

FRESH PRESS IS A PUBLICATION OF  
ORYANA COMMUNITY CO-OP

# Fresh Press

Summer 2024





# FRESH PRESS

**A Quarterly Publication of  
Oryana Community Cooperative**

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## OUR STORES

### ORYANA TENTH ST.

260 E. 10th St.  
Traverse City MI, 49684  
231.947.0191

### ORYANA WEST

3587 Marketplace Circle  
Traverse City, MI 49684  
231.486.2491

### SPROUT CAFE

Cowell Family Cancer Center  
Traverse City, MI 49684  
231.252.1550

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

### Our Board of Directors

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

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September is

**OWNER  
APPRECIATION  
MONTH**

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



# General Manager's Report

by Sarah Christensen

## The Evolution of Food Co-ops

June is a special month for Oryana. It's when we celebrate the incorporation of our co-op, which was on June 18, 1973. Last year was full of 50th anniversary celebrations, and while 51 years doesn't have the same celebratory vibes, there is still so much to celebrate!

Oryana is known among cooperators as a second-wave co-op. Over the last 100 years, there have been waves of co-op start-ups in the U.S. These waves occur in response to the social and political circumstances of the time. Each wave of start-ups is usually followed by a period of decline in the number of co-ops.

The first wave of food co-op start-ups in the U.S. happened after the Great Depression when community members came together in solidarity to combat food scarcity with a focus on consumer ownership. Most of those first-wave co-ops closed by the 1960s.

The second wave of food co-op start-ups, which Oryana is a part of, primarily focused on natural and organic foods. Community members united to address concerns about food adulteration, including the use of preservatives, the lack of whole grains, and pesticide use. If you've shopped at a co-op other than Oryana, it's likely a second-wave co-op with a similar product mix and a familiar feel. It may even have that co-op smell—a mix of bulk nut butters, Nag Champa, and kale—just kidding, I don't know what the smell is made of, but it's real.

At its peak, the second wave of food co-ops included an estimated 10,000 start-ups across the U.S. These co-ops not only focused on natural foods but also challenged the status quo of traditional business. These co-op pioneers didn't want to do business as usual; they were very much focused on community care and communal wealth. Unfortunately, many second-wave co-ops didn't survive the 1980s. According to grocery coop, "Most were unable to escape the same problems that had troubled older, earlier co-ops—insufficient capital, inadequate membership support, an inability to improve operations as the natural foods industry developed, a stronger commitment to idealism than to economic success, the lack of adequate support from their wholesalers, and resistance to consolidation."

Those that survived were either lucky or well cared for or both. And let's give ourselves some credit. Natural foods co-ops like Oryana helped shape the food

landscape. We helped usher natural and organic foods into the mainstream. We spent years supporting local and expressing concern for the environment long before local was cool or greenwashing was a thing. For much of their history, second wave food co-ops were good at walking the walk, but they didn't spend much time or resources on telling people about the good they were doing.

Jumping ahead, we find ourselves in the fourth wave of food co-op start-ups in the U.S., and this one is focused on food access. We're primarily seeing start-ups in historically disinvested communities, both rural and urban, where there is limited access to fresh foods or even groceries. These communities are once again looking to cooperation to help solve issues that traditional businesses or government have failed to address. Many of these new co-ops will have conventional and natural and organic foods, what's known as a hybrid product mix. The most important thing for a start-up or any co-op really is to meet the needs of the community they are in. To work *with* the community, not *for* the community, and when they do it right, they evolve with that community over time, like the many iterations of Oryana our members and shoppers have shaped and experienced over the last 51 years. Food co-ops are revolutionary. They can change a community's food system, its economics, and create a sense of place. But the best co-ops are also evolutionary. They change with their membership's wants and desires. They shift as the demographics of their community shift. They evolve to survive and thrive.

It's an exciting time in the food co-op movement, and Oryana, as a 51-year-old co-op, is here to support these start-ups in various ways. Whether through donations, training, or just offering an ear as they work through the challenges of start-up, organizing, fundraising, and planning.

I share all of this because it's easy to forget how fortunate we are to have a co-op in our community. Oryana is one of only a few hundred co-ops across the country. Hearing the stories of new co-ops starting up is a powerful reminder of our unique place in this movement and the impact we have had over the last 50 years and can have in the next 50. Together, we are part of something much larger than ourselves—a legacy of community, care, and cooperation.



## Board of Directors Report

By Colleen Valko, Board President

This May marked the beginning of a new board term, and I am incredibly excited for the work that lies ahead. As you well know, Oryana is not just a store; it's a vibrant community driven by the principles of cooperation. There is a lot to look forward to this year and your continued support and engagement play a crucial role in our collective success.

In April, we held our general membership meeting, which was a dynamic forum for reporting on last year's performance with member engagement and participation throughout. Online, in the stores, and during the meeting, your voices and votes led to the successful passing of our revised bylaws and the election of three board members. These pivotal achievements mark the beginning of a new chapter for our co-op, and I am grateful for the active participation of our members sharing perspectives from all sides.

Now that we've completed two major projects—hiring Sarah Christensen as our General Manager and updating our bylaws—it's time to set our course ahead. Sarah has already made a remarkable impact. We are thrilled to have her on board and feel the possibilities for our co-op are endless with her leadership.

