

Make and Using Preserved Lemons with Deanna Figueira
Tuesday, January 9, 6-8pm
Preserved lemon is an essential ingredient in Middle Eastern and North African cuisine. In this class, we’ll learn how simply you can make your own preserved lemons and how it will change your flavors forever. We’ll prepare several recipes highlighting the ingredient’s versatility: “Tagine” Chicken with Olives, Lemon Quinoa with Shaved Brussel Sprouts and Toasted Walnuts, and Lemon Mint Feta Dip and then taste Preserved Lemon Ice Cream (coconut milk). Everyone will go home with her/his own preserved lemons (started). Please bring a pint-size jar.

Winter Vegetarian Delights with Joseph Guida
Wednesday, January 17, 6-8pm
We’ll enjoy vegetarian dishes that warm the heart, soul, and body throughout the cold winter months. We’ll prepare nourishing and tasty recipes sure to satisfy everyone around the table. starting with a Split Pea and Sweet Potato Stew, followed by an Indian-inspired Baked Cauliflower floating on a bed of Tomato Sauce and Yogurt, and finally Squash with Mustard Greens, Onions. Mushrooms and many delicious herbs and spices. You don’t want to miss this!  Vegetarian, and optional Dairy-Free

Small Plates to Share and Enjoy with Deanna Figueira
Wednesday, January 24, 6-8pm
We love small plates because we get to taste a variety of different dishes and still have room for dessert! We’ll start with a Thai-Inspired Salad of Grapefruit with Ginger, Caramelized Onions, Coconut & Cashews. Next up will be Roasted Butternut Squash w/Herb Oil & Goat Cheese and Spanakopita Triangles, while crispy Chipotle Potato Croquettes w/Avocado Aioli finish out the meal. plus a little sweet treat to complete. Each bite of these culinary gems is sure to please…come join us!  Vegetarian

Big Flavor, Small Price with Paula O’Brien
Thursday, January 25, 6-8pm
Cooking can be a balancing act of having enough time -- and money -- while also making delicious and nutritious food...that you and your family will actually enjoy! This class is all about flexible recipe options and solid shopping strategies for stretching your food dollars without skimping on taste and variety. Tonight, we’ll focus on fresh, local produce to go with bulk section staples as we make Knishes, Roasted Winter Veggies with Lentils (delicious hot or cold!) and a mystery dessert which will depend on what’s on sale at BriarPatch the day I shop for the class!

Special Pricing for this class: There is a $10 fee to take the class. Upon completion of the class, you’ll receive a $10 BriarPatch Gift Card.  Vegetarian

Satisfying and Savory Japanese Pancakes (Okonomiyaki) with Hiroko Greenberg
Sunday, January 28, 12-2pm
Japanese Savory Pancake, or Okonomiyaki, is a satisfying comfort food staple to be enjoyed any time of day. Okonomi means “how you want it,” and today we’ll combine a variety of ingredients - cabbage, green onion, kale, carrot, and more - with a mix of egg and wheat flour and create this tasty dish. Top these savory vegetarian creations with teriyaki sauce, and optional bonito (fish) flake, and before you know it, you have an easy and flavorful meal…any way you want it!  Vegetarian, with fish option

Delicious Thai Favorites with Deanna Figueira
Wednesday, January 31, 6-8pm
Who doesn’t love Thai food with its exotic flavors? After this class, you won’t need to go out to a restaurant to get your fix! In this class, we’ll learn to make everyone’s favorite, Coconut Shrimp Soup, plus Chicken Satay w/Peanut Sauce. Spicy Eggplant w/Basil, and fresh mango for dessert.  Gluten-Free, Dairy-Free
For endurance athletes, the intense pursuit of success can lead to addictive training habits—the kind that drive a person through sickness, miserable weather, injury, and fatigue. However, if by season’s end that success hasn’t been realized with an acceptable return on the time and effort invested, it might be time to reevaluate one’s training. Determining exactly how requires considerable attention to oneself with or without a coach. This means knowing the truth about your body—and its unique ways of responding to exercise, stress, rest, and diet, not to mention your general health and lifestyle. Here’s what exercise physiologist and trainer of elite athletes Michael Brown has to say on the subject.

