It's Election Season!

pages 19-21

Photo by Joshua Bumgarner
THE VINE

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CO-OP HOURS
Every day 7 am - 10 pm
Deli 7 am - 9 pm
Meat & Seafood 8 am - 8 pm

ON OUR COVER:
Spring produce bouquet
Photo by Joshua Bumgarner;
Designed by Anna Delgado-Campbell

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BriarPatch.coop
From the General Manager
By Chris Maher

The first week of February is my 12th anniversary as a part of BriarPatch Co-op. Twelve and a half years ago, I was the Food Service Manager at La Montañita Co-op in Albuquerque, NM. I learned about BriarPatch through a former resident of Grass Valley who had previously worked at BriarPatch and who at that time was doing a similar job at Ashland Food Co-op. She told me about BriarPatch through a former resident of Grass Valley who had previously worked at BriarPatch and who at that time was doing a similar job at Ashland Food Co-op. She told me about the planned expansion of the co-op’s operation into the new store on Sierra College Drive and let me know that they were opening their first Food Service Department and were in need of a department leader. I reached out to the GM at the time and before too long moved my young family from New Mexico to Northern California.

It was only two short years later, that I was presented with the opportunity to step in as the interim General Manager. This first week of February also marks my tenth anniversary in this role. It is amazing how the co-op has changed in that time. I know many of us still think of the Sierra College Drive store as the “new” store. The fact is, that after twelve years of sustained growth this store has truly hit its stride and occupies an important place in our local community and the lives of our owners and shoppers.

We are now owned by more than 8,500 local owners while welcoming non-owner shoppers from our local area and beyond. We purchase from over 50 local farms and producers contributing over $1 million annually into our local community for those products. We support hundreds of local community organizations and have developed a series of community partners with whom we coordinate activities and events. These collaborations are an incredibly significant part of making Nevada County a truly exceptional place to reside.

In addition to our local activities, we are recognized among our food co-op peers as a leader in the industry. In late January, the Board of Directors of the National Co-op Grocers held their board meeting here in Grass Valley and visited our store. Our store was recognized in 2018 as a standard bearer for cooperative excellence by the Consumer Cooperatives Management Association.

With all this success, it is natural that we should look to the future and imagine what the next phase of our cooperative development will look like. I have been deeply engaged with the board to develop that picture. We have taken a three-point strategy for continuing the positive trends of our co-op. The first is continued investment in our store and development of our trade area. We continue to implement changes to our facility and operation that support our master plan. This plan is focused on improving the customer experience and offering more of the best products and services in the organic food movement today. Our second strategy includes looking at how we can expand our current trade area to broaden and extend our cooperative impact to other nearby communities. We believe that BriarPatch has something truly unique to offer and we seek to bring more people into the fold. Lastly, we see opportunity to deepen our collaboration with other food co-ops both locally and nationally.

Our success is a testament to the strength and durability of the cooperative model. Thanks for all of your support of the co-op. We couldn’t do it without you.
One cold, rainy day, the BriarPatch marketing team trekked to Nevada City to take part in a tea ceremony at Jade Summit, home of Jade Valley Tea Arts and the private Academy of Classical Tea Arts. We were excited, primed to be inspired and to learn. And ready to go on a tea adventure with a master tea practitioner.

Owner MJ Greenmountain’s first experience with tea was on the Big Island when a close friend introduced him to the wonders of pu-erh, an ancient variety of tea produced in China’s Yunnan province that is fermented and aged. It was love at first cup. “I need this in my life,” remembers MJ.

Many teaists believe (and there is some science to back the claim) that pu-erh has medicinal qualities to help the heart, aid in digestion, increase energy, and protect bone health. Some even believe it to be the “elixir of immortality,” citing traditional Chinese stories of men who drank it and lived to be 300 years old!

MJ began to fold drinking pu-erh into his meditation practice over the next several years. Then he met a tea teacher in the Bay Area who taught him traditional tea ceremony formats. He has been practicing the art of the tea ceremony for over 18 years.

Tea has a great universe of culture around it. While drinking tea has a five thousand year history, there are over two thousand years of actual ceremonial practices that originated in China, but were later developed more fully in Japan and then Taiwan.

MJ carefully pours hot water over the 30-year-old pu-erh leaves, closes the teapot lid after circling the rim of the pot with it, and then pours a bit more hot water over the top. Steam surrounds it, effecting a sacred quality to the small vessel made from purple sand clay, called “Zisha.”

“Sometimes I wish I had a sign on the door that says, ‘Leave your shoes and your brain at the door.’”

For MJ, the art of tea and the ritual of the tea ceremony allows for one to simply be present and quiet in the moment. The ceremony represents tranquility, harmony, purity and respect. Indeed, both the Chinese and Japanese words for “tea” is “cha,” which derives from the characters for nature, humanity, and tree.

We drink from small antique celadon cups. The ceremony itself is a stop in time. MJ continues to pour hot water over the pu-erh, creating a
different infusion of tea using the same leaves over and over again. Each round of tea was a different, evolutionary experience, moving from earthy to tannic to sweet. After that, MJ treated us to a 33-year-old pu-erh, and we enjoyed multiple manifestations of the slightly “wetter,” mostly Taiwan aged loose leaves that had an almost musty style.

The Samurai class in Japan saw tea as a means of continued personal refinement, and the highest echelons—the Shoguns and Daimyo—had special tea advisors who held formal tea ceremonies for them, which were opportunities to display the treasures they imported from China.

As we continue to drink our tea, we become relaxed, yet focused. All the world is in the quiet little tearoom at the moment. MJ shares ancient stories and history about tea. We ask many questions.

“Tranquility is the peace that comes from making tea. It’s a meditation, and can be like a mini vacation,” says MJ.

We leave the teahouse after an hour and a half, thoughtful and refreshed.

“There is so much modern western society can learn from the ancient culture and history of tea: slowing down, being present, forming rituals that ground us. I left feeling grateful for MJ’s contributions to our community,” Zach.

“I felt grounded and relaxed as I experienced the ceremony; without really realizing it until later, my vision became more focused and clear the longer I sat with the tea and MJ’s words.”

-Terra, Outreach Assistant
our communication specialist said when we returned. The Co-op carries three of MJ’s teas: The Snow Blossom White, a delicate floral white tea with hints of Asian pear, and Honey Orchid Black, which is sweet and malty, with subtle floral notes. Both are sourced from China, and the Quan Yin Green, which has a fresh rain aroma, a robust mineral core, is mouthwatering and caffeine free. It is sourced from a woman-owned farm in Japan in an area that has been growing organic teas for over 700 years.

“People are ready to see tea culture grow at the Co-op. When people drink tea, they feel like they’ve upgraded their life,” concludes MJ.

Speaking of steeping tea culture locally, MJ has actually begun to grow tea on his five-acre property in Nevada City. The water he uses in his tea ceremonies at Jade Summit is strictly hand drawn pure mountain spring water from the Sierra. He performs private tea ceremonies by appointment only. He also performs tea ceremonies every Thursday at Heartwood in Nevada City.

