

M Mariposa Market Organic & Natural Foods Messenger

WINTER 2023





HEALTHY HOLIDAY EATING

By Mary Anne Trevey

Healthy eating doesn't often coincide with the Holidays. After all, half the fun is indulging in those special treats we've all come to know and love during this time of the year. But all of us remember the times when we over-did alcohol or rich food and felt horrible afterwards. Too many sweets often do not set well, especially as we age. And dishes made with cream and butter can set our gallbladders into spasm. There are solutions, however. We can still enjoy our favorite delicacies just by modifying our recipes a little. Here are some suggestions.

If dips are a family favorite, try using non-fat Greek yogurt to replace mayonnaise and sour cream. Some chips are now air-fried or baked with a somewhat lower calorie profile. In lieu of this old standard, try a charcuterie board with dried fruit, nuts, veggies, olives, and small chunks of cheese. This can be more exciting and healthier.

Another possibility is simplifying your side dishes, by substituting the more caloric richness with some equally appealing possibilities. Roasting vegetables with a little olive oil and a sprinkle of garlic and salt, bring out the natural sweetness of potatoes, Brussel sprouts, green beans, carrots, beets, and broccoli. Adding slices of onions which caramelize in the oven also provides extra savory pleasure. Yukon Gold potatoes are naturally buttery and can be prepared with less butter.



Make your stuffing without the use of white bread. Keep the butter to a minimum and sub olive or avocado oil for sauteing the vegetable portion. Use whole grain bread, or even better, add healthy grains such as quinoa, barley, farro, or wild rice to the mixture as well as dried fruit, nuts, celery, onions, and carrots. The extra fiber is an additional perk.

Cranberry sauce in the can is loaded with sugar. Making your own from scratch is a much tastier option and is actually very simple. Plus, home-made sauce allows you to reduce the sugar. Apples and walnuts can be added for extra pizzaz.

Lighten up desserts. This is a trickier area. After all, what is Thanksgiving or Christmas without the traditional pies? Hollowing out mini-pumpkins and baking the pie filling in their shells is one option that reduces the fat content but leaves the filling intact. A small dollop of whipped cream makes it more festive. Apple pie can be topped with a crisp topping made with whole grain oats and eliminates the top crust which usually has a higher calorie content.

Finally, add some seltzer or mineral water to mixed drinks, or even to fruit juice for the kids or non-drinkers. At Mariposa, we now carry a non-alcoholic beer called Best Day Yet which tastes like a regular IPA and only has 68 calories per can. It's remarkably good. It's easy to make a punch with seltzer water and cranberry juice. Adding a little lemonade and frozen cranberries to the mix makes a delightful holiday beverage.

After you have imbibed and ingested adequately, take a walk. Even a short walk around the block can reduce blood sugar spikes after a heavy meal. It also gives your brain a chance to realize how full you are, so that you don't feel a compulsion to eat more or take a large helping of dessert.



Mariposa Market
has brought in a new line
of pet foods called Ultimates.

