

Fresh Press

March & April 2025

FRESH PRESS IS A PUBLICATION OF
ORYANA COMMUNITY CO-OP





FRESH PRESS

A bimonthly publication of
Oryana Community Cooperative

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OUR STORES

ORYANA TENTH ST.

260 E. Tenth St.

Traverse City MI, 49684

Phone 231.947.0191

Store Hours

8 am - 8 pm daily

ORYANA WEST

3587 Marketplace Circle

Traverse City, MI 49684

Phone 231.486.2491

Store Hours

8 am - 9 pm daily

Michigan Bridge Card Accepted

Double Up Foodbucks Location

The purpose of Oryana Community Cooperative is to provide high quality food produced in ecologically sound ways at fair value to members and the community. Oryana members 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

Samuel Reese, Director

Parker Jones, Director

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LETTER *from* SARAH



Got Principles?

We do!

Cooperatives around the world align with and embrace what's known as The Cooperative Principles—a set of guiding values established by the International Cooperative Alliance (ICA). Since 1995, these principles have remained unchanged:

1. Voluntary and Open Membership

Cooperatives are open to all who are willing to accept the responsibilities of membership.

2. Democratic Member Control

Cooperatives are controlled by their members, who actively participate in decision-making.

3. Member Economic Participation

Members contribute equitably to and democratically control the capital of the cooperative.

4. Autonomy and Independence

Cooperatives are self-governing organizations controlled by their members.

5. Education, Training, and Information

Cooperatives provide education and training for members, employees, and the public.

6. Cooperation Among Cooperatives

Cooperatives serve their members most effectively by working together.

7. Concern for Community

Cooperatives work for the sustainable development of their communities.

However, in recent years, a growing number of cooperatives have recognized the need to add an **8th Cooperative Principle** focused on **Diversity, Equity, and Inclusion (DEI)**, specifically that cooperatives believe we are stronger when a proactive effort is put forth to engage everyone in governance, management, and representation.

In 2019, the then-chair of the Credit Union National Association (CUNA) called for the addition of this principle, highlighting how the original Cooperative Principles, first written in 1844, were created in a vastly different world—one where slavery was still legal in many places, and women lacked fundamental rights. He argued that while the first principle prohibits discrimination, an 8th principle would go further, actively encouraging cooperatives to be forces for structural change, economic justice, and community empowerment.

Since then, many co-ops have engaged in deep discussions and debates around this idea. And rather than waiting for the ICA to formally adopt the principle, numerous cooperatives—including National Co-op Grocers, Briar Patch Food Co-op, Seward Community Co-op, and PCC—have taken the initiative to adopt it themselves.

At our November board of directors meeting, our board had a lengthy discussion about this concept. And at our December board meeting, **Oryana's Board of Directors proudly joined this movement**, passing a resolution to officially recognize and adopt the **8th Cooperative Principle: Diversity, Equity, and Inclusion**.

Why It Matters

At Oryana, we believe that a strong community is one where everyone feels like they belong. Diversity brings new perspectives, inclusion ensures everyone is valued, and belonging creates trust and connection that helps communities thrive. But belonging isn't just about being invited in.

I recently came across a quote from Brené Brown that said, "*The opposite of belonging is fitting in.*" As a community-owned grocery store, it's our responsibility to do the work that ensures everyone feels welcome, valued, and represented, customers and employees alike.

It's not easy work and it will never really be complete. We know that we still have work to do to make our co-op more inclusive and accessible. Adopting this principle is just one step in our ongoing commitment to not only reflect the world as it is—but to actively work toward the world as it should be.

This decision reaffirms our commitment to fostering an inclusive and equitable community. It also serves as a call to action for other cooperatives to follow suit.

Cooperatives were born out of a shared and identified need within a community, and the Cooperative Principles help guide us in that work. As our communities evolve, so must our language and actions to meet the needs of our time. And really, there's nothing more cooperative than that.