**Seven Principles of Teaism**

1. **Purity of Water**...you can make good tea with good water and mediocre tea, but you can’t make even mediocre tea out of the best tea and poor quality water

2. **Make Tea from the Center of Your Heart**...like cooking in a bad mood, it just won’t taste good

3. **Sincerity**...be open and present of mind

4. **Humility**...there is no host and no guest

5. **Simplicity**...the goal is to help people relax

6. **Reverence**...for nature and for being present

7. **Harmony**...is when all of these things are put together
The garden is the ultimate example of “Rebirth.” It’s almost a magical event, and it happens every year. All the bulbs you planted last fall or over the years are emerging from a long sleep. The new growth on the perennials is showing and soon your flower garden will be an amazing riot of shapes and colors. If we could only see the root growth our trees and shrubs put on during the past cool weather, we would be quite happy. It was a rather mild winter and the soil stayed warm longer than usual, and this is perfect for plants to put on root growth. Your job now is to continue with deep, fairly infrequent watering, to keep those roots happy. If the roots are happy, the tops of the plants will look happy too. Of course, the plants that are shallow-rooted will need more frequent watering.

In the vegetable garden, you have been enjoying your greens, lettuce and arugula. Perhaps even an early planting of radishes, salad turnips, and broccoli. We’d love to hear what successes you had in your cool season garden. As the days get longer, our thoughts shift to what veggies we’ll grow for the warm season. If you’ve saved seed from last year, a type of rebirth, or have purchased organic seed at BriarPatch—High Mowing, Redwood Seed and Seed Savers Exchange, you want to sow your seed at least six weeks before you plant outside. It’s important to know your typical last frost date.

If I haven’t started my own seed, I buy my veggie starts from the local growers that provide beautiful, healthy plants to us. These plants are acclimated to our climate and selected by the growers because they do well here. If you purchase plants early in the season like I do, you can shift them into a larger container. Keep them protected until it’s time to plant and you’ll begin the season with a larger root system.

In the floral department, it seems like the cyclical nature of the holidays revolves faster each year. Soon it will be Easter; April 21st. The giving of flowers, whether in a bouquet or a container, creates an immediate connection with people. Many of the flowering plants you buy for Easter are things you can plant outside and enjoy for an extended length of time.

Then Mother’s Day arrives on May 12th, a time to honor the mother in each of us. It is about this time that the foothills come alive with daffodils, tulips, quince, forsythia and daphne. Visit our newly expanded garden center for a plant that will make the gardener in your life very happy. And, as you enter the store, you’ll be surrounded with abundant bouquets and flowering plants to help celebrate motherhood.

Everyday, we are here to help you enjoy nature at her finest during this most colorful season. As always, please contact us at floral@briarpatch.coop if you have any gardening or floral questions.
Welcome to the Spring 2019 edition of The Vine! What better way to celebrate the fresh produce of spring than to cook a meal from scratch for yourself and your family? If you’re like me, cooking a soup like this is a great way to restore and refresh myself, and have a great meal to share at the end of it. If cooking is not your “happy place” but you’d like it to be more so, this is a great recipe to get you started in that direction. Enjoy!

Paula, Editor, The Vine

**Note:** This recipe was originally developed to use up extra greens, so using other greens you have available, such as green curly kale, collards, or green chard is great. Just be sure to cut any stem pieces nice and tiny, or remove the stem as much as you can. With green chard, dice up the stems and add them into the soup when you add the potato pieces. I would probably not use red bore kale or lacinato kale because their flavor will make the soup all about the kale and you want a

Mixed Greens Soup with Coconut Milk and Green Curry
Makes about 8 cups

4 packed cups beet greens**, chopped  
4 packed cups turnip greens**, chopped  
1 medium yellow onion, ideally a fresh spring onion, diced  
2 cloves garlic, minced  
1 large russet potato, peeled and cubed into 1/2” to 3/4” cubes  
2 cans garbanzo beans, both beans and liquid. If you cooked your own, then 3 cooked cups of beans and 1 1/2 cups cooking liquid  
3 Tbsp. coconut oil  
2 cans coconut milk, regular (or “light” if you prefer. I used the regular, full-fat)  
3-4 Tbsp. green curry paste (Thai Kitchen or comparable)  
2 makrut lime leaves, deveined and sliced very thinly (chiffonade)  
chopped red bell pepper, optional for garnish  
2 1/2 tsp. salt, or to taste  
1/2 tsp. black pepper, ideally freshly ground  
1 bunch cilantro, chopped, for garnish  
squeezes of fresh lime juice for garnish, optional

Remove stems from the greens and wash carefully to avoid any grit. Pat greens dry and chop in one direction and then the other.

Add coconut oil to a large soup pot. Over medium heat, sauté garlic and onion until translucent but not browning. Add greens and cubes of potato and sweat them until the greens start to get a little limp and the potato cubes lose their pointy corners.

Drain garbanzos, reserving liquid to add later, and add beans to the pot. Add the chiffonade of makrut lime leaves and green curry paste; stir to combine.

Add the reserved garbanzo bean liquid and coconut milk. Add enough water so all the veggies are covered in liquid, plus one to two inches more. Reduce to a simmer. Add half of the salt and pepper; you will use the rest to adjust the taste to your liking later on.

Cook until greens, potato, and garbanzo beans are tender but not mushy.

Take a quarter of the soup out of the pot and set aside. Using an immersion blender, blend the rest of the soup in the pot so it is creamy and smooth. (Or, put 3/4 of the soup into a blender in small batches.) Return the other 1/4 of the soup to the pot—this will give you nice texture and flavor elements of whole veggie and bean pieces floating in the creamy soup.

Check salt and pepper levels and adjust to your taste. Serve with freshly chopped red bell pepper and cilantro, and a squeeze of lime.
Orange Chai-Spiced Granola

Quick Freezer Chocolates
Orange Chai-Spiced Granola
Nearly every ingredient for this fragrant, warming granola can be found in the BriarPatch Bulk section. A quick trip to Produce and Grocery takes care of the rest!

Zest of one large orange, preferably organic
2 Tbsp. granulated sugar
1/3 cup honey or maple syrup, warmed
1/3 cup melted coconut oil
1/2 tsp. vanilla extract
4 cups rolled oats (or gluten-free oats)
2 cups nuts, roughly chopped (I used half almonds, half pecans)
Chai spice mix (see below)

Chai Spice
2 tsp. ground cinnamon
1 tsp. ground cardamom
1 tsp. ground ginger
1/4 tsp. ground allspice
1/4 tsp. ground black pepper
1/4 tsp. ground cloves
1/4 tsp. salt

Preheat oven to 300°. Line a large baking sheet with parchment paper or aluminum foil. (Or if your baking sheet isn’t very large, line two smaller sheets.)

In a small bowl, combine the orange zest and sugar. Use your fingers to rub the zest into the sugar until it’s bright orange and fragrant. This ensures your granola is infused with orange flavor.

In a small mixing bowl, whisk together the warmed honey (or maple syrup), coconut oil, and vanilla extract until combined. Set aside.