With regard to nutrition, Michael simply says that, “it’s very important to get high quality, minimally processed, as-close-to-natural nutrient sources as possible.” Great news for those of us in the BriarPatch community! Some do well, he said, with a carb/protein/fat ratio of 40/40/20, for example, and others with a ratio of 60/30/10—these ratios can vary depending upon our genetics and lifestyle. While diet is critical for high-level athletes, who are training hard all the time, if one isn’t getting sufficient rest and recovery, there’s no way that nutrition alone is going to reverse the training regimen’s negative effects on the body. As Michael says (I love this quote): “you can’t ‘out train’ a bad diet… but you also can’t ‘out diet’ bad training.”

One of the more common pitfalls he sees is when people have plateaued in their fitness. “Most athletes who are not seeing improvements are actually fatigued,” he explained. “They’ve trained too hard on the days that should be easy for recovery, so they’re too fatigued to go as hard as they need to in order to produce a training stimulus that will result in improvement.” When it comes to breaking unproductive training habits, everyone wants a quick, simple solution, but as Michael puts it, “the human body just doesn’t work that way.”

Getting key performance data through an accurate assessment is the first step to a new training strategy. Properly interpreted, such data can reveal current fitness levels, as well as what one is genetically capable of achieving. For aerobic endurance activities, Michael likes to know an athlete’s heart rate and performance simultaneously, to assess their cardiovascular fitness and their potential. For example, for bike exercise, the athlete would combine a power meter with a heart rate monitor to perform a graded exercise test. This determines the athlete’s lactate threshold and VO2 max. The lactate threshold enables one to gauge the percentage of an athlete’s maximum potential that is being expressed by their current level of performance. The VO2 max measures the maximum amount of oxygen one can utilize during intense exercise. It also provides a pretty good idea of an athlete’s genetic capability.

That’s a lot to wrap one’s brain around, but stay with me! If the mode of exercise is running, then the athlete can work out wearing a heart rate monitor while running on a treadmill. Swimmers can undergo a time trial (to assess their effort to swim their best possible time on each stroke), while triathletes could be assessed while cycling, running, and swimming, obtaining the heart rate and VO2 max data from the running and cycling activities. Because Michael assesses athletes day-in and day-out, he can modify fitness programs to meet individual needs as they arise. While an initial assessment can tell your current and potential level of fitness, a daily assessment can tell you your capacity for recovery. Using a daily log, athletes record their resting heart rate, access to hydration, body fat, and weight, along with how well they thought they did and how they felt after each workout. He pointed out that “one bad workout doesn’t mean anything—it’s a series of workouts day-in and day-out, week-in and
week-out... that’s a strong indicator of poor recovery (and the possible onset of overtraining syndrome).” Also, one symptom alone doesn’t indicate a lack of recovery—it’s indicated by a combination of symptoms that could include:

• Prolonged soreness
• Unaccounted for soreness, being more sore than you should be for the activity
• Poor mood/sleep quality
• Super excitability, irritability, or complete lethargy
• Poor performance

One’s quality of recovery is often measured via the number of heart beats per minute while in a resting state. As the number drops—which takes place as the heart becomes a more efficient pump—one’s fitness improves. One’s maximum heart rate, which is the upper limit of what your cardiovascular system can handle, won’t necessarily change, and has nothing to do with fitness. “But when your resting heart rate begins to fluctuate, like when you do a hard workout, you can expect that it’s probably going to be elevated the next day or two while your body is trying to recover. Once the body recovers, that number should drop significantly because the parasympathetic nervous system (which governs rest and recovery) has now taken over.”

