

THE VINE

BRIARPATCH FOOD CO-OP NEWSLETTER

SUMMER: JUNE | JULY | AUGUST



healthy and responsible
**DINING IN THE
WILD**

Photo by Alyssa Keys Photography

WILD PLANTS, WILD PLACES Wild Gardening recipes by Alicia Funk pages 6-7	PACK IT IN, PACK IT OUT WITH SUSTAINABLE WARES page 9	WHAT'S IN SEASON Local summer produce outlook pages 11-13
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SUMMER ISSUE

June, July, August 2018

Published quarterly by
BRIARPATCH FOOD CO-OP
THE VINE TEAM

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VISIT BRIARPATCH

290 Sierra College Drive
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 (530) 272-5333
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CO-OP HOURS

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

HOLIDAY HOURS**INDEPENDENCE DAY, JULY 4**

Store 7am - 9pm
 Deli 7am - 7pm
 Meat & Seafood 8am - 8pm

BriarPatch.coop

Update your email address!

Email updateinfo@briarpatch.coop
 to update your email address or to
 inform us about physical
 address changes.

SPECIALS IN THE DELI



Our Deli has you covered with healthy and delicious to-go food for your summer trips and outings. From fresh salads, dips, spreads, wraps, and sandwiches, there's something for everyone in our Grab&Go case. Kids will love the perfectly sized veggie snack packs. And for those with a sweeter tooth, our Bakery case is always filled with yummy to-go treats!

WELLNESS SUGGESTIONS

SUNSCREEN

Goddess Garden Organics 30 SPF Everyday Natural Mineral Sunscreen. Reef Safe, Biodegradable, Non-GMO

Badger 35 SPF Natural Mineral Sunscreen. Water Resistant, Non-GMO, Biodegradable, Clear Zinc.

BUG REPELLENT

Badger Anti-Bug Balm. 100% Natural, Organic, DEET-Free.

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Pet policy

Only service dogs are allowed inside the store. Please keep your furry friends on a leash and clean up after them - we can help with cleaning supplies. If your pet must be in your vehicle, park in the shade, make sure they have plenty of ventilation and water, and only for a short time. **Thank you!**



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Complete listings on page 15

SPONSORED EVENTS

JUNE

Bear River FFA AG Booster Dinner and Auction Fundraiser
 June 15, 5:30 pm
 Higgins Lions Community Center

Movies Under the Pines
 June 16, July 28, August 18
 Gates 7:30pm, Film 8:30pm
 Pioneer Park, Band Shell

Animal Place Father's Day Lunch
 June 16, 11:30am
 17314 McCourtney Road

Nevada City Bicycle Classic
 June 23-24
 Downtown Nevada City

Nevada City Elk Lodge Hoedown Fundraiser
 June 23, Doors open 4 pm
 Tickets must be purchased in advance. 518 CA-49, Nevada City

Nevada City Farmer's Market
 Every Saturday
 June-November, 8:30-1 pm
 Union Street, Nevada City

JULY

22nd Annual WorldFest
 July 12-15
 Nevada County Fairgrounds

Animal Save 5th Annual A Furry Furry Nights
 July 14, 6-10 pm
 AnimalSave Center,
 520 East Main Street

Sierra Storytelling Festival
 July 20-22
 North Columbia Schoolhouse
 Cultural Center

Dignity Health Starry, Starry Nights
 July 21, 6:30 pm
 Empire Mine State Park

AUGUST

Nevada City Uncorked
 August 25, 1 - 4 pm
 Check-in at the Nevada City
 Veteran's Building

OTHER EVENTS

Nevada Union Grad Night

Summertime is BriarPatch Deli time

Board President, Richard Drace



Although I began shopping @ the Patch way back at the Washington Street store, I used to think of our co-op as just a special place to buy healthier groceries. Then one summer, while visiting Ashland, we happened into their co-op in search of picnic comestibles. There we came face-to-face with that phenomenon I later learned to call “grab-n-go.” We grabbed and we go’ed – yummy take-out

for our picnic in Lithia Park before the theatre matinee.

Some years later, on one of my first visits to our new Sierra College Drive store, I noticed how similar our Deli is to Ashland’s (yes, there’s even a co-

op consultant to help with store design). Now, not only is grab-n-go a frequent part of my BriarPatch shopping, but also all things Deli – hot bar, cold case, short order, and – yes, I admit – probably an excess number of croissants.

We get a lot of compliments about our Deli, so I got curious about just how popular it is. Deli sales account for 20% of our total sales volume, and deli employees comprise 36% of our total

staff. It also presents some challenges because of its popularity: Henry, our Deli Manager, commented that he previously managed a deli that produced half the output in twice the space. Imagine our Deli kitchen sort of like the way our parking lot used to be.

Our cover photo this month highlights food as part of outdoor adventures, which prompts me to think of the many ways we value food in addition to good ol’ home cookin’. If my cooking muse is indolent, and I consider pizza, Asian take-out, fast-food (insert yuck-face emoji here), or our deli, guess who wins?

If I shop close to dinnertime, there’s a good chance I’ll grab something from the hot bar since my own prospective menu is often less enticing. If it’s lunchtime and good weather, I’m likely to knosh something deli out on the patio.

Yet my favorite is still, like in the cover photo, something grab-n-go

down by the river – or up in the mountains – or tucked in the dry bag in the kayak – or along the Tribute Trail – or the Buttermilk Bend trail – or maybe just in my own yard to enjoy while I watch the bees enjoy their own grab-n-go.

NOW, NOT ONLY IS GRAB-N-GO A FREQUENT PART OF MY BRIARPATCH SHOPPING, BUT ALSO ALL THINGS DELI – HOT BAR, COLD CASE, SHORT ORDER, AND – YES, I ADMIT – PROBABLY AN EXCESS NUMBER OF CROISSANTS.



Photo by Alyssa Keys Photography



Save the date
**Co-op
Owner
Meeting**
October 11
Miners Foundry
Nevada City

UPCOMING BOARD MEETINGS:

Tuesday, June 26
6 - 7:30 p.m.

Tuesday, July 31
6 - 7:30 p.m.

Tuesday, August 28
6 - 7:30 p.m.

BOARD OF DIRECTORS

President: Richard Drace
Vice President: Alana Lucia
Treasurer: Mark Fenton
Secretary: Katie Turner
Kwong Chew, Jonathan Collier, Kali Feiereisel, Lew Sitzer, Alan Weisberg
To contact all the Directors, send an email to: directors@board.briarpatch.coop. For individual Directors: first name and last initial (i.e. alanw@board.briarpatch.coop). Letters may be left at Customer Service.

Election results

Congratulations to our newly elected Board Directors!

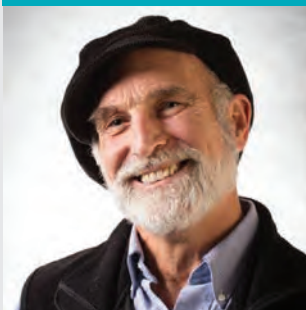
Rachel Berry



Mark Fenton



Richard Drace



This was an exciting, contested election, with six candidates running for three open seats. Congratulations to newly elected Board Directors, Rachel Berry, Mark Fenton, and Richard Drace. Each Board Director serves a three-year term.

This year 795 Owners voted (9.6% of eligible voters), which represents a 13% increase over last year’s voter turnout (704 votes in 2017). Election results were confirmed at 5:01pm, Tuesday, May 15, by the secure, third-party voting service, Simply Voting. Thank you to all the Candidates and to everyone who participated and contributed to the Election’s success.

BriarPatch feeds Hospitality House Culinary Job Program

By Debbie McDonald, Development Director for Hospitality House

With the summer growing season upon us, Hospitality House staff and guests joined together to plant the six raised beds that front the homeless shelter. Soil to refresh the beds was donated by Rare Earth and picked up by a former Hospitality House guest, Les, who manages the garden.

A sponsor of the culinary job readiness program, BriarPatch provided zucchini and herb plants that, when harvested in late summer by the culinary students, will enrich healthy meals cooked and served at the shelter.

Any guest at the shelter can sign up for this two-day culinary class. After receiving their online ServSafe certification so that they can work in a food service facility, they can start taking the classes, held in the commercial kitchen at Hospitality House.