In a large mixing bowl, toss together oats, nuts, zest/sugar mixture, and chai spice mix until evenly combined. Add in the liquid ingredients and toss until the dry ingredients are evenly coated. Spread the mixture out on the prepared baking sheet in an even layer.

Bake for 20 minutes, removing the sheet from the oven at the halfway point to give the granola a good stir for even cooking. Crowd the granola together and press it down with a spatula; this will create nice clusters. Return sheet to the oven and bake for an additional 5 to 10 minutes, or until the nuts are toasted.

Remove the sheet from oven and cool on a wire rack for several hours or overnight, to ensure nice clusters. Break up the granola and store in a sealed container. Will keep for 1 to 2 weeks at room temperature, or longer in the refrigerator.

Quick Freezer Chocolates
Here’s a fast and easy way to get your chocolate fix, with almost all of the ingredients found in the BriarPatch bulk section! If you can’t wait for this to freeze, it’s great for dipping fruit.

1 cup almond butter
1 cup total of coconut oil and coconut butter. 50/50 or a little more oil than butter – warmed to a liquid
1/2 cup cacao powder, sifted
1/3 cup light agave or maple syrup, plus more to taste
1/2 to 1 tsp. vanilla or mint extract
3/4 - 1 cup pecans. 1/2 to 3/4 cup chopped and 1/4 cup nice 1/2’s left whole to decorate

Gently mix almond butter with melted coconut oil and coconut butter. Add agave (or maple) syrup and mix again. Add in sifted cacao powder, gently stirring and avoiding clumps. Next, add vanilla (or mint) extract.

Taste and adjust quantities of cacao and syrup. When you’re happy with the balance of flavor, stir in the chopped pecans.

Pour mixture onto a foil-covered pan; shake or spread so it fills the space evenly to the corners. Place the pecan halves on the mixture for decoration. Place in freezer until hard.

Serve from freezer, as mixture will be soft at room temperature.

Optional: Add in crunched candy canes, other types of nuts, shredded coconut...there are lots of creative ways to make this fun.
Perfect Easter Lamb

By Tristan McLarty, Meat and Seafood Manager

I love lamb. When a lot of us think about lamb we incorrectly think about mutton, not tender, delicious lamb.

True lamb is processed before the animal is 14 months old and is clean and sweet in flavor. Many people mistake mutton for the same thing, which comes from older animals and can be tougher and develops a gamier flavor. Lamb is also a great choice because it is a better quality protein than other red meat and it is tender and easily digestible. Lamb is rich in vitamins and minerals, especially B12, zinc, and iron.

I love lamb chops, rack of lamb, lamb meatballs, roast leg of lamb. I love it all. Lamb is wonderful to cook with because it is delicious in a variety of styles and adapts well to many preparations. Typically, lamb is prepared with Mediterranean spices. The classic Greek style is probably the best with the combination of lemon, oregano, and garlic, but lately I have been in an experimental phase and trying new recipes.

For Christmas, leg of lamb is my go-to for the family table. Most often I use the holy trinity of lemon, oregano, and garlic, but decided to try something new this year. I tried a Moroccan Spiced Leg of Lamb recipe and my family loved it. Bold flavors of ginger, coriander, and cumin pair incredibly with the lamb and my first attempt was such a hit that I have already made it in this style again and am keeping the recipe on hand. If you want to try an amazing lamb recipe with incredible flavor that is a little different, try this.

Moroccan Spiced Lamb

**Ingredients:**
- 1 tsp. cayenne
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 2 tsp. ground ginger
- 1/2 tsp. ground black pepper
- 4 lb. bone in leg of lamb roast
- 6 Tbsp. olive oil
- 2 lb. small carrots, peeled and halved
- 2 bunches green onions, trimmed and roughly chopped
- 4 garlic cloves, finely grated
- 1 cup plain Greek yogurt
- 4 tsp. fresh lemon juice
- 1 tsp. harissa paste
- 2 tsp. kosher salt

Preheat oven to 425 degrees. Mix ginger, cayenne, coriander, cumin, tsb salt and black pepper in a small bowl. Rub all over the lamb.

Heat oil in large ovenproof skillet over medium-high heat. Cook lamb until browned, about 5 minutes per side. Add carrots and scallions to skillet, season with salt and pepper, and toss to coat with pan drippings. Transfer skillet to oven and roast until vegetables are tender and an instant-read thermometer inserted in the thickest part of roast registers 125 degrees for medium-rare, 135 for medium, and 145 for medium-well. Cooking time is between 12-15 minutes for medium-rare and 25-30 minutes for medium-well.

Meanwhile, whisk garlic, yogurt, lemon juice and harissa paste in a small bowl. Season with salt and pepper and set aside. When finished in oven, transfer lamb roast to a cutting board and let rest 10 minutes. When ready, slice leg roast and serve with vegetables and harissa yogurt. Now it’s time to enjoy!
March 2019

Baking Wild-Yeasted Sourdough Bread
with Rick Silberman
Sun. March 3, 12-2:00pm

Good Gyoza! Japanese Dumpling
with Hiroko Greenberg
Tues. March 5, 6-8:00pm

Comfort Food - Winter Soups and Herb Bread
with Deanna Figueira
Weds. March 6, 6-8:00pm

Gut and Metabolism-Friendly Breakfasts: Healthy Hedonism
with Skya
Sat. March 9, 10:30am-12:30pm

Become a Sauce Boss: DIY Condiments from Home
with Ali Johnson
Thurs. March 14, 6-8:00pm

Making Spring Festival Nigiri Sushi
with Hiroko Greenberg
Sat. March 16, 10:30am-12:30pm

Go Coconuts for Vegan Yogurt
with Tiffany Chen
Tues. March 19, 6-8:00pm

Vegan Comforts
with Shauna Schultz, R.D.
Weds. March 20, 6-8:00pm

April 2019

Oaxaca! Food of an Ancient Civilization
with Deanna Figueira
Tues. March 26, 6-8:00pm

Springtime Tempura
with Hiroko Greenberg
Weds. March 27, 6-8:00pm

Come Back to Sorrento
with Joseph Guida
Thurs. March 28, 6-8:00pm

Loose Leaf Tea Brewing 101
with MJ Greenberg
Weds. April 3, 6-8:00pm

Cook Once and Eat All Week
with Shauna Schultz, R.D.
Thurs. April 4, 6-8:00pm

Japanese Fermentation: Tukemono with Spring Vegetables
with Hiroko Greenberg
Sat. April 6, 10:30am-12:30pm

Moqueca! Brazilian Cuisine from Bahia
with Deanna Figueira
Tues. April 9, 6-8:00pm

Become a Sauce Boss: DIY Condiments from Home
with Ali Johnson
Thurs. April 10, 6-8:00pm

BRIARPATCH FOOD CO-OP | Spring 2019
Co-op Cooking Classes
Nirvana Tacos and Spiced Sprouted Walnuts: Healthy Hedonism
with Skya
Thurs. April 11, 6-8:00pm