Cheers!

Sarah

BOARD of DIRECTORS



BOARD CANDIDATE MEET & GREET

Thursday, March 20th, 4:45 - 5:15pm

ORYANA WEST COMMUNITY ROOM

Mingle with the 2025 Board of Directors Candidates and get to know them before the election. Voting information coming soon.

BOARD OF DIRECTORS MEETING

Thursday, March 20th, 5:15pm

ORYANA WEST COMMUNITY ROOM

The monthly Board Meeting will be at Oryana West in the Community Room. Everyone is welcome.

SAVE THE DATE!!! GENERAL OWNERSHIP MEETING

Thursday, April 17th at 5:30pm

Traverse City Central High School cafeteria

1150 Milliken Dr., Traverse City, MI 49686

The General Ownership Meeting is a time to gather with fellow co-op owners for food, community, and discussion about Oryana. We'll hear from Oryana's CEO, vote for new board members, and socialize with others who believe in Oryana's mission. The free meal will be served at 5:30pm

For more information on the 2025 Board Candidates, voting procedures, and Oryana's Board of Directors visit the website: <https://oryana.coop/co-op/board-of-directors>

General Ownership Meeting Agenda

5:30pm Dinner, dessert, & socializing; meet the board candidates!

6pm Welcome

Call to Order

Approval of 2024 GOM minutes

Treasurer's Report

Board Report & State of the Co-op Address

6:30pm Voting closes

Public comments

Announce election results



A LOOK BACK *Numbers from 2024*

FOOD DONATED 83,454 LBS

7 PROJECTS THAT BENEFITED THE ENVIRONMENT

BEANS FOR BAGS \$19,021.81

10 PROJECTS THAT BENEFITED ANIMALS

GROCERIES FOR GOOD \$22,385.47

40 PROJECTS THAT BENEFITED CHILDREN

DONATIONS + SPONSORSHIP TOTAL \$101,363.53

1140 PEOPLE REACHED THROUGH EVENTS AND CLASSES

LOCAL PRODUCTS SOLD \$6,272,395.97

SALES GROWTH PERCENTAGE 6.01%

ANNUAL SALES \$37,079,675.10

Community Classes & Workshops Offered

Drinking Reimagined

Cozy Vegan Comfort Meal

Exploring Asian Influences

Make Your Own Mozzarella

Three Sisters Feast

Indian Cuisine

Pasta from Scratch

Seafood Dinner Party

Filipino Flavors

Creating Your Home Apothecary: Infusions

Water Bath Canning High Acid Foods

Pressure Canning Low Acid Foods

Home Conservation Practices
to Create Better Habitat

Canning Class...Beyond Tomatoes

A Venezuelan Feast

Comforting Vegan Holiday Sides

How to Cook the Perfect Steak

**NUMBER OF
PEOPLE THAT
TOOK CLASSES**

200+



Game on for the triumphant return of Oryana's annual Cheese Madness competition. Sixteen cheeses go head-to-head... which cheese will shoppers think is the tastiest? Will Gouda win the gold? Will Parmesan get the pennant? Your votes decide!

Here's how it works:

FILL OUT A BRACKET

March 1st - March 14th

Come in to either Oryana store to pick up and fill out a bracket. What cheese will be crowned champion?

CHEESE SAMPLING EXTRAVAGANZA

March 8th, 12pm - 2pm

ORYANA WEST COMMUNITY ROOM

Not sure what cheese to pick? Join us for a bracket filling party! Samples of ALL 16 CHEESES will be available. Taste, compare, and pick your favorite!

The first 25 people will get either an Oryana pint glass or coaster set. (while supplies last)

HEAD-TO-HEAD SAMPLING

March 15th-March 30th

Both ORYANA STORES will sample cheeses in a head-to-head bracket-style tournament.

Taste each cheese and vote for your favorite. Votes will be collected and tallied at the end of each day, and the cheese with the most votes will advance to the next round.

