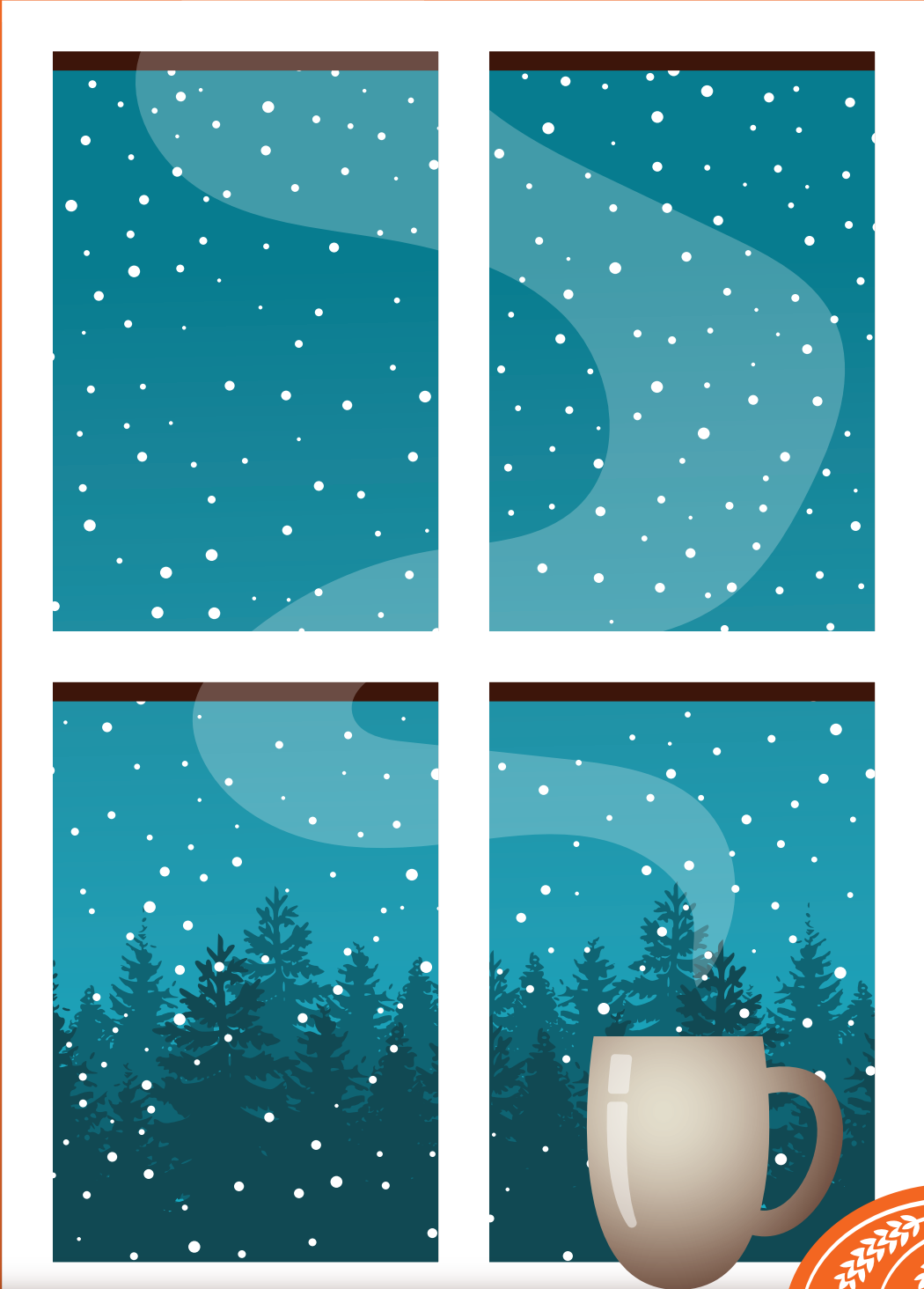


FRESH PRESS IS A PUBLICATION OF  
ORYANA COMMUNITY CO-OP

# Fresh Press

Winter 2025





# FRESH PRESS

**A Quarterly Publication of  
Oryana Community Cooperative**

**Newsletter Editor and Layout:**

Luise Bolleber

**Proofreaders:** Jacqueline Bishop,  
Kirsten Harris, Wendy Walter

**Contributors:**

Luise Bolleber, Sarah Christensen,  
Ethan Colyer, Sharon Flesher, Ali  
Lopez, Colleen Valko

## OUR STORES

**TENTH**

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

**WEST**

3587 Marketplace Circle  
Traverse City, MI 49684  
231.486.2491

**SPROUT CAFE**

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

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

**Our Board of Directors**

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

# CONTENTS

- 3 General Manager’s Report
- 4 Board Report
- 5 Customer Comments
- 6-7 New Products - Things We Love
- 8 Wellness Warmth
- 9 Oryana for Good 2024
- 10-11 The Legacy of African American Co-ops
- 12 Kids Page
- 13 Run for the Board
- 14-15 Cozy Lentil Recipes
- 16-17 Gather & Cook with Friends
- 18 Our Local Vendor - Earthen Ales
- 19 Classes
- 20 2025 Microloan

*February is*

# OWNER APPRECIATION MONTH

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



# General Manager's Report

By Sarah Christensen

It's been a year since I stepped into the role of Oryana's General Manager, and what a year it's been—full of the usual retail surprises and feats, including equipment upgrades and breakdowns, new products and dietary trends, and managing the tension of rising costs in every category from products to utilities to services. My first year also brought Oryana-specific revelations and accomplishments, like my first Annual Meeting, building relationships with our talented staff and dedicated board, and learning about the values that make Oryana such a vital part of our community.

I'm proud to say that we closed out 2024 with a strong financial performance, including achieving our best sales year yet. This success reflects not only the hard work of our team but also the unwavering support of our shoppers and owners, who continue to prioritize local, sustainable, and cooperative values in their purchases.

Highlights from this past year include:

- **Managing Pricing Through Inflationary Pressures:** Amid rising costs across the industry, we worked diligently to balance fair pricing with maintaining Oryana's financial health. Our ongoing goal is to bring better value to you on everyday-use products and pantry staples.
- **Fresh Deals Launch:** We introduced Fresh Deals, a weekly promotion program focused on produce, meat, and cheese, making it easier to access fresh, high-quality essentials at great prices.
- **Wage Adjustments:** In response to the rising cost of living in Traverse City, we updated our wage scale to ensure that Oryana remains a competitive and supportive workplace.

