

Mariposa Messenger

January 2021



We Will Be
Closed
New Year's
Day

Sales Run From
December 26th, 2020
until
January 29th, 2021

Prices & Availablitiy
are subject to change.

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

PRINCIPLES TO LIVE AND WORK BY FOR 2021

BY Mary Anne Trevey

Year 2020 took us all for a wild ride. And though the repercussions are likely to spread well into 2021, I think most of us are hoping for an easier year ahead. To help you quiet the monkey mind and give yourself some peace in the New Year, here are a few principles to alleviate stress and make your life a little more fulfilling.

- (1) ***Fill yourself with the spirit of life.*** The living spirit pervades everything. We connect with this spirit through breathing. We recognize the interconnection between spirit and our personal expressions and start to realize that our every word and action has an effect. For this reason, we must try very hard to make choices that will achieve the greatest benefit for all concerned. Whenever we feel weak or small all we must do is remember to breathe (deeply).
- (2) ***Act in harmony with your purpose.*** Many of us have no idea why we are here on earth or how we can share our unique talents in a way that will enhance the well-being of others. We need to ask ourselves what our gifts are and how we can use them in a positive way. If we have avoided looking at what constitutes our purpose, now is a great time to examine our lives. Sometimes just asking the question will make way for answers. And stimulating our passion for life is always a good thing. Perhaps then, we can come to understand our own purpose and mission.
- (3) ***Tune into the intention of your life.*** At those times when we can harmonize our personal intention with the intention of the universe, things tend to fall into place, and achieving our goals and manifesting our dreams becomes easier. This does not mean that we focus narrowly on one thing or another. Our lives will function more smoothly when we broaden our intentions. We may find that we will discover aspects of ourselves of which we were unaware and grow in unexpected and exciting ways.
- (4) ***Be grateful for all things without conditions.*** Often, we have to wait for manifestations of what we want. We put off being thankful until we achieve our desires. But real gratitude means that we practice gratitude at all times, even for things that might appear to be negative. It may be challenging at first to find the silver lining in every situation, but once we develop the gratitude habit we may be amazed at how our life opens up for us. We can start with simple things like a warm place to sleep, a good meal, healthy children, etc. From there we can allow our gratitude to grow, and when it does, our lives will become fuller, and definitely more positive.
- (5) ***Be fulfilled.*** When we focus on what is lacking in our lives, we are very unlikely to experience fulfillment. It makes more sense to turn our attention away from what is lacking in our lives and, instead, focus on all the abundance that we have. When we come from a place of appreciation for our blessings, even in trying times, or in the midst of hardship and trauma, we are better able to attract the blessings that we crave. A great affirmation for such times is *"The universe is supplying me with everything I need"*. We have to remind ourselves of this frequently, especially in times when we may not get what we wished for. It is also good to do affirmations during tedious jobs or activities to help us get through our boredom and frustration.

Instead of tedious New Years resolutions which rarely come to fruition, give yourself the gift of positivity. During these trying times, there is no better way to give 2021 the kick-start that it needs. **Remember to BREATHE and BE GRATEFUL.**

Information taken from Retailing Insight magazine, Dec. 2020. Article called "Take Five" by Dudley Evenson

BULK
Medjool Dates
LB



\$6.99 Reg \$10.59

BULK
Organic Red Lentils
LB



\$1.39 Reg \$2.99

Organic India
Organic Tea
Turmeric Ginger
Sweet Rose
Original Tulsi
Lemon Ginger
18 BAG



\$4.49 Reg \$5.99

Bakeology
COOKIES
Lemon Bites
6 OZ

Snikerdoodles
6 OZ
Reg \$6.39
Sale \$4.99



\$5.39 Reg \$6.39

Made Good
Organic Granola Bar
Mixed Berry
Sweet & Salty
6/.85OZ



\$4.29 Reg \$5.49

Cascadian Farm
Organic Cereal
Berry Vanilla Puffs
Fruitful O
Multigrain
Hearty Morning



\$4.29 Reg \$6.59

Epic
Bar
Uncured Bacon Cranberry
Beef Habanero Cherry
Turkey Almond Cranberry



\$2.69 Reg \$3.39

Lundberg Family Farms
Organic Thin Stackers
Assorted Varieties



\$3.39 Reg \$4.89-\$5.29

Lunberg Family Farms
Organic Thin Stackers
Assorted Varieties



\$3.19 Reg \$4.19

Annie's Homegrown
Organic Pasta & Cheese
Assorted Varieties
6 OZ



\$2.79 Reg \$4.19

Near East
Rice Pilaf
Original
6 OZ



\$2.29 Reg \$2.89

Seeds of Change
Organic Grains
Quinoa & Brown Rice
Spanish Style Rice
8.5 OZ



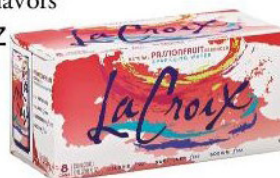
\$2.99 Reg \$4.09

Pacific Natural Foods
Organic Soup
Assorted Varieties
32 FL OZ



\$3.69 Reg \$5.39

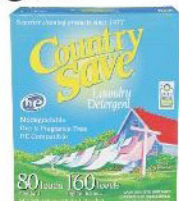
Lacroix
Sparkling Water
Assorted Flavors
8/12 FL OZ



