

FRESH PRESS IS A PUBLICATION OF
ORYANA COMMUNITY CO-OP

Fresh Press

Winter 2021



Cooking and Eating at Home
Winter Comfort Food
Food Trends for 2021
Winter Cooking Classes





FRESH PRESS

A quarterly publication of
Oryana Community Cooperative

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OUR STORES

ORYANA TENTH ST.

260 E. 10th St.

Traverse City MI, 49684

Phone 231.947.0191

Store Hours

8 am - 8 pm daily

Winter Sunday Hours 9am - 7pm

ORYANA WEST

3587 Marketplace Circle

Traverse City, MI 49684

Phone 231.486.2491

Store Hours

7 am - 8 pm daily

Michigan Bridge Card Accepted

Bay Bucks Local Currency Accepted

Double Up Foodbucks Location

The purpose of Oryana Community Cooperative is to provide high quality food produced in ecologically sound ways at fair value to owners and the community. Oryana owners and staff are committed to enhancing their community through the practice of cooperative economics and education about the relationship of food to health.

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On the cover: photo by Allen Kent Photo

February is
OWNER APPRECIATION MONTH!
You pick the day
TO SAVE
10%! TO SAVE



General Manager's Report

By Steve Nance

Gratitude, Comfort, & Opportunity



After a year like most of us have never experienced before, it's important to still find reason to be grateful and give thanks. Perhaps because it has been a tumultuous year of social and political changes, a teetering economy, and a worldwide pandemic, I find it even more important to focus on gratitude as it is healing and helps reduce the anxieties of this time.

I am appreciative of our local farmers and producers as they took up the slack left by an overextended supply chain. This has really driven home the importance of having a Resilient Local Food System. Our local purveyors rose to the challenge and kept the community nourished! The comfort of continued health, brought to us by nourishing, healthy food that the cooperative provides, holds even more value as it enhances our local economy and community.

And I so appreciate all the Oryana owners and shoppers for your continued support of the co-op; you have been patient and understanding as we had to create new systems, procedures, and policies. Our hours shifted, we ran out of items, and we may not have always been our smiling selves as we labored in masks and remained socially distanced. Thanks for caring about the team and each other and understanding our need to enact so many changes in order to keep everyone as safe as possible.

Also, as the cooperative gained a second store in the middle of a pandemic, we are on track to double our Cooperative and that allows us to do more of what we call 'Oryana for Good' by giving back to our community, our owners and our staff. In part, the crises allowed the co-op to make a wise acquisition despite the turmoil non-grocery businesses faced. I am thankful for our new teammates and new cooperators and new members of our community. I am grateful that the co-op was able to keep an essential business operating at the start of the pandemic and to add over 80 staff to our Model Workplace during a grave economic downturn.

I want to express gratitude for the amazing staff at Oryana who have been heroic in the face of working through all the phases of a pandemic. They have had to contend with constant change and the pressures of being called on to enforce rules, and they have supported our owners and shoppers as we navigated being essential workers.

Lastly, I am grateful for family and friends, without whose support this year would have been so much harder.

In gratitude, Steve



Board of Directors' Report

By Holly Jo Sparks, President

The theme for this issue of Fresh Press is “comfort.” Initially, the term conjured images of hot cups of Light of Day tea and freshly-baked bread, smells of peppermint, clove, and fresh snow in the air. Indeed, Oryana embodies comfort to many in the community through delicious food and other offerings. Not only that, Oryana has exemplified worker and shopper safety throughout the pandemic, ensuring access to comfort for many of us during these difficult times.

I continued to reflect on the idea of comfort, safety, and coziness during a rigorous hike with my friend; and again while taking a brisk walk the next morning. Most of my interactions these days are outdoors and on the move. It's too cold to sit down, and too risky to be indoors together. Much as I enjoy fresh air and exercise, it is not, I thought while clambering down another slope, because they are comfortable. In truth, it was because these activities caused discomfort that there is anything to be gained.

This year, Oryana stepped decidedly outside its comfort zone in opening a second store. For its part, the Board of Directors has adopted an ambitious work plan for the upcoming year. One that involves evaluating our internal processes and external impact. Driven by our Board Education Committee, we are asking ourselves difficult questions about the future that may require us to reflect on long-held assumptions about who we are and how we govern.

As reported in the last Fresh Press, the Executive Committee took a deep dive into our GM compensation and evaluation processes. We made some changes that

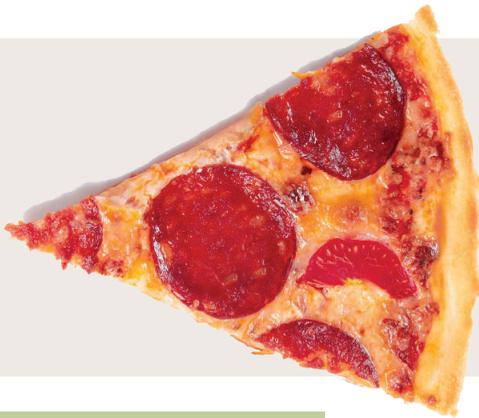
reflected our growth, including a change in title for our General Manager, now known as Oryana CEO. The Board also received a boost with Devin Moore joining Steve as our official minutes-taking, Zoom-scheduling, task-wrangling, Board Administrative Assistant.

