

FRESH PRESS IS A PUBLICATION OF
ORYANA COMMUNITY CO-OP

Fresh Press

Fall 2024





FRESH PRESS

**A Quarterly Publication of
Oryana Community Cooperative**

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OUR STORES

TENTH

260 E. Tenth St.
Traverse City MI, 49684
231.947.0191

WEST

3587 Marketplace Circle
Traverse City, MI 49684
231.486.2491

SPROUT CAFE

Cowell Family Cancer Center
217 S. Madison St.
Traverse City, MI 49684
231.252.1550

The purpose of Oryana Community Co-op 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.

Our Board of Directors

Colleen Valko, President
Kaitlyn Burns, Vice President
Kathy Baylis Monteith, Treasurer
Tricia Phelps, Secretary
Cy Agley, Director
Chuck Mueller, Director
Marty Heller, Director
Parker Jones, Director
Samuel Reese, Director

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December is

OWNER APPRECIATION MONTH

**ORYANA OWNERS CAN TAKE
10% OFF
ANY ONE SHOPPING TRIP**



General Manager's Report

By Sarah Christensen

A co-op penny for your thoughts

We're approximately three-quarters of the way through 2024 and we're on track to achieve our sales goals for 2024.

You might sometimes ask yourself, what happens to all the money that comes into Oryana? Immediately, around 62% of it goes or has gone to getting the product in the door (cost of goods). Our second-largest expense after cost of goods is labor, currently around 23% of total sales. When grocers say labor, we're talking about not just wages but also health insurance, workers' compensation, staff discounts, paid time off, etc. After those two costs are covered, what we're left with is a figure you'll hear us refer to as Margin Minus Labor (MML).

Imagine our sales equal 100 pennies—62 of them just went to the cost of goods, and 23 went to labor. So, we've used 85 of our pennies, and we have 15 left. Typically, 3-3.5% goes to operating costs, which includes credit card fees (almost 1.5% of our sales), store supplies, bank charges, and a few other things. Next up is occupancy, also around 3%. Occupancy also includes building insurance, repairs, maintenance, and utilities.

So, from the 15 pennies we had left from our Margin Minus Labor, we now have 9. Up next we have discounts. Discounts—not employee discounts, as those are part of labor—account for over 3% of Oryana's sales. Member discounts are just under 2%, and Senior and other discounts are about 1.3%.

Okay, so now we have a little less than 6 pennies. Depreciation takes 1.7, so for the sake of trying to keep to whole pennies here, let's say we have 4 pennies left. Between marketing, admin (office supplies and equipment, meetings), governance (the Board) and other expenses (taxes and interest) we'll use three more pennies.

If you're still mathing along with me, we have 1 penny left. Our goal in any given year can range from 1-3% depending on our plans. And that's if we did everything right—that's if we managed our operating and occupancy costs, kept our gross margin at goal, kept shrink down, etc. Grocery is a challenging game!

I don't want to minimize the amount that one penny accounts for. Due to Oryana's size, 1 penny or 1% is around \$350,000 annually. In 2022, we had a net loss. We used up all of our pennies and then some. In 2023, we ended up with just half a penny. Over the course of the co-op's lifecycle, positive years help make up for negative years and so on. Luckily, in our world, our members don't get too upset if we have a year in which we lose money. And making a profit is neither our

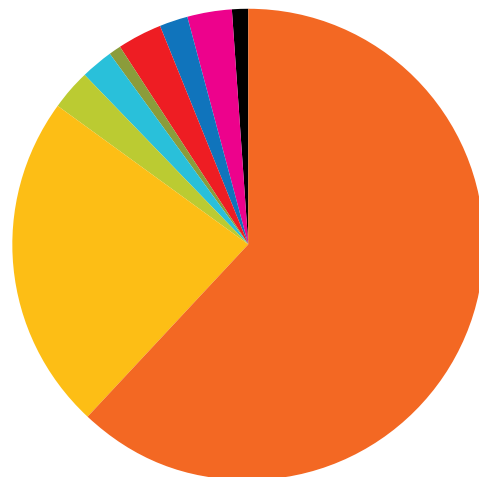
primary focus nor is it in and of itself a reason to celebrate. For me, making a profit is a reason to celebrate because despite all the variables that come our way in a given year, we manage the pieces or pennies in accordance with our plan. It's a measure of our ability to plan appropriately and react and shift as needed. It means that we've kept our eye on the ball and the court, and our players and our shoes look good and the refs are paid and the lights are on, and, and, and.

Managing a grocery co-op like Oryana is a balancing act, where every penny counts. Each decision we make—from managing prices to offering discounts—directly impacts our ability to keep on keepin' on.

Thank you for your ongoing support and dedication to our co-op. Together, we're building something truly special, penny by penny.

ORYANA INCOME & EXPENSES AT A GLANCE

- 62% cost of goods
- 23% labor
- 3% occupancy
- 2% member discounts
- 1% other discounts
- 3% operating costs
- 2% depreciation
- 3% marketing, admin, Board, taxes, interest
- 1% profit





Board Report

By Colleen Valko, Oryana Board President

As the crisp autumn air settles in and the leaves begin to turn, I find myself reflecting on the transitions we've experienced at the co-op this year. Just as nature moves through its seasons, Oryana has been moving through its own cycle of change and new beginnings.

New Leadership, New Horizons

The most notable change this year was welcoming Sarah Christensen, our new General Manager, on January 1. Following Steve Nance's impressive legacy spanning more than a decade, we've prioritized ensuring Sarah feels supported as she transitions into her new role. The change has brought fresh perspectives and new energy. I'm delighted to report that Sarah has settled in well, and we're excited about Oryana's future under her leadership.