He added that athletes who train at a certain level all the time become sympathetic-dominant and their resting heart rate doesn’t fluctuate much day to day. “If I see poor heart rate recovery over time, along with the appearance of a negative tone in the daily logs, this suggests that an athlete is under too much stress from one or more sources all the time.” So whether you’re the athlete reading this, or someone caring for an athlete at home or on a team, hopefully you found some helpful information to assist you in making next season’s training the most efficient and successful yet!

### BriarPatch Wellness Team favorites for supporting the immune system

Staying healthy is a top priority... and that is sometimes difficult during the winter months. Shauna Schultz, RD, gives some great advice on how to keep your immune system strong through good nutrition - see page 20. Below are some supplements for the immune system suggested by our Wellness Department Team.

**NOW Vitamin A**
Supports immune cell and antibody production. Supports anti-inflammatory response.

**VITAMIN CODE Raw Vitamin C**
Protects cells of the immune system and stimulates the production of white blood cells. Vitamin C also boosts iron absorption, which plays a role in immunity.

**WHOLE EARTH & SEA Sunflower Vitamin E**
A powerful antioxidant which mops up free radicals. Protects cells, including those of the immune system. Protects other antioxidants.

**COUNTRY LIFE Vitamin B6**
Aids in antibody production so the immune system can strengthen its defenses.

**BRIARPATCH FOOD CO-OP SUPPLEMENTS**
- Zinc
  For immune cell development and response. Zinc deficiency is associated with increased risk of infection.

**NORDIC NATURALS Omega-3**
Helps reduce inflammation after immune response.

For more information on these and other nutrients, and a recipe featuring many of the nutrients suggested for strengthening the immune system, see Shauna Schultz’s article, “Nutrition for a healthy immune system” on pages 20 - 21.
In 2017, important landscapes in the Bear River and Yuba River watersheds weathered an onslaught of natural disasters including flooding, heat waves, bark beetle infestations, and wildfire.

In an effort to support the natural resources that have always sustained the people, plants, and animals who live within and downstream of these watersheds, Bear Yuba Land Trust (BYLT) is inviting the community to participate in a community “Save Land” campaign.

“The land on the Western slope of the Sierra Nevada, where the Bear and Yuba Rivers and their many tributaries flow, is a hotspot for plant and animal biodiversity. From the mountain meadows and lakes in the east to the vernal pools and perennial wetlands in the west, we live in an area greatly enhanced by our water and land resources,” said Director of Land Stewardship Erin Tarr.

Founded 27 years ago, BYLT is a community-supported not-for-profit organization that has preserved over 12,000 acres and has an ambitious new goal of conserving 20,000 acres by 2020. This season, an anonymous local donor stepped forward with a generous gift to support the land conservation work of BYLT by matching dollar for dollar every donation gifted to the BYLT year-end Land Appeal, up to $40,000.

“Thanks to the generosity of a caring individual, everyone who donates to the Land Appeal before December 31, 2017 can double their money and their impact,” said the BYLT Executive Director, Marty Coleman-Hunt.

“Now more than ever, the land needs our help,” said Coleman-Hunt. “Nature is capable of coming back, if we help it along, and we don’t get in the way with poor land use and management. Our survival depends on this.”

Bear Yuba Land Trust (BYLT) is committed to preserving and protecting the long-term health of forests, oak woodlands, ranches, urban nature preserves, and upper watershed lands. Conserving these lands provides a place for plants and animals to thrive as they adapt to a changing climate: enhances world-class outdoor recreation; and ensures that the cultural and biological heritage of forests, farms, and ranches is sustained.

“A rural quality of life is something we all cherish at BYLT. Keeping ranchers and small farmers on land that is healthy and economically viable for their operations is very important to us. We believe that there can and should be a balance between continuing to manage our working landscapes through sustainable forestry and grazing practices as well as protecting critical habitats for wildlife to adapt and evolve to our changing environment,” said Erin Tarr.