In October, the Board updated its policy language, as recommended by the Owner Engagement & Outreach Committee to provide “meaningful opportunities for owners to participate in the cooperative.” That same committee, along with the Recruitment & Nomination Committee, has formalized processes for engaging the co-op membership and actively encouraging nominations to our Board of Directors for the upcoming election. The Financial Due Diligence Committee continues to ask insightful questions and provide context to the rest of our Board as we adapt to monitoring the performance of a multi-site grocery store. In short, we've had an incredibly motivated Board of Directors this past season!

Because of Oryana and its dedicated leadership, many in our community find respite. As a cooperative, we strive for accessibility, interconnectivity, and mutual support. With the addition of Oryana West, we have the opportunity to increase our community impact. At the same time, we recognize that change can cause discomfort. I consider myself privileged that outdoor meetings and wearing a mask have been my most uncomfortable moments. If there is anything to be gained from the past year, it is that we may leverage our shared discomfort to find a more comfortable future for us all.

BY THE NUMBERS

FUN FACTS & FIGURES FROM 2020



13,140

Pizza slices sold at West



15

of LOCAL farms whose produce we sell

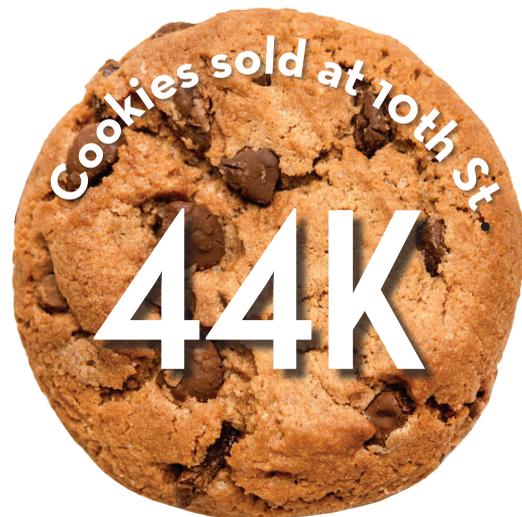


8,542

of ORYANA OWNERS



Microloans awarded
\$10,000



\$162,272

Patronage returned to Oryana owners

Number of Oryana Staff

186



27,600

of Facebook Followers





food TRENDS for 2021

What will we be eating this year? According to various sources* here are some of the foods and trends that we'll be eager to chomp on in 2021.

1 We want food to be our medicine and will be looking for foods and beverages that support our immune system, enhance our mood, and keep our energy levels up. We'll be looking for naturally nutrient-dense foods as well as foods that incorporate functional ingredients like Vitamin C, mushrooms, and adaptogens.

2 We are looking for food from companies that are sourcing ingredients sustainably. We know we can make a positive impact on the environment by the food choices we make. "Climatarians" will be avoiding foods with a high carbon footprint (meat) and searching for locally-grown foods.

3 We will continue to bake like fiends and buy lots of flour. But we will want to consume a bit less sugar and will buy "enhanced" sugar, a product with 30-40% less sugar but that tastes like normal sugar.

4 We will continue to love our chickpeas and purchase many things made from chickpeas including pizza, ice cream, cereal, and aquafaba-based products. (Aquafaba is the water leftover from cooking chickpeas.)



4 When Oryana was a young cooperative business in the 1970s, carob chips and candies were a staple. Well, carob is making a comeback with its nutritional profile and sweet flavor. You'll find it in beverages, baked goods, bars, and powders.

5 Remember when maple bacon and salted caramel were a thing? According to knowledgeable folks in the industry, we are going to be craving umami-sweet combinations this year. Think miso in desserts and seaweed with dried fruit.

6 Breakfast is making a comeback! Now that we're spending more time at home, breakfast doesn't have to be on the run. It's finally getting the attention it deserves with lots of products to serve up in the morning.

7 And coffee, our favorite brew, will go wild and enter our whiskey, bars, granola, yogurts, and smoothies.

*Whole Foods Market, The Archer-Daniels-Midland Company, Eldon - Oryana's Category Manager, Spoonshot

A project of Grain Train Natural Foods Markets, Oryana Community Co-op and Crosshatch Center for Art + Ecology

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Our COMMUNITY FOOD FUND

In April of last year we instituted the Oryana Community Food Fund to collect cash donations at our registers and through our curbside program that we could use to support community food needs during the Covid-19 crisis. The goal was to connect local pantry needs to local producers to fill the pantry shelves. To date, Oryana owners and shoppers have donated over \$34,000 to help fill the coffers of local pantries! Oryana worked closely with Food Rescue of Northwest Michigan to determine what the

greatest needs were for local pantries. When the word came back that shelf-stable beans would provide healthy protein for months to come and serve the greatest number of patrons, Oryana worked with local organic producer Omena Organics to procure four full pallets of canned organic beans to distribute to local food pantries. Oryana will continue to collect donations for the foreseeable future and continue to partner with Food Rescue to fulfill needs by purchasing those needed products from local producers.

Co-op Curbside Service

Since spring of last year we have been offering a free curbside shopping service at our 10th St. location. This service has proven popular for many people. Mary, our Curbside Coordinator, and her team are busy every day fulfilling orders for customers who are short on time, in quarantine, or simply prefer not to come in the store. We continue to offer this service for free although we ask for a \$1 donation to help offset appreciation lunches for our awesome staff. To take advantage of this convenient service you simply go to www.oryana.coop/curbside and fill out the online form, or call Customer Service. When you order you can add on a donation to our Community Food Fund to help feed local families in need.