The Culinary Job Readiness Program is a 12-week, 24-course program of basic training on sanitation, knife skills, nutrition, and food costs. Each class is recipe-specific and teaches how to create a meal on a small scale for a family, and then expands that same recipe to feed a large group of 60 people. So students learn not only how to make meals at home, but also gain the experience of working in a commercial kitchen setting.

BriarPatch provides farm-fresh ingredients for the meals that the culinary students create for the rest of the shelter guests. Shopping at BriarPatch has been an education in itself for the students, as they identify what is in season and within the budget for feeding a large group. Since the culinary students

make dinner for the 54 men, women, and children staying at the shelter, they learn to consider costs while planning a balanced, nutritious meal. To foster a connection between Hospitality House staff and guests and local farmers, in 2017 BriarPatch arranged a farm tour for culinary students; one student said it was the first time she had ever been to a farm.

BriarPatch's support of the Hospitality House culinary job readiness program ensures that our homeless neighbors have access to high quality, healthy products, especially local and organic food.



Hospitality House staff and guests planting summer garden. Photo from Hospitality House.

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River Ambassadors say, 'Love the Yuba like a local'

By SYRCL, South Yuba River Citizens League

With an estimated 700,000 visitors each year, the secret is out about this region's gem of nature, the South Yuba River State Park. The Yuba is one of the most visited attractions in Nevada County thanks to its signature emerald green swimming holes and picturesque granite boulders. To keep the river from being "loved to death," the South Yuba River Citizens League (SYRCL) and the South Yuba River State Park run an innovative River Ambassador Program that's designed to create a culture of stewardship at the Yuba River.

Now in its 7th year, the River Ambassador Program trains volunteer stewards to greet visitors at popular State Park river crossings during the summer. These River Ambassadors encourage environmentally responsible recreation through friendly conversation and education. The goal is to inspire visitors to take personal action to protect and preserve the Yuba.

"Our River Ambassador booths are incredibly welcoming. They feature interactive games and signage that promote responsible behaviors, such as removing trash, glass, and dog waste," says Melinda Booth, SYRCL's Executive Director. "Our goal is to keep the Yuba clean and protect the tiny feet and paws that explore our beaches and swimming holes."



The River Ambassador Program trains volunteer stewards to greet visitors at popular State Park river crossings during the summer. Photos from SYRCL.



SYRCL's River Ambassador program is designed to create a culture of stewardship at the Yuba River.

One of the missions of the River Ambassadors is to get visitors on board with five main "behaviors":

- Pack it in and pack it out
- No glass at the river
- Recycle your beverage containers
- Pick up your dog waste – it's a harmful pollutant
- No fire at the river – there's extreme wildfire risk in the South Yuba River canyon.

River Ambassadors also act as model stewards by collecting litter and debris alongside the river. While many of us locals have long practiced good stewardship of our beloved Yuba, it can be a pleasure to meet and talk to the Ambassadors, who can be found at popular river crossings within the South Yuba River State Park through Labor Day weekend.

Want to share in the stewardship? To do the best possible job, the River Ambassador program needs close to 40 volunteers for the season to keep the Yuba clean, safe, and healthy at a high standard we can all enjoy. Interested in becoming a River Ambassador? You can attend the next training on Wednesday, July 11th. Sign up online or contact Siya Phillips at siya@yubariver.org or 530-265-5961, ext. 212. Mark your calendar for the 21st annual Yuba River Cleanup on Saturday, September 15th. For more information visit www.yubariver.org.



Pack it in and pack it out. No glass at the river. Recycle your beverage containers.



River Ambassadors act as model stewards by collecting litter and debris alongside the river.



River Ambassadors help prevent wildfires.



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WILD plants, WILD places

Submitted by
Bear Yuba Land Trust

Bear Yuba Land Trust (BYLT) is thrilled to be partnering with local author Alicia Funk on a variety of projects that get us close to the land. Alicia is the founder of the Living Wild Project, which offers educational resources and access to the wild food of California, thus deepening our relationship with the native landscapes we inhabit. She is also the author of several books, including "Living Wild: Gardening, Cooking and Healing with Native Plants of California."

Bear Yuba Land Trust is a community-supported nonprofit that has protected from development more than 13,000 acres of open spaces and wild places in the Bear River and Yuba River watersheds. The Trust has also built more than 30 miles of local public-access recreation trails and gets people outdoors on conserved lands with its active Encounter Nature program, which includes guided hikes and educational programs for people of all ages.

While some wild food sources such as Manzanita and Douglas Fir can be found in abundance on nearly all BYLT preserves, as an important part of the ecosystem and wildlife food web, native plants must always be treated with care and reverence. Over-harvesting is a real threat to rare and special indigenous species in California. To learn more, stay tuned for guided wild food walks led by expert field guides during the Fall of 2018, or check out the online resources at BYLT.org and livingwild.org.

By Alicia Funk

Summer is an incredible time to step outside and have an adventure that reminds us how fortunate we are to live in this incredibly beautiful landscape.

Manzanita Cider is a traditional drink that has long been enjoyed by the indigenous inhabitants in many parts of the state. Although all species have edible berries, Whiteleaf Manzanita, *Arctostaphylos viscida*, is abundant in the foothills of the Sierra Nevada. The cider is easy to make, high in antioxidants, and naturally sweet. You just fill a blender with the dry berries and grind on low-medium for about a minute. This is a modern way to crush the berries and expose the sweet powder without crushing the large seeds. Cover the crushed berries with cold water and soak for anywhere from several hours to overnight. Then strain the mixture and enjoy the refreshing, apple-like flavor over ice on a hot day.

The tart, lemon-like flavor of Douglas-Fir (*Pseudotsuga menziesii*) is delicious as a drink or a refreshing sorbet. The basic recipe for tea is to bring four cups of water to a boil, turn off the heat, and add two cups of Fir tips. Let it steep for 10 minutes and then strain out the Fir needles. To make a vegan Fir tip sorbet calls for just a little more steeping time and an ice cream maker.

The leaves of Yerba Santa (*Eriodictyon californicum*) taste like nothing else; it's a flavor people either love or hate. Though the leaves are bitter when chewed, if sucked they stay sweet and quench the thirst. Physicians in the Old West valued Yerba Santa as a

remedy for coughs, pneumonia, and bronchitis, and listed it in the official manual for doctors, the U.S. Pharmacopoeia, in 1894. At least seven indigenous groups in California relied upon it as a tea for colds and congestion. Since I prefer to take my medicine in the form of dessert, I developed a recipe for raw chocolate made from Yerba Santa.

A walk through the woods in summer connects us to this lovely place we call home, and offers a delicious reason to grow, tend, and treasure the elements of California's native cuisine.



MANZANITA CIDER

(Collect the berries in summer.)

Ingredients

1 cup plump, orange-red Manzanita berries, large stems removed

6 cups water

Coffee grinder, food processor, or blender

Directions

Roughly grind dry, whole berries at medium speed for 2-3 minutes until well crushed, but without grinding the large seeds. Place in a glass jar.

Pour room-temperature water over the berries.

Let the mixture sit for anywhere from 2 hours to overnight, and use a strainer to separate the seeds from the cider.

Refrigerate and serve cold. Keeps refrigerated for about a week.

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DOUGLAS-FIR PROBIOTIC SODA

(Collect the young tips in spring or use tips year round.)

Ingredients

2 cups fresh Fir tips, chopped
2 tsp. sugar
2 tsp. fresh ginger, chopped
1 tbsp. honey (if desired)
Flip-top bottles
1-quart glass jar
Cloth to cover the jar
Rubber band

Directions

Make a ginger starter (called a "Bug") 1 week ahead. Daily, for 7 days, feed your starter 2 teaspoons of sugar and 2 of chopped ginger. Keep the jar covered with the cloth and rubber band.

When bubbles form and start to make sounds, the starter is ready. Strain 1 cup to make the soda and keep 1/4 cup for a new starter. With the new starter, add the starter ingredients to 1/4 cup of the reserved starter and repeat the same method.

Fir Tip Tea

Bring 4 cups water, 1 tablespoon honey, and 2 cups Fir tips to a boil. Turn off the heat and let the mixture steep until cool.

Mix 1 cup strained ginger starter per 1 quart of strained Fir soda, and pour into flip-top bottles.