- **Supporting Local Producers:** When Oryana grows, so does our impact on the local food system. A strong local food system provides us with a reliable source for the products you love while giving growers and producers a consistent market for their goods. When we win, they win, and you win, (not to be confused with when I dip, you dip, we dip.)
- **Café Hours Alignment:** We aligned the café hours at both locations, with service now available from 8 am to 6 pm, ensuring greater consistency and convenience for our shoppers.
- **Community Impact:** From donations and partnerships to hosting events, Oryana contributed to causes that matter to our community. We organized and sponsored the First Annual Loop the Coop event for National Co-op Month in collaboration with other co-ops in Traverse City.

You'll see more details and highlights in the coming months when we roll out our annual report and share 2024 data, so stay tuned! This year brought both challenges and opportunities, but the resilience, creativity, and commitment of the Oryana team ensured that we stayed true to our cooperative mission.

As we look ahead to 2025, I'm excited to build on this momentum. Plans are already underway to enhance your shopping experience, strengthen our community connections, and explore new ways to serve you, our member-owners.

Thank you for your continued support of Oryana and for welcoming me so warmly over the past year. Here's to another successful year of working together to nourish our community, our local economy, and our shared values.



## Board Report

By Colleen Valko, Oryana Board President

Two years ago, I was sitting at my Thanksgiving table, writing for the January 2023 newsletter. As I talked through what I wanted to share with you in my article, I felt the weight of finding the right words to kick off the year. Oryana was about to celebrate its 50th anniversary, and Steve Nance's retirement announcement was just around the corner. On top of that, I was overwhelmed with gratitude for the Oryana staff who were navigating both the busy holiday season and the transitions ahead with incredible dedication.

Without missing a beat, my friend Andy said something that has stuck with me ever since: "Oryana may have reached its golden anniversary, but the real gold is the people." The phrase still pops into my head whenever I think about what makes Oryana special.

Every time I walk into Oryana, I feel that warmth and brightness that the staff bring every day. There's something irreplaceable about it. I genuinely love grocery shopping (I know, a chore not everyone looks forward to), but even if it's not your favorite task, I like to think that walking through Oryana's doors brings a little joy to everyone's day.

This past year, that same energy has carried us through a big leadership change. As of January 1, Sarah Christensen has officially been General Manager for a full year. Working with her has been an absolute privilege and her leadership, alongside the dedication of the Oryana staff, has kept the co-op moving forward and thriving.

I've been searching for ways to bring that same vibrancy to board work, complicated by the fact that we each have full time commitments outside of Oryana and connect just a few times a month. In addition, board work is slow and riddled with policy language that can feel like minutiae. On top of that, our board composition changes every year with the election of new directors, who may bring different energy or priorities or experience to the table.

This year, we're using our annual board retreat to tackle some of those challenges and reflect on our own cycles of change. We want to make sure we're working well as a team and create systems that help the board remain strong, even as directors come and go. At the retreat, we'll set our annual work plan for 2025, talk about how we can be more effective as a board, and start planning a review of our Ends Policies. This review is an opportunity to ensure that these guiding policies reflect the values of our members, strategic direction of Oryana, and the needs of our broader community.

Member participation will be a key part of this process and I'm excited to create more opportunities for your voices to be heard in the coming year. As we look ahead to 2025, I'm feeling optimistic. Oryana is in a great place—and that's because of our members and the incredible people who make up this co-op. Andy was right: the real gold is the people.

# Customer Comments

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

**Consider offering a cheaper price on the hot bar at the end of the day if the food is crispy and dried out. You should not pay the same price if the food is not fresh and moist. It's not the same quality.**

Thanks for your feedback. We agree that the same quality of food should be available all the time regardless of whether you are the first or last customer! We will strive to make sure the food is always fresh the last hour.

**I love the yellow gold wall with the stripes in the entrance. It would be a great Oryana t-shirt.**

That is a great idea. We love that wall too. We just released new t-shirts so we'll have to wait until these are gone before we design a new one. But your suggestion will be considered as a top option.

**Will you please erect signs telling drivers to slow down at both ends of the parking lot (Tenth)?**

Thank you for suggesting that we place signs reminding drivers to slow down when they turn into the parking lot. Making the parking lot safe for shoppers and everyone is definitely important to us. We will look into this.

**It would be nice if you could email receipts instead of printing them.**

This is a great idea and it's been on our radar for awhile. We are indeed working on this project and hope to have it up and running soon!

**Please bring an Oryana to Manistee!**

Thank you for your support and encouragement! We wish we could be in every town that wants a co-op. We don't currently have third store plans, but it's good to know that we have support in Manistee.

**Would you post farm practices for the farms raising your meat, that includes info like grass-fed, non-GMO feed, etc.?**

Thanks for asking this! We now have information posted about all of our meat and how each farmer/vendor raises their animals. Check out the new sign in our meat department!

**It would be amazing if you offered textile recycling. It used to be available through H&M but they closed.**

We weren't aware of this program at H&M. We'll do some research on this and see what options, if any, there might be. Thanks for the suggestion.

**When the weather is nice and warm, it would be great to see the employees and cash registers outside. Is this a possibility? This would be healthy for everyone.**

How kind that you're thinking of our staff and shoppers and their access to fresh air. But this would be incredibly difficult to do given all the infrastructure requirements of our cash registers, and it simply wouldn't be feasible. But it's a lovely idea!

**It would be nice if the co-op better encouraged shoppers to bring their own bags.**

Thanks for the suggestion. We'll discuss with our marketing team to see if there are more ways to encourage bringing your own bag, in addition to our Beans for Bags program.

**Could you have an honorary membership or discounted membership for the local indigenous people?**

This is a thoughtful idea. We agree that Oryana should look for ways to honor and support and connect with local indigenous people. We will keep this in mind as we explore ideas and possible connections.

**I find the prices at Oryana are higher since there was a change in management. There seem to be fewer sales of products. I find it's cheaper to shop at Edson Farms for the first time. I also miss knowing what the sales will be in the next flyer.**

Thanks for sharing your concerns about prices. We have not changed our pricing strategy after the leadership change this year. Our margins haven't changed and if you notice higher prices, it would be due to costs going up. Regarding the sales flyers, we post the current flyer as well as the upcoming flyer on Wednesdays on our website. You'll find those under Deals & Sales.

**Please bring back the cool rainbow t-shirt!**

We did! They are available now in many sizes.

# new products



## Wild Harvest Organic Broths

New, affordable, organic Co-op Basics item. Delicious organic broths include vegetable, chicken, and beef.