Soothing Wellness Products for winter self-care



WEST

Renewal Therapeutic Neck Wrap

Provides relief and comfort to stiff, sore muscles in the neck and back. Comes in lavender, eucalyptus, and unscented. Just heat in a microwave. Can also be used for cold healing by placing in freezer.



Serene Living Diffuser

Use this pretty diffuser with Pranarom Stress Recovery essential oil. BPA-free and emits a cool mist. Made in the USA.



Pacha Uplifting Power Bath Brew

Fragrant blossoms to infuse your bath for a soothing, rejuvenating soak. Includes calendula, jasmine, and rose petals.



Aura Cacia Body Soak

Made with pure essential oils and Himalayan salt. Features clean botanical ingredients, no synthetics, in an elegant glass jar.

Bear Earth Herbals Northern Nirvana Herbal Tea

LOCAL - a powerful, delicious blend of nerve calming herbs grown sustainably in Northern Michigan.



Evanhealy Calming Ritual Kit

formulated to help calm and soothe sensitive skin, for all skin types, featuring calming and pacifying essential oils.



10th

Run for the Board of Directors



Not pictured: Board member Laura Cavender

This is an exciting time

to be involved in the co-op! With the leadership of our General Manager, our excellent staff, a brand new second location, and over 8,500 owners, the co-op is a thriving, important organization in our community.

The Board of Directors plays a critical role in assuring the continued success and health of our co-op. The Board represents the interests of all co-op owners and is responsible for the overall administration of the co-op. The Board is engaged primarily in developing the vision and ensuring the long-term viability of the co-op; it is responsible for monitoring and maintaining the co-op's financial health and making sure it operates in accordance with our Mission and Ends (goals.) It is the job of the General Manager, rather than the Board, to run the stores; the GM, who reports to the Board, is responsible for daily operations.

The work of the Board of Directors has a direct impact on how the co-op grows and adapts to a changing world and marketplace. It's important for Board members to work together as a team and be innovative in considering the future of the co-op. Directors volunteer for a term of three years and commit to about

15 hours a month. In exchange, directors receive a 16.5% discount on their purchases at the co-op along with a monthly stipend.

It will be time once again this spring for Oryana owners to elect Board members during the co-op's annual General Ownership Meeting. Board candidates must be fully-invested owners in good standing. All owners of Oryana, including employees of the co-op, are eligible to serve on the Board of Directors.

This year's election will fill three seats. The Board is made up of nine Oryana owners. The Board meets once per month (currently we are hosting virtual meetings) and board members generally commit to serve on an internal board committee as well.

If you are eager to help guide the vision for Oryana's future and think you would be a good fit to join our Board, we encourage you to attend a meeting to observe the Board process and meet current Board members. Check the Oryana website for the next board meeting date, and for prospective board member information. The deadline for submission (for inclusion in the next newsletter) is January 31. For more details visit: oryana.coop/co-op/board-of-directors

The Sap is Flowing

Maple Syrup Season Begins in Early Spring



A delicious Michigan phenomenon begins in February or March when the sap from sugar maple trees starts coursing through woody arteries. This precious time period only lasts a few weeks when the weather warms above freezing, triggering the sap to start flowing, followed by frigid nights. It's this natural freeze/thaw cycle that builds up pressure in the tree, yielding a magical liquid that can be boiled down to its sugary essence. The finished product, maple syrup, is prized not only as the perfect topping for pancakes, but as a versatile and flavorful component in many dishes. Did you know it takes 40 gallons of sap to make one gallon of syrup? Or that a maple tree needs to be about 40 years old to be big enough to tap?

Vermont produces the most maple syrup in the U.S. (47%) followed by Maine (17%) and New York (17%). Michigan's production comes in at about 3%. Oryana carries locally-produced maple syrup products from K & E Delectibles in Alden, Miller Brothers Maple Products in Mio, and Schmucker Organic Farm in Mio.

Check out the recipe section on our website for recipes featuring real maple syrup.



Vegan Winter Comfort Food



By Ali Lopez

It's 2021! We made it! Now we are headed deep into winter. And nothing says winter like comfort food, but comfort food doesn't have to be unhealthy. I thought I would share a few of my favorite comfort food recipes here that also happen to be vegan. I hope you will give them a try and comfort and treat yourself during this challenging time.

Ali Lopez is a wellness chef, certified health coach and a graduate of the Institute for Integrative Nutrition. Email: ali@ali-lopez.com

Vegan Mac & 'Cheese'

Serves 4

12 oz. pkg. macaroni elbows or your favorite pasta shape
Extra-virgin olive oil
1 medium onion, chopped (about 1 cup)
1 large carrot, grated
1 cup peeled and grated russet potato
3 cloves garlic, minced
1 teaspoon Dijon mustard
sea salt and black pepper to taste
2/3 cup raw cashews (soaked for 1 hour), drained
2 cups water, more as necessary
1/4 cup nutritional yeast
2 to 3 teaspoons apple cider vinegar, to taste