Let the mixture sit in a warm place for 2-5 days and test for flavor. If desired, let it sit longer to create more carbonation and less sweetness. Open the lids to let air out of the bottles once a day.

Keep refrigerated. Strain when serving, and garnish with fresh Fir tips.



A refreshing glass of Douglas-Fir probiotic soda. Photos from Alicia Funk.

DOUGLAS-FIR TIP SORBET

(Vegan)

Ingredients

3 cups water
1 cup sugar
1 quart fresh or frozen Douglas-Fir tips plus a few extra to garnish

Directions

Bring the water and sugar to a boil, stir, and turn off the heat.

Add the Fir tips and steep, covered, for 30 minutes.

Keep the liquid and strain out the tips.

Chill overnight in the refrigerator.

Freeze in an ice cream maker according to the manufacturer's directions.

Garnish the sorbet with extra Fir tips when serving.



Delicious Yerba Santa Raw Chocolates.

Melt the cacao butter in the sun. Add the cacao powder and stir until smooth. Slowly stir in the Yerba Santa powder. Add the raw honey and sea salt, mixing well. Spoon the mixture into silicon molds and freeze for at least an hour. Remove and serve. Store in the refrigerator or freezer.

NOTE: Use more or less honey depending on the desired sweetness. Makes approximately 60 chocolates.

***Recipes from "Living Wild-Gardening, Cooking and Healing with Native Plants of California" by Alicia Funk and Karin Kaufman.**

YERBA SANTA RAW CHOCOLATES

(Raw, Vegan) (Collect the leaves in summer or fall.)

Ingredients

1 cup raw cacao butter, melted
1/2 - 1 cup raw cacao powder
1/4 - 1/2 cup powdered, dried Yerba Santa leaves (or coyote mint leaves as a substitute)
1/4 cup raw, local honey
Sea salt to taste
4 silicon molds

Melt the cacao butter in the sun. Add the cacao powder and stir until smooth. Slowly stir in the Yerba Santa powder. Add the raw honey and sea salt, mixing well. Spoon the mixture into silicon molds and freeze for at least an hour. Remove and serve. Store in the refrigerator or freezer.

NOTE: Use more or less honey depending on the desired sweetness. Makes approximately 60 chocolates.

***Recipes from "Living Wild-Gardening, Cooking and Healing with Native Plants of California" by Alicia Funk and Karin Kaufman.**

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yum!

Prepare for a fun time in the great outdoors!

By Dr. Roger Hicks, Yubadocs

Warmer weather and sunny days means more time outside. Before you hit the trail, the river or where ever you go, there are a few things to keep in mind to make sure you have a safe and enjoyable time.

First and foremost, be sure to stay hydrated. Our bodies are about 60% water, and it is key to optimal functioning and peak performance. It's easy to become dehydrated when you are physically active, especially when you are outdoors in the summer doing something fun. We require more water when we exercise because we breathe faster and give up more water vapor through our breath, and because we sweat when our body temperature rises. People often do not realize they are dehydrated because the first symptoms can be vague- a headache or feeling tired, lightheaded, or cranky- rather than the classic dry mouth and thirst. But if you experience any of these symptoms while playing outside, take a few minutes and have some water, an electrolyte drink or some other beverage. Avoid caffeine and alcohol because both are diuretics and cause you to make more urine, depleting the water in your body.

Protect yourself from the sun. Ultraviolet rays from the sun (or tanning booths) can damage your skin and eyes. They not only cause sunburn, but also premature aging of skin, wrinkles and dark spots, and damage to the DNA of skin cells, which can cause skin cancer. Sunburns occur quicker on dehydrated skin and at elevation. UV from the sun is strongest midday, so if possible, plan your activities in the morning or late afternoon. Grab shade when you can. Proper clothing and hats give some protection, as do some sunscreens. But not all sunscreens are created equal- some are ineffective, and others are potentially harmful to your body. Look for those that are "mineral only" and have zinc oxide or titanium dioxide as their active ingredients. For an excellent review of sunscreens, see Environmental Working Group's Guide to Sunscreens. Be sure to apply before you go



Photo by Alyssa Keys Photography

out and reapply every so often. There are many varieties of natural, effective sun protection products available at Briarpatch for sensitive skin.

Eye damage from long term UV exposure includes cataracts, macular degeneration and several other eye problems. So, sunglasses aren't just a fashion statement- they're essential!

Exercising in the heat, especially in high humidity, can lead to heat exhaustion or heat stroke, forms of exertional heat illness. Heat exhaustion is less severe; symptoms include weakness, dizziness, headache, muscle cramps and a temperature up to 104 degrees F. Heat stroke is life threatening. In addition to the symptoms of heat exhaustion, warning signs include a temperature over 104 degrees F and confusion or other changes in mental status.

Then there's the river! As the founding president of SYRCL, and a board member for more than 30 years, it is a subject dear to my heart. It's the best place I know of to recharge one's spirit and cool off on a hot day. One of the most common injuries happening at the river is, unfortunately, cut feet from broken glass. Please do not take glass to the river! If you see any glass left behind and can safely remove it, please do. You could be saving someone a trip to urgent care for stitches.

Next, be sure to fuel up. Protein snacks like cheese and nuts are a fantastic way to boost energy before exerting yourself. Fresh fruit gives a quick sugar boost. One of the most efficient energy source while "eating on the go" is trail mix or energy bars. Their combination of sugar, other carbohydrates and protein provide quick energy and nutrients needed for working muscles.

We hope you have a safe and fun outdoor season, but should you find yourself suffering from the not so pleasant effects of too much sun, bee stings, poison oak, cuts, abrasions, or other maladies, an urgent care facility is open every day to get you back in one piece and on the road again.

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Get the grill started

By Co+op, Stronger Together

Get set for great grilling with these grilling tips. Start your grill about 30 minutes before you begin cooking. It's a good idea to have a hot side for grilling meat and a cooler side for grilling fish, seafood and vegetables.

If you don't have a gas grill, consider using chunk charwood, which is preferred by chefs because it burns clean and hot, sealing in the flavor and moisture of grilled foods. Since charwood is produced with nonlumber wood fired in kilns, it is also the best environmental choice.

GRILLING TIPS

Aside from traditional grill items like beef, chicken and sausages you can add that char-grilled flavor to items such as:

CORN: Soak the corn in cold water for 30 minutes, peel back the husk, remove the silk, return the husk; then grill for 15–20 minutes, turning frequently.

MUSHROOMS: Wash fresh mushrooms quickly under running water; then pat dry. Skewer or place in a grill basket. Brush with oil and grill for 5–7 minutes. Whole portabello mushrooms take 10–20 minutes, depending on their size.

ONIONS: Slice thickly and brush with oil. Cook onions directly on the grid at medium high heat until they start to turn brown. You can also roast an onion by cutting it in half, wrapping it in foil with a little butter, and cooking it for about 30–45 minutes at medium heat.

PEPPERS: Grill whole peppers at high heat until skin is charred black, about 15–20 minutes. Cool in a paper bag for 15 minutes to loosen blackened skin. Peel and remove seeds.

POTATOES: Wrap baking potatoes in foil. Cook at medium heat for 25–30 minutes or until tender.

SHELLFISH: You can cook shellfish on the grill. If they are large, such as prawns or crab you can grill them directly on the grid. Smaller shellfish, such as mussels, clams, oysters, scallops or shrimp can be skewered or cooked in a basket. Shrimp take about 8–12 minutes depending on their size.

STEAK: Choose steaks that are no thicker than 1 1/2 inches, and which have some visible fat marbling for tenderness. To keep the juices intact, use tongs rather than a fork to turn your meat. At the hottest setting, sear for 1–2 minutes per side. Then move to a medium heat and cook for about 4 minutes per side for rare (it will feel fleshy to touch), 6 minutes per side for well-done steak (it will feel firm).

SPARE RIBS: Spare ribs are the most popular type of grilling pork ribs. Avoid using a direct heat source. Indirect cooking at a low temperature for several hours will produce very tender ribs. Season with a dry rub before you grill and add barbecue sauce at the end of grilling. Use a drip pan with water or other liquids, such as broth or juice, to keep ribs moist.

FISH: Firm fish, such as tuna, salmon or halibut can be cooked directly on the grill if handled carefully. A hinged wire grill basket is best for cooking whole fish or tender fillets. Grill fillets at medium to medium-low heat. Fish can cook quickly so turn only once to keep from crumbling.