\$3.89 Reg \$5.09

Country Save
Laundry Detergent Powder
10 LB

5 LB
Reg \$12.39
Sale \$9.49



\$16.69 Reg \$23.39

Polenta With Roasted Vegetables

Polenta:

- Add 1 C of (Bulk # 694) *Organic Polenta* to 4 C of boiling water, plus 1/2 - 3/4 tsp salt. Cook 5-10 minutes, until thick.
- Add 1/2 C *Cabot Seriously Sharp Shredded Cheddar* or *Belfiore Organic Fresh Mozzarella Fior Di Latte*, and 1/2 C (pre-packaged bulk) *Grated Parmesan Cheese*. Mix well.
- Keep covered and warm.

Roasted Vegetables:

Preheat oven to 375° - 400° F.

- Select the veggies that you want to use. Suggestions include: broccoli flowers, cauliflower, mushrooms, tomatoes, garlic, leeks, and red bell peppers. Root vegetables make a nice addition, but should be steamed first, to soften. Butternut squash makes your entrée colorful and flavorful.
- Cut veggies into smallish pieces. Toss with *Napa Valley Naturals Extra Virgin Olive Oil* and a little salt. Spread veggies onto a baking pan.
- Add 1/2 C broth to the pan, and bake for about 30 minutes.

Pour veggies over the warm polenta, Add some (pre-packaged bulk) *Sliced Almonds* or (Bulk # 604) *Organic Pine Nuts*.

Delicious, Warming, and Super Nutritious!

Fufluns Hemp Extract (CBD)

FuFluns was founded by a health conscious, environmentally focused, supply chain expert who was tired of seeing big business mislead consumers, cut corners and poison our planet. On the surface our hemp products are green, smell and taste as they should, like hemp.

The real difference is that they are grown regeneratively (biodynamic), naturally contaminant free and phytonutrient rich. Extracted using a 500 year-old artisanal herbal alchemical method which separates, purifies and reunites the soul (sulfur / volatile essential oils) and body (salt / minerals), using the spirit (mercury / alcohol). This “woo woo” process actually decarboxylates the cannabinoids without heat, preserving the entire plant, in its natural ratios the way Mother Nature intended.



Customer Suggestions

I would love to see gluten free mac salad in to go case again: *Gluten free pasta does not hold up well in the refrigerator. We tried this before and sales were very poor.*

Pretty please bring back the tofu asian salad in the grab & go case: *It's there! Sometimes we have issues (like our tofu doesn't come in), so occasionally there are gaps.*

Mi Rancho Flour Tortillas, fajita size. They are not GMO free, but neither are other products in the store. They've been my favorite for years. Please bring them back!; *These tortillas are not clean enough for "Mariposa Standards". Sorry!*

Lifeway Kefir, Lactobacillus Plantarum and Lactobacillus Reuter. (Private labelled by Trader Joe's): *Let our Chill Manager, Tauna, know which flavors and sizes you want - we could give these a try.*

Culina Coconut Yogurt, plain, vanilla, or blueberry. Big: *The large size is not available to us, our distributor only carries the 5 oz size. If you're okay with the smaller size we can bring this in. You can call our Chill Manager, Tauna, to let her know what flavors you would like.*



Califia Farms Dairy-Free Milk

Unsweetened Oat
Toasted Coconut
Vanilla Almond
48 FL OZ



\$4.49 Reg \$5.19

Silk Almond Milk

Original or
Unsweetened
64 FL OZ



\$4.49 Reg \$6.19

Coconut Bliss Organic Dairy-Free Frozen Dessert

Assorted Varieties
PINT



\$6.49 Reg \$8.39

Cascadian Farm Organic Frozen Veggies

Sweet Corn, Green Beans,
Gardener's Blend, or
Chinese Stir Fry Blend
10 OZ



\$2.69 Reg \$3.79

Dr. Praeger's Oatmeal Dippin' Sticks

Blueberry or
Original
8 OZ



\$3.39 Reg \$4.49

Califia Farms Oat Milk Creamer

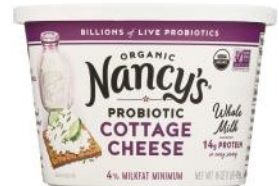
Orig Unsweetened
Unsweetened Vanilla
25.4 FL OZ