1. Bring a large pot of salted water to boil. Cook pasta according to package directions. Drain and transfer to a large bowl.
2. In a large saucepan, warm the oil over medium heat. Add the onion and a pinch of salt and cook until the onion is tender, about 5 minutes. Add the grated potato, carrot, garlic, mustard, 1/2 teaspoon salt and a few grinds of pepper. Stir to combine and cook for a minute or two. Add 1 cup water. Bring the mixture to a simmer and cook until the potatoes and carrots are tender, about 10 minutes.
3. While this cooks, add cashews and 1 cup water to a blender. Blend well. When veggie mixture is ready, add to the blender, carefully, along with the yeast and vinegar and blend until the mixture is completely smooth, stopping to scrape down the sides as needed. If the mixture won't blend easily, add water in 1/4 cup increments, blending after each addition.
4. Taste and blend in additional salt until the sauce tastes how you like it. If it needs a little more zip, add more vinegar or hot sauce. Blend again. Pour the sauce into the pasta. Eat!

Perfect Pancakes

Serves 2-3

dry ingredients:

1 cup whole wheat pastry flour or all-purpose flour
1 tablespoon baking powder
1 teaspoon cinnamon
1/2 teaspoon salt

wet ingredients:

1 tablespoon ground flaxseed
1 teaspoon apple cider vinegar
1 tablespoon sugar
2 tablespoons melted and cooled coconut oil (or melted vegan butter)
1 teaspoon vanilla extract
1 cup plant-based milk

Optional mix-ins:

Blueberries, chocolate chips, granola, grated apple, chopped nuts, sliced banana

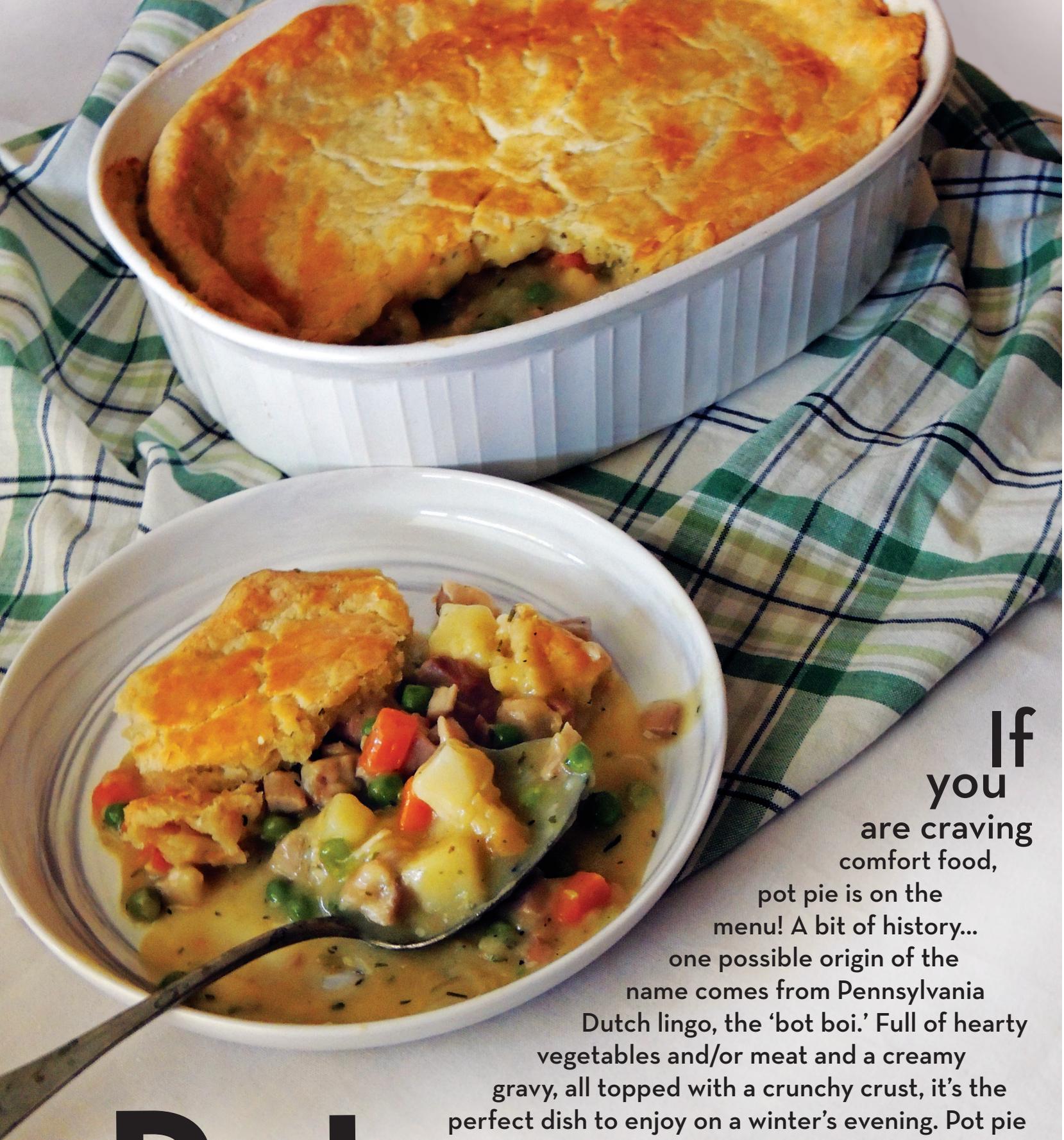
1. Mix flour, baking powder, cinnamon and salt together. In a separate bowl, mix together the flax, vinegar, sugar, oil, vanilla, and milk. Add dry ingredients to the wet ingredients and mix well. If it seems really thick add a bit more milk.
2. Lightly coat a skillet with oil and place over medium heat. Pour batter into the skillet and add your mix-ins now if you like. Cook pancakes until bubbles appear on the top, then flip and cook until golden. Repeat. Top with the best maple syrup you can find!