In December, BYLT will release a series of stories from the land. These include:

- The announcement of a new 857-acre conservation easement in the Grouse Ridge roadless area of Lindsey Lakes of the Sierra Nevada that will protect important habitat for sensitive species like the wolverine and Northern goshawk from development.

- Restoration along the middle Bear River, on BYLT’s 650-acre Garden Bar Preserve, where native perennial grasses are being planted and water sources are being installed.

- A ribbon-cutting and unveiling of the new Higgins Pond Preserve near Lake of the Pines.

- Updates on Urban Community Conservation Projects at Adam Ryan Preserve, Burton Homestead and Woodpecker Wildlife Preserve.

- Creation of a pollinator meadow on a private ranch on Indian Springs Road.

Learn more at [www.bylt.org](http://www.bylt.org)
Winter in the garden
By Linda Nowak-Carlson, BriarPatch Floral Buyer

You’ve probably noticed that most of your plants are getting ready for a long winter’s rest. Leaves are falling, perennial foliage is dying back, and critters are looking for the seeds and berries in your garden. If you have winter crops and flowers growing, try to visit them often in order to harvest, and to check for aphids and little green worms. A strong spray of water usually knocks the aphids off, and dropping the worms in soapy water will stop them from becoming mature white moths.

Lettuce is not extremely cold-hardy in our area, so it may need to be covered with a frost blanket on cold nights. If you use plastic, be sure it doesn’t come into contact with your plants. If you haven’t already, you don’t necessarily have to prune everything unless you like a neat, tidy garden. This way your garden will provide some winter food for wildlife, and you’ll also be adding protection and nutrition to the soil. A light cover of plant material over the soil will help prevent rain and wind erosion and provide food for your soil microbes. This material also provides protection for perennial crowns and can be pruned off when you see new growth beginning to emerge in the early spring.

An exception to this would be if you had disease or insects on the leaves. In that case, you would want to rake up leaves or prune plants as soon as they’re dormant. It would be a good idea NOT to add this material to your compost pile. If you’re a lazy composter like I am, the pile won’t get hot enough to kill these organisms. Speaking of compost, it’s hard to keep it warm and cooking during the winter. One way you can try to accomplish this is to keep it damp but not too wet. You may also want to keep a cover over the compost through the cool season and check for dampness periodically.

The ideal fall planting season is over, but if you still have bulbs or garlic, it’s best to get them in before they dry or rot. If you plant in the winter, your plants won’t put on much root growth. The way I see it, though, a plant in the ground will have more insulation against the cold and the soil will act as a water reservoir, and less hand watering will be needed. Of course, this assumes that you’re like me and always have a few plants on hand that need planting.

Winter is the perfect time to plan your garden for next season. If you have more than one bed, remember to rotate them. If you plant the same veggie in the same bed every year, the crop will be more vulnerable to diseases and insects that prefer that plant. Also, different plants use different nutrients in the soil and can cause depletion of those nutrients.

This is the time to make a list of the vegetables and flowers you want to grow next year. Decide if you want to grow your own starts from seed or buy them already started. At BriarPatch Food Co-op we will have a good supply of seeds for late winter and for summer growing as well. In February we plan to have starts for broccoli, cauliflower, peas, and many greens, then we’ll transition to the summer veggies sometime around April. We also try to carry a good selection of California native plants all year.

We are supplied by five primary local growers who do an amazing job. We are so privileged to be working with: Fresh Starts Nursery in Nevada City, Sweet Roots Nursery in Grass Valley, Green Blessings Nursery in Grass Valley, Grizzly Hill Nursery on The Ridge, and R & F Tomatoes in Nevada City.

If there is a particular variety you hope to find, let us know and we’ll see if we can obtain it. If you want more detailed information about any of these topics, please write to me at lindan@briarpatch.coop. Enjoy your time in the garden!
Winter is on the way — chilly weather, snuggly clothes, and maybe even a dusting of snow! While many things about winter are wonderful, it also means the beginning of cold and flu season. Building a strong immune system to ward off colds and flu becomes a top priority, and a healthy diet plays a major role in this. It’s time to eat your way to a healthy immune system!