If you're a regular reader of my updates, you may recall that I get particularly excited when new terms begin since it's our opportunity to plan for the year and set ourselves up for success. As I mentioned at the general membership meeting, my goal is to create a model board, an aspiration inspired by Oryana's Model Workplace Ends policy. This year, we are placing a strong emphasis on reviewing, reflecting on, and revising our policies. This process, which we had to pause for the other major initiatives, is crucial for ensuring our governance practices remain robust and effective. Sarah's fresh perspective will be invaluable in this endeavor. A new Governance Committee will help to lead this charge while also enhancing board education on policy governance.

Broadly, board education and development are top priorities for the year. By bolstering our knowledge and skills, we aim to serve you better and lead our co-op with greater efficacy. Another ongoing critical focus for the

board is our recruitment and nominations process. This year, the committee has an additional focus of fostering member engagement in addition to its regular recruitment activities. Even though it may feel like the recent election just concluded, it's never too early to consider joining the board. If you're interested, I encourage you to reach out and explore how you can contribute to Oryana's future.

I look forward to building on our foundation and setting our sights on the future so we can support healthy board perpetuation to oversee the overall health of the co-op. I am deeply grateful for the dedicated group of individuals I get to work with on the board as it takes all 9 of us to make meaningful progress towards our goals. Additionally, I want to extend my heartfelt thanks to our amazing staff. Their hard work and dedication are what make Oryana run smoothly and ensure that we deliver an amazing Oryana experience for all.

## 2024 Election Results

The newly-elected board members:

- Kathy Baylis Monteith (*incumbent*)
- Marty Heller (*incumbent*)
- Samuel Reese

The proposed bylaw amendment passed with 91.7% voting YES, and 8.3% voting NO against the amendment.

For questions, concerns, or comments please contact the board. Email: [board@oryana.coop](mailto:board@oryana.coop)

# 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 in the Customer Service area.

**I returned Truearth Laundry sheets because I think they contain plastic/microplastic. Please look into this.**

Thanks for bringing this to our attention. After researching polyvinyl alcohol, one of the ingredients in this product, we decided to no longer carry this line at Oryana.

**Please remove Six Lugs salad dressing from the shelf. This product contains regular canola oil. What happened to our buying guidelines? Seems like since you bought Lucky's anything goes. This is not what I signed up for 20 years ago.**

Thanks for expressing your concerns about product ingredients. Our buying guidelines state that we avoid products made with GMO ingredients. We did reach out to Six Lugs, a Traverse City family-owned business, about the oil they use, and they assured us they are using non-GMO ingredients in all their dressings and jams. We will continue to be vigilant about carefully stocking products that meet our guidelines, and we appreciate our members' concern about quality ingredients.

**Please consider bringing back live music in the café.**

Thanks for the suggestion. We aren't planning to bring music back in the café on a regular basis due to space constraints, and multiple users of the space, but we may have special events from time to time.

**Make membership work for singles who don't buy large quantities.**

Thanks for this input. We are in the midst of (early) discussions about whether or not our benefits and discounts are equitable. Stay tuned for more information as we explore this important topic.

**As a senior I do not need a discount, and most of my peer group does not need a discount. Young people in their 30s need a discount because it's expensive to shop.**

Thanks for the feedback. We are currently discussing needs-based discounts and it's helpful to know what members like you think about the senior discount. Stay tuned for more information to come.

**Would Oryana consider establishing a leadership role regarding the application of ice melt/salt? I have seen copious use of salt on the Oryana parking lot and sidewalks even on sunny days, warm days, and no precipitation days. Where does this salt go? What does this salt do to the nearby plants? Businesses in Sault, Ontario do not scatter salt. I would like to see Oryana only use salt when necessary and educate other businesses.**

Thank you for bringing this to our attention. We'll investigate to see what adjustments we can make.

**Please consider doing away with plastic bags in bulk and produce. Many places offer paper and/or bio bags.**

Thanks for sharing your concern, which we share. We do offer paper bags in produce. They are available on the display tables. We've tried the compostable bags in the past but received numerous complaints about how poorly they hold up as well as concerns regarding their origin (GMO potential). We do encourage folks to bring their own reusable bags and containers.

**Would you please bring back the Rosewood Tofu you used to have at West?**

It's back! You can find it near the yogurts at West and in the vegan cooler at 10th St.

**Could you have a few places for old people to sit down halfway through their shopping trip at 10th St?**

Thanks for the suggestion. Currently the only seating area is in the cafe. We do offer a motorized cart for anyone who might struggle with getting through the store. In addition, staff would be happy to assist in finding products to make the shopping go faster.

**I would like to see the Two Flyer Tuesday double ad days come back.**

Thanks for your feedback but at this time we don't plan on reinstating this program. It became difficult to manage for various reasons and we decided it was time to discontinue it.

# NEW PRODUCTS WE LOVE!



## Fresh Spinach Apple Salad

From Oryana West, try our new fresh salad made with organic spinach, organic honey crisp apples, organic cranberries, organic toasted almonds, feta cheese & balsamic dressing.

