

# Mariposa Messenger

August 2021



Sales Run From  
July 31st

Until

August 27th

Prices & Availablitiy  
are subject to change.

500 South Main Street, Willits, CA 95490 (707) 459-9630

## COOKING UP A STORM

BY Mary Anne Trevey

Every day the Mariposa kitchen turns out a plethora of delicious goodies to stock our deli case and the "Grab and Go" displays. Our kitchen is like a well-oiled machine, and we have a crew of talented cooks who make sure that our best sellers are out there for the buying public. I am proud of the food coming out of our kitchen and would like to introduce our staff and their many talents.

Leslie Burnett is the Kitchen Manager. She got her start as a cook while feeding a bunch of hippies and sailors at a commune in Camarillo, California. She also ran a daycare center while her son was young. Then she moved to a 15-year career at Howard Hospital, working in the kitchen. We were delighted to hire her in 2015. Leslie manages the department and makes most of the soups. She also does lots of prep and occasionally a special recipe like her Polenta Lasagna.

Kathy Albright has been here for over 2 years. She came to us after she closed the restaurant Ardella's, which many of you are familiar with. She and her partner Laurie owned and managed Ardella's, where they were famous for their American-Style hearty breakfasts and fabulous lunches with delicious soups and entrees. Kathy has been in the food prep business for over 30 years and was kind enough to share her recipes from Ardella's and elsewhere. She describes herself as a savory cook. Some of her signature creations are the Biscuits and Gravy, Turkey Lasagna, Pulled Pork, and Twice-Baked Potatoes. She also makes the House-Cured Lox that we serve on our Bagels. Have you experienced a Summer Salad? Kathy makes 96 of them a week, and they are works of culinary art. Her Tomatillo Salsa is the best!

Joelle McDougall has been here for just over a year. She has an associate degree in culinary arts. Do you love our Gluten-Free Carrot and Chocolate Cakes? You can thank Joelle, who perfected these recipes. Along with her baking skills which include some sweets and fruit pies, she also does a lot of our specialty "Grab and Go's", such as Sesame Salad, Potato Salad, Beet Salad, Asiago Salad, Spinach Dip, Quiches, and Fresh Salsa. Joelle's creations have that professional touch that makes them look and taste great.

Remember Sue McEntee? She worked here several years ago until she took a job at Schat's Bakery. Sue learned to be a Pastry Chef at Branches, where her boss taught her the art of making pastries. She later worked for Roland's Bakery here in Willits and mastered the process called "lamination", used in delicate pastries such as Bear Claws and flaky layered breakfast items. She was also a Chocolatier at Satori, who makes chocolate edibles in Santa Rosa. Sue brings all her professional talents to play with Muffins, Coffee Cakes, Sweet Breads, and Cookies.

Gigi Jergenson, who also has had years of culinary experience, is responsible for the wonderful Asian-inspired foods that we serve. Gigi never fails to amaze me with her creativity. She creates our Pot Pies, some soups, Chinese Chicken Salad, Tofu Salad, Asian Noodles, and the Yummy Salad. Gigi is an enthusiastic cook and gets a lot of delight out of her creations.

Scott Leal and Tammy Mitchell are our very devoted and hardworking Prep Associates who arrive early and get the show rolling. Hours of their time are spent doing what needs to be done, cutting lettuce, cheese, meats, and various veggies used in production. They are indispensable members of our crew and the backbone of productivity. Scott also makes many, many green salads every day.

The food that comes out of the Mariposa Kitchen is some of the best in town. Not only is it tasty and fulfilling but made with at least 90% organic ingredients. We strive to serve quality, and our excellent kitchen staff makes sure that our customers are pleased. A combination of comfort food and healthy food is our goal. There is something here for every palette, including Vegan, Vegetarian, and Gluten-Free items for the diverse needs of the public.