Board Transitions and Strategic Focus

Our board undergoes its own annual transition with new members taking their seats in May. The summer months are a whirlwind of activity as we integrate new voices and plan for the term ahead. Now with autumn's arrival, we've found a rhythm and are settling into a productive routine to complete our work. At our annual meeting in April, I shared my aspirations for our board to become a model for co-ops nationwide. To achieve this, we established three strategic priorities to guide our efforts and continually ask ourselves probing questions.

Healthy Board Perpetuation:

- Are we attracting a diverse pool of qualified candidates?
- How effective is our orientation process for new board members?
- Are our processes and documents clear, accessible, and up to date?

Excellent Governance:

- How well do we hold ourselves accountable to our policies and standards?
- Are we fostering a culture of continuous learning and growth?
- How can we better incorporate member feedback and industry trends into our policies?

General Manager Transition:

- How can we best support our new GM in aligning with our co-op's culture?
- Are we building a foundation of trust through open, transparent communication?
- How well are we balancing our oversight role with empowering the GM to lead?

Govern With Us

As we gear up for the second half of our term and the work ahead, we're actively seeking passionate individuals to join our board next year. If you're committed to our co-op's values and want to play a role in shaping its future, we encourage you to consider running for a board position. Serving on the board is a unique opportunity to:

- Contribute to the strategic direction of Oryana
- Develop leadership skills and gain valuable governance experience
- Connect deeply with our community and fellow members
- Ensure Oryana continues to thrive and serve our community's needs

If you are interested in learning more about board service or wish to apply, please visit oryana.coop or speak to any current board member! We'd be thrilled to discuss this more with you.

Looking Ahead

Your continued support and engagement are crucial as we navigate through transitions. Whether it's shopping at the co-op, attending Oryana events, or considering a role on the board, your participation helps keep our community vibrant. Here's to a productive end to the year and a co-op that continues to grow, adapt, and thrive!

Customer Comments

We welcome your feedback, suggestions, and questions! Email us at info@oryana.coop or fill out a comment form at Customer Service.

Please post information about kombucha explaining the probiotics/enzymes and why some kombucha is located in the wine cooler.

Thank you for suggesting information about kombucha. Kombucha does contain a small amount of alcohol as a natural byproduct of the fermentation process. Here are the key points to remember about alcohol in (commercial) kombucha:

- Most store-bought kombucha contains around 0.5% alcohol by volume (ABV).
- To be sold as a non-alcoholic beverage in the U.S., kombucha must contain less than 0.5% ABV.
- Beverages with more than 0.5% ABV must be labeled as alcoholic.
- The alcohol content depends on factors like fermentation time, temperature, and yeast strains used.
- GTs "Classic" kombuchas, which are fermented for 45 days, must be sold separately and made available only to people 21+ due to its naturally occurring alcohol byproduct.

You can find more information about this, including info about the probiotics in kombucha, on our website blog.

Will you have another cook-out at West like you had a couple years ago?

Yes, the cookouts were fun! We didn't host any this past summer, but it's great to know they were appreciated. We'll keep your comment in mind as we plan for next year.

My husband has worn his Oryana t-shirt to shreds! Please make more "I own a grocery store with a bunch of my friends" t-shirts.

Thank you so much for your appreciation for Oryana merchandise. We are thrilled to let you know that we brought it back!

I would like to see more variety in local produce.

Thank you for your interest in local produce. Procuring produce grown within a 100 mile radius of our stores is a priority and we do carry nearly everything that is locally-grown. If you have a particular item in mind that we don't carry, we can ask our farmers at our winter meetings if it's something they can grow. In the past, when we have sold certain items that people were not as familiar with, for example Japanese eggplant and Jerusalem artichokes, they didn't sell well and we ended up having to compost them. Sometimes farms actually don't have enough to sell to us. As for fruit, we have been trying to find local stone fruit for years but haven't been able to source it because many fruit farms have gone to the U-Pick model and/or they sell their entire crop to large companies. We will continue to carry as many local items as we can and we thank all our owners and shoppers who support our local growers.

Please replace or repair the reverse osmosis water machine.

Good news! We just switched to a different bulk water service, Freshpure Waters. With the new system you have the option of distilled water, reverse osmosis water, or alkaline water. We hope you like the new machines!

I shot this photo and found out Oryana planted the flowers. Thanks for beautifying the corner on Lake & Tenth St.



Thank you for noticing the flowers and sending us your photo! This past summer we refreshed the landscaping along Tenth and Lake, including the corner, as you mentioned. The corner garden features a new apple tree, surrounded by beneficial native companion plants. Our landscaper (Sacred Earth Landscaping) specializes in native and edible plants so that's what we focused on. The landscaping along the side of the building incorporates native and edible plants like paw paw, elderberry, hazelnut, currant, and blackberries, which will be available for our community after fruiting! We are pleased with the results and very glad that you are too!

Would you put a polymer coating, like they put on garage floors, in the bathrooms? Right now they are stained and would look a lot cleaner and more presentable.

Thanks for the suggestion! We are currently discussing some bathroom upgrades. We'll keep your great idea in mind.

I would be so happy if you opened a location in the Elk Rapids area.

Thanks for suggesting another Oryana location! Unfortunately, we don't have any plans in the near future for a third store, but we appreciate your support and understand the desire for a co-op closer to home. And thanks for being an Oryana owner!

Please bring in an EV charging station or two to the parking lot.

Thanks for your suggestion. This has been requested a few times in the past year. It's something we'll be exploring in 2025 as part of our business planning. We also think it would be a great addition to our stores. Stay tuned!