## Milton Creamery Caramelized Onion Cheddar

is a young, mild cheddar that is perfectly blended with caramelized onions and boasts a savory sweet taste that makes this a pleasantly addictive cheese. Lovely on your summer cheeseboards.



## The Mill Fresh Stone-Milled Flours

Locally milled at the 150 year old Mill in Glen Arbor. Flours include rye, buck wheat, emmer, spelt, cornmeal, semolina, and hard red wheat. The Mill also serves as a riverside cafe, restaurant, and hotel.

## Patagonia Provisions Pasta

This is the first ever Regenerative Organic Certified® pasta. This certification is the world's most rigorous standard for agriculture. Made with just two ingredients, durum wheat flour and flour from Kernza®, a wheatlike perennial. Shapes include penne, fusilli, and shells.



## Farmers' Creamery Ice Cream

Made with milk from Amish farms in Mio, Michigan. Cool off and enjoy the taste of summer with strawberry, vanilla, espresso, mint chocolate chip, cookies & cream, black cherry, and chocolate flavors.

## Gomacro Mini Bars

Delicious 100 calorie snack bars, perfect for on-the-go summer and back to school adventures, in double chocolate, peanut butter chips, oatmeal chocolate chip, & peanut butter chocolate chip flavors.



## Fini Modena Organic Balsamic Vinegar

Traditional balsamic from Modena, Italy, aged 12 months for just the right balance of tart flavor and complex, aged character. Not too sweet and perfect for dressings, marinades, and macerated summer fruits.

## Uptons Naturals Banana Blossom

Banana blossoms are the flower end of a banana cluster. Packed in brine, they have a flaky texture and neutral flavor, and are an ideal vegan alternative to fish. (Note: they do not taste like bananas.)



## Suckerpunch Pickles

Big taste that packs a big punch! All Suckerpunch pickles are made with a variety of spices and fresh ingredients. Also try kosher dill chips, kosher dill wholes, and spicy bread pickles.



# CLASSES

## CANNING CLASSES WITH MSU

In Partnership with MSU Extension

### WATER BATH CANNING HIGH ACID FOODS

Monday, July 15, 5:30 - 7 pm  
Instructor: Kara Lynch  
Location: 520 W. Front St. TC  
\$10 (or both for \$15)  
Register at [msu.edu](http://msu.edu)

Learn research-tested techniques for canning high acid foods such as tomatoes, pickles, fruits, and sauerkraut using a water bath canner and a steam canner. Don't lose a single tomato to spoilage, and learn how easy it is to preserve your food.

### PRESSURE CANNING LOW ACID FOODS

Monday, August 12, 5:30 - 7 pm  
Instructor: Kara Lynch  
Location: 520 W. Front St. TC  
\$10 (or both for \$15)  
Register at [msu.edu](http://msu.edu)

This class focuses on canning low acid foods using a pressure canner. Low acid foods to can include meats, fish, beans, corn, etc. We will show you all the steps for pressure canning and remove the fear factor so you feel confident operating one and preserving fresh foods that you will enjoy all year long.

## SEPTEMBER CLASSES WITH ORYANA

### FALL GARDENING

#### Home Conservation Practices to Create Better Habitat

Thursday, September 5, 6 - 7 pm  
Instructor: Shelly Stusick  
Oryana West Community Room | \$10  
Register at [oryana.coop](http://oryana.coop)

Did you know that plant choice is one of the biggest ways to improve habitat in your backyard? Learn about ornamental invasive plants and their native counterparts as well as landscaping practices that can help pollinators. Fall is a great time to think about our tiny ecological friends! Shelly Stusick, Go Beyond Beauty Program Specialist for the Northwest Michigan Invasive Species Network (ISN), is back again to give examples of what you can do to help create better habitat at home.

### BEYOND TOMATOES...

#### CANNING WITH TIMOTHY YOUNG

Tuesday, September 10, 6 - 8pm  
Members \$40/Non-members \$45  
Oryana West Community Room  
Register at [oryana.coop](http://oryana.coop)

Learn the fundamentals of home canning with Timothy Young, the retired founder of Food For Thought, Inc. Whether new to the idea or looking to advance your knowledge, this class will take you to the next level. This class covers both hot bath and pressure canning, the basic science involved, tools needed, and offers recipes and demonstrations. Attendees will learn the basics from canning simple fruits and vegetables to more complicated processes for canning soups, meats, and sauces. Take home a freshly preserved jar of something delicious!

# Homemade Granola Bars

Make a batch to enjoy before school, at school, after school, or any time

**BACK TO  
SCHOOL**

Making your own granola bars is easy, and you can customize the recipe to your liking. Why not make a double batch and freeze the extra bars for a convenient snack at any time? These are the perfect crunchy snack for breakfast on the go, during the day, and after school.