3-Bean Sweet Potato Chili

Serves 6

Extra virgin olive oil
1 medium onion, chopped
6 garlic cloves, chopped
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon unsweetened cocoa powder
1/2 teaspoon ground cinnamon
1 chipotle in adobo (canned), chopped, and 1 teaspoon of the liquid (adobo sauce)
1 (28-oz) can diced tomatoes (fire-roasted preferably)
4 cups water
2 lbs. sweet potatoes, medium dice, about 3 cups (or you could use butternut squash)
4 cans cooked beans (kidney, black, and pinto), rinsed salt and pepper, to taste
Juice of 1 lime
1 bottle of your favorite dark beer, optional
Hot sauce or ground cayenne pepper, optional, to taste

1. Heat oil in a large pot over medium heat. Add the onion and cook until softened but not browned. Add the garlic, chili powder, cumin, and chipotle, and cook until fragrant, about 2 minutes. Add the tomatoes, water, sweet potatoes, and 1/2 teaspoon salt, and bring to a low boil over medium heat, about 5 minutes.
2. Reduce heat to low, stir in the beans, cinnamon, and cocoa and simmer, uncovered, until slightly thickened and the sweet potatoes are cooked, about 30 to 45 minutes. You may need to add more liquid. This is where you can add the beer or more water if needed. Taste, and add more salt, hot sauce, or cayenne if you like it hot, and a squeeze of lime juice. Garnish with your favorite chili fixins!



**If
you**
are craving
comfort food,

pot pie is on the
menu! A bit of history...
one possible origin of the
name comes from Pennsylvania
Dutch lingo, the 'bot boi.' Full of hearty
vegetables and/or meat and a creamy
gravy, all topped with a crunchy crust, it's the
perfect dish to enjoy on a winter's evening. Pot pie
will nourish your soul as well as your body. Enjoy!

Pot Pie!

Chicken Pot Pie

For the crust:

1 1/4 cups all-purpose flour, plus more for work surface
1/2 teaspoon sea salt
1/2 cup (1 stick) cold unsalted butter, cut into 1/2-inch pieces
5 to 6 tablespoons ice water

For the filling:

5 tablespoons butter
1 medium yellow onion, diced small
1 stalk celery, chopped
2 medium carrots, diced small
1 medium russet potato, peeled, diced small
6 tablespoons all-purpose flour
1/2 teaspoon dry thyme
1/2 teaspoon dry tarragon
3 cups chicken broth
1 cup frozen peas, thawed
Salt and white pepper
3 cups cooked chicken, diced

1. For the crust: In a food processor, pulse together flour and salt. Add cold butter and pulse until mixture resembles coarse meal, with a few pea-size pieces of butter remaining. Sprinkle with 5 tablespoons ice water. Pulse until dough is crumbly but holds together when squeezed, adding 1-2 more tablespoons ice water as needed; don't overmix.
2. Dump the dough onto a piece of plastic wrap and shape it into a smooth disk; refrigerate for 30 minutes - 1 hour. (You could make this the day before.)
3. For the filling: In a large pot, melt butter over medium-high heat. Add onion, carrots, celery, and potatoes and season with salt. Cook until softened, about 8 minutes, stirring often. Stir in the flour and herbs.
4. Drizzle in the broth while stirring. Bring to a boil, reduce heat, and simmer until thickened, about 8 minutes, stirring occasionally. Stir in the peas and chicken. Season generously with salt and pepper. Cook another 5 minutes. Pour filling into a 2-quart baking dish. Let cool.
5. Heat oven to 375°F. On a work surface dusted with flour, roll out the dough so it's about an inch wider than the dish. Place dough over the cooled filling and fold the extra dough under itself, pressing down. Poke a few vents in the dough. Place dish on a rimmed baking sheet and bake until crust is golden brown and filling is bubbling, 50 - 60 minutes. Let cool 10 minutes before serving.