Co-ops in World War II

A brief history of how co-ops improved the lives of more than 100,000 Japanese Americans

By Luise Bolleber, Oryana Outreach Marketing Specialist

October is National Co-op Month, a celebration of all things co-op. With this in mind, it's fitting to remember a unique piece of co-op history that unfolded during World War II in the U.S. Most people are familiar with the dark history of Japanese Americans' detention after the attack on Pearl Harbor. All Japanese Americans on the West coast were considered security risks which led to their mass incarceration. But a silver lining of the U.S government evicting law-abiding Americans from their homes, businesses, and farms and forcing them to live in detention camps, was that co-ops provided most of their goods and services in the camps. It's a grim story but it shows how cooperatives answered the needs of those who were unjustly persecuted.

On February 19, 1942, just after the attack on Pearl Harbor and the declaration of war against Japan, President Roosevelt issued Executive Order 9066, which ordered the Secretary of War to exclude "any and all persons" from designated areas in the United States. Though the order did not specify Japanese Americans, it was implemented to target and relocate them from the West Coast, under the guise of national security (even though 2/3 of them were born in the U.S.) Shortly thereafter, more than 120,000 civilians of Japanese descent were prohibited from living or working on the West Coast. By October 1942, these civilians were forced to leave their homes and businesses and relocated to 10 remote internment camps for the remainder of the war. The War Relocation Authority (WRA) administered these camps and was responsible for feeding, housing, educating, and providing employment for the evacuees.

The executive order mandated immediate action, thus temporary housing was needed until detention centers could be built. They were bussed to "assembly centers," racetracks and fairgrounds where the living conditions were terrible. Families were allotted horse stables to live in, among other indignities. They stayed at these places for up to four months until the permanent camps were completed. The camps or "relocation centers" were built many miles inland, often in remote and desolate areas. The 10 sites were located in California, Arizona, Arkansas, Idaho, Utah, Wyoming, and Colorado.

For the WRA, the logistical considerations of essentially creating out of thin air almost a dozen "towns" populated with thousands of people were astronomical. The internment camps were intended to be as self-sustaining as possible within the parameters of a wartime economy. How to even start such a monumental task?

At that time, co-op associations were quite common. The need to house and sustain thousands of detainees indefinitely convinced the WRA that cooperative enterprises would be the optimal model for organizing logistics. Thus the WRA imple-

-Click here for sources

mented co-ops to provide goods and services in the camps. This made practical sense for several reasons. Because of how co-ops are set up, the membership itself would provide managers, workers, and governance. Co-ops were ideal for the camps because of the WRA's limited resources, the remote locations, the lack of skilled managers, and the need to start supportive businesses immediately to service tens of thousands of captive people. They also decided to pay the detainees the same basic wage and to distribute a portion of the surplus profits to them, also known as a patronage rebate, which is a common practice of co-ops.

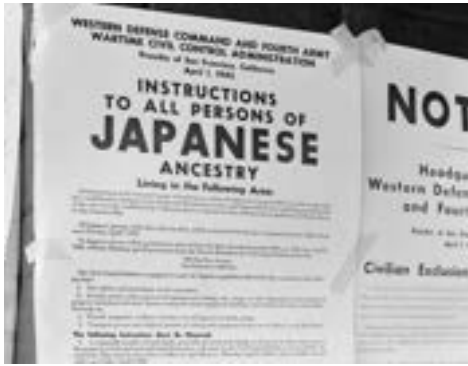
The cooperative enterprises operated much more cheaply than if they had been staffed by non-Japanese-American employees and operated as privately-owned businesses. Of course, the decision to establish co-ops went beyond their use of cost controls; instituting co-ops meant that resistance would be minimized and the labor process could be controlled in a non-market setting using a captive labor force that the WRA could not force to work. Even though they were implemented because it was the most convenient and economical option for the U.S. government, co-ops were a saving grace for people. They were one of the only things in the camps that the people could control. Manzanar Camp (MCE), in California, was one example of how successful the co-ops were. At its height, MCE employed 239 staff, rented seven barracks, and operated retail stores for food, clothing and dry goods, a canteen, warehouse, laundry, barber shop, beauty salon, shoe repair, as well as subsidizing the Manzanar Free Press, the camp's newspaper.

In the beginning, the co-op members didn't trust that one of the co-op benefits, patronage rebates, would actually happen. They had to save their receipts to get the rebate. A janitor at the Amadene, Arkansas camp kept all the receipts he found on the floor, and when the co-op board announced a 10% dividend for the year, he became the richest person in the camp. His receipts showed \$3,000 in purchases so he got \$300.

All in all, the co-ops were a resounding success. By 1944, the entire wartime co-op community had \$12 million in sales (about \$200 million in today's dollars.)

By 1945, the year the war ended, all the detainees were finally released. Some of them returned to their hometowns but many did not for fear of lingering prejudice.

"Peace and Better Life," the Japanese cooperative motto, is an apt sentiment when we think of the suffering and determination of the people of the camps, who persevered in the face of wrongful incarceration and years of harsh conditions. Co-ops played a valuable role by giving them some measure of dignity in an otherwise impossible situation. Let us remember these families today and how co-ops provided an incredibly meaningful element for them, a measure of self-governance.



Exclusion orders posted in San Francisco, directing the removal of persons of Japanese ancestry.



The Mochida Family in Hayward, California, waiting for an evacuation bus.



Japanese families in Oakland, California with their belongings, waiting for transport to detention camps.



Japanese families in the mess hall at Manzanar Relocation Center.



Workers picking potatoes at the Manzanar Relocation Center.



Family barracks in Denson Relocation Center in Jerome, Arkansas.



Entrance to Manzanar Relocation Center at the foot of the Sierra Mountains in Owens Valley, California.



Detainees moving their belongings into the barracks at Manzanar Relocation Center.



Sign on a Japanese American-owned business in Oakland, California, right after the attack on Pearl Harbor.



Camp Tulelake, California in 1936 when it was a Civilian Conservation Corps Camp, before it was adapted in 1943 as an isolation center to imprison Japanese Americans. This site and other former relocation centers are now managed by the National Park Service.