## D'Artagnan Rendered Duck Fat

Pure duck fat from Moulard ducks. With a silky mouthfeel, subtle flavor, and a high smoke point, duck fat is perfect for high-heat cooking. Chefs consider it the best animal fat for cooking, and it enhances the flavor of anything it touches, from poultry to potatoes, and meat to fresh vegetables.



## Pitaya Foods Frozen Organic Avocado Pieces

Enjoy the convenience of customizable portions of ripe avocado for your morning smoothies, toast, guacamole, and more!



## Cabot Habanero Cheddar Cheese

Try this fiery south-of-the-border cheddar, a beautiful biting combo of rich cheddar and spicy habanero. Perfect with your favorite Mexican dishes that need heat.



## Pachamama Coffee

Certified organic, shade-grown coffee directly from smallholder farmers in S. America, Mexico, and Ethiopia. Features earth friendly packaging.



## Zum Laundry Soap

Made with simple ingredients and essential oils. Low sudsing, highly concentrated, gentle on delicates.



## Gopal's Rawmesan

A delectable, dairy-free and soy-free alternative to Parmesan cheese. This lightly salted seasoning can be enjoyed as a delicious topping on pasta, pizza, salads, veggies, tofu, sandwiches, popcorn, and more.



## No Cow Protein Bar

With 20 grams of dairy-free protein per bar and only 1 gram of sugar, they provide a satisfying boost of energy without the crash. Plus, they're vegan and gluten-free.



## Ski Queen Classic Creamy Caramel Cheese

Amazing rich creaminess of cheese with the irresistible sweetness of caramel. Spread on toast, pair with fruit, or enjoy straight from the spoon.



### Alexia Cauliflower Risotto

Riced cauliflower meets savory Parmesan cheese, sea salt, and rich cream in this delicious side dish. Keto friendly.



### Barney Butter Almond Butter Blend Chocolate

Spreadable almond butter blended with melted Enjoy Life® chocolate. So good on sourdough toast.



### Betty Buzz Sparkling Lemon Lime Soda

Light, citrusy, refreshing, perfect on its own or excellent with tequila.



### Wildly Organic Coconut Oil

The best, most delicious cold-pressed organic coconut oil, rich tasting, perfect for baking and sauteeing.



### Black Garlic

Black garlic is sweet, earthy, and full of umami flavor. Make it your next secret ingredient!



### Higher Grounds Gran's Blend Coffee

A great local coffee. Perfect medium roast flavor with half the caffeine.



### Löwensenf Extra Hot Mustard

Germany makes excellent mustard! This is divine with grilled sausage or spread on sandwiches.



### Great Lakes Treats Wild Reishi

Wild foraged from pristine Northern Michigan forests. Use to make a healing cup of tea.



### Brine & Vine Cara-me-away

Superb sauerkraut, locally made in small batches. Crunchy, refreshing, and not too salty.



### Sleeping Bear Sriracha

Locally made hot sauce that's a little sweet and a little hot. Made with red serrano peppers.



### Oryana's Wild Rice & Smoked Tofu Salad

The combination of salty tofu chunks, wild rice, raisins, and pecans is a match made in heaven!

# stay warm & cozy this winter

Winter is here and we need strategies to keep the season's chills at bay. We found some great products throughout our stores to help you stay toasty warm and cozy this winter, inside and out.



## LOCAL Bear Earth Herbal Wild Bear Ease Tea

A soothing blend of raspberry leaves, elder berries, elder flowers, sumac berries, and strawberry leaves, perfect for cold & flu season.



## Endangered Species Chocolate Bar with Cinnamon, Cayenne & Cherries

Treat your taste buds to a kick of cayenne spice and soul-warming fair-trade cinnamon folded into delicious dark chocolate.



## U-Konserve Insulated Food Jar

For soup or stew on the go! Food stays hot for hours so you can enjoy a cup of hot, hearty warmth at lunchtime.



## Prince of Peace Lemon Ginger Honey Crystals

Instant ginger tea with honey and lemon, for a quick hot beverage to warm your soul.



## Soothing Touch Bath Salts

Crafted with Dead Sea salt and a unique combination of essential oils to soothe and warm you up when the wind is howling outside!



## Warmies

Weighted, lavender scented, microwaveable stuffed animals for comforting, therapeutic warmth. Great for kids and adults alike.



## Badger Ginger Arnica & Cayenne Massage Oil

Profoundly warm and soothe the body with this stimulating, therapeutic deep tissue massage oil that includes cayenne pepper for a gentle warming sensation.



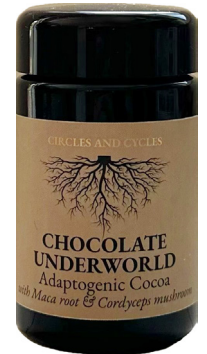
## Om Superfood Mushroom Blend Coffee Latte

An energizing combination of organic coffee with functional mushrooms to support immune health, focus, and natural energy.



## Renewal Neck Wrap

Warmed in the microwave, this neck wrap provides relief and comfort to stiff, sore muscles in the neck and shoulders.



## Circles and Cycles Chocolate Underworld Adaptogenic Cocoa

A warming, earthy blend of organic cacao, adaptogenic herbal roots, & cordyceps mushroom to help provide a natural source of energy & vitality while supporting your body through everyday stressors.

# oryana for good

CONCERN FOR COMMUNITY is a cooperative principle we are honored to fulfill on an annual basis. Our owners and shoppers also generously assist us in generating funds for different efforts including our **Beans for Bags** program and **Groceries for Good** monthly giving plan.

Here are the highlights of what we gave in 2024:

Total discounts to owners and shoppers

**\$1,273,668**

Microloans awarded

**\$10,000**

Beans for Bags

**\$21,126**

Number of Recipient Organizations

**175**

Value of fresh food donated to Food Rescue

**\$77,397**

Total donations & sponsorships

**\$99,808**

# GROCERIES

for **GOOD** 

**\$20,762**

Most months for one day we donate 2% of profits + shopper round-ups to a local non-profit organization. Last year's Groceries for Good recipients:

Safe Harbor, Title Track, BBBS of NW Michigan, Traverse Bay Children's Advocacy Center, Norte, Invasive Species Network, Inland Seas, SEEDS, Great Lakes Incubator Farm, Women's Resource Center, & Justice and Peace Advocacy Center. (In December, in lieu of a GFG donation, we donated to Northwest Food Coalition.)