Baking Wild-Yeast Sourdough Bread
with Rick Silberman
Tues. April 16, 6-8:00pm

Rainbow Vegan Dumplings
with Tiffany Chen
Thurs. April 18, 6-8:00pm

Dinner for Ganesh (An Indian Meal)
with Deanna Figueira
Weds. April 24, 6-8:00pm

A Macrobiotic Dinner
with Hiroko Greenberg
Thurs. April 25, 6-8:00pm

Vegetariano Orecchiette in Basilicata
with Joseph Guida
Tues. April 30, 6-8:00pm

May 2019

Wrap it Up! Cooking Class for Kids age 8 to 12
with Shauna Schultz, R.D.
Sat. May 4, 10:30am-12:30pm

Enjoy Making Your Bento Box
with Hiroko Greenberg
Sun. May 5, Noon to 2:00pm

Vegan “Cheese” and Sauces
with Shauna Schultz R.D.
Mon. May 6, 6-8:00pm

Bahian Cuisine from Brazil
with Deanna Figueira
Weds. May 8, 6-8:00pm

Easy Healing Fish and Vegetable Curry: Healthy Hedonism
with Skya
Thurs. May 9, 6-8:00pm

Greek Cooking of the Gods
with Louise Jones
Sat. May 11, 11:30am-1:30pm

Rawsome Vegan Sushi
with Tiffany Chen
Tues. May 14, 6-8:00pm

Tantalizing Turkish Mezes
with Tutku’s Mezes
Weds. May 15, 6-8:00pm

Risotto di Milano
with Joseph Guida
Thurs. May 16, 6-8:00pm

Small Plates
with Deanna Figueira
Tues. May 21, 6-8:00pm

Steamed Vegetable Buns
with Hiroko Greenberg
Weds. May 22, 6-8:00pm
Hiroko Greenberg’s early experience of food prepared with love started a culinary journey inspired by community, creativity, and curiosity. “One of my favorite childhood memories was waking up to the sound of my mom chopping vegetables and the smell of her cooking. We’d have miso soup to start the day before heading off to school.”

She grew up in Japan, and spent time on one of the smaller islands, where the entire community cooked and ate the traditional cuisine in a way she hadn’t seen before: “Everyone was very involved and hands-on.” “Then, when I decided to follow a vegetarian diet, it was not yet very popular in Japan and I had to find my own way.”

Her direction was further refined when she became curious about Shojin Ryori, the 1,200-year-old traditional dining style of Japanese Buddhist monks, and how food fits into the spiritual path. Shojin Ryori features simple vegetarian and vegan dishes infused with intention and meditative energy.

Hiroko became certified as a chef in Japan in 2005, and moved to the United States about ten years ago. She began teaching what she had learned in her home country around food, things she saw as less common here: communal connection, and artistic and spiritual sensibility.

Hiroko’s classes at the Cooking School focus on Japanese and other Asian cuisines. Some feature well-known favorites like sushi, tempura, and potstickers, while others bring awareness and appreciation to dishes like okonomiyaki (savory pancakes) and nabe (fish soup).

Nowadays, Hiroko also spends time catering and as a private chef. Her food is often accompanied by tea she serves from Jade Summit Tea, owned by her husband, MJ Greenmountain.

Her upcoming classes are:

- Making Spring Festival Nigiri Sushi - March 16
- Springtime Tempura - March 27
- Japanese Fermentation: Tukemono with Spring Vegetables - April 6
- A Macrobiotic Dinner - April 25
- Enjoy Making Your Bento Box - May 5
- Steamed Vegetable Buns - May 22

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**March: Henry Goodman and Susan Jakubik**

Henry Goodman is a retired teacher who has been photographing the Yuba River and other wild places for over 50 years. Henry loves to be out when the light feels magical. When he has his gear ready, the light is right, and sometimes with luck and surprise, he captures the beauty that he sees.

Susan Jakubik is an artist and retired art educator who has lived in Nevada County since 1970. Her artwork is inspired by observations of nature and the joys and beauty found in everyday life. Susan draws and paints in a variety of mediums, including watercolor, acrylic, oil and mixed media.

**April: BriarPatch Staff Art Show**

**May: Heidi Wood**

“I often choose to paint figures in a colorful palette to bring the image into a spectrum of imagination. I enjoy pulling forward the expressive human emotions in the people I paint. I hope to touch something deeper in the viewer that they can take with them to feel and contemplate.”
Plants sustain life on earth—food calories come from plants or animals that eat plants. It has been said that plants are vessels of health and vigor. They provide several key nutrients to promote health and prevent disease, including vitamins, minerals and phytochemicals. They also offer fiber, protein, healthy fats, and carbohydrates. Really, they are an ideal package, but many diets fall short in healthy whole plant foods, especially fruits and vegetables.

Building Meals from Plants

- Make a list of plant-forward meals you already enjoy and incorporate them into your regular routine. Maybe it’s a vegetable soup or pasta, you get the idea.
- Make a list of meals you can easily adapt. For example, swap beef tacos for veggie tacos made with roasted sweet potatoes, black beans, shredded purple cabbage, green onions, cilantro, and guacamole.
- Redefine “protein.” Plant proteins represent a very small portion of protein consumed in American diets and meat is often synonymous with protein. But there is whole world of protein-rich plants to discover and they offer more than protein, they also offer fiber, vitamins, and minerals. Try using beans, peas, lentils, nuts, seeds, and whole grains to satisfy protein requirements.
- Try new recipes. There is a plethora of creative plant-based recipes out there—find inspiration from blogs, cookbooks, Pinterest or BriarPatch cooking classes!
- Enjoy a meal out at a plant-friendly restaurant. Access to plant-centric meals has never been easier—vegetarian restaurants are easy to find and ethnic cuisines like Thai have many options to choose from.

Avocado Toast

4 slices artisan whole wheat bread, toasted
1 large ripe avocado
1/2 cup white beans
2 Tbsp. hemp seeds
salt and pepper
lemon or lime juice
sunflower sprouts, sliced cucumber and tomato

Mash avocado with white beans and hemp seeds. Season with salt, pepper, and lemon or lime juice. Spread each toasted bread slice with avocado mixture and top with sliced cucumber, tomato, and sunflower sprouts. Enjoy with fresh fruit. Serves 4.

Black Bean, Quinoa and Sweet Potato Burger

1 15-ounce can black beans, drained and rinsed
2 cups cooked cubed sweet potatoes or yams (about 1 large)
1/5 cups cooked quinoa
2 cloves garlic, minced
1 tsp. sea salt
1 tsp. cumin
1 tsp. smoked paprika
1 tsp. high heat oil
3 green onions, chopped
1/2 cup chopped cilantro

Preheat oven to 400 degrees. Line a baking sheet with parchment paper. Combine black beans and sweet potatoes in a large bowl. Mash until combined; leaving a few whole beans and small pieces of sweet potato. Add quinoa, garlic, salt, cumin, paprika and oil. Mash lightly, then stir in green onion and cilantro. Shape mixture into balls and flatten into patties, about 4” round. Place patties on baking sheet. Bake for 15 minutes. Turn patties, bake for another 10-15 minutes or until browned on each side.