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Plants hold solution for toxic soils

By Joan Goff, Placer County Master Gardener

Throughout the world thousands of sites are polluted from mining, agricultural spraying, and manufacturing. Handling the polluted soil has traditionally been done by digging it up and putting it in containers, never to be used again. Is there a better way? There sure is: plants!

Plants reach into soil to pull up nutrients and water, and scientists have discovered that some plants can also pull up toxic materials. Poplars, willows, mustard, sorghum grass, sunflowers, and duckweed, to name a few, have this special ability. These plants have been used to help clean up soil contaminated with atomic waste, lead, zinc, mercury, and other chemicals in places such as Chernobyl and Fukushima, and contaminated ground worldwide.

The term for this is phytoremediation, phyto meaning plant, and remediation meaning to fix or remedy. While not a recent finding, phytoremediation is becoming better known as we look for cost-effective ways of handling toxic sites. While other ways used to clean up soils polluted with heavy metals can cost \$1 million per acre, phytoremediation can cost in the tens of thousands of dollars. The process may take several years and the cleaned area is confined to the soil surface, the root zone, and the area inhabited by the microbes that help the plants deal with the toxicity. Offsetting that, however, is the aesthetic value of pretty plants quietly doing their work.



Plants in the mustard family (*Brassicaceae*) are used to reclaim polluted soils. Photo from Master Gardeners.

Not all plants can be used this way; those that can tolerate high concentrations of heavy metals are called hyperaccumulators, a category that includes over 500 flowering plants. *Brassica juncea* (mustard) accumulates copper, selenium, and nickel. *Arabidopsis halleri* (rock cress) accumulates zinc and cadmium, and *Lemna gibba* (duck weed) accumulates arsenic. Scientists are working to improve this capacity by breeding plants that are more effective at taking up toxic materials.

What can be done with the plants after they have done their work? They can't be plowed back into the soil, consumed by humans or animals, or put into a landfill, but they can be burned. Work is also being done on the extraction of metals from these hyperaccumulators. This process, which is called phytomining, involves the smelting of metals from the plants.

The metals in the plant tissues could then be harvested as a commercial

product by the mining industry. Researchers are also working on genetically engineered super-hyperaccumulator plants to achieve toxic "mining" with increased speed and volume. With proper guidelines and regulations from the EPA, phytoremediation may play a growing role in the push to a cleaner, greener world.

Insect Trivia

How good is your bug math?

By Bonnie Bradt, Nevada County Master Gardener

Remember these answers and amaze your friends!

- Houseflies find food sources like sugar, with their feet, which are _____ times more sensitive than our own tongues.
- Approximately _____ silkworm cocoons are needed to produce one pound of silk.
- Ants can lift and carry more than _____ times their own weight.
- It takes about _____ Monarch Butterflies to weigh an ounce.
- Beetles account for _____ percent of all known species of plants and animals. There are more kinds of beetles than all kinds of plants that are known.
- There are almost as many species of ants (_____) as there are species of birds (_____) in the world.
- There are about _____ different kinds (species) of insects in the USA.

Answers:

1. 10 million, 2,000 3. 50 - a teeny tiny rubber tree plant 4. 100 5. 25% 6. 8,800 ants and 9,000 birds (known species) 7. 91,000

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What's in season

By Richard Munroe, Produce Department

Local season is in full bloom. The gifts of the Earth that nourish and sustain us will be mostly local or regional for the near future. Our hard working and talented local and regional farmers are once again coaxing an abundance of healthy food from soil and water for us.

From **Filaki Farms** we will have Slicing, Japanese, Lemon, and Persian Cucumbers (local Persian Cukes!) – in the coming weeks, and through August. They will also bring us fresh Bunched Basil, as will **Higareda Family Farm**. We will also have an abundance of Cilantro and Zucchini available from **Pyramid Farms**. **Greg's Organics**

will also have Zucchini, and a variety of Cherry Tomatoes as well. **Natural Trading Co.** will continue with their Sunflower Sprouts and Wheatgrass, and will also offer a number of Cherry Tomatoes.

From Nevada City's own **Riverhill Farm** we will have Green Kale, various Lettuces, Green, Red, and Napa Cabbages, as well as Red Chard and Rhubarb. **Mountain Bounty** has loose Carrots for us all summer long, along with Red Bunched Beets, Broccoli Crowns, and Gold Zucchini. Soon their green and curly Garlic Scapes will be here – one of my favorites, raw or cooked.

For radish lovers, **Starbright Acres Family Farm** will be gracing our shelves with a wide variety: Red, French Breakfast, Easter Egg, and Purple Bacchus. They also bring us Dill and Bunched Salad Turnips. If you like Tomatillos, you'll have to wait until July,

but they will be local and delicious. Our friends at **Woolman Farm** have some abundance for our BriarPatch shoppers: White, Purple, and Watermelon Daikons. Bunched Mint, Big Bok Choy, Fennel, Red Savoy Cabbage, and Purple Top Turnips will soon be here. **Flying V** has quite a variety for us as well.

They are bringing Red Russian Kale, Italian and Curly Parsleys, Dandelion, Green Onions, Fennel, Escarole, Frisee, Bunched Spinach, and Snap Peas.

First Rain Farm, another Nevada City favorite, has Dino Kale, Collards, and Rainbow Chard in store for us. **Laughing Oak Farm** will bring us Baby Bok Choy, Radicchio, Red

Bore Kale, and Mustard Greens. **Mai Farm** will soon fill our bulk greens bins with Salad Mix and Loose Arugula. And finally, everybody's favorite: local Blueberries! Those will be available very soon courtesy of our friends at **Lazy Valley Ranch**.

Just in case you are wondering, the amazing melons we have each year, Piel de Sapo and Amarillo de Oro, will be coming back in August, as will local figs, both green and Mission. **Johansen Ranch** will make Yellow Watermelons and Green Honeydews available to us in July.

We are fortunate to live in this unique community, the result of a serendipitous symbiosis of farmers, conscious consumers, and the Co-op, all supporting each other for the good of all. I am glad to be a part of it.

Enjoy the abundance and enjoy the summer.



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Community Cooking School
648 Zion Street, Nevada City



Our cooking class instructors use delicious and healthful ingredients, inspire with creative approaches, encourage fun in the kitchen!

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Brian Hollister

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brian.hollister.gaif@statefarm.com

SUMMER LOCAL Produce Outlook

JUNE

FILAKI FARMS

Japanese Cucumber, Lemon Cucumber, Persian Cucumber, Slicing Cucumber, Basil

FIRST RAIN FARM

Rainbow Chard, Collards, Dino Kale

FLYING V

Parsley, Curly & Italian, Fennel, Escarole, Frisee, Dandelion, Red Russian Kale, Green Onions, Snap Peas, Bunch Spinach

GREG'S ORGANICS

Zucchini, Various Cherry Tomatoes

HIGAREDA FAMILY FARM

Basil

LAUGHING OAK FARM

Baby Bok Choy, Radicchio, Red Bore Kale, Mustard Greens

LAZY VALLEY

Blueberries

MAI FARM

Loose Arugula, Salad Mix

MOUNTAIN BOUNTY

Red Bunch Beets, Broccoli Crowns, Loose Carrots, Garlic Scapes, Gold Zucchini

NATURAL TRADING CO

Sunflower Sprouts, Wheatgrass, Cherry Tomatoes

PYRAMID FARMS

Cilantro, Zucchini

RIVERHILL FARM

Green Cabbage, Napa Cabbage, Red Cabbage, Red Chard, Green Kale, Various Lettuce, Rhubarb

STARBRIGHT ACRES FAMILY FARM

Dill, Red Radishes, Easter Egg Radishes, French Breakfast Radishes, Bunch Salad Turnips, Purple Bacchus Radishes

WOOLMAN FARM

Fennel, Bunch Mint, White Daikon Radishes, Purple Daikon Radishes, Watermelon Daikon Radishes, Purple Top Turnips

JULY

FILAKI FARMS

Persian Cucumber, Basil

FIRST RAIN FARM

Rainbow Chard, Collards, Dino Kale

FLYING V

Curly & Italian Parsley, Gold Zucchini, Escarole, Frisee, Dandelion, Red Russian Kale, Green Onions