READY, SET, FEAST!

Planning for holiday feasts is easy with Oryana's help. We have all the traditional trimmings including options for wheat-free and vegan diets. Our complete holiday meals are perfect for solo diners or small gatherings. Feel like skipping the huge homemade roast turkey? Pick up ready-to-go roasted turkey and sides from our deli cases. We'll have pies and other made-from-scratch desserts to finish your feast on a sweet note. Happy Holidays!

Holiday Meats

All turkeys & hams available at both stores

Black Star Farm Turkey Fresh

Local, pasture-raised in Manton, Michigan, hormone & antibiotic-free, multiple sizes.

(Available Saturday, November 23. *first come, first served.*)

Biehl's Turkey Fresh

Local, free-range turkeys raised in Mancelona, hormone/antibiotic-free.

(Available Saturday, November 23. *first come, first served.*)

Ferndale Market Turkey Frozen

Raised in Minnesota, free-range, antibiotic-free.

Garrett Valley Ham

Humanely raised, vegetarian-fed. Spiral-sliced, glazed, semi-boneless half hams.

Beeler's Hams

Humanely raised, non-GMO, in whole, half, & quarter hams.

Niman Ranch Hams

Humanely raised, non-GMO, in whole, half, & quarter hams.

Holidays To-Go From our Kitchens

TRADITIONAL HOLIDAY MEALS

(Available at both locations)

Featuring pasture-raised turkey from Black Star Farm and delicious sides. Just heat, eat, and enjoy! Also available in wheat-free and vegan options. **Note:** we will not be taking preorders for holiday meals. We will have plenty available for pick-up in our deli cases leading up the holiday. Enjoy!

Also available in the deli case:

- Roasted & herbed turkey by the pound
- Classic, vegan, & wheat-free side dishes by the pound including mashed potatoes, stuffing, cranberry sauce, green beans almondine, sweet potato casserole, gravy, Brussels sprouts, etc.)
- Charcuterie trays

From the Bakery

Delectable, seasonal, house-made goods made with organic ingredients.

Pumpkin, Pecan & Fruit Pies | Pumpkin Cake Rolls | Assorted Desserts | White and Wheat Rolls

Plant-based & Vegetarian Options

These items located in the frozen section.



Let's Talk Turkey

With the holidays just around the corner, Oryana has everything you need for a memorable meal, including outstanding turkey. Choose from two local sources, and value-priced regional birds, all great choices for your holiday table.



Black Star Farm

FRESH



Oryana is pleased to offer local turkey this year from Black Star Farm in Manton, Michigan. (No relation to Black Star Farms in Suttons Bay.) The Coblenz family raises broad breasted white turkeys on their small family farm. The birds live a good life in the great outdoors throughout the warm season, with large grassy fields for roaming and foraging. Their diet is GMO-free and they do not receive any antibiotics or hormones. This turkey will be a delicious feature of your holiday meals.

Biehl's Turkey Farm

FRESH



For more than 60 years, Biehl's Farm in Mancelona has been raising fresh, all natural turkeys for northern Michigan shoppers. They use only non-GMO feed, no bone meal, steroids, or antibiotics. The turkeys roam freely between grassy open range and a spacious pole building. This is a fresh, local turkey that tastes great and will grace your table with tender deliciousness.

Ferndale Market Turkey

FROZEN

When day-old baby turkeys arrive on Ferndale Farms in Minnesota, they are housed indoors at a balmy 98° F, but as they grow they are slowly introduced to the great outdoors. Once they are old enough, the chicks transition to a free-range environment with plenty of room to roam outdoors. As the birds mature, they are raised without antibiotics or growth hormones and are fed a custom blend of food to help maintain their health. When it comes time to process, the birds are humanely and naturally processed. This is a high quality turkey perfect for the holidays.

Fresh turkeys will be available at both stores starting Saturday, November 23, first come, first served.

**We will also have frozen organic turkeys available from Organic Prairie.*



National CO-OP MONTH

ALAFFIA

Creating fair-trade & organic goods in support of a mission to help communities in West Africa

from grocery.coop



When Olowo-n'djo Tchala was a child in Togo, West Africa, he worked alongside his mother collecting nuts from shea trees. Like many Togolese women, she sold the nuts at the marketplace, where hair and body care companies purchased them for mere pennies, who then extracted the oil to make lucrative hair and bodycare products.

Even though shea butter production has a long history as an indigenous product in Togo, the industry barely provides what could be considered subsistence wages to women like Tchala's mother. Tchala dropped out of school in 6th grade because his mother couldn't afford to send him any longer. The situation is even more dire for Togolese girls, as 90% of them drop out of school, contributing to West Africa's gender inequity and entrenched cycle of poverty. Very few women know how to read and write and most are denied access to meaningful economic opportunity. But Tchala was destined to help change this dynamic.

Tchala met Prairie Rose Hyde when she was visiting Togo as a Peace Corps Volunteer and the two fell in love, married, and moved to the U.S. After finishing the education he missed out on earlier, Tchala earned a Bachelor of Science from UC Davis and then together with his wife formed a women's co-op called **Alaffia Shea Butter Cooperative**. The idea was to use the resources that the women of Togo already had—the skills, knowledge, and traditions of natural shea butter production—to empower themselves, preserve indigenous culture, and produce a high quality skin care product. Their raw shea butter is handmade, using centuries-old practices to naturally extract the oils from the nuts.

Since the beginning, more than 20 years ago, the company has been extremely successful. Alaffia employs over 7,000 fair trade contracted workers in Togo, and

employs 100 team members in Lacey, Washington where Alaffia products are handmade for retail sale. Alaffia shea butter, lotions, shampoo and conditioner, baby products, and a full facial care line are available in over 2,000 stores across the U.S., including many food co-ops like Oryana. Their Queen Alaffia product line features fair trade handwoven baskets and handmade artisan cloth goods, made with traditional wax batik cloth. Alaffia is certified Fair Trade for Life: Social and Fair Trade by the Switzerland-based Institute for Marketecology.