Other local organizations to whom we donated last year:

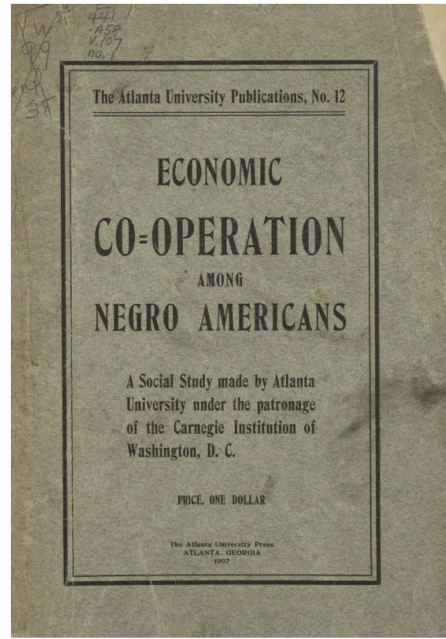
Greenspire School, Child & Family Services, Evergreen Community Group, Leelanau Conservation District, Blissfest, Great Lakes Children's Museum, NMEAC, Earthwork Music, TCAPS Montessori, Safe Harbor, Munson Cardiac, Westwoods PTO, TAHRA, TADL, On The Ground, Northern Academics, Horse North Rescue, Old Town Playhouse, M-22 Challenge, TC Central High School, NW MI Military Officers Assn, Northport Promise, Christ Community Church Orphan Dream Ministry, Leelanau Children's Center, Cherry Capital Cycling Club, Archipelago Project, Watershed Center, Preserve Historic Sleeping Bear, League of Women Voters, Migrant Resource Council, Up North Pride, Sea2stable, Trinity Lutheran School, Leelanau Montessori Forever Foundation, Alzheimer's Assn, Long Lake Elementary, Generations Ahead, GT Yacht Club Foundation, Blue Ribbon Run, Crosshatch, GTACS, Central Grade School PTO, Brick Wheels, Northern Michigan Climate Families, Traverse Heights PTO, NW Michigan Ballet Theater, Grand Traverse Academy, Woodland School, Denno's Museum Center, Central United Methodist Church, Master Gardeners, Interlochen Center for the Arts, Unitarian Universalist Church, Ed & Irene Fleis Education Fund, Girl Scout Troop 8896, For Animals, TC Curling Club, Three Swords, Bayside Travellers, Toys for Tots, Boots for Kids, Black Sheep Crossing

# The Legacy of African American Co-ops

Guest Essay By Sharon Flesher



The Freedom Quilting Bee, a Black-owned textile cooperative, was born in the Civil Rights Movement as a way for poor Black craftswomen in the Alabama Black Belt to earn money for their families.



Cover of a 1907 report on economic cooperation edited by W.E.B. Du Bois.



Customers at Minnesota's Credjafawn Co-op in the predominantly African American Rondo neighborhood of St. Paul, circa 1950.



W.E.B Du Bois served on the faculty of Clark Atlanta University in Atlanta, Georgia in 1907. He received a grant from the Carnegie Foundation to research African American cooperative businesses.



Mandela Grocery Cooperative, West Oakland, CA



Detroit People's Food Co-op

The Underground Railroad, a cooperative network that helped enslaved people in the United States escape to freedom before the Civil War, is well-known, but much of the long history of Black cooperative economics has remained underground. Racism, oppression, and fear of reprisals kept the movement largely hidden for at least two centuries. In the current century, Black-led co-ops have been emerging and resurging, from long-standing networks that aid farmers in land retention to brand new grocery co-ops opening to transform food deserts into verdant oases of local and organic produce.

After 14 years of planning, the Detroit People's Food Co-op (DPFC) opened the doors of its 15,000 sq foot supermarket in the city's North End neighborhood on May 1, 2024. It has since zoomed past its goal of 3,000 member-owners with more than 4,000 at last count.

The co-op is on the lower level of the Detroit Food Commons building. Above the grocery store are four commercial kitchens for rent, a banquet hall, and the offices of the Detroit Black Community Food Sovereignty Network, which spearheaded the project. The DBCFSN has a mission to build self-reliance, food security and justice in the city and also operates D-Town farm, a seven-acre organic farm in the City of Detroit's Rouge Park. D-Town produce is, of course, available at the DPFC.

Other openings of Black-led co-ops include Gem City Market in Dayton, Ohio, and Mandela Grocery Cooperative in Oakland, Calif. More are working towards an opening, including Fertile Ground in Raleigh, N.C., SoLA Food Co-op in Los Angeles, and the Central Brooklyn Food Co-op in New York.

All have similar mission statements referencing the need to address food insecurity and inequity by improving access to healthy, sustainably-grown food while empowering their communities through democratic control and self-determination.

"We were concerned about the lack of access to good, high quality food, but even equally as important, we were concerned about the lack of self-determination and the economic extraction from Black communities," community leader and recently retired DBCFSN Director Malik Yakini told One Detroit in an interview.

Racism and the exclusion of their communities from the dominant economic

structure inspired the creation of Black cooperatives in the United States but also kept most of that activity hidden for nearly 200 years.

"Everyone I talked to said Blacks don't do co-ops," said Dr. Jessica Gordon-Nembhard in an interview with Truthout. "We have that false history because no one would talk about it and people thought it was too dangerous to pass it down."

Dr. Gordon-Nembhard, a professor of political economics in New York, is the author of *Collective Courage: A History of African American Cooperative Economic Thought and Practice*, published in 2014. She describes a long tradition of economic cooperation in the Black community, beginning with mutual aid societies in the late 1700s, and continuing through the present, as well as the need to keep those activities generally hidden. Enslaved people feared reprisals and even through much of the 20th century, Black people attempting to organize a cooperative worried that they would be further targeted as "communists."

"Doing alternative economics...was dangerous, especially in the South," Gordon-Nembhard told Truthout. "Your stuff could get burned; you could get lynched. Why? Either because you were being too uppity for trying to do something on your own or you were challenging the white economic structure, and you weren't supposed to do that. The white economic structure actually depended on all of these blacks needing: having to buy from the white store, having to rent from the white landowner. So they were going to lose out if you went and did something alternatively, and they also lost power over you."

Despite that, Black people relied on cooperative economics to survive, and they were in the vanguard of the cooperative movement. Possibly the earliest documented cooperative in the United States was the Free African Society formed in Philadelphia in 1787 as a mutual aid society. Members paid one shilling a month for a year to help each other with the costs of burials, aid for widows and orphans, and access to health care.

Prior to the Civil War, enslaved people might share a kitchen garden, and those who had an opportunity to earn money might even pool their resources to buy each other's freedom. After the Civil War in the southern U.S., some mutual aid so-

cieties evolved into cooperative farming organizations.