Although the immune system requires all nutrients for proper functioning, certain nutrients are immunity-building superstars, and incorporating them into your diet regularly will help your body fight the battles. Use the chart to the right to identify key nutrients along with their food sources, to get started upgrading your food choices.

### Food Sources for Immune Support

<table>
<thead>
<tr>
<th>Nutrient or Food</th>
<th>Immune System Roles</th>
<th>Food Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Supports immune cell and antibody production. Supports anti-inflammatory response.</td>
<td>Look for beta-carotene rich sources as they are packed with other nutrients and are converted to vitamin A in the body. Stock up on dark green, orange, and yellow fruits and vegetables!</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Protects cells of the immune system and stimulates the production of white blood cells. Vitamin C also boosts iron absorption, which plays a role in immunity.</td>
<td>Citrus isn’t your only source of vitamin C! Stock up on bell peppers, strawberries, broccoli, mangoes, kiwis, and tomatoes.</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>A powerful antioxidant which mops up free radicals. Protects cells, including those of the immune system. Protects other antioxidants.</td>
<td>Reach for vitamin E-rich food sources and skip supplements. Sunflower seeds, almonds, leafy greens, wheat germ, and avocados are great sources.</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>Aids in antibody production so the immune system can strengthen its defenses.</td>
<td>Nuts, sesame seeds, whole grains, bananas, pistachios, chickpeas, pinto beans, and turkey are good sources.</td>
</tr>
<tr>
<td>Zinc</td>
<td>Needed for immune cell development and response. Zinc deficiency is associated with increased risk of infection.</td>
<td>Zinc is easily found in whole grains, nuts, seeds, and seafood.</td>
</tr>
<tr>
<td>Prebiotics &amp; Probiotics</td>
<td>The health of your gut is closely tied to immunity. Prebiotics and probiotics help boost the immune system’s defenses and crowd out bad bacteria.</td>
<td>Check out all the foods that have live and active cultures such as yogurt (non-dairy is fine also). kombucha, kimchi, miso, and tempeh.</td>
</tr>
<tr>
<td>Omega-3s</td>
<td>Helps reduce inflammation after immune response.</td>
<td>Flax seeds, hemp seeds, walnuts, chia seeds, omega-3 eggs and salmon.</td>
</tr>
<tr>
<td>Protein</td>
<td>Maintains tissues as a barrier to infections. Participates in synthesis and function of the organs and cells of the immune system and antibody production.</td>
<td>Easily supplied by legumes, nuts, seeds, whole grains and lean meat. Plant-based proteins are nutrient-dense choices.</td>
</tr>
<tr>
<td>Garlic</td>
<td>Fights bacteria, viruses, and fungi to support your immune system.</td>
<td>Smash or chop garlic and let it sit for five minutes. This activates an enzyme needed for garlic’s immune-boosting molecules.</td>
</tr>
</tbody>
</table>

Soup is a great way to combine a variety of nutrients and nourish the body on a cold winter day. For a great recipe - Lemon Herb Chickpea Soup with Kale and Farro - see page 21.

For Wellness Department supplement suggestions, see page 17.
Recipes with local winter produce

LEMON HERB CHICKPEA SOUP WITH KALE AND FARRO

By Shauna Schultz, RD

Serves 6
Preparation time: 15 minutes
Cooking time: 20-30 minutes

INGREDIENTS
1 cup cooked farro
2 tablespoons high-heat oil
1 onion, chopped
2 carrots, diced
2-3 celery stalks, diced
4 garlic cloves, chopped
A few pinches of salt and pepper
6-8 cups of lower-sodium vegetable broth
1 15 ounces can of chickpeas, rinsed and drained
1 small head broccoli, cut into small florets
4 generous handfuls of roughly chopped greens (kale, chard, etc.)
1⁄8 cup chopped fresh herbs
(parsley, basil, oregano, thyme)
1-2 lemons, zested

DIRECTIONS
In a large stock or soup pot, heat the oil over medium-high heat. Add the onions, garlic, carrots, celery, salt, and pepper, and cook until softened: about 5-7 minutes.