## EVERYDAY GRANOLA BARS

1/3 cup honey  
1/3 cup peanut butter  
1 1/2 cups rolled oats  
1/2 cup almonds, coarsely chopped  
1/4 cup pumpkin seeds  
1/2 cup currants  
3/4 teaspoon cinnamon  
1/2 teaspoon salt  
2 tablespoons mini chocolate chips

1. Heat the oven to 325°F. Place a sheet of parchment paper over an 8" square pan with overhang so it's easy to lift out later.
2. Spread the oats, almonds and pumpkin seeds on a sheet pan. Bake for 10 minutes. Turn off oven. Pour into a bowl. Stir in the currants, cinnamon and salt.
3. Gently heat the honey and peanut butter in a small saucepan over low heat. Mix together and pour over the oat mixture. Mix it all thoroughly.
4. Pour the mixture into the pan then press in firmly. (You can wet your hands with water if the mixture is sticking to them.) Once cooled, scatter the chocolate chips across the top. Cover with parchment paper then press down firmly with your hands to push the chocolate chips in. Refrigerate for 1 hour or until firm enough to lift out without bending.
5. Heat the oven again to 325°F.
6. Use the overhanging paper to lift the slab onto a cutting board. Cut in half, then each half into 5 bars. Transfer onto a baking sheet using the paper, then space the bars out.
7. Bake for 25 minutes or until light golden brown.
8. Remove from the oven and let cool on the pan. Store in an airtight container.

### For vegan bars:

- Replace honey with maple syrup. (The bars will be a bit more crumbly but still good.)

### For peanut allergies:

- Replace peanut butter with alternate nut or seed butter.

### Variations:

- Replace 1/2 cup oats with coconut flakes.
- Replace currants with chopped dates, raisins, dried cherries, etc.

Adapted from [recipetineats.com](http://recipetineats.com)





## Leelanau Tea

Suttons Bay, Michigan

The pandemic years, difficult though they were, bore a different kind of fruit for many people who had unexpected extra time on their hands or who had no choice but to reinvent themselves due to job changes. This was the case for Kevin Vann, founder and head cherrymonger at Leelanau Bottling Company (aka Leelanau Tea).

Kevin took advantage of the limited work hours at his job in design and sales for a local sign company. During the pandemic lull he reflected on what he really wanted to do with his life. He knew he enjoyed the beverage industry and this interest galvanized him to commercialize his popular home-brewed cherry iced tea he had been making for years for his family and friends.

The young brewing and bottling operation ran on a shoestring budget for the first year, just to get a toehold in the competitive beverage market, while Kevin maintained his full-time job. In 2021 he did his first full production run and reached out to his large network of store and restaurant owners that he had developed with his sign job. These connections really helped launch his product. The business has been growing steadily since then as he acquires more accounts and distributors. Oryana was one of his first customers.

Kevin continues to work his day job as he aims for a sales goal that will allow him to transition to the tea business full time. Last year the company made 187,000 bottles and this year the plan is to produce 600,000.

Leelanau Tea is available in many independent stores, regional chains, and large retail chains such as Meijer and Kroger. Kevin says he has about 2,000 locations so far.

Thirst quenching iced tea and lemonade sell particularly well during the warmer months but Kevin's beverages are developing a following and sales are steady even through the winter. Kevin envisions visitors to our area bringing a little bit of Leelanau summer magic back home with them in the form of his refreshing bottled brews.

Kevin was attracted to the beverage industry like bees to a cherry blossom, and one of the things he particularly enjoys about his business is working directly with store managers and owners themselves. He still delivers to a few select accounts and the relationships he has built with them are treasured. He has a weekly route in the summer and enjoys catching up with everyone during deliveries.

The beverage industry does have its challenges, especially when you are still trying to get your business off the ground. As he works with larger accounts or distributors, it becomes more difficult dealing with pricing discounts, allowances, chargebacks, shipping, etc. With those larger accounts he says he is lucky just to break even, but he is hopeful that the business will grow and work out in the long run.

Speaking of growing the business, Kevin is currently expanding to southern and eastern areas of the U.S. to see if the product has a fit outside of Michigan. If all goes well with that plan, he'll expand to the west. "I am hopeful that people across the country will come to appreciate our teas and lemonades," said Kevin.

We invite you to try one of Leelanau Tea's several delicious flavors that include cherry limeade, cherry lemonade, cherry unsweetened tea, cherry sweetened tea, and cherry half and half. Learn more about Leelanau Tea by visiting their website: [drinkleelanau.com](http://drinkleelanau.com).

# 2024 Microloan Recipients

We are pleased to present the recipients of this year's annual microloans. In partnership with Crosshatch Center for Art & Ecology, the Kalkaska Economic Development Corporation, and Grain Train Natural Foods Markets, Oryana is proud to offer zero interest loans to innovative farmers and food producers in our area. Oryana believes in the power of the local food system and recognizes that the development of thoughtful, ethical growers and makers creates a stronger and more resilient community. Presenting this year's microloan recipients: Bluebird Farm & Gardens and Z & N Farm.

## Z & N Farm



Z & N Farm, located in Bear Lake, Michigan grows a variety of seasonal vegetables. Husband and wife team, Zac & Nicole ( Z& N) grow all their vegetables and fruits following natural and organic growing guidelines. Established in November 2017, they set out to bring new life to an abandoned cherry orchard once farmed by Zac's grandfather several decades ago. They offer CSA shares, have a farm stand, and sell at the Elberta Farmers Market. They also provide fresh produce twice per month to a local food pantry throughout the growing season to increase access to healthy food choices in the community. Demand for the couple's fresh produce exceeds supply and the loan will be used to purchase new hoopouses to extend the growing season.