Bulk  
**Granola**  
Assorted Varieties



Reg \$4.49/LB  
**\$3.69/LB**

C2o Pure Coconut Water  
**Coconut Water**  
With or Without Pulp  
17.5 FL OZ



**\$2.29** Reg \$2.79

Gimme Seaweed Snacks  
**Organic Roasted Seaweed Snack**  
Assorted Varieties  
.35 OZ



**\$1.69** Reg \$2.29

Bionaturae  
**100% Organic Gluten Free Pasta**  
Assorted Varieties  
12 OZ



**\$3.89** Reg \$5.19

Westbrae Natural  
**Organic Beans**  
Assorted Varieties  
15 OZ



**\$2.59** Reg \$3.39

Bulk  
**Almond Butter**



Reg \$14.19/LB  
**\$11.69/LB**

Nature's Path-EnviroKidz  
**Organic Cereal**  
Assorted Varieties



**\$4.49** Reg \$5.89

Late July Snacks  
**Organic Chips**  
Assorted Varieties  
5.5 OZ



**\$2.79** Reg \$3.69

Annie Chun's  
**Noodle Bowl**  
Teriyaki or  
Peanut Sesame



**\$3.99** Reg \$5.19

Annie's Naturals  
**Salad Vinaigrette**  
Roasted Red Pepper  
8 FL OZ



**\$3.39** Reg \$4.39

Crofters  
**Organic Spread**  
Morello Cherry  
10 OZ



**\$3.39** Reg \$4.89

Birch Benders  
**Pancake & Waffle Mix**  
Gluten Free  
or Paleo



**\$4.99** Reg \$6.89

Newman's Own Organics  
**Newman-O's Cookies**  
Assorted Varieties  
13 OZ



**\$5.89** Reg \$7.39

Enjoy Life  
**Brownie Bites**  
Rich Chocolate  
4.76 OZ



**\$5.39** Reg \$6.99

World Centric  
**Compostable Bags**  
Assorted Sizes



**\$4.29** Reg \$5.99-\$6.19

# The Incredible and Indispensable Honeybee

By Tina and Kevin

I did not know that there are over 20,000 species of bees globally, with a few thousand of them native to the U.S. Most are passive, but there are aggressive types. Here in California, we are most familiar with the European Honeybee, aka Western Honeybee (*Apis Mellifera*), a domesticated bee that produces yummy honey.

These bees live in hives (built to house the nest) where they produce honey. An average worker bee makes only about 1/2 teaspoon of honey in its lifetime of 5 to 7 weeks. At the peak of the honey-gathering season, it gets pretty crowded, with a healthy and robust hive having a population of approximately 50,000 bees. One bee colony can produce 60 to 100 pounds of honey per year (I did not do the math).

The way Western Honeybees designate tasks is similar to ants and other social species. Future queens leave their nests only once to mate with male bees, or drones, during mating flights and swarms. Typically, if a queen bee sees another queen in the hive, the two will fight to the death to determine who will stay. The Queen's life is dedicated to reproduction. She will lay 800,000 eggs in her lifetime and place them individually into cells. Drones, which are the minority in a colony, are defenseless and incapable of feeding themselves. The only task of drones is to mate with virgin queens. Worker bees are the most productive members of a Western Honey Beehive. During the first few days of a young worker bee's life, they clean the nests and take care of future generations of larvae. After they have matured, worker bees build individual comb cells, working the wax flakes in their mouths to create a pliable building material. After a week or two of cell building, they receive pollen and nectar from mature workers who forage for food. As soon as these young adults are strong enough, they begin to explore outside their nests, foraging for food, and remain foragers, until they die.

Here are some other fun facts to chew on:

Western Honeybees, like other bees, are known to sting. However, only female worker bees will sting; this typically only occurs if they feel threatened or provoked.

Bees communicate by dancing. The Western Honeybee does a "round" dance and a "waggle" dance. These are elongated figure-eight movements used to signal direction, distance, and abundance of a nectar source.

Can a bee sting another bee? Yes. Worker bees will sting robber bees from another hive trying to gain entry to steal honey.

Can bees fly in the rain? They can fly in light rain, but they don't like to. Heavy rain can make their wings wet, slowing them down. If the raindrops are really big, they can break a bee's wing. The bee might also be knocked to the ground, possibly into a puddle of water where drowning would be a real risk. A direct hit by a raindrop could stun or even kill a honeybee. Bees basically hideout in the beehive when it rains hard. When it sprinkles, they still venture out, but rain is the enemy when harvesting nectar, diluting the nectar in flowers to be unusable to bees. So, they wait for the nectar to be sufficient strength before going out to harvest.

Do bees starve when we take their honey? Yes, if all the accumulated honey is harvested, which can happen when inexperienced beekeepers get overzealous.

Honeybees keep the inside temperature of the winter cluster at about 95 degrees by exercising muscles and expending energy. A bee dies when its body temperature is 41 degrees. At this temperature, the bee cannot operate or flex its shivering muscles to stay warm.