Add 6 cups of vegetable broth, chickpeas, and cooked farro. Bring to a boil and reduce heat to a simmer. Simmer for 10 minutes.

Add the broccoli, greens, herbs, and lemon zest. Cook until the broccoli and greens are tender, about 5 minutes. Add more broth (or water) as needed.

Each serving: 315 calories, 9g fat (0.5g sat), 0mg cholesterol, 493mg sodium, 32g carbohydrates, 10g fiber, 13g protein.

Daily Values: 20% calcium, 20% iron, 166% vitamin C, 262% vitamin A, 32% selenium, 17% B6.

SQUASH, CABBAGE AND KALE KIMCHI

By StrongerTogether

Serves 16

INGREDIENTS
1 1⁄2 pounds butternut or other squash, peeled
4 cups water
2 tablespoons kosher salt
2 cups slivered cabbage
2 cups slivered kale
1 1⁄2 teaspoons kosher salt
1 tablespoon fish sauce or tamari
3 cloves garlic, chopped
2 tablespoons red pepper flakes
1 teaspoon sugar

DIRECTIONS
Peel and thinly slice the squash, no thicker than 1⁄8 of an inch. In a large bowl, mix the water and 2 tablespoons kosher salt. Add the squash slices and stir, then let stand for 2 hours to soften.

Drain the squash, reserving the brine. In a medium bowl, toss the cabbage and kale with the 1 1⁄8 teaspoons kosher salt and massage, squeezing, for a minute. Let stand for at least 15 minutes, then massage and squeeze again. The leaves should give off liquids when squeezed. Rinse with cool water, wring out the shreds and put in a bowl with the drained squash slices.

In a cup, stir the fish sauce or tamari, garlic, red pepper flakes, and sugar and pour over the squash mixture. Toss to mix well. Transfer to a large jar or glass storage tub and pour the reserved brine over just to cover the lower half of the vegetables.

Cover and let stand for a day at room temperature, then refrigerate and serve for up to a week.

BLOOD ORANGE SPRITZER

By Taste for Life

Serves 2 (16 oz.)

INGREDIENTS
2 cups fresh blood orange juice
(about 6 medium oranges, juiced)
1–2 teaspoons Natural Calm Raspberry-Lemon Flavor magnesium supplement

DIRECTIONS
Juice oranges and mix with magnesium powder. Add sparkling water, ice, and garnish with fresh mint (optional). Serve and enjoy!
Innovative take on the classic Caesar salad
Hospitality House Culinary Team adds subtle spiciness to a traditional dish

Winter is upon us here in the foothills of Northern California and for most of us our gardens are lying fallow, awaiting the first inkling of spring. But hardy greens, like lacinato kale, can stand up to the cold. And that’s why Hospitality House Kitchen Manager Jeff Olson is making a kale caesar salad for 400 at this year’s Night of Giving. “We grow a garden outside the shelter and our culinary students use a variety of produce and herbs in the summer to make in-season, cost-effective meals for our guests,” explained Olson.

Last year the garden at Utah’s Place was overflowing with kale and Olson was gearing up for Hospitality House’s biggest event of the year. His culinary team was responsible for a full dinner buffet for more than 400 people. So Jeff dreamed up an innovate take on the classic Caesar: Sriracha Kale Caesar Salad. The subtle spiciness mixed with the creamy dressing provides the perfect foil for the hearty greens.

“It is quite ironic that although I am not a huge fan of kale, this has proved to be a great winter dish for a buffet. The greens look festive, the ingredients are easily sourced and it is accessible even for those that don’t normally like kale,” said Olson.