## Bluebird Farm & Gardens



Bluebird Farm & Gardens is located about 3.5 miles northeast of Empire, Michigan. "We love food, people, and intelligent farm eco-systems," states the farm website. Austin Weed and Chelsea Loomis started the farm in May of 2021 and the two jointly manage and operate a diversified vegetable and flower farm on 30 acres with 2.5 acres in cultivation. They raise pasture sheep and laying hens on about 20 acres. Their farm prioritizes regenerative soil management and bio-diversity. They started a CSA program and farm stand and thus far, business has been growing every year. Another feature coming this season are you-pick strawberry and flower gardens. They sell at local farmers markets and wholesale as well. Part of Austin and Chelsea's expansion plans include purchasing a compost spreader and pavilion to use for the roadside stand.

# Summer Soups

Stay cool, hydrated, and nourished without turning on the stove

## Cucumber-Avocado Soup with Heirloom Tomatoes

*from grocery.coop*

3 large cucumbers, peeled, seeded, cut in chunks  
2 medium avocados  
4 tablespoons fresh lemon juice, divided  
3/4 cup plain yogurt (not Greek)  
1/2 teaspoon salt  
3 large scallions, chopped  
1 1/2 cups heirloom tomatoes, chopped  
1/4 cup fresh mint, chopped  
1 clove garlic, minced  
1 large jalapeño, seeded, chopped

1. Place the cucumbers, avocado flesh, 3 tablespoons lemon juice, and yogurt into a blender and blend until smooth. Add the salt and scallions and pulse to mix.
2. In a separate bowl, mix the tomatoes, mint, remaining lemon juice, garlic, jalapeño and salt to taste.
3. To serve, divide the soup between four bowls and smooth the top. Spoon the heirloom tomato mixture into the center of the soup.

## Watermelon Gazpacho

*from eatingwell.com*

8 cups finely diced seedless watermelon (about 6 pounds with the rind)  
1 medium cucumber, peeled, seeded, finely diced  
1/2 red bell pepper, finely diced  
1/4 cup fresh basil, chopped  
1/4 cup flat-leaf parsley, chopped  
3 tablespoons red-wine vinegar  
2 tablespoons shallot, minced  
2 tablespoons extra-virgin olive oil  
3/4 teaspoon salt

Mix watermelon, cucumber, bell pepper, basil, parsley, vinegar, shallot, oil, and salt in a large bowl. Puree 3 cups of the mixture in a blender or food processor to the desired smoothness; transfer to another large bowl. Puree another 3 cups and add to the bowl. Stir in the remaining diced mixture. Serve at room temperature or chilled.

Make Ahead Tip: Cover and refrigerate for up to 1 day.





# Summer Seafood

Visit the seafood counter at Oryana West for an excellent selection of fresh fish. We purchase seafood that has been fished sustainably, adhering to the recommendations from the “FishWise Program” administered through the Monterey Bay Aquarium, or certified through the Marine Stewardship Council.

## Citrus Marinated Shrimp Skewers

Serves 4

*from grocery.coop*

2 lbs extra-large shrimp, peeled, deveined  
1/4 cup extra virgin olive oil  
2 teaspoons orange zest  
1 teaspoon lemon zest  
2 tablespoons orange juice  
2 tablespoons lemon juice  
1 clove garlic, pressed  
1 teaspoon minced ginger  
2 tablespoons fresh parsley  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
Bamboo\* or metal skewers

1. Assemble skewers using 4 shrimp per skewer. Place skewers in a baking pan or similar vessel.
2. Whisk the olive oil, orange zest, lemon zest, orange juice, lemon juice, garlic, ginger, parsley, salt and pepper in a small bowl. Pour the marinade over the shrimp and turn to coat. Refrigerate shrimp for 30 minutes to 1 hour.
3. Preheat a grill to medium. Let the skewers drip excess liquid, then place on the grill grate. (Discard the marinade.) Cook for about 2 minutes per side, until the shrimp is lightly browned and cooked through. Transfer to a plate and serve.

\*Soak the skewers in water for 1 hour before using.

## Salmon Veggie Packets

Serves 4

*adapted from grocery.coop*

1 tablespoon olive oil  
1 small red bell pepper, chopped  
1 small red onion, sliced thin  
8 large green olives, pitted, chopped  
1 lemon, thinly sliced  
2 tablespoons chopped fresh herbs  
1/2 teaspoon salt  
4 6-oz salmon fillets

1. Heat oven to 375°F. Get a baking sheet with a rim to hold the packets. Cut 4 large heart-shaped pieces of parchment paper. Fold the parchment pieces in half down the middle to make a crease, then unfold.
2. Combine the olive oil, red pepper, onion, olives, herbs, and salt in a bowl.
3. Place a fillet along the fold of each parchment heart. Place lemon slices and a quarter of the veggie mixture on top of each fillet. Fold over the parchment to enclose the fish. Starting at one corner of the packet, fold short sections of the edges of the parchment to crimp the edges closed.
4. Place the packets on the sheet pan and bake for 20 to 25 minutes, until packets are puffed and the salmon is cooked through. Place each packet on a plate and serve so that diners can open the paper packet and release the fragrant steam at the table.