THE WINNING CHEESE IS ANNOUNCED

April 3rd

The person with the winning bracket will win a cheese-themed gift basket, including the delicious winning cheese!

CELEBRATING EARTH MONTH

Calling all eco-warriors, tree huggers, and backyard activists! This April, Oryana is hosting and helping with a variety of Earth-wise events, including four weeks of FREE events in the Community Room. Come celebrate the “third rock from the Sun” with us! Space in the Community Room is limited, so please register at oryana.coop/events.

GRAND TRAVERSE BAY'S LIFELINES: STREAMS, LAKES, AND YOU

Tuesday, April 1st, 6pm-7pm

ORYANA WEST COMMUNITY ROOM

Learn about the beautiful cerulean waters of Northern Michigan that make our region so wonderful- Grand Traverse Bay and the lakes and streams that feed it. The Watershed Center will discuss the uniqueness of the Grand Traverse Bay watershed, provide an overview of water quality threats in the region, and discuss The Watershed Center's work in protecting and restoring this regional gem.

PLANT NATIVE FOR HABITAT AND SEASONAL DECOR

Tuesday, April 8th, 6pm-7pm

ORYANA WEST COMMUNITY ROOM

Thinking about adding some new plants to your landscape or garden beds this spring? Get inspired with Go Beyond Beauty Program Specialist Shelly Stusick from the Northwest Michigan Invasive Species Network. Learn about how native trees, shrubs, wildflowers, and groundcovers function as quality habitat and also look great!

BOOKMOBILE: STORYTIME, COLORING, & CRAFTS

Tuesday, April 15th, 6pm-7pm

ORYANA WEST COMMUNITY ROOM

Traverse Area District Library

Join us for an evening of reading, crafting, and fun! Our friends at Traverse Area District Library will be leading an environmentally-focused story time as well as guiding folks in crafts and coloring in the Community Room. Plus, they will park their kid-friendly Bookmobile outside. Bring your library card and check out a book!

COMPOSTING 101: FOOD SCRAPS, YARD WASTE, & WOOD - OH MY!

Tuesday, April 22nd, 6pm-7pm

ORYANA WEST COMMUNITY ROOM

Do you wish your trash bins weren't so full of wet, stinky stuff? Come learn about the processes and the magnificent organisms that turn your trash into valuable soil amendments! We'll cover the basics about what materials can go into different composting systems, how to launch a small system in your own backyard, and the benefits that come from compost. Worm kit included! Presented by SEEDS.

MARCH & APRIL Events

FARM CLUB LAGER TASTING

Friday, March 7th, 2 - 5pm

ORYANA WEST

March is the perfect time to enjoy lagers! Lagers benefit from longer times in the cellar. Just like us, these lagers use the winter to rest and chill out. Farm Club will be in store sampling several of their refreshing beers. Must be 21 or older.

COMMUNITY NIGHT FILM SCREENING - "JULIE & JULIA"

Monday, March 10th, 7pm, doors open at 6pm

THE STATE THEATRE

Oryana is collaborating with our friends at the State Theatre for a food-centric and fun film! We'll be screening Julie & Julia, the 2009 romantic comedy based on Julie Powell's book Julie & Julia: 365 Days, 524 Recipes, 1 Tiny Apartment Kitchen. Tickets are \$10 and can be purchased through the State Theatre website.

BLOOD DRIVE WITH VERSITI

Thursday, March 13th

8 - 11am at ORYANA TENTH STREET

1 - 4pm at ORYANA WEST

Donating blood takes about an hour and has the potential to save up to three lives. Donors should bring a photo ID that includes their birth date. To schedule an appointment, use this link to sign up a Tenth St. and this link to sign up at West or call (866) 642-5663. Walk-in donors are also welcome.