GREG'S ORGANICS

Zucchini

HIGAREDA FAMILY FARM

Basil

JOHANSEN RANCH

Red & Black Plums, Pluots, Green Honeydew Melons, Yellow Watermelon

LAUGHING OAK FARM

Bok Choy, Radicchio, Red Bore Kale, Mustard Greens

MAI FARM

Loose Arugula, Salad Mix, Pickling Dill, Yellow Sweet Onions, Yellow Onions, White Onions

MOUNTAIN BOUNTY

Red Bunch Beets, Loose Carrots

MOUNTAIN SWEET

Nectarines, Peaches

NATURAL TRADING CO

Sunflower Sprouts, Wheatgrass, Cherry Tomatoes

PYRAMID FARMS

Cilantro, Zucchini, Slicing Cucumber, Globe Eggplant, Red Bell Peppers

RIVERHILL FARM

Red Cabbage, Red Chard, Green Kale, Lettuce, Cauliflower, Patty Pan Squash



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Dill, Red Radishes, Easter Egg Radishes, French Breakfast Radishes, Bunch Salad Turnips, Japanese Cucumber, Lemon Cucumber, Green Bell Peppers, Tomatillos

SUNROCK FARM

Crookneck Squash

SUPER TUBER

Crookneck Squash, Red Loose Beets, Gold Loose Beets, Green Cabbage, Bunch and Loose Carrots, Purple Potatoes, Red Potatoes, Big Bok Choy, French Fingerling Potatoes, Yellow Potatoes

WOOLMAN FARM

Big Bok Choy, Red Savoy Cabbage, Fennel, Bunch Mint, White Daikon Radishes, Purple Daikon Radishes, Napa Cabbage, Bunch Rainbow Carrots, Watermelon Daikon Radishes

AUGUST

FILAKI FARMS

Persian Cucumber, Basil, Amarillo Oro Melons, Cantaloupe Melons, Piel de Sapo Melons

FLYING V

Curly & Italian Parsley, Gold Zucchini, Frisee, Dandelion, Green Onions

GREG'S ORGANICS

Zucchini, Nardello Peppers

HIGAREDA FAMILY FARM

Basil

JOHANSEN RANCH

Red & Black Plums, Pluots, Galia Melons, Green Honeydew Melons, Yellow Watermelon, Crimson Sweet Watermelon, Orange Honeydew

LAUGHING OAK FARM

Baby Bok Choy, Radicchio, Red Bore Kale, Mustard Greens, White Garlic

MAI FARM

Loose Arugula, Salad Mix, Pickling Dill, Yellow Onions, Yellow Onions, White Onions, Red Chard, Red Onion

MOUNTAIN BOUNTY

Loose Carrots, Leeks, Padron Peppers, Shishito Peppers

MOUNTAIN SWEET

Nectarines, Peaches

NATURAL TRADING CO

Sunflower Sprouts, Wheatgrass, Black Mission Figs, Green Figs, Various Cherry Tomatoes

PYRAMID FARMS

Cilantro, Cucumber, Globe Eggplant, Red Bell Peppers

RIVERHILL FARM

Green Kale, Lettuce, Patty Pan Squash, Asian Eggplant, Yellow Bell Peppers, Poblano Peppers, Cayenne Peppers, Jalapeno Peppers, Gypsy Peppers, Carmen Peppers, Heirloom Tomatoes, Roma Tomatoes, Slicing Tomatoes

STARBRIGHT ACRES FAMILY FARM

Dill, Red Radishes, Easter Egg Radishes, French Breakfast Radishes, Bunch Salad Turnips, Japanese Cucumber, Lemon Cucumber, Green Bell Peppers, Tomatillos Cipollini Onions, Shallots, Peppers, Orange Bell Peppers, Anaheim Pepper, Ground Cherries, Purple Bacchus Radishes,

SUNROCK FARM

Crookneck Squash

SUPER TUBER

Red Loose Beets, Gold Loose Beets

Green Cabbage, Carrots,

Bunch Carrots, Loose

Purple Potatoes, Red

Potatoes, Red Bunch

Beets, Red Cabbage,

French Fingerling

Potatoes, Yellow Potatoes

WOOLMAN FARM

Big Bok Choy, Red Savoy

Cabbage, Fennel, White

Daikon Radishes, Purple

Daikon Radishes, Napa

Cabbage, Bunch Rainbow

Carrots, Watermelon

Daikon Radishes



The Sustainable and Green Portfolio



Developed by Money Matters Financial talk show host Marc Cuniberti

- Are you invested in polluting and environment destroying companies? Do you even know?
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Summer recipes with local produce

ZUCCHINI, ROASTED RED BELL PEPPER, AND GOAT CHEESE FRITTATA

By Taste for Life

Ingredients

4 eggs
4 egg whites
1/2 tsp salt
2 Tbsp olive oil
1 garlic clove, minced
1/2 cup chopped roasted red bell pepper
2 small zucchinis, shredded
3/4 cup crumbled soft goat cheese

Directions

Preheat oven to 400°.

In a large bowl, whisk together eggs, egg whites, and salt.

Heat oil in a large oven-proof nonstick skillet over medium heat. Add garlic and sauté for 1 minute. Add red bell pepper and zucchini. Cook for 2 minutes. Pour egg mixture over vegetables and cook over medium heat without stirring for 3 minutes.

Transfer pan to oven and set timer for 5 minutes. When 5 minutes are up, remove pan from oven and sprinkle goat cheese over top of frittata. Return pan to oven and set timer for an additional 5 minutes.

After 5 minutes, check frittata. If it's set (center is puffy and edges are slightly browned), remove it from oven. If not, bake it for an additional few minutes until done.



BLUEBERRY-COCONUT-MACADAMIA MUFFINS

*By Stronger Together,
NCG*

Ingredients

1/4 cup unsweetened coconut
2 tablespoons plus 3/4 cup all-purpose flour, divided
2 tablespoons plus 1/2 cup brown sugar, divided
5 tablespoons chopped macadamia nuts, divided
2 tablespoons canola oil, divided
1 cup whole-wheat pastry flour or whole-wheat flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/8 teaspoon salt
1/2 teaspoon ground cinnamon
1 large egg
1 large egg white
3/4 cup nonfat buttermilk. (see Tip)
2 tablespoons butter, melted
1/2 teaspoon coconut or vanilla extract
1 1/2 cups fresh or frozen (not thawed) blueberries

Directions

Preheat oven to 400°F. Coat a 12-cup muffin pan with cooking spray. Combine coconut, 2 tablespoons all-purpose flour, 2 tablespoons brown sugar and 2 tablespoons macadamia nuts in a small bowl. Drizzle with 1 tablespoon oil; stir to combine. Set aside.



Whisk the remaining 3/4 cup all-purpose flour, whole-wheat flour, baking powder, baking soda, salt and cinnamon in a medium bowl. Whisk the remaining 1/2 cup brown sugar, the remaining 1 tablespoon oil, egg, egg white, buttermilk, butter and coconut (or vanilla) extract in a medium bowl until well combined. Make a well in the center of the dry ingredients and pour in the wet ingredients; stir until just combined. Add blueberries and the remaining 3 tablespoons nuts; stir just to combine. Divide the batter among the prepared muffin cups. Sprinkle with the reserved coconut topping and gently press into the batter.

Bake the muffins until golden brown and a wooden skewer inserted in the center comes out clean, about 20 minutes. Let cool in the pan for 10 minutes, then remove from the pan and let cool on a wire rack at least 5 minutes more before serving.

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1. Voluntary and open membership
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BriarPatch Ends Policies

BriarPatch Food Co-op exists so that Owners, customers, and members of our community have:

1. A successful and vibrant cooperatively-owned business that acts as a leader among local businesses and food co-ops nationally, and contributes to environmental stewardship through its business practices.
2. Access to high quality, healthy products, especially local and organic food.
3. A community center where people experience a sense of connectedness, ownership, and fellowship.
4. A stronger local food system.
5. A major employer that provides a healthy, fair, and considerate workplace for employees.
6. Access to education about food and consumer issues that encourages customers to make healthier food choices.

Anatomy of a garden build: One story from the Sierra Gardens Program

By Amanda Thibodeau

When schoolteacher Linda Toll and her artist husband Lew bought their new house in the country they wanted to make their dream of having a garden come true, so they contacted Sierra Harvest. Through the Sierra Gardens program this has become a reality for them!