**NOTE:** Make this salmon on the grill using foil instead of parchment paper; place foil packets directly on the heated grill. Cook for about 5 minutes. Carefully flip the packets and cook another 5 minutes. Cooking time depends on thickness of the filets; adjust accordingly.

# Welcome to Sprout Cafe!

By Luise Bolleber, Outreach & Marketing Specialist



Oryana staff to iron out the details of operating an off-site food service location and all the operational particulars that accompany such an undertaking.

After all the hard work and coordination, Sprout Cafe opened under Oryana's management in July 2023. Heather and her team were also thrilled with the new arrangement. "One of our greatest endeavors and evolutions of Sprout Cafe has been partnering with community-owned and decades-favorite, Oryana Co-op, for

Fifty years ago Oryana started out as a small group of friends who joined together to purchase healthy food in bulk quantities. With a growing fanbase of families interested in unprocessed, unpackaged food, the group eventually had to figure out an actual retail space. Thus a tiny store was born on Front St. After a while, this space became impractical and a bigger spot was secured on Randolph St. Then, with continued success and increasing memberships, it was time to move again. Hello Oryana 10th St.! Then, with a solid foothold in the community and being a leader in the local, healthy foods business, the idea of expansion took hold and became a fixture in our strategic planning and visions of the future. In 2020 the vision became reality when Oryana acquired a second store, known at the time as Lucky's Market. And three years after that, Oryana took over a cafe space at the Cowell Family Cancer Center, bringing the total number of Oryana locations to three.

According to Heather Busch, Coordinator Oncology Health & Wellness Services, Sprout Cafe opened 7 years ago alongside the Cowell Family Cancer Center at the Munson Healthcare campus in Traverse City. "Over time and through challenges, Sprout Cafe made changes and adapted as needed, but the intent always remained the same: to provide nutritionally focused food in a vibrant community space for our patients, caregivers, and campus-wide staff," said Heather. After a few relatively short-lived stints with other food service providers and closure during the pandemic, the Cowell Center approached Oryana with a proposal. Steve Nance, the General Manager at the time, was thrilled with the proposal. "They were thinking that one way to reopen and serve the staff and visitors would be to have their beloved co-op operate it with healthy offerings that Oryana is known for," said Steve.

It was a fairly challenging undertaking, with all the logistics and required licensing. The Cowell staff worked with

the like-minded model and spirit of supporting whole-body health. We welcome the bright and fresh perspective, delicious food, and cheerful employees that Oryana has brought to our cancer center and look forward to a continued partnership," said Heather.

Food and staffing for Sprout Cafe is all coordinated through Oryana West. Spearheaded by Malú Schlueter, Culinary Manager at West, the West team creates a variety of delicious, fresh, and healthy offerings that our shoppers and members have come to rely on.

According to Malú, "We offer a menu for breakfast and lunch that includes breakfast frittatas, granola parfaits, organic fruit, more than 10 kinds of sandwiches and wraps, deli salads, snack boxes, baked goods, smoothies, juices, coffee, and more. We serve staff and patients four days a week with quality, dedication, and compassion. We are proud to bring a little piece of Oryana to the Cowell Family Cancer Center."

Sprout Cafe is located at 217 S. Madison St. in Traverse City. Hours are Monday, Tuesday, Thursday, and Friday, 7 am - 2 pm. Stop by for a coffee or snack and say "Hi!"





# Glucose Revolution

Why balancing your blood sugar could be the key to improving all areas of your health

Guest essay by Nancy Krcek Allen  
Chef-Educator and  
Oryana member  
since 1976

**“In today’s world, where we are bombarded by processed foods laden with unhealthy sugars, fats, and starches, it is an act of resistance to just eat real food.”**

*~Wolfram Alderson, CEO, Hypoglycemia Support Foundation*

In 2001, after living in NYC for five years, I was diagnosed with rheumatoid arthritis, an inflammatory condition that causes severe joint pain and damage. I taught at two large culinary schools, I was stressed, and my diet was white flour and sugar laden.

Over the past two decades I have worked hard to educate myself about health. I have tried many modalities and a few stints with medications. An autoimmune diet, exercise, and supplements have become my mainstays. They have helped keep me off immunosuppressive medications.

Last year I had two routine HbA1C blood tests. HbA1C is a snapshot of your past three months blood sugar. Both of my tests showed borderline diabetes. I was shocked. My father and grandparents were type 2 diabetics so I began to read all I could about diabetes.

Because of the rheumatoid arthritis I had been off all sugar and low-carb for many years. (They contribute to inflammation.) However, in the six months before the tests I’d upped the carbs, including white and brown rice and rice cakes.

I happened to hear endocrinologist Robert H. Lustig, MD on a podcast. He talked about insulin resistance and metabolic syndrome. I was fascinated. It led to reading “The Glucose Revolution” by French biochemist Jessie Inchauspé. Both offered information that helped me fine tune an already decent, moderate-carb diet (fresh vegetables, poultry and fish and no sugar, processed food, or sodas).