"African Americans started using cooperative economics from the moment they were forcibly brought to the Americas from Africa, at first for practical reasons," Gordon-Nembhard told Civil Rights Teaching. "They realized that their survival depended on working together and sharing resources."

W.E.B. Du Bois was an ardent advocate of the cooperative model for all people, but particularly for African Americans who were denied economic opportunities in the capitalist system. Other Black thinkers also embraced cooperative economics. Anarchist George Schuyler founded in 1930 the Young Negroes' Cooperative League, coordinating consumer cooperatives and buying clubs across the U.S. Civil Rights icon Ella Baker was its first national director.

Cooperatives were hugely influential on the Civil Rights movement. On John's Island off the coast of Charleston, S.C., the Progressive Club had started in 1948 as a mutual aid society and consumer co-op, selling everything from groceries to gasoline. In the 1950s, the Progressive Club formed a Citizenship School to help Black people overcome hurdles to voter registration. Many civil rights leaders visited the co-op, including Martin Luther King, Jr., John Lewis, and Fannie Lou Hamer.

Also launched during the Civil Rights era was the Federation of Southern Cooperatives, which is still going strong in its efforts to develop co-ops and to help Black farmers retain their land.

There are many other stories of Black cooperatives in Gordon-Nembhard's book, which is easier to find in electronic form than a print version. She also has many interviews in print, audio and video on the internet for those who would like to learn more.

Meanwhile, check out the Detroit People's Food Co-op next time you're in the Motor City. It's a beautiful store at 8324 Woodward Ave. and welcomes all shoppers.

#### *About the author:*

Sharon Flesher is a writer who lived in Traverse City for 30 years, the entirety of which she was an active Oryana member. She has written for many publications, including this one, and now resides in North Carolina.

# CO-OP KIDS PAGE



## HOW DO YOU SAY HAPPY NEW YEAR?

FRENCH  
Bonne Année!

SWEDISH  
Gott Nytt År!

SPANISH  
¡Feliz Año Nuevo!

ITALIAN  
Buon anno!

GERMAN  
Frohes Neues Jahr!

MAORI  
Ngā mihi o te tau hou!

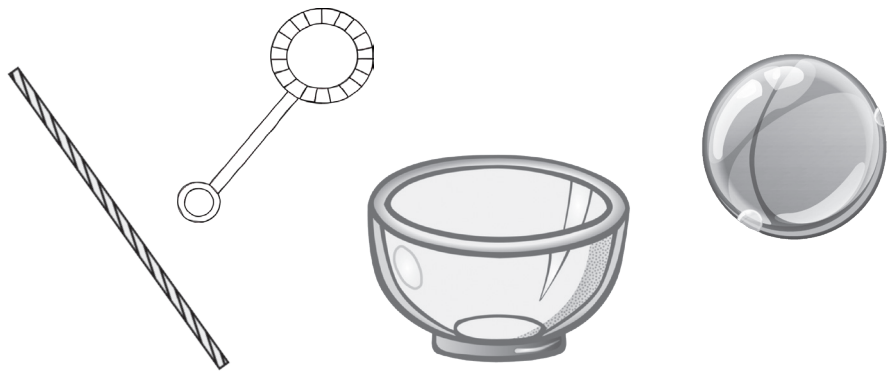
## MAKE SOME FROZEN BUBBLES!

On a super cold, sunny, windless day, whip up some bubble solution, dress warmly, and go outside to make frozen bubbles! How cold should it be outside? Wait until it's below 20°F for best results. The colder the better! Here's how to do it. (Adult supervision suggested.)

### BUBBLE SOLUTION RECIPE

1 cup warm water  
2 1/2 tablespoons corn syrup  
2 tablespoons sugar  
2 1/2 tablespoons dish soap  
Straws or a bubble wand  
A plastic container or bowl with a lid

1. Add the warm water to the container.
2. Stir the corn syrup into the warm water.
3. Add the sugar and stir until the sugar is fully dissolved.
4. Gently mix in the dish soap until just combined. Don't over mix or you will end up with a bowl full of bubbles.
5. Set the container outside or in the freezer for 30 minutes to chill. Don't allow it to completely freeze.



Dip your straw in the cold solution and carefully draw some of it into the straw. Keep the lid on the bowl between dippings. Gently blow through the straw near a surface, such as a table, fence, branch, or onto some fresh snow, so the bubble has a place to land. Once the bubble forms, quickly remove the straw. You want to detach it before it freezes. Or try using a bubble wand. You have to work quickly before it freezes in the wand. Once you have a bubble, you will actually see the ice crystals forming! Frozen bubbles are fun to take pictures of so bring a camera outside with you. Have a blast!

# Run for the Board

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

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

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

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

If you are curious or have questions about serving on Oryana's Board of Directors, see below for options to learn more.



Colleen Valko  
President



Kaitlyn Burns  
Vice-President



Kathy Baylis Monteith  
Treasurer



Tricia Phelps  
Secretary



Cy Agley



Marty Heller



Parker Jones



Samuel Reese



Chuck Mueller

## LEARN MORE ABOUT JOINING THE ORYANA BOARD

The next Q & A session will be held at the West Community Room on Thursday, January 9, 2025, 5:15-6:15pm. Please contact [candidate@oryana.coop](mailto:candidate@oryana.coop) to RSVP. (Highly Recommended!)

Attend an Oryana Board of Directors meeting on the 3rd Thursday of the month in February or March. Candidates are welcome at 4:45 pm, 30 minutes before our regularly scheduled board meeting. Please contact [candidate@oryana.coop](mailto:candidate@oryana.coop) to RSVP.

Visit our website: [www.oryana.coop/board-of-directors](http://www.oryana.coop/board-of-directors) or email: [candidate@oryana.coop](mailto:candidate@oryana.coop)



# cozy lentils for supper

It's that cozy time of the year when the holidays are over and we're ready to start making bowls of comforting goodness. Lentils are one of my favorite things to eat as they cook up fairly quickly, are packed with nutrition (protein, fiber, potassium, and iron, to name a few) are incredibly versatile, and highly underrated. Here are a few ways to work lentils into your weekly meals.

## Sweet Potato Lentil Stew

This is a delicious, warming, good-for-you stew made with red lentils, which cook quickly, fall apart, and become creamy.