Serve burgers on toasted sprouted whole wheat buns with your favorite condiments (try Sriracha Vegenaise!), avocado, cucumbers and lettuce. Serves 8.
Vegetable Renewal

By Richard Munroe, Produce Buyer

Spring is the time of rebirth, renewal, and rejuvenation. Spring is a time for hope and looking forward. Some people turn to cleansing to achieve renewal, while others find a spiritual or physical practice. One common theme that connects all of these practices is fresh organic produce. Looking for kale? broccoli, leafy greens, and avocados will help. Want to reduce inflammation? Ginger, turmeric, blueberries, cherries, and tomatoes are what you’re looking for. Here in the Produce department we have done our planning with local farmers to determine what they will grow for you this year. While the early spring months’ local produce in our Sierra Foothills is limited—late spring is when local season really takes off—we do have lots of what you are looking for coming in from warmer places such as southern California, Arizona, and Mexico. One of the constants for us in spring is greens: Various local kales, chards, and collards, and in late Spring the local lettuces will start to appear.

At this time of year members of the chicory family are widely available and very healthy additions to many dietary styles. The chicory family has a lot of members: Radicchio, Frisee or Curly Endive, Belgian Endive, Dandelion, and Escarole to name a few. Known for its bitter qualities, Chicory relatives are a tasty inclusion to any diet. They generally contain high amounts of Vitamin A, potassium, beta carotene, calcium, and magnesium. Escarole, one of the milder Chicories, is great torn up with lettuce in salads. The leaves of Belgian Endive make lovely delicate holders for your favorite stuffing, and, tied closed with a chive or green onion, makes a visually delightful presentation. Radicchio leaves are a fun addition to a meal. I’ll peel off a leaf, add chicken or veggie salad, tabbouleh, or left over anything, and roll it up burrito-style. It looks good and it’s fun. Dandelion and Frisee are a great nutritional boost added to soup, stew, or salad.

Other plentiful greens are Kales, like Dino, Red Bore, Red Russian, and Green Curly, as well as Collards; all are great raw in salads or smoothies, and cooked in Sautés and soups. Collards I usually eat raw, much like Radicchio, and I stuff them burrito style. Cabbage is a workhorse item in my kitchen and I eat a lot of it. I Chop it up and mix with other veggies cole slaw style, always making impromptu dressings to suit my mood. Lightly steamed, the leaves are a great wrapper for sautéed meats or veggies and are easily kept closed with a toothpick.

As for local offerings, from Super Tuber we will have red & green Cabbages and those delicious loose Nantes carrots. Our friends to the West in Browns Valley, Higareda Family Farm, will bring us Rainbow Chard, Cilantro, and Curly Parsley. In May they will also have Rainier Cherries. Coco Ranch is bringing us Collards in March and April and White Cauliflower in May. In May as well, Filaki Farms will bring us Slicing Cucumbers and Pyramid Farms has Cilantro for us.

May is also the month when we will start seeing local lettuce from Riverhill Farm in Nevada City. They’ll be bringing us Romaine, green and red Oakleaf, red Butter, red Leaf, as well as green Cabbage, Napa Cabbage, and Rhubarb. Expect to see local Radishes from Starbright Acres too: Bacchus, Red, Easter Egg, French Breakfast is on plan. We’ll be seeing bunched Salad Turnips too, with their lovely and delicious greens. Weimar will supply us with white Daikon with greens. May will also bring Oyster Mushrooms from Sierra Gourmet.

Whatever Spring traditions you have, it is quite likely that good, fresh, organic produce will play a role. Here in the Co-op produce department we have an abundance of healthy veggies to choose from. If you don’t see what you’re looking for, please ask one of our clerks and we will try to get it for you. Remember, this is your co-op and we are here for you. Of course, the Vernal Equinox begins on March 20, so don’t forget to get a bouquet of Dino Kale for a loved one on that special day. Happy renewal everyone!
Western Nevada County will soon boast its first professionally designed bike park, thanks to a three-year effort spearheaded by county resident Richard Baker.

The new park, which will be located in Western Gateway Park in Penn Valley, will be suitable for bike riders of all ages and skill levels. When completed, it will feature several multi-level pump tracks and jump lines, a dual slalom course, a mountain bike skills zone, a single-track flow zone, and a mountain bike trail that encircles the entire park.

Set amid the typical foothills landscape of oak woods and rolling terrain, the park will provide a uniquely scenic atmosphere that’s lacking in many bike parks. “Our goal is to really fit it in with the existing vegetation and topography, without bringing in a lot of soil or moving a lot of soil on the site,” Baker said. “We wanted to create the bumps and jumps and berms within the topography and fit it all in under the canopy of existing vegetation.”

Baker, a partner of Siteline Architecture in Nevada City, conceived of the park after a trip with his son to the bike park in Truckee. “We enjoyed it so much. We went up there numerous times in the course of that year,” he said. “I was so taken by what a great community asset that is, and thought that was something we should have down here. I came back with the goal of making contact with people who would be interested in getting a park built.”

Bringing their talents to the project were Baker’s close friends Lisa McCandless and Moss Quaglia. Lisa, a professional planner who specializes in trails and recreational projects, helped with the park planning and Nevada County approval process. Moss focused on designing the park features, facilitating conceptual designs, and obtaining construction bids. To build the park, the team chose Momentum Trail Concepts, a full-service trail contractor specializing in all aspects of mountain biking.

Making the park a reality has been a community effort, with time and funds donated by the local business community as well as by mountain bike enthusiasts, including the International Mountain Bike Association, Bicyclists of Nevada County (BONC), and Youth Bicyclists of Nevada County. These donations have made it possible for construction to begin. The first stage has included the upgrading of parking areas to provide ADA-compliant parking, and the building of various features: fire-access roads, areas where those with disabilities can watch the bicyclists, a drinking fountain, and a place where people can work on their bikes. The next stage—construction of a basic pump track and jump line—is now underway, with the park slated for a "soft" opening in early 2019.

To learn more or to make a tax-deductible donation to the bike park, visit www.gatewaybikepark.com.

Article provided by Western Gateway Bike Park.
Supporting a Stronger Food System,
From Seed to Tummy
By Richard Drace, Board President

Why was I thinking about spring planting in early November? Because I was listening to a presentation hosted by Riverhill Farm featuring FarmLink, an organization that makes loans to small-scale farmers.

With “rebirth” the theme for this Vine issue, we’re prompted to think about all the gardens and farms soon to be planted. Yet our local farmers have to plan well ahead of time about where the money is going to come from for the seed, amendments, and labor to get those plants birthed. And that’s quite a challenge, since in springtime a lot of money has to go out but not much is coming in. Money doesn’t grow on trees, but plants do grow, so to speak, on money.

BriarPatch guarantees these loans, but the actual funds come from other sources. Farmers that qualify for these loans are thoroughly vetted by FarmLink, so our risk is minimal. We’ve encouraged more local farmers to take advantage of this great program, so I was excited to learn about workshops offered to educate farmers in business practices that make them loan-worthy.