Vegan Pot Pie with Biscuits

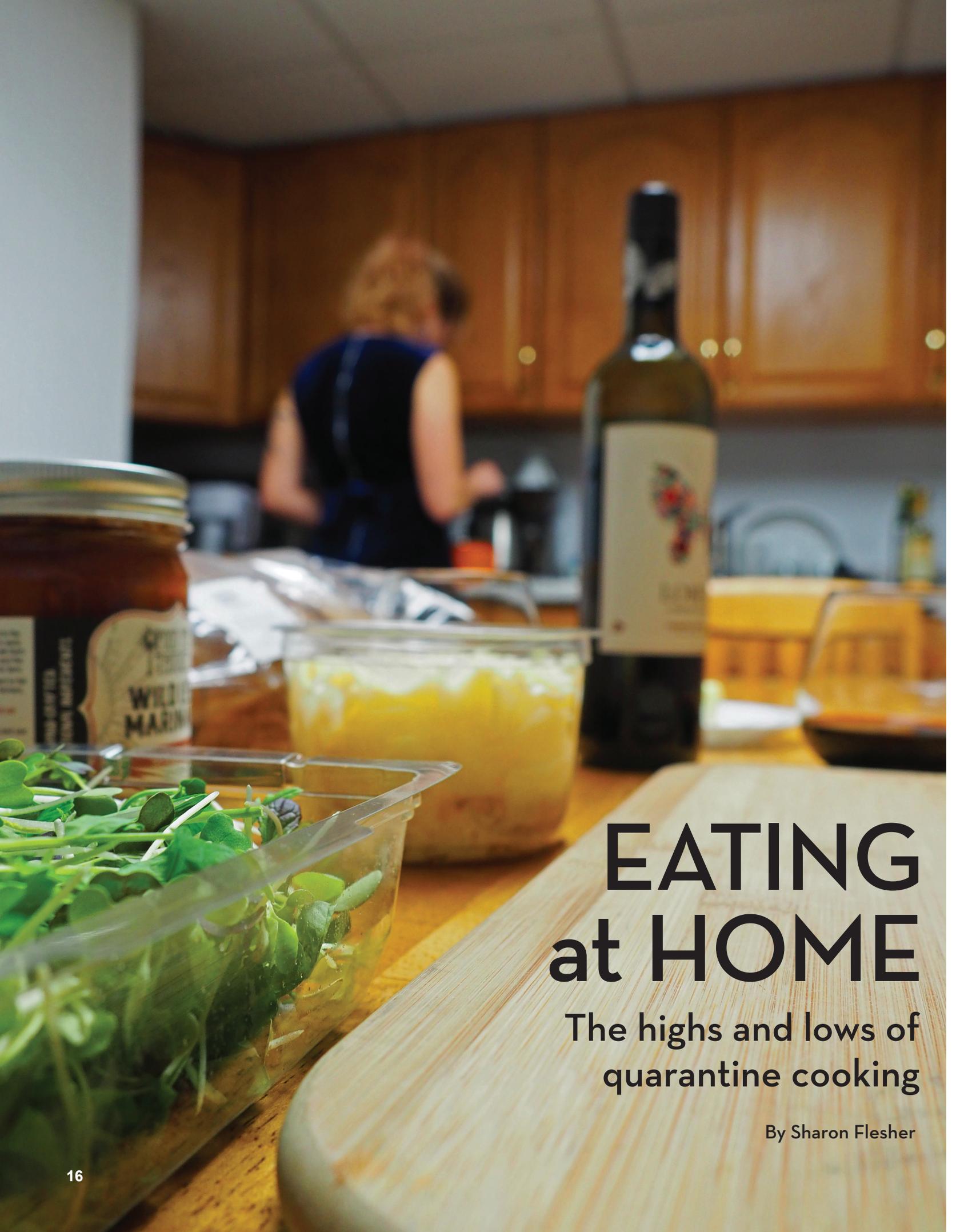
adapted from Food52

3 tablespoons vegan butter, plus more for greasing the pan
4 1/2 cups frozen mixed vegetables, thawed
1 medium onion, chopped fine
1/4 cup plus 2 tablespoons all-purpose flour
Sea salt and black pepper, to taste
2 tablespoons white wine
1 cup vegetable broth
3/4 cups unsweetened almond milk
3 tablespoons nutritional yeast
1/4 cup fresh parsley, chopped

Vegan Biscuit Topping

2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1 teaspoon sea salt
1 teaspoon garlic powder
1/2 cup vegan butter, cold and cubed, plus 2 tablespoons melted for finishing
1 cup unsweetened almond milk
1 tablespoon apple cider vinegar

1. Spray a medium (8x10-inch) baking dish with cooking spray and set aside.
2. Add the butter to a medium pot on medium-high heat. Add the mixed vegetables and onion. Season with salt and pepper. Cook, stirring occasionally, until the vegetables have softened, 5 to 6 minutes.
3. Sprinkle the flour on top and stir until incorporated. Cook for 1 minute. While whisking, slowly pour in the wine, stock, and milk. Increase heat to high. Bring to a boil for 3 to 4 minutes, stirring frequently. Reduce to a simmer and cook until sauce thickens, 5 minutes, stirring frequently. Mix in the nutritional yeast and parsley. Remove from heat.
4. For the biscuits: Whisk together the flour, baking powder, baking soda, garlic powder, and salt in a medium bowl. Add the cubed butter. Using a pastry cutter or fork, cut the butter into the flour mixture until it forms pea-sized clumps. Slowly add the milk and vinegar while stirring. Mix until the dough just starts to hold together when squeezed. Don't over-mix.
5. Heat oven to 400°F. Pour the pot pie filling into the prepared baking dish. Portion about 2 tablespoons of biscuit dough with your hands, gently roll into an imperfect round shape, and place atop the pot pie filling. Repeat with the remaining biscuit dough, evenly distributing over the filling.
6. Brush the biscuits with melted butter. Bake for 18 to 20 minutes, until the biscuits are golden brown and the filling is bubbly. Serve hot.