WINE & CHEESE! BLACK STAR FARMS & LEELANAU CHEESE SAMPLING

Saturday, March 15th, 12 - 3pm

ORYANA WEST

Join us for a sampling of some of Suttons Bay's favorite wine and cheese. Black Star Farms will be pouring local wine, while Leelanau Cheese will share tastes of their famous raclette. Must be 21 or older to sample the wine.

TRANSITION FROM WINTER TO SPRING WITH HERBS

Wednesday, March 19th, 6 - 7pm

ORYANA WEST COMMUNITY ROOM

Lean into spring with the support of revitalizing herbs! Learn from herbalist Sierra LaRose of Bear Earth Herbals how we can utilize nourishing, protective, and detoxifying herbs to help our bodies go through the changing seasons. \$40 for members, \$45 for non-members. Register at oryana.coop/events.

GROCERIES FOR GOOD: ON THE GROUND

Thursday, March 20th, 8am - 9pm

both ORYANA STORES

Oryana's March Groceries for Good recipient is On the Ground. This group creates sustainable solutions for coffee-growing communities. Since its founding in 2010, OTG has initiated projects in Mexico, Ethiopia, the West Bank of Palestine, Nicaragua, and the Democratic Republic of Congo (DRC). Our co-op community donates 2% of sales for the day. Shoppers are also encouraged to round-up their order to the nearest dollar in support of On the Ground.

BOARD OF DIRECTORS MEET & GREET AND MONTHLY MEETING

Thursday, March 20th, 4:45pm for the Meet & Greet and 5:15pm for the Board Meeting

ORYANA WEST COMMUNITY ROOM

The Oryana Board of Directors will hold their monthly meeting at 5:15pm in Community Room at Oryana West. There will be a Board Candidate Meet & Greet at 4:45pm before the meeting. Everyone is welcome.

GENERAL OWNERSHIP MEETING

Thursday, April 17th, 5:30pm

TC CENTRAL HIGH SCHOOL

1150 Milliken Dr, Traverse City, MI 49686

Come for the food, stay for the community. Join us for our annual General Ownership Meeting. Current owners are eligible to vote in the board of directors' election. Renew your membership by March 17th to participate! More information at <https://oryana.coop/co-op/board-of-directors/>.

COMMUNITY FILM NIGHT: ALL TOO CLEAR

Wednesday, April 23rd, 7pm, doors open at 6pm

THE STATE THEATRE

Oryana and our friends at the State Theatre for another Community Night film screening. This time, we're showing the 2024 documentary All Too Clear. This immersive film uses cutting-edge underwater drones to explore how quadrillions of tiny invasive mussels are re-engineering the ecosystem of the Great Lakes at a scale not seen since the glaciers.

GROCERIES FOR GOOD: TRAVERSE AREA DISTRICT LIBRARY

Thursday, April 24th, 8am - 9pm

both ORYANA STORES

Oryana's March Groceries for Good recipient is the Traverse Area District Library. Our co-op community donates 2% of sales for the day. Shoppers are also encouraged to round-up their order to the nearest dollar in support of Traverse Area District Library.

MAKERFEST

Saturday, April 26th, 10am - 2pm

GRAND TRAVERSE COUNTY CIVIC CENTER

Oryana will be joining dozens of local organizations for a day of hands-on Earth-forward fun! Stop by the Howe Arena for the latest and greatest celebration of Making and all things STEAM. Presented by Recycle Smart and Traverse Area District Library.

ELECTRONIC WASTE RECYCLING DRIVE

Saturday, April 26th, 8am - 5pm

Sunday, April 27th, 8am - 5pm

both ORYANA STORES

Oryana Community Co-op and Bay Area Recycling for Community are teaming up to help you recycle your old and unwanted electronics! Bring in items like computers, phones, and other electronic devices to ensure they are properly recycled and kept out of landfills.

To learn more about upcoming events, visit our Oryana events calendar at <https://oryana.coop/events>.