The Western Honeybee is the only species of honey-producing bee that lives outside of the tropics. A Queen bee can live up to 5 years. A single bee weighs .00025 lbs. Four thousand bees together weigh one pound (I did the math). Six hundred eighty-three bees fly roughly 32,500 miles to gather 6 LBs of nectar from about 1,200,000 flowers in order to make one 9.5 oz jar of honey. Bees can fly up to 12mph and visit 50-100 flowers to collect nectar. The hexagon-shaped honeycomb is the most efficient shape in our world. Bees use about 8 gallons of water to make 1 gallon of honey.

We hope you enjoyed this article.

Bee well!



**Earth Balance**  
**Organic Buttery Spread**

Whipped  
13 OZ

Other Earth Balance Spreads & Sticks Also on Sale



**\$5.39** Reg \$6.89

**So Delicious**  
**Coconutmilk Yogurt Alternative**

Assorted Flavors  
5.3 OZ



**\$2.09** Reg \$2.69

**Field Roast**  
**Vegan Chao Slices**

Creamy Original  
7 OZ



**\$5.99** Reg \$7.59

**Siete**  
**Casava Flour Tortillas**

7 OZ



**\$9.89** Reg \$13.79

**Orgain**  
**Protein Powder**

1.59 LB



**\$35.39** Reg \$43.89

**Gomacro**  
**Organic MacroBar**  
Assorted Varieties



**\$2.59** Reg \$3.39

**Greek Gods**  
**Greek Yogurt**

Honey Vanilla  
24 OZ



**\$4.29** Reg \$5.79

**Field Roast**  
**Frankfurters**

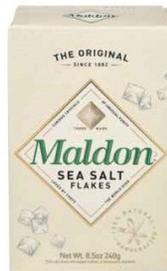
Vegetarian  
16 OZ



**\$6.79** Reg \$8.79

**Maldon**  
**Sea Salt Flakes**

8.5 OZ



**\$5.89** Reg \$7.79

**Prince Of Peace**  
**Red Panax Ginseng Extractum**

Ultra Strength  
10/10 CC



30/10 CC  
\$10.99  
Reg \$15.79

**\$4.49** Reg \$6.29

**Perfect Bar**  
**Perfect Bar**  
Assorted Varieties



**\$2.79** Reg \$2.89

**Straus Family Creamery**  
**Organic Yogurt**

Assorted Varieties  
32 OZ



**\$5.59** Reg \$6.49

**Safe Catch**  
**Elite Wild Tuna**

5 OZ



**\$3.39** Reg \$4.29

**Cascadian Farm**  
**Organic Cereal**

Assorted Varieties



**\$4.49** Reg \$6.59

**SmartyPants**  
**Multivitamin Gummies**

Kids Formula  
120 CT



**\$19.99** Reg \$25.09



## Poop to Power Turning Cow Manure Methane into Fuel

By Alecia O'Neil

Using organic and sustainable farming practices to help reverse climate change is, in part, the business model for the Straus Family Creamery. Operating since 1984 as the first certified organic dairy farm west of the Mississippi River, Albert Strauss also founded the first 100% certified organic creamery in the United States. Albert is the son of Bill and Ellen Straus, whose families both fled the Nazi threat during WWII. Bill purchased a small dairy in western Marin County in 1941. He had studied agriculture at the University of Berkley, California, and proved to become an innovative dairyman. He co-founded the Tomales Bay Association to increase land preservation, which joined together the area's environmentalists and farmers. Their commitment to the environment and agriculture helped propel a conservation movement that permanently saved tens of thousands of acres of endangered agricultural land from subdivision projects—making history right here in northern California!

Recognized for the classic glass bottles with the lovey cream on top, Strauss Creamery has moved from Marin to Sonoma County and upgraded their processing plant. The new digs will push them even farther towards their goal to be more energy efficient. Capturing and reusing large amounts of water and heat, the dairy will be capable of doubling milk production capacity. The company is committed to building “a model of farming that’s economically viable and good for the planet”. The Strauss commitment to a carbon-free business includes energy-efficient LED lighting and cooling equipment, achieved using advanced smart controls and monitors. In 2017, after eight years in development, Albert Straus introduced the first full-scale, environmentally friendly, electric feed truck, charged from power generated by cow manure! Straus also offers electric vehicle charging stations at the creamery and office for its employees.

This dedication to sustainability has always been at the forefront of the company. After recycling and re-purposing over a million pounds of waste, in 2019 the creamery received a Zero Waste Certification. This honor was the first in the world awarded to a creamery. A couple of years ago, the company was again recognized at the international food summit and awarded the Sustainable Food Award for Sustainability Pioneer.