Science has demonstrated that processed food, refined carbs, sugary or diet sodas, and any type of sugar are a sure road to ill health. Lustig says that blood sugar imbalances can lead to chronic disease. Too much sugar, empty refined carbs, and lack of fiber create spikes in blood sugar. This in turn

creates spikes in insulin. Prolonged, severe insulin spikes can lead to insulin resistance and metabolic syndrome, also known as the “four horsemen” of diabetes, cardiovascular disease, dementia, and cancer.

The key is to flatten glucose and insulin spikes; too much insulin can promote inflammation and weight gain. Lustig found that with insulin resistance (when cells fail to respond normally to insulin and it remains in circulation), you cannot lose weight until the insulin comes down. Insulin resistance eventually leads to diabetes.

The most effective way to improve type 2 diabetes or high insulin is to flatten glucose curves. Lustig says that there are four ways: diet, exercise, drugs and surgery. He advises us to “first, fix the diet.” Which means that we severely limit sugar and refined carbs and eat real, unprocessed food. Jesse Inchauspé developed science-backed “hacks” to smooth glucose curves. (See next page.)

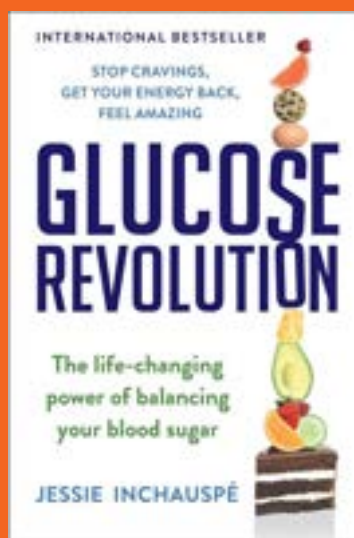
Unless you’ve suffered a serious illness as I have, you may not realize the impact of diet, exercise, and lifestyle on your well-being. Big Food holds us hostage to sugar- and cheap fat-filled, addictive, tasty foods. These foods change our biochemistry so that we struggle to manage cravings. When we eat sugary and processed foods regularly, we set the stage for insulin resistance, metabolic syndrome, weight gain and addiction.

Oryana and its community has been a sanctuary for those of us who want to unhook from empty processed food. In their produce and food aisles, Oryana offers all the necessary resources to proactively lower our glucose spikes and stave off the “four horsemen.”

There’s no better time than now to begin.

# Science-backed hacks from *The Glucose Revolution* to smooth glucose curves and curb sugar cravings

- **Eat food in the right order**  
Fiber first, protein and fat second, carbohydrates last. Fiber (salad, vegetables, legumes) slows down the digestive breakdown and absorption of glucose into the bloodstream. The result is a flattened glucose curve. Add a green starter to all meals. Any green vegetable like a arugula, coleslaw, salad, steamed broccoli or an artichoke will help smooth glucose spikes. The fiber forms a sort of mesh that slows glucose absorption.
- **Calories are not equal**  
A hundred calories of fructose, glucose, protein or fat have vastly different effects because they are different molecules. For instance, fructose calories are worse than glucose; fructose inflames our cells and turns to fat more rigorously than glucose.
- **Flatten your breakfast curve**  
Instead of fruity smoothies, sweetened yogurt, or cereals that spike your glucose curve, start your day with spinach or other vegetables, eggs, meat, beans, avocado or cheese and potatoes or wholegrain toast. Your energy will be steadier all day.
- **Avoid all sugar-sweeteners**  
Sugar sweeteners all have the same effect. White, brown, maple syrup, coconut sugar, honey, etc. spike blood sugar and insulin. Beware agave, it has a high fructose ratio; fructose is much worse than glucose when it comes to aging. It increases cellular damage approximately 250 times faster.
- **If you eat dessert, choose it over a sweet or high-carb snack**  
When you snack on sweets or carbs on an empty stomach, blood glucose spikes quickly. Go savory and low-carb (hard-boiled eggs, avocado, sausage, bean dip, nuts, vegetables or cheese. Eat dessert after a full meal and for most it won't spike the glucose level as severely.
- **Always combine carbs with fat**  
Add nut butter, butter, olives, olive oil, coconut oil, unsweetened coconut milk, cream, nuts, cheese or full-fat yogurt to small servings of fruit, potatoes, rice, crackers or pretzels. Fat slows the absorption of carbs and sugars and helps to flatten glucose spikes. You'll stay full longer, burn more fat, and gain less weight.
- **Vinegar before eating a sweet treat, high carb meal, or a fat-free carb**  
Stir a tablespoon of plain cider vinegar into water. Drink it with a straw (protects your teeth) a few minutes before eating to flatten your glucose and insulin spikes. (Vinegar won't make up for a poor diet.) You'll curb cravings, tame hunger, and burn more fat.
- **Move after eating**  
Build your muscle; every muscle contraction burns glucose and flattens glucose curves without raising insulin. More muscle equals more glucose burned more efficiently. Inchauspé says research shows that 10 to 20 minutes of walking decreased type II diabetics' glucose spikes up to 27%.



## About the author:

Nancy Krcek Allen moved to northern Michigan in 1976. She has been a chef-educator for more than 35 years. She taught professional and recreational cooking in Manhattan, Italy, and northern Michigan, owned a restaurant and cooking school called City Kitchen, a catering business, and has worked as a freelance writer for many publications. In 2014 Allen authored a culinary textbook called *Discovering Global Cuisines: Traditional Flavors and Techniques*. For almost 50 years Oryana has been an essential part of her endeavor to eat real, whole food. She continues with her passion to learn how to maintain good health and avoid insulin spikes.