In addition to providing employment, the co-op funds a number of community projects. Ten percent of Alaffia's sales go to empowerment programs in Togo, which benefit more than 40 ethnic groups. As of 2017, their program Bicycles for Education has provided more than 7,000 bikes to help kids ride the 5 to 10 kilometers they need to travel to get to school. The co-op funded the construction of 10 schools and provided school supplies to over 32,000 students. A clinic focused on maternal health has helped more than 4,000 mothers safely give birth. Environmental initiatives to alleviate the effects of deforestation and climate change in Togo has resulted in the planting of more than 57,000 trees.

Emily Parnham, community relations director for Alaffia said, "When you purchase an Alaffia product, you are placing value on the indigenous knowledge and skills of the Alaffia Cooperative members and empowering these women to create a better life for themselves and their families." Alaffia redefines the natural products industry through its values of beauty, equality, empowerment, and fair trade, and safe, efficacious hair, face and body care.

You can find a variety of Alaffia products including shampoo, conditioner, face cream, eye cream, and bodywash, in the Wellness section at both Oryana locations.

Pioneer Cookies

By Luise Bolleber, Oryana Outreach Marketing Specialist

In honor of National Co-op Month in October, we want to pay homage to some of the pioneers of the past. The earliest successful consumer co-op founded in 1844 in Rochdale, England, is considered the prototype of the modern cooperative movement. The founding members referred to themselves as the *Rochdale Pioneers*, an apt term for a group that created a more enlightened way of doing business where everyone was treated with honesty, openness, and respect. The ethical principles upon which they built their co-op still stand today more than 180 years later. Cheers to these trail blazers for doing this brave work!

We also think of the pioneers who started the first migration westward. Most pioneers traveled in wagon trains, banded together for safety, and followed the Oregon or Santa Fe Trail, bringing everything they might need for a new life in the west. This is a complicated and difficult history in light of Native American displacement throughout the colonial era. However, many of us are descendents of these pioneers, and it's intriguing to imagine what their diets might have been like while they were en route. No doubt they ate simple food that traveled well, such as beans, corn, hardtack, potatoes, dried beef, perhaps supplemented by whatever wild game or fruits & nuts they could forage along the way.

We like to imagine that this cookie recipe is something they may have been able to make once they settled and built homes. We used einkorn flour and honey for sweetening. Einkorn is an ancient, unhybridized wheat and if they had wheat flour, this is the type of wheat it may have been. And they may have had access to honey. But mainly we intend for these cookies to embody the spirit of the pioneers, those who embark on adventures and forge new paths.

National
**CO-OP
MONTH**

PIONEER OATMEAL RAISIN COOKIES

3/4 cup salted butter, softened
3/4 cup honey
2 eggs
1 teaspoon vanilla extract
1 1/2 cups whole einkorn flour
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon sea salt
3 cups rolled oats
1 cup raisins

1. In a stand mixer, mix the butter and honey using the paddle attachment until creamy. Add eggs and vanilla and beat until combined.
2. In a separate bowl, whisk together all the dry ingredients including the raisins.
3. Add the dry ingredients to the wet ingredients gradually and mix well.
4. Drop rounded tablespoons of dough onto parchment lined cookie sheets. Let the cookies rest at room temperature for 1 hour before baking. (This allows the liquid to fully absorb into the dry ingredients.)
5. Heat the oven to 350°F. Bake for 12-13 minutes or until golden brown. Let cool directly on baking sheets until firm, about 10 minutes. Enjoy warm, or store in an airtight container for up to 3 days. They also freeze well. Makes about 3 dozen cookies.



A Nourishing Holiday Recipe

in Celebration of National Native American Heritage Month

November is National Native American Heritage Month and we are honored to share another wonderful recipe from Darylin Berryman. Darylin is a member of the Grand Traverse Band of Ottawa & Chippewa Indians and a Native Food for Life Instructor. This colorful recipe would be a festive addition to your holiday table or any time this fall or winter. Mino-Miigiwewi-giizhigad, Ge-Giinawaa! (Happy holidays!)



Roasted Rainbow Vegetables with Sunny Lemon Dressing

Use a rainbow of vegetables from the fall season such as:

- Fennel bulb, white onion, garlic
- Winter squash, yellow carrots, yellow potatoes
- Sweet potato, orange carrots, pumpkin
- Beets, little red potatoes, red carrots
- Brussels sprouts, chopped kale, green beans
- Garden blend of herbs (mix 1 teaspoon each dried thyme, basil, marjoram, sage, oregano, & crushed rosemary), or fresh parsley
- Fresh ground pepper, to your taste

Sunny Lemon Dressing

- 1/2 cup tahini
- 1/4 cup lemon juice
- 3 tablespoons tamari or soy sauce
- 2 teaspoons maple syrup
- 1/2 teaspoon dried basil
- 1 tablespoon water

Blend ingredients in a blender until smooth, or put all ingredients in a bowl and whisk until combined; add water to thin if it's too thick.

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. Lightly drizzle the paper with olive oil.
2. Prepare your veggies: Peel about 2 pounds of vegetables, then cut into uniform pieces so they cook evenly. Smaller pieces will cook fast; larger pieces will take longer to cook. If your vegetables still have some moisture after washing, pat them dry; the drier the vegetable, the better it will roast. Leave baby carrots and baby potatoes whole or cut in half. Cut the root vegetables and squash into cubes. Cut Brussels sprouts in half. Arrange the veggies on the baking sheet in a deliberate artful way or all together in a collage of mixed colors. Use as many or as few vegetables for each color layer that you have available. Every season has many colorful vegetables to choose from; fall veggies are my favorite, but you can use *your* favorites!
3. Sprinkle the dried herb mixture & fresh ground pepper all over the rainbow of vegetables.
4. Bake for 40 minutes or until sweet potatoes are fork tender. Serve hot or chilled, by themselves or in a wrap, or over salad greens drizzled with Sunny Lemon Dressing and fresh chopped parsley.