2 tablespoons extra virgin olive oil  
1 teaspoon smoked paprika  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon ground cinnamon  
3 big garlic cloves, minced  
1/2 to 1 teaspoon red chili flakes (depends on how spicy you like it)  
1 cup red lentils  
1 (14-oz) can diced tomatoes  
2 cups vegetable stock  
1 sweet potato (about 1 lb.), peeled, diced  
3 cups chopped kale  
1 lime  
Salt and pepper  
Fresh cilantro, optional for garnish  
Yogurt, optional for garnish

### Recipes by Ali Lopez

*Ali Lopez is a wellness chef who loves vegetables and teaching others. She spent many years working with Oryana and is currently living in Vermont.  
Email: [ali@ali-lopez.com](mailto:ali@ali-lopez.com)*

1. Set a large pot over medium heat. Add the olive oil to coat the bottom of the pan and let it heat up for a few minutes.
2. Add the paprika, coriander, cumin, and cinnamon and cook for 2-3 minutes or until it begins to smell fragrant. Add the garlic and chili flakes and cook another 1-2 minutes or until the garlic is softened, but not browned.
3. Add the lentils and stir to coat in the spices. Stir in the tomatoes and vegetable stock. Add the sweet potato and another cup of water. Then add a half teaspoon of salt and a few grinds of black pepper.
4. Cook at a low simmer, stirring occasionally, for 25-30 minutes, or until the lentils and sweet potato have softened. You may need to add more water every now and then if it gets too thick.
5. When the lentils are cooked, add in the kale and stir to combine. Cook for a few more minutes to let the kale soften into the stew. Taste and season with salt and pepper to taste.
6. When the kale is softened, turn off the heat and squeeze in the juice from the lime. Stir to combine. Taste again and reseason if needed.

## Black Lentil Delicata Salad

Try this lovely warm salad for a chilly winter day, made with beautiful black lentils (also called beluga, as they look like caviar) which keep their shape.

2 pounds delicata squash\*  
1 large red onion, thinly sliced  
2-3 bunches of lacinato kale (about 1.5 lbs,)\*  
Salt and pepper  
Extra virgin olive oil  
1 cup black lentils\*  
1/4 cup apple cider vinegar  
1/4 cup maple syrup  
1 tablespoon Dijon mustard  
1/2 cup sliced almonds or sunflower seeds  
Goat cheese or feta cheese, optional

1. Preheat oven to 425°F. Bring a medium pot of water to a boil. Add black lentils and about 1/2 teaspoon salt. Reduce to a simmer and cook until the lentils are soft but not mushy, 20-25 minutes.
2. While the lentils cook, cut the delicata in half lengthwise, remove seeds and slice in 1 inch half moons. Remove kale stems and thinly slice leaves into ribbons.
3. Add the squash and onion to a baking sheet, and add the kale to a second sheet. Drizzle each sheet pan with 1 tablespoon olive oil and season with salt and freshly ground black pepper. Toss with your hands to coat veggies.
4. Bake the squash on the bottom rack of the oven for 10 minutes, or until lightly browned. Turn the squash slices; roast everything an additional 8-10 minutes or until the kale is lightly charred on the edges and squash is tender.
5. Whisk together the cider vinegar, maple syrup, and mustard. Season with salt and pepper.
6. When the veggies are done roasting, add them all to one sheet pan. Drain the lentils and add them to the pan as well. Drizzle the vinaigrette on top and toss together. Sprinkle over the almonds. Spoon onto plates or bowls and top with cheese when serving, if you like.

*\*You can substitute butternut squash, but you'll need to peel, dice, and cook a bit longer. You can also use any type of kale, but lacinato works best here. And finally you can substitute green or French lentils.*

## Creamy French Lentil Stew

This is a lovely rich stew for a cold winter day. Serve with a good crusty bread.

1 cup French green lentils  
Extra virgin olive oil  
1 large or 2 small leeks, cleaned, sliced thin  
1 lb white (or mixed) mushrooms, sliced  
Sea salt and ground black pepper, to taste  
2 cloves garlic, minced  
2 teaspoons fresh thyme leaves, minced  
2 tablespoons white wine (or white wine vinegar)  
2 teaspoons tamari  
1-2 tablespoons Dijon mustard  
2 cups vegetable stock  
1/2 cup unsweetened plant-based milk or creamer (best to use something thick like a creamer or soy, coconut, or cashew milk)  
2 big handfuls of baby spinach, or 1 box of frozen, thawed spinach, or your choice of greens.

1. Bring a medium saucepan of water to a boil. Add the lentils along with a few pinches of salt. Simmer until just tender, about 20 minutes. Drain and set aside.
2. In a medium soup pot, coat the bottom with the olive oil over medium heat. Add the leeks and stir. Cook until slightly softened and translucent, then add the sliced mushrooms and let them sit for a few minutes before stirring.
3. Stir the mushrooms until they start to soften and brown. Season them liberally with salt and pepper. Add the garlic and thyme and stir. Once the garlic is fragrant, about 30 seconds, add the white wine and tamari to the pot. Add the drained lentils, vegetable stock, mustard, and plant milk. Stir and bring to a boil.
4. If you have an immersion blender, at this point you can give the stew a quick blitz and blend the veggies and lentils slightly. It will add a little more creaminess. (No worries if you don't have one. It will still be delicious.) Add the spinach and stir. Bring the mixture back to a boil and taste for seasoning. You may need more salt or vinegar at this point.

# gather and cook with friends



*There are so many great reasons to invite a few friends over and enjoy a cozy gathering while the snow swirls outside: The Big Game! The Oscars! Valentine's Day! But the best reason of all is just to be together! Try one of these easy appetizer recipes for your next night in with friends.*

*recipes from [grocery.coop](http://grocery.coop)*

## Three Cheese Fondue

Fondue is a delicious and fun communal meal. Don't have a fondue pot? No problem. Just use individual ramekins as serving dishes.

6 oz cheddar cheese, cut into small cubes  
6 oz Jack cheese, cut into small cubes  
6 oz Gouda cheese, cut into small cubes  
2 tablespoons all-purpose flour  
1 cup white wine  
1 teaspoon grated shallots  
Pinch of nutmeg  
Salt and white pepper, to taste  
Crusty bread, for serving

1. Dredge the cheeses in the flour. Place the wine and the shallots in a heavy pot over medium heat and bring to a light simmer.
2. Stir in the cheese a little at a time until the mixture is smooth and all of the cheese is melted. Add the remaining ingredients and transfer to a fondue pot or individual stoneware ramekins.
3. Serve with crusty bread.