LEELANAU CHEESE:

Tradition, Craft, and a Whole Lot of Flavor

As the winter sun set over the rolling hills of Suttons Bay, our Oryana team arrived at Leelanau Cheese, greeted by the rich, buttery aroma of fresh cheese in the making. Stepping inside felt like walking into a living exhibit—through large glass windows, we watched as curds were carefully tended by hand, pressed into molds, and prepared for aging in their naturally cooled cave.

At the helm of this small but mighty creamery are Gary Smith and Joshua Hall, two cheesemakers whose passion runs as deep as their expertise. Both Gary and Joshua are Michigan State University alumni. Gary holds both a bachelor's and master's degree in food science from MSU, while Joshua, an award-winning cheesemaker, spent over a decade leading dairy manufacturing at MSU's Dairy Foods Complex before they took over the creamery in 2021. But this wasn't just a career move; it was a calling. Carrying on the legacy of founders John and Anne Hoyt, they continue to craft cheese with the same dedication and care that made Leelanau Cheese a Northern Michigan treasure.

Their signature Raclette is a labor of love, aged in their “hobbit abode” cave, where it's turned and brushed daily to develop its rich, nutty flavor and signature rind. Meanwhile, their Fromage Blanc—soft, creamy, and packed with flavor—is made in small batches with ingredients like black truffle, peppercorn, and fresh herbs, each bite offering a taste of the region.



But great cheese starts with great milk. That's why Leelanau Cheese sources theirs from trusted local farms—Brinks Family Creamery in McBain and Norwood Centennial Farms in Charlevoix. Every drop of milk is fresh, high-quality, and supports Michigan's small dairy farmers. Even the byproducts of the cheesemaking process have a purpose—local farmers collect the nutrient-rich whey to feed their livestock, ensuring nothing goes to waste.

It's no surprise that Leelanau Cheese has a dedicated following—it even claimed victory in Oryana's Cheese Madness competition in the past! If you haven't yet experienced the magic of melted Raclette, now's your chance. Cheese Madness is back, and we're inviting you to join the fun! The competition kicks off on March 8th at Oryana West in our Community Room Kitchen, where you'll have the chance to sample all sixteen cheeses and fill out your very own Cheese Madness bracket. Once your bracket is submitted to the ballot boxes, the real competition begins! From March 15th–30th, shoppers at both Tenth St. and West locations can taste, vote, and help narrow down the cheeses—round by round—until one is crowned the ultimate champion. And while Leelanau Cheese won't be competing, they'll still be part of the fun—melting their famous Raclette for sampling on March 15th at Oryana West.

As we wrapped up our visit, one thing was clear—Leelanau Cheese is more than just a creamery. It's a place where tradition meets innovation, where passion meets craftsmanship, and where every wheel of cheese tells a story. And the best part? You can see it all for yourself. The creamery welcomes visitors for an inside look at their process, offering a sensory experience that's as rich as the cheese itself.

So, whether you're a devoted cheese connoisseur or just someone who appreciates good food, a visit to Leelanau Cheese is well worth the trip. Trust us—one bite, and you'll taste the difference.



THE ULTIMATE CHEESE MADNESS RECIPE PLAYBOOK

The cheeses are set for Oryana's 2025 Cheese Madness Bracket, and the competition heats up on March 15th! Join us at Oryana West on March 8th to sample all sixteen cheeses and fill out your bracket with your top picks. Starting March 15th, in-store cheese sampling and voting will begin to determine which cheese will be the last one standing. In the meantime, get to know the contenders with these delicious recipes that showcase each cheese at its best!

Beemster XO - Chicken Sliders with Smoked Gouda

This rich, caramelized aged Gouda pairs perfectly with juicy, flavorful chicken sliders. Beemster XO melts beautifully, adding depth and a hint of sweetness to this crowd-pleasing dish.