EATING at HOME

The highs and lows of
quarantine cooking

By Sharon Flesher

A few years ago, I wrote a piece for this publication defending the practice of home cooking from charges of elitism. Advocates of home cooking were getting pushback for unintentionally shaming time- and cash-strapped people who relied on drive-thru dollar menus. An activity central to human survival had become characterized as privileged.

Covid-19 has made so many more of us privileged in this way. How are we adjusting?

It's probably best not to answer that question by checking social media, where photos abound of gorgeous sourdough fresh from the oven. People are much less likely to broadcast their failures. The evidence may be largely anecdotal so far, but early indications are that if you at least occasionally feel overwhelmed with cooking, you are not alone. Already the blogosphere and newspaper columns are peppered with salty writers boiling over about the burden of preparing yet another meal, and "cooking fatigue" is now a thing. Pity the parents now functioning as the school cafeteria in addition to the classroom.

I get it. Although I've always cooked and often enjoyed it, viewing the kitchen as a venue for creativity, the unrelentingness of pandemic cooking makes it sometimes seem like forced labor rather than mindful expression. My household is three adults working at home now, and the kitchen is visited during every waking hour. A big pot of soup doesn't last very long these days, and "What's for dinner?" is a daily conundrum since the answer is probably not leftovers (finished at lunch) and limiting our grocery runs requires making do with pantry staples. Often riding to the rescue: an Instant Pot and a supply of dried beans.

Although we didn't eat out frequently prior to the pandemic, we miss it as an option. It is a treat to have someone else do the cooking and cleaning up. I'm aware that this pleasure, regardless of what critics once said about cooking being elitist, was not universal before the pandemic; my parents grew up in a county too poor for a restaurant. Cooking was survival. And for far too many Americans right now, "eating out" means waiting in a long pick-up line at a food bank.

Prior to the pandemic of 2020, dining out had been steadily increasing in America. According to the U.S. Department of Agriculture, spending on food away from home first surpassed spending on food at home in 2010, and forecasts for the restaurant industry were for continued growth as meals out were increasingly common in every demographic. These statistics generally count food away from home based on its purchase location rather than where it is eaten. So take-out from a restaurant (or even a vending machine) is considered away from home, and a salad bar from the grocery store is considered at home, even if it is noshed at work. Home cooking may have been even more endangered than we thought.

For those to whom cooking is a new adventure, help abounds. If you have internet access, you can find nearly every chef in the country offering tips via YouTube, Instagram, or your other favorite platform. Oryana also

offers cooking classes with the Zoom app. If you have a few dollars a month to spare, The New York Times cooking website will hold your hand with recipes, meal plans, and grocery lists. Offline, local bookshops can provide recommendations for excellent basic cookbooks. And Oryana's customer service desk will happily answer any cooking questions, by phone or in person.

Kerri, the Customer Service Lead at 10th St., was busy fielding inquiries and turning people on to substitutions when a favorite ingredient was out of stock. "It's been mostly comfort foods," she said. "I had people asking how to make meatloaf. And soups. There was a lot of talk about soup." She also noticed increased customer interest for trying new things, particularly Indian and African recipes. "I hope that we have all been a little more adaptable and willing to substitute on recipes and make something a little bit different."

Certainly many of us have. Amidst the frustrations of pandemic cooking has been the rediscovery of this fundamental human practice as a means of connecting with each other, even when it needs to be aided by the pandemic's most ubiquitous communication tool.

"We do family Zoom cooking nights," said local resident Laura Herd. "We pick a meal and all make it together at the same time. It's been great fun, and we spend more time cooking together than we did before the pandemic."

Our local restaurants will be thrilled to welcome us back post-pandemic, and those of us who are able are encouraged to support them with take-away until indoor dining returns, but hopefully we will not forget our new or rediscovered kitchen skills.

I'll leave you with one dependable favorite: lentil soup. It's cheap, nutritious, can be ready in half an hour, and tastes even better as leftovers the next day.

Almost-Instant Lentil Soup for the Socially-Distanced

(All measurements are approximate; substitute with similar ingredients you have on hand.)

1 tablespoon oil or butter
1 cup chopped veggies (onion, celery, carrots)
2 garlic cloves, minced
1/3 cup brown, red, or French lentils
2 cups stock (Better than Bouillon is excellent)
1/2 to 1 tbsp ground spices (garam masala, curry powder, paprika, cumin, your favorite blend)
salt & pepper to taste
splash of vinegar or citrus juice

Heat oil in a deep pot. Add chopped veggies and cook until softened. Add garlic and stir for another minute. Add spices, lentils and stock. Bring to a boil, then simmer until lentils are tender. (Cooking time will depend on the type of lentils and how mushy you want them.) Season to taste with salt and pepper and a drizzle of vinegar or citrus juice. Makes enough for two large servings, but you can easily double or triple.



Winter Cooking Classes

Sign up for an online cooking class with Oryana! Join our instructors in their home kitchens for tips and techniques as they demonstrate flavorful dishes that you can recreate in your own kitchen. Sessions are held on Zoom. Recipes will be provided ahead of time. Only \$10!

Prep Once Eat All Week



Thursday, January 14, 6 - 7 pm
Instructor: Ali Lopez

If you've been wanting to eat better but need some inspiration for how to go about it, get some great tips from Ali for how to batch cook for several days' worth of delicious, creative, and fast meals. Ali will cover preparing grains, seasonal veggies, beans, and flavorful sauces to complement your basic components. Deciding what's for dinner will be easy!