## Feisty Five-Spice Chicken Wings

3/4 cup tamari  
1/4 cup seasoned rice wine vinegar  
2 tablespoons sesame oil  
2 tablespoons gochujang (Korean chili paste)  
2 teaspoons minced garlic  
1 tablespoon minced ginger  
1 scallion, minced  
2 teaspoons Chinese five-spice powder  
2 pounds chicken wings, tips removed (save tips to make chicken broth)

1. Combine tamari, vinegar, oil, gochujang, garlic, ginger, scallion and spice powder in a blender and puree. Reserve 1/4 cup of the marinade and refrigerate for later use. Place the wings in a large bowl or plastic ziplock bag and cover with remaining marinade. Marinate the wings in the refrigerator for about 2 hours.
2. Preheat oven to 450°F. Remove wings from the marinade, lay them on an oiled sheet pan, drizzle lightly with leftover marinade and roast for about 12 to 15 minutes. When finished, toss the still-warm wings with the additional reserved marinade.

## Chinese Scallion Pancakes

*Dipping Sauce*

1 tablespoon Sriracha sauce  
1/4 cup tamari  
1/4 cup rice vinegar  
1 teaspoon peeled and minced fresh ginger  
1 tablespoon honey

### Pancakes

2 cups all-purpose flour  
1 cup boiling water  
1/2 cup diced scallions (green tops and white parts)  
2 tablespoons sesame oil  
Salt  
2 tablespoons vegetable oil

1. Stir dipping sauce ingredients together in a small bowl. Set aside.
2. In a mixing bowl, stir together the flour and boiling water until a ball of dough can be formed. Cover the dough with a damp towel and let it rest for 30 minutes.
3. Cut the dough ball into about 8 equal pieces. On a floured surface, roll out one of the pieces of dough into a circle. Brush with 3/4 teaspoon sesame oil and sprinkle with 1/8 of the scallions and a pinch of salt. Roll the circle, jelly-roll style, into a rope, pinch the ends to seal in the scallions and coil the rope into a spiral shape. Flatten the coiled pancake slightly with the palm of your hand. Repeat with the remaining dough and scallions.
4. In a large skillet, heat the vegetable oil over medium heat. Add one of the pancakes to the hot oil in the pan and cook for 2 to 4 minutes on each side, swirling it in the oil from time to time to promote even browning. When the pancake is lightly browned, remove from the pan and hold on a plate in a warm oven until all pancakes are cooked. Cut pancakes into triangles and serve with dipping sauce.

### Ricotta Corn Patties

1 1/2 cups corn kernels  
3/4 cup milk  
1/2 cup ricotta cheese  
2 cloves garlic, minced  
2 tablespoons minced fresh herbs (basil, parsley, cilantro or chives all work well)  
1 teaspoon smoked paprika  
3/4 cup all-purpose flour  
1/4 cup corn meal  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
Black pepper to taste  
Vegetable oil for cooking the corn cakes  
1 avocado, diced

1. In a large bowl, mix together all of the ingredients except the vegetable oil and avocado.
2. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Pour 3 tablespoons of batter into the hot skillet for each corn cake. Cook for 3 minutes on each side until browned. Keep cooked corn cakes in an ovenproof dish in a warm oven until all the cakes have been made. Serve warm with avocado and your favorite salsa.

### Creamy Vegan Spinach Artichoke Dip

1 cup raw cashews  
1/2 cup water  
1 tablespoon fresh lemon juice  
2 tablespoons olive oil  
4 cloves garlic, finely chopped  
1/4 cup nutritional yeast  
1 teaspoon salt  
1/4 teaspoon turmeric  
10 oz frozen spinach, thawed, drained, squeezed dry  
1 14-oz can small artichoke hearts, drained, coarsely chopped  
2 tablespoons panko (optional)

1. Soak cashews in water for 4 hours. Drain.
2. Preheat the oven to 375°F. Lightly oil an 8-inch square or 1-quart round baking dish and reserve.
3. Place the drained cashews, water, lemon juice, and olive oil in a blender and blend until very smooth, scraping down as necessary. When smooth, add the garlic, nutritional yeast, salt, and turmeric and blend to mix well.
4. Scrape the puree into a large bowl and stir in the spinach and artichoke hearts. Spread in the baking pan and sprinkle with panko, if desired.
5. Bake for 25 to 30 minutes, until hot and slightly browned on top. Serve immediately with pita chips, veggies, and crusty bread slices.

### Fancy Cheese Ball

6 oz cream cheese, softened  
1 package (5.2 oz) Boursin cheese  
4 oz cheddar cheese, shredded  
2 scallions, diced  
2 tablespoons sun-dried tomatoes, rinsed and dried (if packed in oil), finely diced  
2 tablespoons pine nuts, toasted and chopped  
2 tablespoons parsley, chopped  
2 tablespoons Parmesan cheese, shredded

1. In a mixing bowl, blend the cream cheese, Boursin, shredded cheddar, and scallions by hand or with an electric mixer. Once well blended, form the cheese mixture into a ball, wrap in plastic wrap, and refrigerate overnight.
2. In a small mixing bowl, stir together the sun-dried tomatoes, pine nuts, parsley, and Parmesan. Remove the refrigerated cheese ball from the plastic wrap and roll in the sun-dried tomato mixture until the cheese ball is well coated. Serve with crackers, pita chips, and raw veggies.



brewed with (wait for it) juniper berries and rye. It's our ode to Northern Michigan, and if you close your eyes and take a sip, you can almost imagine yourself walking down a wooded trail carpeted with pine needles.

**Have you done any traveling that inspired your beers?**

Jamie had an opportunity to visit Pilsen in the Czech Republic and tour the Pilsner Urquell brewery there. It's often a point of inspiration for beers inspired by her Czechoslovakian heritage.

**We have many great local breweries making fantastic beer. How**

**is your beer different from other local brewers'?**

We brewers all have our unique perspectives, opinions, and quirks that we express in the beer we brew. We like to brew beer that has a sense of place, whether that's rooted here in Northern Michigan, or in traditional European style. Jamie also likes to showcase some of the flavors of her youth in Texas, brewing with limes, chilis, and smoked malts.

**What is something you love about your work?**

There is always something new to explore, whether it's an ingredient, a yeast, emerging styles, or even historical beer styles that have been discovered by beer historians. There is never a dull day!

**What is something you find challenging?**

There never are quite enough hours in the day to do all the things we want to do! We always say we will brew all the beers eventually...we just need time.

**What do you see happening in the near future?**

We're excited to host more classes, tastings, and other educational events in our new private room at Tank Space, the Lunar Lounge. We've always been interested in all the little details that make great beer, and we love sharing that knowledge!