Try the full recipe here: [Chicken Sliders with Smoked Gouda](#)

Balarna 4-Year Goat Gouda - Pea & Goat Cheese Fritters

Crispy on the outside and creamy on the inside, these fritters combine the tangy, nutty flavor of aged goat Gouda with sweet peas and fresh herbs. They make a perfect appetizer or light meal.

Try the full recipe here: [Pea & Goat Cheese Fritters](#)

Jarlsberg - Jarlsberg-Stuffed Chicken Breast

Mild, nutty, and incredibly melty, Jarlsberg takes this stuffed chicken breast to the next level. Filled with sautéed spinach, sun-dried tomatoes, and gooey cheese, this dish is a flavorful and elegant meal perfect for any occasion.

Try the full recipe here: [Jarlsberg-Stuffed Chicken Breast](#)

Emmentaler - Classic Swiss Cheese Fondue

No cheese roundup is complete without a warm, melty pot of Swiss fondue. This traditional recipe brings together Emmentaler, white wine, garlic, and a splash of kirsch for the ultimate shareable dish. Serve with bread cubes, apples, and roasted veggies for a fun and interactive dining experience.

Try the full recipe here: [Classic Swiss Cheese Fondue](#)

Beecher's Jerk Spice - Jerk Spice Cheese Latkes

These crispy, golden potato latkes get an irresistible kick from Beecher's Jerk Spice cheese. The combination of warming spices and melty cheese makes for a flavorful twist on a classic dish. Serve with sour cream or a fresh mango salsa for a delicious contrast.

Try the full recipe here: [Jerk Spice Cheese Latkes](#)

Wood River Cheddar Gruyere Black Truffle - French Onion Soup

This luxurious cheddar-Gruyere blend is the perfect finishing touch for a rich, savory bowl of French Onion Soup. Melted over crusty bread, it creates a golden, bubbly topping that takes this comforting classic to the next level.

Try the full recipe here: [French Onion Soup](#)

Delft Blue - Pear & Blue Cheese Flatbread

The bold, creamy flavor of Delft Blue pairs beautifully with sweet pears and crunchy walnuts in this elegant flatbread. A drizzle of honey ties all the flavors together for the perfect balance of sweet and savory.

Try the full recipe here: [Pear & Blue Cheese Flatbread](#)

Sage Derby - Grilled Cheese Sandwich

The herby, speckled green Sage Derby cheese is a perfect twist on a classic grilled cheese. Its creamy, slightly tangy flavor pairs wonderfully with crispy toasted bread, creating a comforting and flavorful sandwich.

Try the full recipe here: [Grilled Cheese Sandwich](#)



Lamb Chopper - Creamy Lamb Chopper Carbonara

Swap Parmesan for Lamb Chopper in this rich, silky carbonara. Toss freshly grated cheese with hot pasta, eggs, and pancetta for a creamy, sheep's milk twist on the classic dish. The nutty, buttery flavors of Lamb Chopper elevate this comforting meal to the next level.

Try the full recipe here: [Creamy Lamb Chopper Carbonara](#)

Ewephoria - Savory Herb-Roasted Potato Tart

Ewephoria's naturally sweet and nutty flavor makes it the perfect cheese for this rich and hearty potato tart. Layered with fresh herbs and roasted potatoes in a flaky pastry crust, this dish is both elegant and comforting.

Try the full recipe here: [Savory Herb-Roasted Potato Tart](#)

Cello Tuscan Fontal - Baked Fontal with Hot Honey

Mild and creamy, Cello Tuscan Fontal becomes irresistibly gooey when baked. Drizzled with spicy hot honey and served with crispy bread or crackers, this simple yet indulgent dish is a must-try.

Try the full recipe here: [Baked Fontal with Hot Honey](#)

Red Dragon - Cheesy Welsh Rarebit

This bold, mustard- and ale-infused cheese is the perfect choice for the ultimate Welsh Rarebit. Red Dragon melts into a smooth, flavorful topping, creating a rich, cheesy sauce that elevates simple toast into something extraordinary.