At BriarPatch we strive to link whatever we undertake to our Ends Policies. So let’s take a look at how supporting farmers with their springtime planting—I like to think of it as being a doula to produce birthing—helps fulfill our goal to further “A stronger local food system.”

“...let’s take a look at how supporting farmers with their springtime planting—I like to think of it as being a doula to produce birthing—helps fulfill our goal to further “A stronger local food system.”

In my design and development business, I often encountered the phrase “cradle-to-cradle,” which describes tracking the chain of custody through all aspects of environmentally-responsible production, use, and re-use of building materials products. To encourage a stronger local food system, we go beyond buying farm goods and selling them to shoppers. We’re in for the entire “seed-to-tummy” chain of custody: financial support to help get the plants started; purchasing practices that offer reliability and predictability; promotion of local farms through our marketing; support of farm-friendly organizations (such as Sierra Harvest); support of local foods offered by others (such as underwriting Nevada City Farmers Market); selling us all the freshest and bestest; donating what’s left over—the list could go on.

When I’m in the store admiring the beauty of our produce layout, I’m prone to congratulating ourselves. And then I look at the posters of the farmers above, and I remind myself that the real challenge in a stronger local food system is—to borrow a phrase—“It’s the economy, stupid.” It’s just plain really difficult to make a living as a small scale farmer. Yet we have local farmers making it. And others almost making it. If we’re in for the game, then we’re in for the entire game—from seed to tummy.
2019 Board Election Candidates

3 Seats and 5 Candidates

Vote May 1-15

All candidates’ responses are unedited. Please refer to briarpatch.coop/vote-2019 for full candidate profiles.

You can vote online with a valid email address or in the store at our voting booth. Ballots open May 1-15 and close May 15 at 5:00pm.

Update your email address at updateinfo@briarpatch.coop to make voting as easy as a few clicks of the mouse!
Kwong Chew

**Occupation:** Semi-retired business owner, entrepreneur, and business consultant.

**Education:** University of Oregon, Golden Gate University (San Francisco), Business and Humanities

I actively served on this Board from 1999 to 2004 and again since 2014. As Vice President and Board Development Chair, my current term is up and I am seeking re-election.

To me, BriarPatch is the vital pillar and beacon of our way of life locally. I love that we are a social hub, the vibrancy, the sense of mission and commitment for a better community and larger world. I love how we are contributing to positive living in our community and I have the skill set and experience to be helpful.

I believe that I have what it takes to be a good Board Director, that for any organization, it is imperative to have continuing competent, cohesive, and proven leadership. As Vice President and Board Development Chair, I have also acquired new skills, insight and experience. Together with my business background, active presence on other related boards, community exposure and as a continuing Board Director, I am positively confident that I will continue to bring deep dimension, diversity and leadership.

Debbie Frederick

**Occupation:** Retired

**Education:** Not stated

I love the open welcoming environment. I love the diversity among the shoppers, I love the variety of fresh amazing unique product and the fact the Patch uses many local growers keeping revenue locally growing the community. I love that we can come in and shop for our groceries. Also, the ability to get piping hot fresh food ready to go at the hot bar or the option to have something hot or cold freshly made to order with the most friendly deli crew anywhere. I also love our bulk department where you can get as much or as little as needed for special recipes. The spice selection is fabulous and the tea’s are the freshest.

I believe I have a lot to offer the Board. With my years in the hospitality industry starting as a teen working in the summer in Reno, to spending my 21st birthday on a blackjack table and eventually moving to Lake Tahoe working for Harrah’s while living there for over 35 years.

I will make a great Board Director because I have a wonderful sense of humor, common sense, very good judgement.

Angelica Niblock

**Occupation:** Senior Project Operations, and Purchasing Manager, California Solar Electric

**Education:** University of Wisconsin, Sustainable Management

I believe that the power of business can and must be used to tackle important social and environmental problems while maintaining a healthy and sustainable workplace.

The current corporate paradigm is failing: inequity, irresponsible corporate behavior, and exploitation of natural resources is out of hand. Cooperatives are an opportunity to take an active role in creating opportunities for others, to align systems and stakeholders for mutual positive interaction, and to circulate non-financial value as well as leverage financial value for the future of our community.

I’m running for the Briar Patch Food Co-op Board because I’m driven by a commitment to nurture a healthy and sustainable environment, strengthen the community I serve, and make manifest the value of cooperatives as a regenerative business model.

I stand by the Briar Patch’s mission to provide organic, quality, regionally sourced, locally grown, cruelty-free, socially responsible, value-driven food. I love that we are organized as a democratically controlled cooperative.
Katie Turner

Occupation: Dual Immersion Third Grade Teacher at Bell Hill Academy in Grass Valley.

Educational Background: Bachelors in Anthropological Science (Stanford, 2009), Masters in Anthropology (Stanford, 2010), Multiple Subject Teaching Credential (CalStateTEACH, 2017)

I think that the BriarPatch is an amazing place to shop, gather, and experience the welcoming culture of the area we call home. It’s a community hub that makes going grocery shopping feel like an enjoyable excursion rather than a necessary chore. When I go to BriarPatch I feel lucky to connect with the fantastic staff and clientele. It is definitely a place I love and to which I feel deeply connected.

I am running for the BriarPatch Board of Directors for a second term because I believe that serving on the board of an organization that I find so meaningful will help make our community stronger. I have already learned and experienced so much by serving on this board and I hope to continue growing and helping BriarPatch to do the same. I am dedicated to making our co-op an even better place to shop and hope to continue spreading the word about all it has to offer.

Alan Weisberg

Occupation: Educator

Education: PhD, Education, Stanford University; BA, History, UC Berkeley

BriarPatch has been an important part of my life in Nevada County since my family moved here in the late 1980’s. And since 2003, when I was first elected to the Board, it has taken on the nature of a part-time second career, albeit one as a volunteer.

More than anything else, I love what the BriarPatch has become since moving to its new store ten years ago: a true community hub for people concerned with living a healthy lifestyle, an organization that through its carefully crafted Ends Policies stays focused on its wonderful goals, and an alternative to most profit-making business models that care most about profit. BriarPatch cares first and foremost about people: its members, its employees, and the broader community.

Among my proudest achievements during four years as Board president was helping to lead the effort to diversify our Board. We added to the benefits of serving on the Board with special attention to attracting younger members. We focused on developing policies and procedures that resulted in the Board moving from a state of struggle and conflict to one of nourishing consensus and high functioning.

How to Vote:

The 2019 Board Election, held May 1 through 15, will be here soon!

In this election, three seats for Board Directors are open, and voters will be voting to approve bylaw revisions.

Important points to remember:

• If your email address is inaccurate, the Co-op must send your election materials to the latest postal address we have on record. Update your email address at updateinfo@briarpatch.coop, to make voting as easy as a few clicks of a mouse.

• According to our bylaws, each Owner household is entitled to one vote by the primary Owner of Record. Co-op Owners of Record who are fully paid or current on membership payments by 5:00p.m. on March 15, 2019 are eligible to vote.