The three current culinary students will prepare the Sriracha Kale Caesar Salad. Chicken Madeira. Medley of Mushroom Baked Rigatoni and a Red Rice Quinoa salad at the Night of Giving at the Miners Foundry on Saturday, December 16. Taste-test the kale salad on the buffet between 6 and 8 p.m. It makes a long day for the students but provides valuable catering and food service experience as well as a delicious dinner for the musicians and Night of Giving attendees.

Olson started the culinary job training program over two years ago and incorporates farm-to-fork menus into his classes. For instance, grilled zucchini hits the lesson plan when home garden donations are at an all-time high. The six-week program covers food safety, nutrition, fundamentals of cooking in the modern kitchen, as well as moist and dry heat cooking techniques, knife-work, recipe, basic mise en place, including basic sauce-making, the six functions of baking, soups, cooking and flipping eggs, pizza and pie making as well as menu planning. Sixty-five students enrolled in the program in the last two years and 67% of graduates have moved into their own housing, are employed or both.

The seed money grant for the culinary job training program expired in October, so if you would like to sponsor a culinary job training session, call 615-0852.

To enjoy this seasonal Sriracha Kale Caesar Salad specialty while listening to over 30 musical groups, join us at the Night of Giving on Saturday, December 16. More info at www.hhshelter.org.

KALE CAESAR SALAD AND SRIRACHA CAESAR DRESSING

Yield: 4 Dinner size bowls

**SALAD INGREDIENTS**
Kale, Lacinato, chopped into 1” x 1” squares, 24oz
Croutons, ¾” cubed
Half a baguette
2 oz Parmesan, freshly shredded
½ Lemon Crown

**DRESSING INGREDIENTS**
6oz. Commercial Mayonnaise
2oz. Anchovy Fillets, minced
1 Tablespoon Mild Mustard
2 Garlic Cloves, mashed to a paste
2 Tablespoons Worcestershire
2 Tablespoons Red wine vinegar
1 Tablespoon Juice of a Meyer lemon
2 Tablespoons Parmesan, crumbled
1 Tablespoon Sriracha Pepper Sauce

Salt and pepper to taste
2oz. Extra Virgin Olive Oil

**DIRECTIONS**
In a mixing bowl, combine first ten ingredients and whisk together. Gradually incorporate olive oil in a thin stream, whisking oil in gradually. Dressing should be light pink/yellow in color. You may choose to add more or less Sriracha to preference. Wrap in a food safe container and refrigerate for up to seven days.
**Co-op CAUSE and Community Fund**

**BRIARPATCH COOPERATIVE COMMUNITY FUND**

The Cooperative Community Fund is part of the Give Where You Live Campaign, a national effort to support food cooperatives across the U.S. in building local Cooperative Community Funds. Since it was established in 1999, the BriarPatch Fund has grown to $120,000, and BriarPatch has given $48,000 to 50 local groups. The Fund grows as Co-op Owners donate their patronage dividends.

In addition, Equal Exchange — a Co-op — donates 2% of every purchase of their coffee, tea, chocolate, or other products. For 2018, the BriarPatch Community Fund Grants are awarded to Nevada Union High School Green Academy, Revert Foundation, Anew Day Happier, Healthier Living Project, and Bitney College Prep High School Cafeteria. Congratulations to these organizations for their generous work.

**Co-op CAUSE**

February – Wolf Creek Community Alliance
March – The Nest Family Resource
April – Neighborhood Center of the Arts
May – Community Legal, Inc.
June – Sammie’s Friends
July – Sierra Nevada Children’s Services
August – Barbara Schmidt Millar/Celebration of Life Triathlon
September – Kare Crisis Nursery, Inc.
October – Wildlife Rehabilitation and Release
November – One Source – Empowering Caregivers
December – Sierra Harvest

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**Divine Spark provides support and guidance for people in need**

Divine Spark provides support and guidance for people in need, regardless of gender, race, creed, age, or calling — to activate the divine spark within each of them. The organization was founded by Thomas Streicher in 2002 to improve the lives of the poorest people in the U.S., the Lakota Nation of Pine Ridge. With community donations and help from Nevada County, he would bring food and other needed goods to the Pine Ridge reservation in South Dakota four times a year. This support could include sewing machines, bikes, and clothing. He even taught the ladies on the reservation how to sell their traditional quilts online, and helped build an enormous greenhouse in which fresh produce could be grown many months of the year.