\$5.09 Reg \$6.39

Nancy's Organic Cottage Cheese

Whole Milk
16 OZ



\$6.19 Reg \$7.39

Straus Family Creamery Organic European Style Yogurt

Assorted Varieties
32 OZ



\$5.49 Reg 6.49

Hilary's Eat Well Organic Veggie Burgers

Hemp & Greens
Best Veggie
6.4 OZ



\$3.79 Reg \$4.49

Daiya Foods Inc Dairy-Free Pizza

Margherita or
Cheese Lovers



\$7.69 Reg \$11.09

Exiting Strategy from 2020

By Debbie Mac

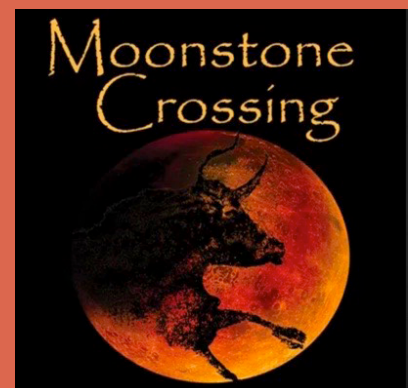
2020 has been a very challenging year, to say the least. From a worldwide pandemic, struggling businesses, and out of control wildfires, I think everyone is ready to move on to 2021, and hopefully a less chaotic year. One way to do this is by sitting by the fireplace on a rainy night, lighting a candle or two, and opening a bottle of wine. Besides our wonderful local wines that we normally have at the store, we have a few new vintages that will excite your palate. A new 2019 Merlot, just recently bottled from *Elkfield Wines* in Mendocino County, has notes of blackberry, dark cherry, cinnamon, and rose with a lush lasting finish. It is organic and biodynamic, along with their Pinot Noir, that we also carry. Biodynamic farming, according to Jane Khoury, the winemaker, is the only way to go when it comes to making wines because of the health benefits of healthy soil and minimal artificial interventions.

We also have a big-bodied, flavorful, 2015 Petite Sirah and a refreshing Sauvignon Blanc from *Tahto Winery* in Potter Valley. Their wines are handmade in very small lots, with great attention to detail, creating wines of intense flavors which are true to the varietals and the region.

Three sisters that have continued the family business of growing grapes and winemaking are making outstanding wines in honor of their grandpa Jack. We have just received a 2019 organic Heritage Blend of Malbec, Merlot, and Cabernet Sauvignon from *Cox Family Vineyards* in Mendocino County. This blend bursts of juicy dark fruit and supple tannins. We also carry their Sauvignon Blanc and Rose' wine, which they have called "Boeket" in honor of their Dutch ancestors, who were the first to plant agricultural roots in the Northern California wine country back in the 1800's.

Finally, we have a new wine from Trinidad, California that was suggested by two of my favorite customers here at Mariposa Market. The wine is from *Moonstone Crossing*, a winery that was voted "Humboldt's Best Winemaker" in 2014. It is a blend of Sangiovese, Cabernet Franc and Cabernet Sauvignon, and called "Wish upon a Star". They make many varietals, and I have been honored to taste some of them and they are all outstanding. Their wines have minimal sulfates and are handcrafted in small quantities using traditional style winemaking techniques.

So settle in for a new year, new experiences and always new wine and enjoy the ride!



A Vogel
Organic Seasoning
Original Herbamare
4.4 OZ



\$4.39 Reg \$6.19

Gomacro
Organic MacroBar
Assorted Varieties



\$2.39 Reg \$3.39

Nielsen-Massey Vanilla
Organic Madagascar Vanilla Extract
4 FL OZ



\$20.29 Reg \$26.59

Tom's Of Maine
Toothpaste
Assorted Varieties



\$5.99 Reg \$9.39

Gabriel Cosmetics
Nail Polish



20% Off

Hyland's
Baby Tiny Cold Tablets
125 TAB



\$10.49 Reg \$12.99

Prince Of Peace
Red Panax Ginseng Extractum
Ultra Strength
30/10 CC



10/10 CC
Reg \$6.29
Sale \$4.19

\$10.49 Reg \$15.79

Yerba Prima
Great Plains Bentonite Detox
16 OZ



\$9.49 Reg \$13.99

Tea Tree Therapy
Anti Fungal Serum
1 FL OZ



\$6.99 Reg \$10.99

Eclectic Institute
Selected Items

20% Off



Boiron
Topical Arnica and Calendula

20% Off



Herbs Etc.
Selected Items

20% Off



Nordic Naturals
Entire Line

20% Off



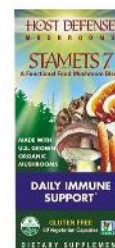
Wish Garden
Entire Line

20% Off



Host Defense
Selected Items

20% Off



January is the time for Renewal and Cleansing

Cleanse and revitalize your body with some of Mariposa Markets digestive tract supplements



Eliminate toxins from the digestive tract with the *"Intestinal Drawing Formula"*



Support a healthy gut lining with *"Vital Gut Renew"* and *"Vital Lax"*



Reduce occasional constipation, gas and bloating with *"Kiwi Regularity"*



Promote your digestive fire with the digestive tonic *"Tri-Cleanse"* Triphala powder



Increase your daily intake of soluble fiber with *"Colon Cleanse"*



Enhance your healthy bacteria and your immunity with our variety of *probiotics*

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