**Is there an ideal temperature to drink/serve beer?**

The ideal temperature is whatever tastes best to you! Colder beer can be very refreshing, but more nuance and subtlety comes out as beer warms. We recommend storing it cold regardless...it can always warm up in the glass! (Available at Oryana: Juniper Rye and A2 IPA)

Visit [www.earthenales.com](http://www.earthenales.com) for more info, or stop by 1371 Gray Dr. or 1110 E. 8th St. to try a unique, locally-brewed beer.

# Earthen Ales

Traverse City

Earthen Ales is a brewery and taproom located in the Village at Grand Traverse Commons near the water tower on Gray Drive, with a second, newer satellite location at 8th & Garfield. Co-founders Andrew and Jamie Kidwell-Brix started on this brewing journey together after they met while both working downstate in the field of sustainable energy. They discovered that they shared a love of beer and the rest, as they say, is history. We caught up with Jamie and Andrew to talk about beer and what's on tap right now and in the future.

**How is your satellite location going over on 8th. Street?**

Our "satellite" Tank Space has been great so far! It's given us a chance to explore more beer styles and new and exciting options for how we pour that beer, especially with our two European-style serving tanks and Czech side-pull faucets. Right now, four of the 10 beers on tap there were brewed onsite.

**Where do you source your raw ingredients?**

We source ingredients from all over! We love brewing in Northern Michigan because we have access to local malt, hops, and other ingredients (like the serrano chiles in our seasonal Dos Serranos IPA!) Sometimes we insist on traditional German ingredients for beers like our Oktoberfest, and sometimes we opt to celebrate the bounty of our region with more local ingredients.

**Do you have a signature beer & is there a customer favorite?**

A long-time favorite of ours and our regulars is the Juniper Rye. It's an IPA inspired by traditional Scandinavian beers



# Winter Classes

Oryana is dedicated to providing education about food and health-supportive topics for our owners and the community. If you're looking for something fun to do this winter, sign up for one of our classes. Learn how to make sushi, one bowl meal prep, herbs for staying healthy into spring, or cooking gluten-free. See you in the kitchen at West!

## The Fundamentals of Sushi

Instructor: Misaeng Suh  
Saturday, January 25, 11 am - 1 pm  
Cost: \$40 member/\$45 non-member

Learn to prepare authentic sushi in a fun hands-on class. Misaeng will walk you through the basics of how to make two different kinds of sushi, Japanese traditional and California style. You'll learn how to expertly prepare the fillings and construct sushi rolls with ease. You'll learn interesting variations and leave with new skills to prepare your own sushi at home with confidence. Class includes a sushi rolling mat.

## Elevated One Bowl Meal

Instructor: Loghan Call  
Tuesday, February 25, 6 - 8 pm  
Cost: \$40 member/\$45 non-member

Join Chef Loghan Call of Planted Cuisine for a fun winter class dedicated to elevating one bowl meals through diversity of ingredients, texture, and flavors. Learn the basics of building a bowl (grains, protein, and vegetables) and infusing it with a burst of flavor through raw ingredients and sauces. Techniques/topics covered include: flavor building, knife skills, preparation methods, and how to save time while cooking! We will cover both a plant-based and an animal protein in the class, and the rest of the ingredients will be gluten-free.

## Gluten-Free Meals Made Easy

Instructor: Carol Bell  
Thursday, March 6, 6 - 8 pm  
Cost: \$40 member/\$45 non-member

Join registered dietitian, Carol Bell from Table Health for a fun demonstration class to learn how easy it is to prepare gluten-free meals. Carol will make Pistachio Crusted Flounder, a Spring Millet Salad, and Potato Leek Soup, all gluten- as well as dairy-free. Learn simple swaps and ways to plan gluten-free meals that are delicious for the whole family. You'll learn how to thicken soups/sauces, breading for meats, gluten free grains, colorful side dishes, and ideas for breakfast, lunch, and dinner.

## Transition From Winter to Spring with Herbs

Instructor: Sierra LaRose  
Wednesday, March 19, 6 - 7 pm  
Cost: \$10 members/\$15 non-members

Spring will be here before you know it! Lean into spring with the support of revitalizing herbs! Learn from herbalist Sierra LaRose of Bear Earth Herbals how we can utilize the healing and cleansing benefits of nourishing, protective, and detoxifying herbs to help our bodies go through the changing seasons. Sierra will provide tea samples and some simple recipes for you to try at home with your friends and family. Herbs recommended can be easily obtained at Oryana or sustainably foraged.

### CLASS LOCATION

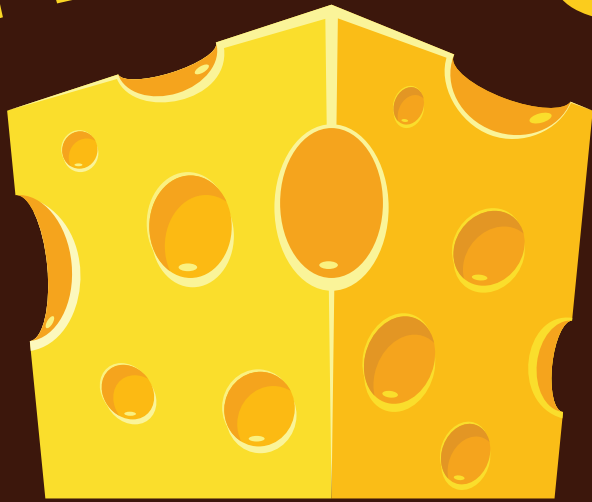
Oryana West Community Room & Kitchen

### REGISTRATION

Register for all classes on our website



# CHEESE MADNESS



**RETURNS IN MARCH 2025**

save the date



# GENERAL OWNERSHIP MEETING

**APRIL 17**

**APPLICATION DEADLINE FEB 7TH • LOANS AWARDED IN MARCH**

# MICROLOANS FOR FARMERS

## AND OTHER FOOD PRODUCERS

**ZERO INTEREST LOANS DESIGNED TO BOOST A FARM OR FOOD BUSINESS AND ELEVATE OUR REGION'S FOOD SYSTEM**

LOANS OF \$500 TO \$10,000 AVAILABLE  
0% interest • no application fee

For more information or to apply,  
contact Daniel Marbury at  
(231) 533-2555 or  
daniel@crosshatch.org



**FUNDS PROVIDED BY**



**COMMUNITY CO-OP**  
SINCE 1973

**KEDC** Kalkaska Economic Development Corporation

**Grain Train**  
NATURAL FOODS MARKETS

**WWW.CROSSHATCH.ORG/MICRO-LOAN/**