Easy One Bowl Curries

Thursday, February 25, 6 - 7 pm
Instructor: Loghan Call

Join Chef Loghan of Planted Cuisine to learn how to create a simple, delicious, and healthy curry. We'll go over the various flavors and ingredients you can use, we'll discuss traditional and non-traditional flavor sources, as well as how to take advantage of local produce available in the winter months of Northern Michigan. We'll cover garnishes and the easiest way to make rice (which is a MUST for a great curry!)

Nourishing Kids

Thursday, January 28, 6 - 7 pm
Instructor: Heather Campbell MS, RD

Ensuring your children get good nutrition doesn't have to be complicated, expensive, or difficult. Registered Dietitian Heather Campbell will discuss tips and techniques for how to please even the pickiest eaters. Heather will demonstrate how to make an easy cashew cream & milk, homemade ranch dressing, and a nutritious smoothie. She will focus on easy ways to add great tasting vegetables and nutrient-dense foods to meals and snacks for kids of all ages.

Gluten-Free Meals

Wednesday, March 10, 6:30 - 7:30 pm
Instructor: Carol Bell, MS RD

Adapting to a gluten-free diet may seem daunting at first but it doesn't have to be. Learn plenty of tips for transitioning away from gluten with Registered Dietitian Carol Bell. She will show you how to make gravies & sauces and how to cook with GF grains. She'll go over GF breads & wraps, how to make starchy food swaps, and what foods to avoid that have hidden gluten ingredients. Get ideas for easy, delicious gluten-free meals and snacks.

Dairy-Free & Delicious!

Thursday, February 11, 6 - 7 pm
Instructor: Elizabeth Kebler

Share in Ellie's passion for a dairy-free lifestyle and learn some great tips for achieving fabulous flavor and creaminess using healthy dairy alternatives. Ellie will show you how to make Macaroni & 'Cheese' and Chocolate Dipped Peanut Butter Cookies. She will discuss various everyday, healthy ingredients you can use to obtain a creamy consistency in many of your favorite dishes and snacks. Once you have this knowledge and taste the results, you will not miss dairy!

These classes are offered live via the Zoom app. You will receive an email with recipes and class details five days in advance. After class, we will share a recorded version.

- Register at [eventbrite.com](https://www.eventbrite.com). You must have an email address to sign up for Zoom classes.
- Cost: \$10

Focus on ORYANA WEST

New and Improved Bulk Section



One of the aspects of our co-op that we have always taken pride in is our bulk section. Oryana was one of the first stores in Traverse City to offer healthy bulk items and we love being able to offer customers the ability to purchase foods economically without all the excess packaging. To that end, we are in the process of revamping the bulk section at Oryana West to incorporate many more organic foods and include many of the same popular items 10th St. owners have come to rely on, such as beans, grains, baking supplies, and more. We essentially duplicated the bulk spice and herb offerings from Oryana 10th St. so now you can get just a pinch (or a whole bunch) of just about any spice you might need at either store. And to top it off, many of the prices are staying the same despite the fact that the products are now organic!

What's New in Produce?

The past few months have been exciting as we have reset some of our display fixtures and increased our focus on local. For example, in September, we had over 20 apple varieties, but we featured Bardenhagen Farms in Leelanau County and Michigan Honeycrisps and sold a ton. (Actually more than a ton from Leelanau, and more than 4 tons alone in the Michigan Honeycrisps!)

We reset the fruit and veggie tables to give the department a more organized look while giving more elbow room in the aisles for shoppers and stockers to co-exist. We brought in Michigan-grown potatoes, onions, and squash. We are also preparing for the seasonal shift from apples over to the fun season of citrus from California, Florida, and Texas. Good-bye Honeycrisp, hello Clementines and organic Satsumas!

More resets will be coming so keep an eye on us over here! Other features include the new juice from Natalie's that helps replace the in-store juice program, and fresh seasonal bouquets. Stop by and ask us what's new; we love to talk about our produce!



LOOKING TO STRETCH YOUR GROCERY BUDGET?



Just look for this logo!
Co+op Basics offers everyday
low prices on many popular
grocery and household items.
Try this budget-friendly recipe
featuring Co+op Basics
Field Day products.

Peanut Sesame Noodles

1 pound Field Day spaghetti
2 carrots, cut into matchsticks
1/2 red bell pepper, cut in strips
4 cups purple cabbage, thinly sliced
Sauce

1/4 cup Field Day smooth peanut
butter

2 teaspoons soy sauce

1 tablespoon lime juice

1/4 cup Field Day coconut milk

1/4 cup water

1 pinch red pepper flakes

1 teaspoon toasted sesame oil

1. Cook spaghetti following package directions. Drain and rinse with cold water. Set aside.
2. Put an inch of water in a large pot with a lid and place a steamer basket inside. Bring to a boil and add carrots to the steamer basket. Cover and steam for 3 minutes; add bell pepper and steam for another minute; add cabbage and steam for 2 more minutes.
3. Blend all remaining ingredients together in a bowl until smooth. Pour noodles and veggies into the pasta cooking pot, add sauce and mix well. Add more soy sauce or lime juice to taste. Serve chilled or at room temperature.

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FLASHBACK

Photo of Horizon Outlet Mall on U.S. 31
taken in 1992, future site of Oryana West