• Login information for online voting will be mailed and emailed to voters in late April.

• Ballots open May 1-15 and close at 5:00p.m. May 15.
Why Be a Co-op Owner?

**Patronage Dividend**
Receive a dividend each year on purchases made in the store (subject to Board of Directors’ approval). Please redeem your 2018 Patronage Dividend before December 31, 2019 to help the Co-op avoid paying unnecessary taxes.

**Event Ticketing Discount**
Receive a waiver of the $2.50 fee per ticket event.

**Special Order Discount**
Pay only the catalogue price plus a handling charge when ordering products in case quantities from the UNFI catalogue and select vendors.

**Vote and Become Involved**
Vote for the Board of Directors, run for the Board, and attend the annual Co-op Owner Meeting and Party.

**Owner Appreciation Months**
The Co-op announces special months during the year when owners can take 10% off one shopping trip.

End 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.

Board Members and Meetings

**Board of Directors**

- **President:** Richard Drace
- **Vice President:** Kwong Chew
- **Treasurer:** Mark Fenton
- **Secretary:** Katie Turner
- Alana Lucia, Jonathan Collier, Kali Feiereisel, Alan Weisberg, Rachel Berry

To contact all the Directors, send an email to: directors@board.briarpatch.coop. For individual Directors: first name and last initial (i.e. alanw@board.briarpatch.coop). Letters may be left at Customer Service.

**Upcoming Board Meetings**

- Last Tuesday of each month, 6:00 p.m., in the BriarPatch Community Room.
- The upcoming meeting agenda is posted on the store bulletin board at least one week prior to the meeting.
- **Tuesday, March 26, 6 - 8:30 pm**
- **Tuesday, April 30, 6 - 8:30 pm**
- **Tuesday, May 28, 6 - 8:30 pm**

**Board Committees**

- Owner Engagement Committee
- Board Development Committee
- Finance Committee
- Executive Committee
- Governance Committee

Staff Directory

**General Manager**
- Chris Maher
  chris@briarpatch.coop

**Operations & Customer Service Manager**
- Gwen Birn
  gwen@briarpatch.coop

**Assistant Operations & Customer Service Manager**
- Mike McCary
  michaelm@briarpatch.coop

**Front End Manager**
- Shawn Bailey
  shawnb@briarpatch.coop

**Finance Manager**
- Andrea Echegaray
  andreae@briarpatch.coop

**Accounting Manager**
- Kiyoko Wilcox
  kiyoko@briarpatch.coop

**Marketing Manager**
- Rebecca Torpie
  rebeccat@briarpatch.coop

**Outreach Manager**
- Hilary Dart
  hilaryd@briarpatch.coop

**Human Resource Manager**
- LeeAnne Haglund
  leeanneh@briarpatch.coop

**Administrative Assistant**
- Kat Bass-Peterson
  katb@briarpatch.coop

**IT Manager**
- Brett Torgimson
  brett@briarpatch.coop

**Pricing and Category Manager**
- Julie Hubbard
  julie@briarpatch.coop

**Grocery, Bulk, Beer & Wine Manager**
- Charles Brock
  charlesb@briarpatch.coop

**Wellness Manager**
- Liz Streater
  liz@briarpatch.coop

**Merchandising Manager**
- Michelle Peregy
  michellep@briarpatch.coop

**Produce Manager**
- David Benson
  david@briarpatch.coop

**Meat & Seafood Manager**
- Tristan McLarty
  tristanm@briarpatch.coop

**Food Service Manager**
- Henry Harmon
  henryh@briarpatch.coop
May: Miners Foundry Cultural Center

Based in Nevada City, the Miners Foundry Cultural Center serves Nevada County as a cultural arts and community events center. The non-profit organization serves in a role of stewardship for the historic Miners Foundry building, working constantly to preserve, enhance, and use the Foundry for cultural, educational, and social activities.

The Miners Foundry was built in 1855 as a machine shop to support the search for gold in the foothill region of the Sierra Nevada range. Metalworkers also turned their efforts toward other endeavors; the Foundry is the birthplace of the Pelton Wheel (1879), an invention that revolutionized hydroelectric power. Keeping the historically-important building intact and vibrant for future generations is central to the non-profit’s mission.

March: The Friendship Club

Founded in 1995, The Friendship Club provides a year-round program aimed at engaging, educating, and empowering girls at-risk in Nevada County. Their long-term prevention program serves between 85 to 100 girls in 6th to 12th grades annually, giving support and encouragement for them to flourish academically, socially, responsibly, and creatively. The Friendship Club’s comprehensive approach to meeting the needs of growing teenage girls is considered a model for rural communities nationwide. Activities include field trips, homework support and “College Knowledge” activities, and special interest clinics focusing on topics like archery and photography. Girls can also participate in the Leadership Council, which affords opportunities for community service and learning leadership skills. Over 150 community members join the five full-time and five part-time employees—who include alumnae of the program—to help the Friendship Club accomplish its mission.

The work of The Friendship Club is strongly supported by the local community. Most of the funding comes from individuals and businesses in the area.

April: The Sierra Fund

Based in Nevada City, the Sierra Fund works in the spirit of service to the Sierra Nevada’s natural resources and communities, using science and advocacy to restore ecosystem resiliency and build community capacity. The Sierra Nevada region represents a third of the state’s total area – 25 million acres—and all or part of 22 rural counties.

In its efforts to protect and restore the natural resources and communities of the Sierra Nevada, the organization works with a diverse set of partners in its project design and implementation, including local, state, federal, and tribal government agencies, universities, businesses, and environmental and community organizations.

Projects include measuring mercury pollution at Malakoff Diggins State Park, to serve as a model for watershed cleanup at other similar sites, and Clover Valley Ranch—a pilot project to restore resiliency to a Sierra Nevada montane meadow. The Sierra Fund also sponsors the Reclaiming the Sierra Conference, a biennial gathering that serves as the state’s primary venue for collaboration and action addressing ongoing effects of historic mining.

The work of The Sierra Fund is strongly supported by the local community. Most of the funding comes from individuals and businesses in the area.

You can donate to a worthy community cause at checkout by just asking the cashier to round up your total payment to the nearest dollar or more. Together, in small ways, we can make a real contribution to our community!
Meet the team behind your favorite food Co-op’s newsletter. We are a fun bunch, here are some fun facts to prove it!

**Paula O’Brien - Editor**
Fun Fact: I love to crochet and have more yarn that I’ll probably ever use in my lifetime. My husband won’t let me within 500 feet of a yarn store!

**Rebecca Torpie - Marketing Manager**
Fun Fact: I’ve baked over 500,000 cupcakes in my lifetime.

**Anna Delgado-Campbell - Art Director**
Fun Fact: I was born in San Juan, Puerto Rico, and my brother was born in North San Juan, California.

**Evan Purdy - Contributing Graphic Designer**
Fun Fact: I know more than just Photoshop. Also, I’d rather be Mountain Biking.