HOLIDAY HELPER

Wellness Products

We love the holiday season, but even with all the joy the season brings, issues like stress, not getting enough sleep, digestion woes, etc. can creep up on you. We've got you covered with supportive products from our Wellness departments. We stock everything from digestive aids to stress support supplements to homeopathic products and everything in between. Stop by either store and ask our friendly, knowledgeable staff for assistance.



HANGOVER HELP

Himalaya PartySmart Capsules

If you imbibed just a bit too much, help your body recover more quickly with PartySmart. This product supports the liver's ability to process alcohol while you sleep. Wake up feeling better and with more energy.

DIGESTION

Lily of the Desert Aloe Vera Juice

You may be familiar with aloe vera's helpfulness in treating burns, but did you know this product is beneficial in many other ways as well? Lab studies have found aloe vera gel and juice contain anti-inflammatory fatty acids that may improve digestion. These substances may help regulate the smooth functioning of the colon, small intestines, and stomach. It can also bring heartburn relief, lower blood sugar levels, and has excellent antioxidant properties.



Note: These recommendations do not constitute medical advice. The information should not be used for diagnosing or treating a health problem. Those seeking personal medical advice should consult with a licensed physician.



PROBIOTICS

Jarro-Dophilus

Ancient Nutrition SBO Probiotics

The holidays have a tendency to throw your gut out of whack from consuming extra rich foods and more alcohol than usual. Probiotics help you stay on an even digestive keel by boosting your levels of beneficial bacteria.



STRESS RELIEF

Garden of Life Stress Relief Gummies

Bach Rescue Pastilles

Even though you may be mindful of not becoming over-stressed, we have a few products to assist with unexpected stress. Vitamin gummies taste good and can provide immediate support. Rescue Remedy pastilles operate a little differently than gummies but may also provide a subtle but immediate lift to help smooth out the rough edges of your day.



SLEEP SUPPORT

Solgar Liposomal Melatonin

Solgar Triple Action Sleep

Nothing makes us crankier than not getting a good night's rest. That's where these products come in. Melatonin spray is quick and easy, just a quick shot in your mouth and no pills to swallow. Triple Action Sleep is also great. This time-release pill blends three classic sleep-supportive ingredients and is easy to swallow, for a deeper sleep.

Festive Holiday Recipes



The holidays are here and it's time to create some delicious meal memories. Whether you're hosting or attending a friend or family's home for dinner, try one of these festive and fun dishes this season.

Pear Clafoutis

from bakedbyanintrovert.com

2 large ripe but still firm pears, cored, sliced
1 tablespoon lemon juice
3 large eggs
1/3 cup maple syrup
3/4 cup all-purpose flour
1/4 teaspoon sea salt
1 cup heavy cream
1 tablespoon vanilla extract
Powdered sugar, for dusting

1. Add the pears to a bowl, add the lemon juice, and toss to coat.
2. Heat the oven to 375°F. Spray a 9-inch round baking pan with cooking spray.
3. In a separate medium mixing bowl, whisk the eggs and maple syrup together until smooth. Whisk in the cream and vanilla until well combined. Whisk in the flour and salt until smooth.
4. Pour the batter into the pan; layer the pear slices into the batter. (The first layer will sink into the batter.) Bake for 40 minutes, or until the top is golden brown and the custard is set. Remove from oven, let cool, and dust with powdered sugar, if desired.

Make Ahead Holiday Salad

from thekitchn.com

Vinaigrette:

- 1/3 cup white wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup
- 1/4 teaspoon freshly ground black pepper

Onion mixture:

- 1 medium red onion, thinly sliced
- 6 pitted Medjool dates, chopped
- 1/4 teaspoon kosher salt
- 2 tablespoons white wine vinegar

Salad:

- 1 lb Brussels sprouts, shredded*
- 2 medium bunches lacinato kale, stemmed, chopped
- 3 medium watermelon radishes, peeled, sliced, or 1 small bunch red radishes, sliced
- 1/2 cup roasted, salted almonds, chopped
- 1 can Lars Crispy Onions

1. Place the onion, dates, 2 tablespoons white wine vinegar, and 1/4 teaspoon kosher salt in a medium bowl. Stir together and let sit to marinate for at least 20 minutes.
2. Place Brussels sprouts, kale, and radishes in a large bowl.
3. Add half of the onion mixture and all of the vinaigrette to the kale mixture and toss to combine. Taste and season with kosher salt and black pepper as needed. Scatter the remaining onion mixture over top. Cover and refrigerate for 20 minutes or up to 1 day before serving. Just before serving, sprinkle the almonds and Lars shallots on top.

**To shred Brussels sprouts, trim ends, remove loose outer leaves, cut in half lengthwise, place cut side down, and thinly slice the sprout cross-wise, making thin shreds.*

Smashed Potato Casserole

slightly adapted from wyseguide.com

- 5 lb red potatoes
- 1 stick butter (1/2 cup)
- 1 large leek, cleaned, chopped
- 1 1/2 teaspoons kosher salt
- 2 garlic cloves, minced
- 1 tablespoon fresh rosemary, minced
- 1 cup sour cream
- 8 oz cream cheese, softened
- 2 teaspoons kosher salt
- 4 oz fresh Parmesan cheese, grated

1. Cut the potatoes into chunks and boil in salted water until tender. Drain, return to the pot and mash. They can be slightly lumpy.