*NOTE: This article is provided for educational purposes only and does not constitute medical advice. The information should not be used for diagnosing or treating a health problem. Those seeking personal medical advice should consult with a licensed physician.*

# CO-OP KIDS PAGE

## ADVENTURE WORD SEARCH

A	J	P	H	I	K	B	A	G	P	A	K	N	A	T	Q
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T	S	M	O	R	E	G	I	M	W	X	K	B	W	C	K
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O	R	X	A	H	C	A	N	O	E	F	U	A	L	N	I
O	A	P	M	C	H	N	P	M	Y	W	F	M	P	T	L
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B	A	A	R	A	O	P	I	S	T	Y	K	Q	N	Q	N
F	R	T	E	H	B	A	C	K	P	A	C	K	J	T	E
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snacks  
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stars  
cabin  
compass  
canteen  
hammock  
lantern  
picnic  
summer  
granola  
canoe  
wilderness  
beach  
outdoor  
nature



## SUMMER SNACK WORD SCRAMBLE

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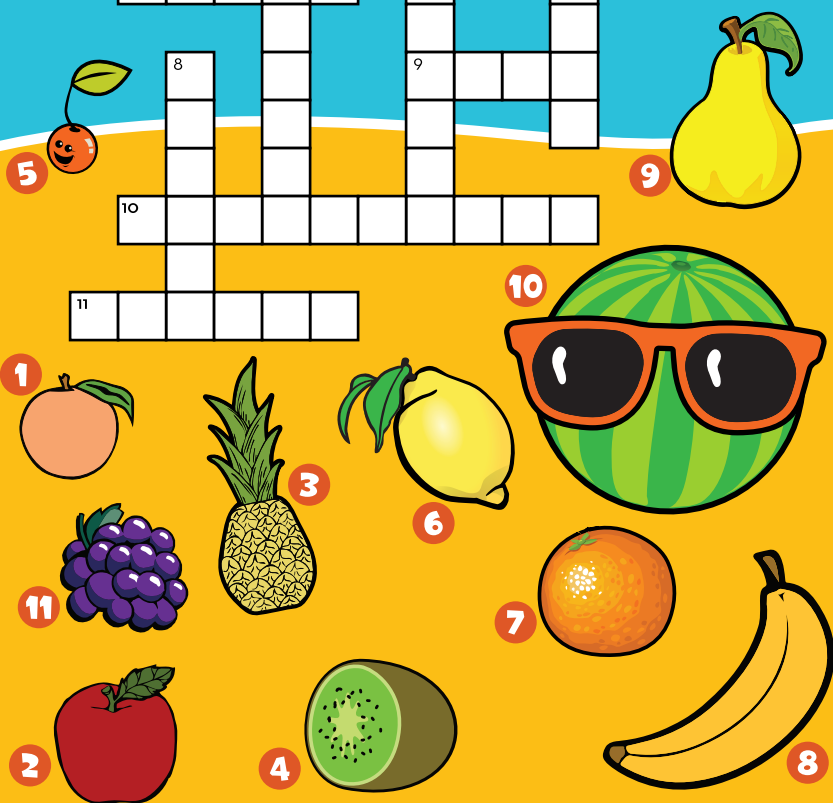
BONUS WORD!    ○ ○ ○ ○ ○

# EXPLORE NATURE SCAVENGER HUNT

This summer, go take a hike on a trail or in a park and see how many of these things you can spot.

- butterfly
- ant
- mushroom or fungus
- pine tree
- seed
- squirrel
- animal track
- feather

# FRUIT ON THE BEACH CROSSWORD



# FUN RECIPES

## COOL OFF WITH SOMETHING TASTY!

Make these healthy, delicious frozen treats.

### Banana Yogurt Popsicles

What you'll need to make 4 popsicles:

- 2 ripe bananas, peeled, cut in half
- Yogurt of your choice (Greek yogurt is best)
- Toppings: sprinkles, chopped nuts, mini chocolate chips
- Wax paper
- Popsicle sticks

Line a cookie sheet with wax paper. Insert a popsicle stick into the center of the cut bananas.

Dip the bananas in the yogurt, or spread the yogurt on the bananas with a knife. Sprinkle with your choice of topping. Place the bananas on the wax paper-lined baking sheet. Freeze for at least 2 hours. Eat!

## LET'S MAKE SOME PLAY DOUGH!

It only takes about 5 minutes! Here's how to do it:

Mix together in a big sauce pan:

- 1 cup all-purpose flour
- 1 cup water
- 2 teaspoons cream of tartar
- 1/3 cup salt
- 1 tablespoon vegetable oil
- and a few drops of food coloring

Cook this mixture over medium-low heat while stirring. When the mixture gets thick and sticks to the spoon, it's done. Remove the dough from the pot and place on a plate to cool down.

Now let's play! After you're done playing, store the dough in an airtight container.

*In case you missed it...*

# A few snapshots of the General Membership Meeting in April...

*Photos by Lil Jes Ryan*