Because of the timing (it was early fall) we decided to build their garden in 2 phases. They had just had the area cleared and leveled, so we were able to jump right in build a fence.

Sierra Gardens will build a garden from the ground up, or help revamp an existing garden area. We will come to your property and assess your needs then propose a course of action. Everyone's needs are slightly different, and we do our best to work something out for your situation.

In this case, The Tolls had a good spot already cleared and leveled, and they had a good supply of posts and fencing that had come from another part of their property. We were able to repurpose all of the fencing and many of the posts to build a fence and gate. Then we planted a cover crop and mulched with straw. Linda had also laid down a layer of horse manure that she had access to. What better way to start a garden than by building the soil! The cover crop was sown in mid-October and grew to almost 3 feet tall by the time it was chopped down in early March.

This spring we were able to rototill the cover crop in and add some additional compost and other nutrients, and



Farm Potluck at First Rain Farm,
Photo by Amanda Thibodeau.



shape some beautiful beds! Then we set up a drip irrigation system, and *voilà*...it's a garden all mulched and ready for planting!

"Starting my own garden is a long time dream fulfilled with the help of Sierra Harvest. I finally own land and could start a garden. I love the planning, building beds, planting and hopefully eating my own veggies. My garden is now my happy place where I can relax and enjoy nature. Thanks to Edy, Cláudio, the fence building volunteers and my awesome husband Lew. I could not have done this alone." stated Linda Toll.

Sierra Gardens does its work with an awesome team of volunteers and staff, cooperation and support from many local businesses, and the all important participation of the homeowner. We provide seasonal plant deliveries that takes the guess work out of "what to plant when", and we provide ongoing mentoring plus a class series of cooking and gardening classes. We know that getting started with a garden can be expensive, so we also provide scholarships to qualifying families. If you have a sunny spot in your yard and are interested in becoming a gardener but could use a little help getting started, the Sierra Gardens program might be just what you're looking for!

The Sierra Gardens program is run by Sierra Harvest with a mission is to educate, inspire and connect Nevada County families to fresh local seasonal food. To apply for your own Sierra Garden, contact edy@sierraharvest.org or call (530) 265-2343.

Also, come enjoy Farm Potlucks and tours at seven different local farms the first and third Thursday of the month from June 21st until Sept 20th 5:30pm.

Details at sierraharvest.org/calendar.



For tickets and more information call (530) 265-6124, visit our website at www.MusicInTheMountains.org or visit our box office Tuesday-Friday between noon and 4pm at 530 Searls Ave, Suite A, Nevada City.

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SUMMER BRASS Tuesday, June 26
RACHMANINOFF'S 2ND SYMPHONY
Thursday, June 28
BERNSTEIN & GERSHWIN Saturday, June 30

MUSIC OF LOVE & DRAMA Sunday, July 1
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Storytelling leads to greater cooperation and empathy

By Samantha Hinrichs



Every year for the last 33 years, a magical and mind-altering event takes place, hidden away in the hills of North Columbia. It's the Sierra Storytelling Festival, where hundreds of expectant, kind and hopeful people gather to listen to stories, to learn from the craft and experience of others, and to create and feel a tangible and powerful sense of human connection.

This connection is catalyzed by seven storytellers who are invited to the humble yet

prestigious stage at the North Columbia Schoolhouse. Their voices reach out with images of African savannas and the ancient drama of lions and humans sharing a home, with Jewish tales full of wit and wonder, with the deep change we go through after the loss of a dear brother, mother or friend, and myriad other creative and compelling human stories.

Listening to a well-constructed narrative releases oxytocin, the brain chemical that tells us we are safe in the world, which in turn leads us to be more giving and helpful, according to researcher, Paul J. Zak. Our brains develop with storytelling as our synapses and cortical structure are shaped by it. When we engage deeply with a good story, we become part of it, and we want to participate.



A pleased crowd at the 2017 Sierra Storytelling Festival. Photo from SSF.



Johnny Moses at the 2017 Sierra Storytelling Festival. Photo from SSF.

The storytellers featured at the Sierra Storytelling Festival are award-winning, multilingual artists whom you may have heard on NPR or as a voice in a film, or seen in a filmed theatre production. This year's featured storytellers are Charlotte Blake Alston, Charlie Chin, Vicki Juditz, Larry Littlebird, Clare Muireann Murphy, Izzi Tooinisky, and special guest Tom Wade.

They are writers, actors, playwrights, travelers, jugglers, and what social scientist Brene Brown would call 'wholehearted people'. Storytellers guide us through the world, help us make sense of the images we're immersed in, the advertisements we absorb, the news that we hear.

The Sierra Storytelling Festival is nurtured throughout the year by a small committee that focuses on the audience and their experience. It's a no-screen, very-little-photography, gently amplified event at which everyone gets relaxed and emotional.

The Storytelling Festival takes place on the third weekend in July, which this year falls on July 20-22. The most popular events of the three-day festival are Friday and Saturday nights, from 7:30-10pm, when each teller tells a tale. The Friday afternoon workshop "Learning to Play with Words" will be led by Clare Muireann Murphy. Saturday is filled with hour-long sessions with each of the featured storytellers, as well as a themed Story Slam and a showcase of local storytellers. Sunday's finale brings us the sweetest events of the weekend: The Children's Concert and Tales from the Heart.

Patrons can purchase tickets for the whole festival or individual events on the web at sierrastorytellingfestival.org. Discounted early-bird tickets are available until June 30th. Request a brochure by calling or emailing the North Columbia Schoolhouse at (530) 265-2826 or ncsc@nccn.net.



On the scene with our community partners

BriarPatch Food Co-op sponsors events and opportunities that support our community

SYRCL ANNUAL STATE OF THE YUBA EVENT

The "State of the Yuba" is a report to the citizens of the Yuba watershed on the condition of the river. It outlines SYRCL's priorities for the coming year, and most importantly, enlists all river lovers in the protection and restoration of the Yuba.



NEVADA UNION GIRL'S SOCCER TEAM

BriarPatch was excited to provide lots of healthful goodies and beverages for the Soccer Team to sell at their competitions. Coach Joe Breault is dedicated to his Team's well-being and success and approached the BriarPatch Marketing Team for donations to make their fundraising a super success!



JIM GATES STUDENT TOUR

Jim Gates of Nevada County Free Range Beef visited the Co-op to speak to environmental science students of Shingle Springs High School about his grass fed beef program.... inspiring the next generation of sustainable farmers and ranchers!



EARTH DAY AT BRIARPATCH

Earth Day on the patio and in the store was made special this year with performer Hannah Jane Kile's beautiful voice and heartfelt songs. SYRCL joined us, along with Randi Pratini (Fresh Starts Organic Farm) planting seeds, and a terrific Bulk Department Sale!



SIERRA SOURCE MEDIA SUMMER CAMP FAIR

Parents' Resource Guide editor, Debra Gutierrez (left), and Advertising Director, Loydne Lane (right) setting-up this year's healthy organic fruit snack station for the 2018 Summer Camp & Activities Fair. Organic fruits, drinks, and fruit wraps were donated by BriarPatch.



SCIENCE SPEAKER SERIES

The Sierra Streams Speaker Series at Sierra College offered a variety of science lectures, and BriarPatch was delighted to provide specialty cheeses, with crackers and fruit for the Series refreshment table.



KVMR BIG DAY OF GIVING

This 24-hour giving challenge to support local nonprofits is one of the events that make our region great! KVMR plans to expand community reach by hosting more forums (ex. water, veterans, aging and fire safety), by improving coverage in the areas they serve, and most importantly by continuing to give "voice" to our community.



GOOD FOOD GALLERY

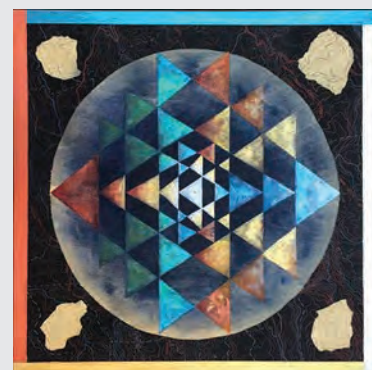
BriarPatch Food Co-op offers art exhibit space for the enjoyment of our customers and to promote art created by customers.