As he noted the growing homeless and poor population here in Nevada County, where he lived, Thomas and Divine Spark began offering services in Nevada City, such as weekly meals, counseling, workshops, legal support, and efforts to help people into rehab and the work force. Thomas also started a program so those ready for the responsibility of owning a car could get to a job and a safe place to stay.

Over time the program grew to the point where people could come on Sunday to get food, tents, sleeping bags, clothing, and vouchers for five restaurants where they could eat in dignity. Thomas was passionate about serving those who were not in a place to receive help from other programs due to their addiction, pets, or mental illness.

After instituting a come-as-you-are policy, he found that through non-judgmental acceptance and opportunities, people often changed and took great pride in sobriety and responsibility. While coming back from a run to Pine Ridge in Spring of 2013, Thomas tragically died when he lost control of his vehicle on ice. Devastated by the loss, volunteers rallied together to continue his work of creating a safe place where people can find help with the basics of food, community, and comfort.

In January of 2016 Divine Spark opened a community day center called Streicher House, which operated for a year and a half. The center was open to the homeless four to six hours a day, five to six days a week. It was a central place for meals, bathing, and access to counseling, services, and much needed relaxation. In May of 2017 the day center lost its lease and had to close.

The organization had to adjust to not having a center to work out of, but has continued to look for a place in an area with appropriate zoning. Divine Spark is still providing tents, sleeping bags, and laundry and food vouchers to clients referred to it by the county’s 211 services, other non-profit organizations, and word of mouth. Though they have not yet found a place to replace the Streicher House, they have not forgotten Thomas’ vision, which is to serve those in need and the most vulnerable in our society.

Divine Spark works in collaboration with a variety of other non-profit organizations, including Sierra Roots, Nevada County Pets of the Homeless, United Way, and Spirit Center, to name a few. They are able to continue to help those in greatest need through generous donations, which are always needed and welcomed. Please call Shirley Ringhorn at 913-2050, visit www.divinespark.us.
How do you plan to keep healthy during the winter months?

“Getting enough sleep, chicken broth, tea, fresh air, and lots of cuddles.”
- Kristina and Mira

“I am going to make lots of soups. I will take lots of walks outside and get fresh air. Eat lots of salads, but mostly warmer foods, because I believe food is our medicine.”
- Lorraine

“I exercise and eat well. I hike and eat at BriarPatch. My favorite is the black bean burrito.”
- Bill

“I will eat lots of fresh eggs from my farm at Happy Pasture Farm.”
- Kevin

“We always eat organic, and local whenever possible.”
- Rita and Linda

“We have a garden that we grow organic food from.”
- Maddie

DECEMBER 2017 IS A CO-OP OWNER discount month

10% OFF one shopping trip in the month of December!

Ownership must be current or fully-paid to receive discount. Not current? Just renew at any register. Discount is a maximum discount, not in addition to senior, volunteer, or employee discounts. Not valid for catering, special orders, or gift cards. One discount per Owner household. No rain checks. Valid December 1 - 31, 2017.

Deli update

All Deli sliced meats and cheeses are Non-GMO!

The Deli is proud to announce that they offer True Story Non-GMO deli meats for all BriarPatch house-made sandwiches. True Story deli meats are gluten-free and antibiotic-free. True Story is committed to environmental stewardship.

A house-made Hot Pastrami sandwich from the BriarPatch Deli, now featuring True Story Pastrami.

Join us on social media!

See the latest photos and videos highlighting the best of BriarPatch! @briarpatchcoop