**Zach Bruce - Content Contributor**
Fun Fact: The fifth time I ever rode a motorcycle on a highway I rode it from San Francisco to Guatemala City and back. After the 10k mile trip I retired from riding because motorcycles are just too dangerous.

**Michelle Peregoy - Merchandising Manager**
Fun Fact: I lived in my yurt for 10 years.

**Joshua Bumgarner - Contributing Photographer**
Fun Fact: I have seen the disk of the Andromeda galaxy with my own eyes.

**Broccoli Jim - Taste Tester**
Fun Fact: has seen every Jackie Chan movie 23 times. In the theater.
New Swag Coming in April!

Here is a sneak-peak of new BriarPatch Food Co-op swag coming to the shelves this year, so our owners can show off their cooperation in style. Just in time for spring, there will be new organic reusable bags, mugs and water bottles, t-shirts, long sleeves, bumper stickers, and more!

Redeem Your Patronage Dividend

Patronage Dividends will be mailed out in late April.

Please redeem before December 31, 2019 to help the Co-op avoid paying unnecessary taxes.
Know your Rancher

An interview with local egg ranches, Local Yolk and Back-to-Basics.

**Back to Basics**

**How did you get into the egg business?**
We started selling eggs to friends and neighbors many years ago. Word spread and we were selling more and more. We realized there was a need for fresh eggs in Nevada County. We purchased more hens and thought we would try selling commercially. BriarPatch was our first store the eggs were sold at.

**What types of chickens make up your flock?**
We have two breeds in our flock, Hy-Line browns and ISA browns.

**What is your favorite thing about raising chickens?**
Watching the chickens wandering around in the pasture is relaxing and makes me happy that we can make a living doing something we enjoy. It still amazes me that such a small animal can lay such a big egg.

**Tell us about the daily life of your flock?**
Daily life is pretty simple but busy at the same time. The morning is filled with checking birds, doing deliveries, and doing maintenance and projects around the farm. Every afternoon the chickens are fed, the eggs are all hand collected and washed, sorted, boxed, and put in the refrigerator. Everyone is put in to sleep for the night to get ready to do it all over again the next day.
How does the way your hens live affect the flavor of their eggs?
The quality of a hen’s life greatly affects the flavor of the egg, along with what they eat. Our hens travel around scratching and eating bugs and any other good things they find. They are also fed non-gmo grains containing no medications or hormones. With the variety of feed our hens lay a nice extra-large egg with a bright yellow yolk.

Some people think eggs of different color shells taste better- do you have a preference?
It’s funny that people think the color of the shell makes a difference in taste. I raise hens for brown eggs so I prefer brown.

What’s your favorite way to cook/eat eggs?
I like eggs pretty much any way, hard boiled, deviled, scrambled. But I think my favorite way is to simply fry an egg and soak the yolk up with a piece of toast.

Local Yolk
How did you get into the egg business?
About seven years ago we were at a fencing workshop and struck up a conversation with a fellow farmer who was just getting in the egg business. We were intrigued by this new knowledge and we haven’t looked back since. Also, our livestock guardian dogs let us know they were ready to protect a different animal other than goats.

What types of chickens make up your flock?
Currently, we have Golden and Black Sex-Links, Ameraucanas, and Leghorns.

What is your favorite thing about raising chickens?
We work long hours, rain or shine, including holidays, and seeing and hearing from so many repeat satisfied customers who continue to buy our eggs brings a huge smile to our faces. We are very grateful to you!

Tell us about the daily life of your flock.
We practice a rotational method of grazing which means our girls are always in new pastures as often as needed. They get to roam outdoors and eat scrumptious bugs as well as self-feed on a soy and corn-free supplemental blend. They get to do as they please. They’re also well protected by our livestock guardian dogs so they don’t have to worry so much about predators.

How does the way your hens live affect the flavor of their eggs?
We think having access to the outdoors, fresh air, nutritious supplemental feed, and foraging on pasture and bugs definitely helps produce a delicious flavored egg.

Some people think eggs of different color shells taste better. Do you have a preference?
We love seeing the different color shells in our cartons and our customers have told us that as well. While we don’t have a preference in shell color, if there are any small size eggs around we’ll eat those first because they’re just so darn cute in the pan.

What’s your favorite way to cook/eat eggs?
We enjoy huevos rancheros for breakfast, although farmer David makes a delicious eggs Benedict dish.
Staff Picks

Rebecca
Marketing Manager

Original Bitchin' Sauce
“It’s got an umami-ness I just love. Great as a salad dressing!”

Brian
Assistant Front End Manager

Red Hot Blues Chips and Mother Earth’s Fresh Salsa
Chips: Spicy, crunchy and they’re fun because they’re blue.” Salsa: “Reminds me of authentic taqueria-style salsa. Spicy and delicious.”

Keziah
Grocery Clerk

Honey Mama’s Dutch Cacao-Nectar Bar
“You only need a small bite to be satisfied.”

Evan
Graphic Designer - Marketing

Alter Eco Brown Butter Organic Chocolate
“It’s the kind of chocolate that you want to savor. Break a piece off and let it melt in your mouth.”
**North Coast Brother Thelonious**
“This North Coast beer does Belgian ale justice.”

**Paleo Living Spices**
“Great flavor, no sugar added.”

**Sensuous Beauty Floral Water**
“Beautiful mix of Sandalwood. Delightful for men and women and it’s a hydrosol.”

**Old Croc Australian Cheese**
“A good mix of the tastiest and most affordable.”
Enter to win this natural spring cleaning set with items from our Bulk and Wellness Departments, worth $50, by emailing marketing@BriarPatch.coop with your name, email, contact number, and answering:

**How do you refresh and rejuvenate your home when you spring clean?**

The winner will be selected randomly on April 15th.
Local Farmers – Local Soup – Local Band
– all at Sierra Harvest’s Soup Night!

Round up your friends and family to meet our local, hardworking farmers and learn creative and convenient ways to buy local produce, meat, flowers, and more at Sierra Harvest’s Annual Soup Night on Thursday, April 4th from 5–8p.m. at the Miners Foundry in Nevada City. Enjoy hearty soup filled with farm fresh ingredients with bread followed by dancing to Love Train, a local 6-piece band that delivers a funky groove that will get you bopping!


S shoppers’ Forum

What’s your favorite way to restore or recharge yourself?

Good food and proper sleep. Organic fruits and vegetables, that’s mainly what I eat. I try to get at least seven hours of sleep a night.
– Chris

Farm and sea and tropical fruit. I spend time in the tropics, otherwise if I can’t get away, I just have yoga and pilates and a healthy lifestyle. Nutritious foods.
– Sundari

I go to the river in a spot where there are lots of bubbles in the rapids, and in the high country. It brings you back to life!
– Jim and Solstice

One of my ways to rejuvenate and restore myself is to create something. Whether that be writing music and playing it, or writing poems, or doing crafts or drawing something in some capacity is how I rejuvenate myself.
– Dorathy

Deciding to take a bath over a shower is really nice. With some really nice bath salts or a diffuser with a candle, and read a book. Or something where you take a step back from the busy and take time to do something that takes a little longer.
– Annabel
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