A considerable part of their sustainability model is using renewable energy. Instead of being part of the methane/carbon problem, they practice “carbon farming” and have instead become part of the solution to climate change. As dairy farmers face pressure to reduce methane emissions, the methane biodigester captures methane from the manure and transforms it into electricity. Their carbon-reduction farm plan is essentially moving the carbon out of the atmosphere and back into the soil. In 2020, the biodigester had reduced methane emissions by more than 700 metric tons of CO<sub>2</sub>e, equivalent to eliminating the annual greenhouse gas emissions from approximately 150 passenger cars.

“As of 2020, the Straus Dairy Farm is sequestering 137 metric tons of CO<sub>2</sub> from the atmosphere back into the soil each year through implemented carbon farming practices. These regenerative practices include adding compost on pasture to increase soil health, planting windbreaks and hedgerows to reduce soil erosion, planned rotational grazing of animals to manage pasture health best, and planting perennial grasses to increase the network of underground root systems and biology.”

Climate change is a universal global problem. However, thanks to pioneers like Straus, we can see that embracing organic farming as a way of life is a path to preserving the environment for many generations to come.

Visit the Straus website to read more about the story of the Straus Family Creamery and how the biodigester turns poop to power!

<https://www.strausfamilycreamery.com/organic-products/>

### Quick & Easy Freezer Jam

1- 2/3 cup mashed fruit

2/3 cup sugar

2 Tbsp instant pectin

*When using peaches or nectarines add 1 Tbsp of lemon juice*

1. Stir sugar and pectin in a small bowl

2. Add fruit, stir for 3 minutes

3. Ladle into jars or containers for freezing

*You can double or triple this recipe*



# Selected Sales Run August 1st-31st

**Wild Carrot  
Facial Care  
20% OFF**



**Moon Valley Organics  
Line Drive  
20% OFF**



**Moon Essence  
Line Drive  
20% OFF**



**Eclectic Institute  
Line Drive  
20% OFF**



**Griffin Remedy  
Line Drive  
20% OFF**



**Sprout Living  
Line Drive  
20% OFF**



## Home Canning Tips

### Essential Tools & Supplies:

- \*Water Bath Canner or Pressure Canner. *Depending on what you're canning.*
- \*Jars *Be sure to use only canning-approved jars that are chip and crack-free.*
- \*Lids *Do not reuse lids.*
- \*Canning Jar Lifter
- \*Good Kitchen Towels
- \*Rings
- \*Tongs
- \*Food Mill or Food Strainer
- \*Canning Funnel
- \*Magnetic Lid Lifter & Bubble Remover
- \*Ladle



### Canning Methods:

**Water Bath:** Food is put into jars and then immersed into boiling water for a prescribed amount of time.

**Pressure Canning:** Jars are placed on a rack in the canner. The water inside the canner is brought to a boil, and the pressure is maintained for a specified amount of time. This method requires a pressure canner, not a pressure cooker. This method allows for higher temperatures than water bath canning, which is why it is safe to use on a wider variety of foods such as meats, vegetables, and stews.

**Other canning methods:** Sealing with wax, using a steam canner, or open kettle canning are outdated practices and are not considered safe.

**Packing:** The jars can be Cold (Raw) Packed, where the food, usually vegetables, is tightly packed before ladling hot liquid into the jars; generally used for Pressure Canning. Or they can be Hot Packed, where the food is boiled or simmered before filling the jars.

**Sterilizing Jars:** All jars should first be washed in hot water with dish soap and rinsed thoroughly. Jars do not need to be sterilized when using a pressure canner. The jars will need to be sterilized if you are canning anything in a water bath with less than 10 minutes of processing time. The most recommended method for sterilizing jars is to place them right-side-up on the rack in your canner. Fill with water over the tops of the jars bring to a boil for 10 minutes (following the rules for altitude).

**Sterilizing lids:** You should follow the lid manufacturer's instructions. However, most modern lids do not need pre-sterilizing.

A few things to consider as you prepare the jars for processing:

Pay attention to the headspace when filling jars. The most common mistake, which often results in broken jars, is over-filling. The rings should be tight but not wrenched on for processing. Follow the recommendations regarding filling, altitude, and processing time!



42 YEARS

Sales!

Raffles

Food

Live Music

JOIN US FOR AN  
OUTDOOR CELEBRATION  
SATURDAY AUGUST 21ST



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