JUNE



NEIGHBORHOOD CENTER FOR THE ARTS

AUGUST



MARGARET LINDSEY

WHO MAY EXHIBIT

Exhibit space is open to all artists who submit an application and samples of artwork for review. We will notify artists who are selected to show their work and collaborate with them to produce a successful show.

RESERVING THE GALLERY

Download an Art Gallery Application or pick one up at the Customer Service window. Reservations for exhibit dates are generally made several months ahead of time. Scheduling may be based on a waiting list, and to allow for a variety of art media and/or BriarPatch Food Co-op special events.

DONATED GIFT BASKETS

Each basket is put together with care by our Outreach Team to support our community.



Cast Hope
Movie events at Nevada Theatre



Fire Safety Council
Culinary Adventure at Miners Foundry



4-H Camp
Spaghetti Dinner and Cake Auction Event



Care Crisis Nursery
Jambalaya Event



Music in the Mountains
Games People Play



North Star House
Roaring 20s SpeakEasy



S.T.E.A.M. Expo
Nevada County Superintendent of Schools



Communities Beyond Violence Senior Project Performance

Nurturing my summer garden

By Linda Nowak-Carlson, BriarPatch Floral Buyer



Having successfully made the transition from cabin fever to spring fever, all we want to do now is play in the garden! The weeds are growing vigorously and I really wish I could love them. But I don't, so I pluck them

out, being careful to shake off as much soil as I can. We're harvesting the veggies from our early spring plantings and planning where to place our summer crop. Some will be placed near the spring veggies to create some shade for them and extend their season. Most people plant their summer garden right after Mother's Day. The old timers say to wait till the wild blackberries in your neighborhood bloom. With so many microclimates in the Foothills, this approach is a bit more specific. We have already made our selection of tomatoes, peppers, eggplant, cukes, and squash and transplanted them into larger containers. When our blackberries bloom, these veggies will be twice as big and more established.

We've decided to use the no-till method in our garden. When we cut the cover crop, it stayed on the soil and we covered it with beautiful local compost. As the tops break down, they add their nutrients to the soil and as the roots break down, they feed the soil microbes and contribute to the soil structure.

We're also focusing on our flower garden, which is close to the veggie garden and will attract all kinds of pollinators. Our favorite perennials are the core of our flower garden and we plant annuals around them. The perennials are great because they are long-lived but don't bloom all summer as the annuals do. Some of the annual flowers can be cut and brought into the house. If you want them to reseed, you have to make sure you let the last of the season's flowers go to seed.

The annual that makes us happiest is the Mexican sunflower. Not only is it big and beautiful, but it's a

great nectar plant for the monarch butterfly. We also have the perennial native milkweed in our yard, which the monarchs use as a nursery for their eggs and caterpillars. Last year we shared our yard with three generations of Monarchs. (Or are we sharing their yard?) You should know that milkweed attracts a very specific aphid; it's a beautiful orange one that I've never seen on anything else.

We've also discovered a new favorite squash: Tombocino. It's a vining, summer squash that needs lots of room and will easily cover 20 feet of sturdy arbor. It's prolific, has few seeds, good flavor, and stays firm when cooked.

Enough now about our garden... when you see me in the expanded BriarPatch Garden Center, I'd love to hear about your favorite plants.



Linda in the BriarPatch Garden Center with a bouquet from Little Boy Flowers.

Trash talk: My zero waste story

By Amanda Ashley

Did you know that the average American produces around 4.5 pounds of trash per day? That's 1,642.5 pounds of trash per year, according to archive.epa.gov. I'm not sure what exact factor brought me to where I am today, but this staggering fact alone was enough to "drive me to the jar." Which is to say Bertha, my 1-gallon trash jar, the guardian of my yearly trash use. Bertha is where I first place all the accidental and unavoidable trash that comes to me in my daily task of being human. I am 31 years old, I live in Nevada County, and I purchase the majority of my groceries at BriarPatch.

Up until a year and a half ago, when I had my trash "awakening," I considered myself a pretty "green" person. I recycled, I shopped and ate locally, and I definitely did not litter. I can't say what was my first step in zero waste. Maybe it was my choice to no longer use paper cups for my daily coffee, or plastic liners in my trash can. Once I started paying attention to the mindless waste habits in our consumer society, I could no longer ignore them. And after being exposed to the idea of "zero waste" on YouTube and social media, I was hooked.

"Zero waste means setting a new goal for how we live in the world – one that aims to reduce what we TRASH in landfills and incinerators to zero – and to rebuild our local economies in support of community health, sustainability, and justice." (zerowasteworld.org.) Although there is no way to be 100% zero waste, we can start somewhere. The first step is to simply observe our current behavior without judgment.

This is where you come in. If you would like to take a peek into what the zero waste lifestyle is about, join me in a seven-day challenge. Pick a receptacle of choice, and simply KEEP all of the trash you use for seven days. Join the conversation and document your process using the hashtag #whenlifethrowsyourtrash and #BriarPatchZWchallenge. Everyone who participates will be entered to win one of my custom-made bulk bags!

Follow Amanda on Instagram for Zero Waste inspiration: @whenlifethrowsyourtrash



This is what my (nearly) zero waste BriarPatch trip looks like: loose produce, recyclable canned veggies, and bulk foods in my own bags and containers. Photos from Amanda Ashley.



Here I am with Bertha, the 1 gallon jar where I keep my annual trash. Photos from Amanda Ashley.

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Know your farmer

Get to know the worker owned farm in Placerville, Flying V Farm

Flying V Farm, a new worker-owned organic farm in Placerville, took its name from the V-shaped flight pattern of migrating birds. And, like birds that fly together with a single mind, the four experienced, first-generation farmers are committed to working together in harmony towards a common goal.

They currently farm two acres of annual vegetables and flowers (green onions, parsley, spinach, lettuce, snap peas, tomatoes, peppers, melons, squash, and more) and ten acres of perennial fruits (apples and table grapes), selling to BriarPatch and other local markets and co-ops.

The idea for the farm was first hatched in the winter of 2015 in the earnest belief that workers should own and operate the business that they are committed to. Groundbreaking on a beautiful piece of land in the Sierra Foothills occurred two years later, in February 2018.

Between them, the four member-owners, Grayson Curtis, Cody Curtis, Brenna Lanton, and Lucy O'Dea, have over twenty years of farming experience. Lucy says, "four brains are better than one," and each member works with a different area of expertise: perennials, propagation and weed control, field prep and irrigation, and harvest and sales.

At their weekly meetings, they plan the labor flow of the week, and at their monthly meetings they review finances, reflect on the previous month, and plan for upcoming ones. But days are spent like those of farmers from the beginning of time: irrigating, weeding, harvesting, building, seeding,

digging, rehabilitating forgotten spaces, and reaching out to customers.

To help bring their vision to light, the four members turned to the generous local cooperative community for support. Says co-owner Lucy, "There's no need to reinvent the wheel; people have been working

**PASSIONATE ABOUT
CULTIVATING A
FARMING MODEL THAT
EMPOWERS WORKERS
AND NOURISHES THE
COMMUNITY WITH
HEALTHY ORGANIC
FRUIT, VEGETABLES,
AND FLOWERS**

cooperatively for a long time." The California Center for Cooperative Development, California FarmLink, Sierra Harvest, BriarPatch Food Co-op, the Sustainable Economies Law Center, a group of farming mentors, as well as the owners of their land, all helped Flying V to open its wings and "take flight."

Now focused on its first incredible year, Flying V Farm hopes to get its farm stand open in time for Placerville's busy agri-tourism season that kicks off on Labor Day. Passionate about cultivating a farming model that empowers workers and nourishes the community with healthy organic fruit, vegetables, and flowers, the dedicated members of Flying V Farm find themselves continually "scheming and dreaming about how to be better at what we do."



A view of the newly build greenhouse.



Flying V Farmers.

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The nutrition facts label gets a makeover

By Shauna Schultz, RD



Most people use the Nutrition Facts Label to make informed decisions when buying food – whether it's evaluating the sodium or fiber content, or looking for added sugars. The Nutrition Label and Education Act, implemented in 1990, required nutrition labeling for almost all packaged foods, labels that listed reference values for nutrients and reflected newly developed regulations for serving sizes.