2. Melt the butter in a large skillet over medium heat. Add the leeks, rosemary, and salt and sauté until the leeks are softened and slightly browned, about 10 minutes. Add the garlic and sauté 1 minute. Remove from heat and set aside.
3. Add the sour cream and cream cheese to the potatoes and mix until combined. Add the leek mixture and most of the Parmesan cheese into the potatoes; stir to combine. Pour into a buttered 9x13 baking dish and spread evenly. Sprinkle with the remaining Parmesan cheese. Bake at 375°F for 30 minutes. (Note: you can prep this the day before you plan to serve. Bake the chilled potatoes for 45 minutes at 375°F.)

Wild Rice Stuffed Squash

from grocery.coop

- 2 medium sweet dumpling or acorn squash
- 1 cup wild rice blend
- 1/2 teaspoon sea salt
- 1 cup corn
- 1 scallion, chopped
- 2 tablespoons Dijon mustard
- 1 teaspoon dried sage, crumbled
- 1 teaspoon dried thyme
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 6 oz sharp cheddar cheese, shredded

1. Heat the oven to 400°F. Lightly oil a large sheet pan. Cut the squash in half lengthwise and scoop out the seeds. Place the squash cut side down on the pan and bake for 30 minutes or until squash is tender when pierced with a paring knife. Let cool.
2. While squash is baking, bring 2 cups water and sea salt to a boil; add the rice, return to a boil, cover, reduce heat to low and cook for about 30 minutes, or according to package directions. Turn off heat and let stand, covered, for about 5 minutes; transfer to a large bowl to cool.
3. Scoop the flesh from the squash, leaving about 1/4 inch inside the shells so they won't collapse. Put the squash flesh in the bowl with the rice. Add the corn, scallions, Dijon mustard, sage, thyme, pepper, and salt. Mix well, and when cooled to room temperature, stir in about two thirds of the cheese.
4. Spoon the squash mixture back into the shells and place on the sheet pan. Cover with the remaining cheese. Reduce oven temperature to 350°F, and bake for 35 minutes until the cheese is golden brown and the squash is heated through. Serve hot.

DIY GIFTS FROM BULK FOODS

Food and bodycare gifts are as much fun to make as they are to receive. The bulk section at Oryana is where you'll find a huge selection of quality ingredients to assemble a variety of fun food & bodycare products that the recipients can enjoy any time. All you need are some empty jars and the individual ingredients. For general instructions and products that will need to be prepared later, visit our website where you can download instruction sheets to include with your gift. If you still want more gift jar ideas, Pinterest is full of clever, beautiful ideas for bulk gifts. Happy holiday gifting!



Herb Bath Salts



Chocolate Chip Cookie Mix



Lentil Curry Soup Mix



Herb Vinegar



Infused Sea Salt



Trail Mix



Herb Spice Seasoning Mix



Granola



Vanilla Sugar



Beach Stones!

BONUS jar!
(Not food related :)
If you're willing
to part with your
beach treasures!



For instructions on how to make these jars visit oryana.coop/blog or scan the code above.

CO-OP GIFT GUIDE



Andes Gifts
Knitted and crocheted by artisans in Peru or Bolivia.



Big Dipper Waxworks Candles
Handmade beeswax candles.

Oryana is the place for fun, eco-friendly gifts made by companies that focus on sustainable practices. Check out our great selection of gifts for everyone, from cozy wool socks to beeswax candles to perfume to toys. Happy Holidays!



Tag Wilde Pine Collection
Beautiful, high quality stoneware.



Eeboo Puzzles & Games
FSC and Carbon-Neutral certified.



Silk Road Bazaar Ornaments
Unique & handmade by Central Asian artists.



Oryana Gift Baskets
Let us make a beautiful, abundant basket for you! Visit Tenth Street Customer Service for more info.

Maggie's Organics
Cozy organic wool socks knit in the USA.



Nemat Artisan Perfumes
Gorgeous scents, PETA & Leaping Bunny Certified.



Locally-made Soaps
Great stocking stuffers from Wildflower Soapworks, Bee Joyful, Land of Milk & Honey, & more.



Oryana Merchandise
Sweat shirts, t-shirts, hip bags, canvas bags, hats, and more, for the Oryana fans in your life.



Dessert Cheese

From Roquefort to Camembert to Manchego, nothing beats cheese as the perfect way to end a lovely meal.

Serving dessert cheese is not something most Americans are accustomed to, but it's a fairly common practice in Europe. Dessert cheese is a concept that involves using cheese as a sweet or savory end to a meal, sometimes paired with fruits, nuts, or sweet accompaniments. In France, cheese is traditionally served after the main course and before dessert, or sometimes as a dessert itself.

A dessert cheese course provides a sophisticated yet easy alternative to traditional sweet desserts, allowing for a blend of savory and sweet flavors that can be enjoyed with minimal preparation.

Serving a dessert cheese course is a great way to showcase local cheeses. Ideally, a cheese course incorporates different textures and flavors, but not too many. This is not the same concept as a cheese board, which is more of an appetizer and chock full of goodies including crackers, fruit, meat, etc. What we're talking about is a simple plate with 2-3 cheeses, which could be served all by themselves, or accompanied by a bit of fruit, honey, nuts and perhaps a dessert wine. It could be served as a course to be shared, or on individual plates. Make sure that the cheese is at room temperature for best flavor.

Just about any cheese you like can be served for dessert, so we asked our resident cheese experts for some ideas.

DESSERT CHEESE RECOMMENDATIONS

Italian Montasio Semi Soft - Delectable with a mild flavor and creamy consistency.

Fromager d'Affinois Pumpkin Seeds - Interesting blend of crunchy seeds and soft, oozy brie.

Long Clawson Dairy Crimson Wensleydale Cheese With Cranberries - A sweet, delicious holiday classic.