Try the full recipe here: [Cheesy Welsh Rarebit](#)

Old Quebec Seven-Year Cheddar - Cheddar Herb Biscuits

Aged for seven years, this cheddar brings a deep, sharp flavor to buttery, flaky biscuits. Perfect as a side for soups, salads, or as a stand-alone snack, these biscuits are an easy way to enjoy this bold, aged cheddar.

Try the full recipe here: [Cheddar Herb Biscuits](#)

One-Year Manchego - Tomato Galette

The nutty, slightly salty flavor of Manchego pairs beautifully with ripe tomatoes and flaky pastry in this rustic, savory galette. A drizzle of olive oil and fresh herbs elevate this dish to a simple yet elegant meal. Try the full recipe here: [Tomato Galette](#)

Caribbean Blazer - Spicy Mac & Cheese

This tropical heat-infused cheese is a bold addition to creamy mac & cheese. It's perfect balance of spice and richness creates a dish that's both comforting and exciting.

Try the full recipe here: [Spicy Mac & Cheese](#)

Festival - Fruit & Cheese Parfait

This mild and creamy cheese shines in a refreshing fruit parfait. Layered with yogurt, fresh berries, and crunchy granola, this parfait is a delicious way to enjoy cheese in a light and wholesome way.

Try the full recipe here: [Fruit & Cheese Parfait](#)

CURRENT FAVES: *What We're Loving Right Now*

From pantry staples to self-care essentials, we've got plenty of fresh finds at Oryana! Whether it's a staff favorite we can't stop raving about or an exciting new addition to our shelves, these grocery and wellness picks are here to elevate your everyday routine.

BADGER DAILY MINERAL SUNSCREEN SPF 30

A reef-safe, broad-spectrum sunscreen with clean ingredients that nourish and protect your skin.



WILD CARROT HERBALS "LORD, MY HANDS ARE SO DRY!" LOTION

Ultra-hydrating and fast-absorbing, this lotion is a lifesaver for overworked, dry hands.



AMAZING GRASS BERRY GREENS BLEND

A powerhouse of organic greens, fruits, and antioxidants in a delicious berry flavor to boost your daily nutrition.



ATTITUDE SUPER LEAVES SHAMPOO

Nourishing and strengthening with plant-based ingredients, this shampoo leaves hair soft and healthy.



DAVIDS PREMIUM NATURAL TOOTHPASTE

Fluoride-free and formulated with clean, high-quality ingredients for a fresh and effective clean



HUME ALL-BODY DEODORANT

A multi-use deodorant safe for underarms and beyond, keeping skin fresh without harsh chemicals.



HUME SUPERNATURAL DEODORANT

A long-lasting, aluminum-free deodorant powered by plant and probiotic ingredients.



FENTIMANS SODA

Looking for a soda that's a little extra special? These premium sodas have been crafted with a time-honored botanical brewing process since 1905, using natural ingredients for bold, complex flavors. Perfect on their own or as an elevated mixer, these sodas bring a touch of craftsmanship to every sip. Find your new favorite at Oryana West!



THE MILL IN GLEN ARBOR

Crackers, Baguettes, and Sourdough

If you haven't tried The Mill in Glen Arbor's crackers yet, you're in for a treat. Made with house-milled grains and a dedication to traditional craftsmanship, these crackers bring a true taste of Northern Michigan to every bite. They've been flying off the shelves at Oryana West, so we've now stocked them at Tenth Street, too. You'll find them near the olive bar—perfect for pairing with cheese, dips, or a drizzle of local honey. Also, in and new from the Mill discover their freshly baked baguettes and sourdough loaves.

local FAVORITE

WILDFLOWER SOAPWORKS:

Wildflower Soapworks offers handcrafted, natural soaps made with vegan ingredients, designed to be gentle on both your skin and the environment. Based in Elk Rapids, Michigan, their soaps are crafted with care and commitment to quality.



from the ORYANA ARCHIVES