Since then, the Nutrition Facts Label has changed very little, but a much-needed makeover with significant changes is on the horizon. Food manufacturers originally had until July 2018 to employ the new label, but the Food and Drug Administration (FDA) granted an extension till January, 2020. Many speculate that in granting the extension, the FDA was giving in to industry objections, but fortunately, many companies are already compliant. Below is a summary of the important changes to the Label, which reflect the latest scientific evidence regarding the relationship between diet and chronic disease.

SERVINGS AND CALORIES

Serving sizes and calories are now more prominent, both to command attention and to reflect the quantities people actually eat or drink. Packages that contain more than one serving but could be consumed all at once will show nutrition facts for the entire item (after all, who drinks half of a bottled drink?!).

ADDED SUGARS

Excess added sugars are associated with chronic disease and also contribute 'empty' calories. It's about time added sugars got singled out! Added sugars include those added during processing (yes, even honey and maple syrup) and from concentrated juices. You will also see a daily value (DV) assigned to added sugars; please know that no

more than 10% of your calories should come from them (that's 50 grams per day for a 2,000 calorie diet).

REQUIRED DAILY VALUES

Say goodbye to mandatory values for vitamins A and C, and hello to potassium and vitamin D, which are both shortfall nutrients in Americans' diets. In addition to listing the percent of DV, the actual amount must be listed. DVs reflect the highest needs among all population groups, but not everyone knows what that value is or how it applies to them, so listing a unit of measurement is helpful.

NUTRIENT UNIT CHANGES.

Some of the daily values have changed (both voluntary and mandatory) and will be reflected on the new label. For example, sodium decreased to 2,300 mg, potassium increased to 4,700 mg, and fiber increased to 28 g. Regulations for dietary fiber may also change, as what is counted as dietary fiber must have a proven health benefit. This excludes some sources of isolated or added fibers, such as inulin and chicory root.

NUTRIENT DAILY VALUE CHANGES

The way that some nutrients are measured will also change. For example, folate will be reported in Dietary Folate Equivalents (DFE), vitamin A in Retinol Activity Equivalents (RAE), Vitamin E in mg, and Vitamin D in mcg.

WHAT ABOUT GMO LABELING?

A bill that mandates the labeling of genetically engineered foods was signed into law in 2016; it directed the USDA to create GMO labeling regulations by July 2018. Compliance with these requirements is also set for January 2020. What these disclosures will look like remains to be seen.

The next time you are reading labels, remember this: while quantitative data has a place in making healthy decisions, don't forget to scan the ingredients as well, as they paint the bigger picture and tell you more in terms of quality. Ultimately, food choices need to be considered in the context of one's entire diet and lifestyle; one nutrient alone doesn't make or break a food's value. Understanding what's in your food, and how it's produced, along with its nutritional facts, are the keys to making healthy decisions. Or, you might focus on foods that don't even require a label, as they are some of the healthiest foods of all!

Nutrition Facts	
Almonds	
Serving Size 100g/3.5oz	
Amount % Daily Value	
Calories 580	
Calories from Fat 440	
Total Fat 51 g	78%
Saturated Fat 4 g	20%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	1%
Carbohydrate 20 g	7%
Fiber 12 g	48%
Sugars 5 g	
Protein 21 g	
Vitamin A	0%
Vitamin C	0%
Calcium	27%
Iron	25%

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CO-OP CAUSE

Change Adds Up. Supporting Everyone

The Co-op CAUSE program allows you to donate easily at checkout to a community endeavor aligned with the Co-op Ends Policies. Together, we can raise a substantial amount for these organizations by focusing attention on a given project for several weeks. As you check out, just ask the cashier to round up your total payment to the nearest dollar or more.

JUNE - BARBARA SCHMIDT MILLER/ CELEBRATION OF LIFE TRIATHLON

Barbara Schmidt Miller
Celebration of Life



Don't miss Sierra Nevada Memorial Hospital Foundation's Barbara Schmidt Millar Celebration of Life Women's Triathlon and 5K Walk/Run on September 16, 2018 at the Scotts Flat boat ramp in Cascade Shores, Nevada City.

Join women of all age groups

from across Nevada County for a day of camaraderie, sportsmanship and – most importantly – raising funds for local breast cancer support, outreach, treatment and education. Participants include seasoned and beginning triathletes 18 years old and up, as well as 5K runners/walkers 13 years old and up. Whether you want to do the

entire triathlon, join as part of a relay team, or sign up individually, this is a great opportunity for women who want to get some exercise while enjoying an amazing day among the beautiful pines and oaks of Cascade Shores. For 24 years the BSM Triathlon has provided vital services to our community such as: mammograms for women in need, scholarships to female Nevada Union students who are pursuing a degree in healthcare, and resources made available through Sierra Nevada Memorial Hospital's Women's Imaging Center. It is also an excellent way to remember or show support for a loved one who has experienced breast cancer. Event registration and sponsorships are available at www.bsmtri.org, or by calling (530) 477-9700.



The BSM Triathlon raises funds for local breast cancer treatment and support. Photo from Sierra Nevada Memorial Hospital Foundation.

JULY - SIERRA NEVADA CHILDREN'S SERVICES



Sierra Nevada Children's Services (SNCS) is a private, community-based nonprofit child care resource and referral agency that has served families, childcare providers and the community for 40 years. Our mission is to

enrich the community by supporting quality child care and empowering families to aspire to lifelong success.

SNCS administers several programs to help eligible families pay for childcare services and assists families in finding a childcare provider that will meet their needs. Families can also find out about community resources.

SNCS supports childcare providers by offering professional development training workshops and technical assistance with licensing.

Playgroups at SNCS help parents, caregivers and children learn new skills by participating in activities with a trained facilitator who guides parents on the value of interactive play with their infants, toddlers and preschoolers. To meet the demand for playgroups, SNCS offers "Baby Steps" for 9-18 months old, "Tots to Twos" for toddlers, "Three to Grow" for preschoolers, and "GPOPS" for grandparents and their grandchildren. BriarPatch community donations allow these playgroups to continue and grow.



Tots and Twos playgroup -learning, exploring, connecting through play! Photo from SNCS.

AUGUST - SAMMIE'S FRIENDS



Sammie's Friends

Sammie's Friends is a nonprofit established in 2004 by Cheryl Wicks and Curt Romander to help the animals of Nevada County. Sammie's Friends raised money to help low-income families get the medical

Animal Shelter and lowered the animal euthanasia rate from 68% to under 1%. Animals in Sammie's Friends' care interact with volunteers every day and receive any necessary medical treatment.

Sammie's Friends thrives because of our community's amazing support.

Members of Nevada County find countless ways to contribute to animal welfare in their area—monetary donations, volunteering, organizing fundraisers and donation drives. Sammie's Friends looks forward to continuing serve all the residents of Nevada County—two-legged and four-legged alike.

care their pets needed, and organized volunteers to walk dogs at the municipal animal shelter.

In 2008, Sammie's took over running the Nevada County



2 cats, Rowen and Jessamine, Sammie's Friends saved from dying of Calicivirus. Photo from Sammie's Friends.

What is your favorite food to take to the river?



Fresh in-season fruit!
Cherries and apples!

– Jan



I like finger foods, fresh fruit, and vegetables. Cheese for protein, especially cheddar cheese. I especially like the new vegan garlic and herb cheese wheel with crackers. Ice tea and water, especially carbonated water.

– Svesan



My favorite food to take to the river is organic mangos. I make a big mess with them, eat them, then clean off in the River!

– Meraki



I like to take fruit down there. Bananas, apples, peaches if they are in season. I have a tendency to not eat as much when I am at the river because I want to be in the river! It makes me want to eat lots of fruits and maybe some cookies. Mainly water. I like some juices, like the raspberry and apple.

– Peter



It's a veggie sushi. It's avocado, cucumber and rice. It holds perfectly and it's very refreshing. Also watermelon. The veggie rolls are super easy and great. The rolling can be the hardest.

– Colleen

Photo by Alyssa Keys Photography

July

2018 is a

Co-op Owner Discount Month

10% OFF

one shopping trip in July

Ownership must be current or fully-paid to receive discount. Not current? Just renew at any register. Discount is a maximum discount, not in addition to senior, volunteer, or employee discounts.



See the latest photos and videos highlighting the best of BriarPatch! [@briarpatchcoop](https://www.instagram.com/briarpatchcoop)

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