Red Witch - With a zesty paprika-coated rind, this cheese is velvety smooth, buttery, meaty, and slightly funky.

Old Quebec Reserve Cheddar - Aged 7 years and available only in limited quantities, a small taste brings big flavor.

DeVor Aged Gouda - Made right here in Kalkaska and winner of the 2024 Oryana Cheese Madness contest.

Ewephoria Aged Sheep Milk Cheese - Sheep's milk cheese with a sweet, nutty flavor.

Société Roquefort - A rich, intense blue cheese made with sheep's milk.

Beehive Cheese with Sea Salt & Honey - Hand-rubbed with honey and Redmond Real Salt.

LeSuperbe Gruyère - Made in Switzerland, with a tangy, fruity, mature taste.

Cheeses pictured below: Milton Creamery Prairie Breeze, Saint Angel Triple Cream Brie, Clawson Reserve Blue Shropshire





Cooking Classes

Join us for a fun cooking class to learn new techniques, make fabulous food using the best ingredients, and enjoy the company of other food lovers. Space is limited and registration is required. See you in the kitchen!

- Register via our events page at oryana.coop
- Classes take place at our West location, 3587 Marketplace Circle, TC.

Lunch with Tom

Wednesday, October 16, 11:30 am - 12:30 pm

Instructor: Tom Sisco

Cost: \$30 owners, \$35 non-owners

What's for lunch? Enjoy a gourmet midday meal prepared by Chef Tom and learn the techniques for how to make a delicious four course meal. Watch and learn as Tom prepares Mediterranean Shrimp, Fattoush Salad with Lemon-Pomegranate Dressing, Simple Risotto, and Apple Saute with Sweetened Ricotta for dessert. Class includes recipes. Come hungry and bring your own non-alcoholic beverage.

A Venezuelan Feast

Wednesday, October 30, 6 - 8 pm

Instructor: Elizabeth Marcano

Cost: \$40 owners, \$45 non-owners

Join Chef Elizabeth Marcano as she shows you how to make a traditional Venezuelan meal passed down to her from her mother. Together you'll make Arroz con Pollo, a comforting, hearty chicken and rice casserole served throughout the Americas. You will also learn how to make Patacones, a delicious side dish featuring fried green plantains. A simple green salad with homemade dressing will round out this cozy Venezuelan supper.

Comforting Vegan Holiday Sides

Tuesday, November 12, 6 - 8 pm

Instructor: Linda Szarkowski

Cost: \$40 owners, \$45 non-owners

Learn how to make festive plant-based dishes for the holiday season with Chef Linda. You will prepare and dig into scrumptious comfort dishes including Roasted Tahini Brussel Sprouts, Roasted Squash, Pecan & Pomegranate Salad, Vegan Buttermilk Biscuits, and 'Cheesy' Vegan Cauliflower Casserole. Serve these dishes with confidence at your holiday gathering and watch your guests swoon with delight!

How to Cook the Perfect Steak

Tuesday, December 3, 6 - 8 pm

Instructor: Adam Waeltz

Cost: \$40 owners, \$45 non-owners

If you want to perfect your steak cooking skills, then this class is for you! Our friend Dave, from Anavery Fine Foods in Traverse City, will guide you through best practices that will boost your meat cooking confidence and help you produce your desired results every time. You'll learn about different steak cuts and the optimal cooking techniques for each. Dave will share plenty of great tips and a recipe for a simple steak sauce.

Cancellation Policy: Due to popularity, we require a minimum of 4 business days notice if you need to cancel. Refunds are not guaranteed with fewer than 4 business days' notice. **Wait List:** If a class is full email us at info@oryana.coop to be placed on a wait list.

join the BOARD



If you are passionate about Oryana's purpose and mission, consider running for the Board of Directors! Oryana is seeking energetic co-op owners who are committed to a robust local food economy. The Board is comprised of 9 Oryana owners, with 3 positions that are up for election in April 2025.

Simply put, the Oryana Board sets the direction of the co-op by crafting long-range strategies to fulfill our mission while upholding our values, and we monitor the Co-op's progress to ensure we are going in the correct direction.

Our Board follows a Policy Governance structure, which is different from many traditional board formats. In Policy Governance, daily operations and decision making are left to the General Manager, while the Board oversees the General Manager and focuses on the co-op's overarching goals (Oryana's Ends Policies). Board members represent the ownership, not their own personal agenda.

Board terms are 3 years and positions are open to all owners who are in good standing 30 days before the election. The monthly commitment is about 8 to 20 hours per month, though the amount can vary. This includes participation in the monthly meeting and one or more committee meetings each month.

The Board is supported with resources for training, as well as a stipend.

If you are curious or have questions about serving on Oryana's Board of Directors, here's how to learn more:

Visit our website: oryana.coop/board-of-directors or
email: candidate@oryana.coop

More ways to learn about the Board... 



ORYANA HOLIDAY HOURS

November 28 - CLOSED

December 24 - 8am-3pm

December 25 - CLOSED

December 31 - 8am-6pm

January 1 - CLOSED

BAY BUCKS...that's a wrap.



As of December 1, 2024, Oryana will no longer accept local Bay Bucks currency.

GET TO KNOW THE ORYANA BOARD OF DIRECTORS

Question and Answer session: Thursday, November 14, 5:15 - 6:15pm. Oryana West community room. Please email candidate@oryana.coop to RSVP. (Highly Recommended!)

Meet and Greet: Thursday, January 16 at 4:45 pm. Oryana Tenth Street, 30 minutes before our regularly scheduled board meeting. Check in at the Customer Service desk.

Meet and Greet: Thursday, February 20 at 4:45 pm. Oryana Tenth Street, 30 minutes before our regularly scheduled board meeting. Check in at the Customer Service desk.