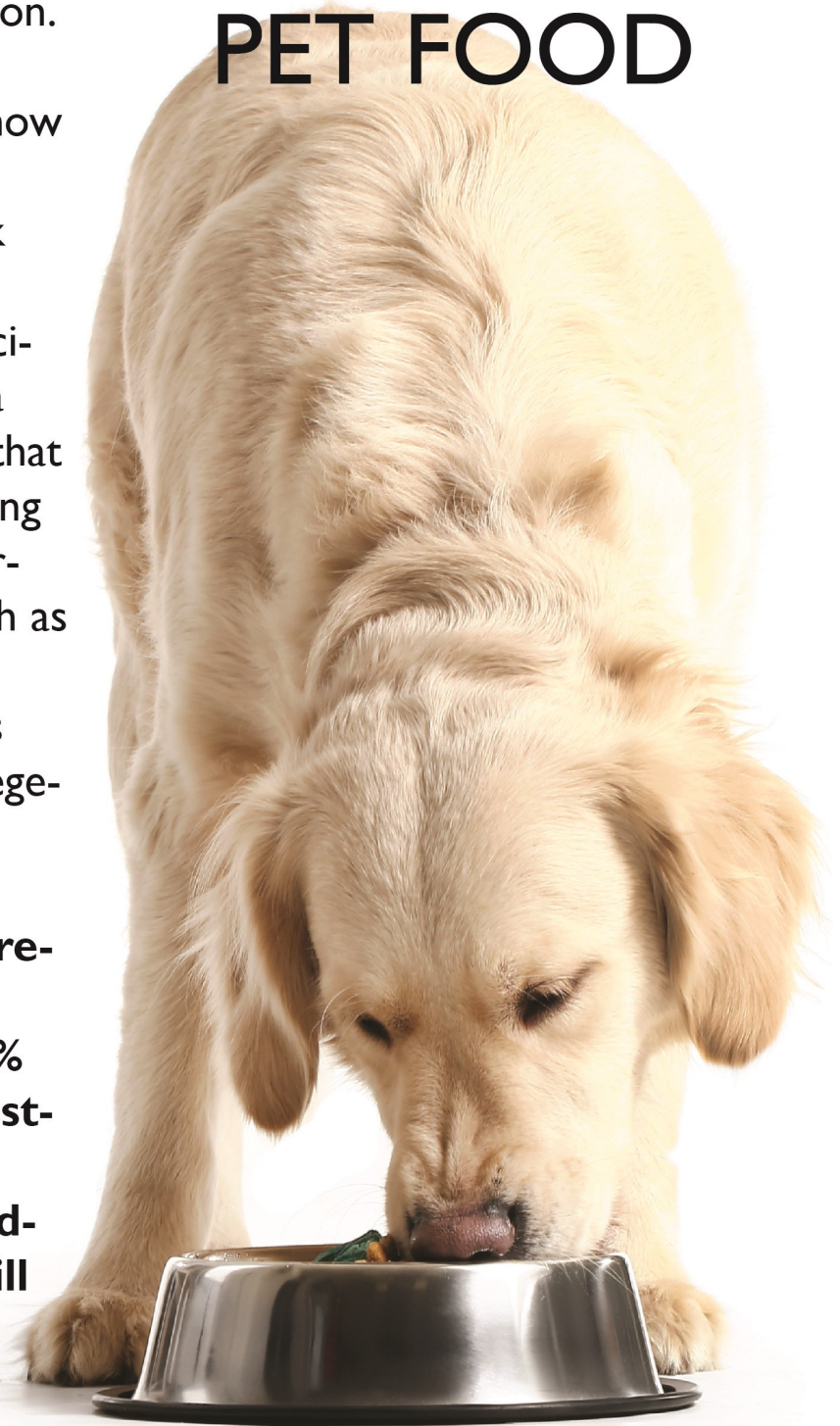
This high quality dog food
is touted as advanced dog nutrition.
Similar to Taste of the Wild, it is
family-owned since 1926 and is now
thriving under fourth generation
stewardship. It does not co-pack
with any other brands.

Ultimates has only a few reci-
pes, one for sensitive stomachs, a
few grain free types and several that
are grain inclusive (the grains being
brown rice and flaxseed). It incor-
porates high quality proteins such as
chicken, lamb, whitefish, beef and
bison, plus healthy carbohydrates
and antioxidant rich fruits and vege-
tables.

**To help our customers
afford this pet food we are pre-
senting it to our shoppers at
the everyday low price of 20%
off the manufacturer's suggest-
ed retail price!**

**We hope you will take ad-
vantage of this sale, which will
stay in effect through the
year 2024. By the way,
my dogs love this food!**

THE ULTIMATE PET FOOD



LOCAL FOOD HELPS YOUR GUT

By Kevin Copperfield

You may have heard the saying, “THINK GLOBAL, ACT LOCAL”. For a good majority of us, local action starts with the food we eat.

It's a fact that supporting local farms and businesses can offer great benefits to our immediate economies and communities, but there's another huge benefit for us personally: eating seasonally and locally is way better for our health.

The modern Western diet that's built on having relatively easy access to nearly any type of food, from anywhere in the world, at any time, in any season, is actually an anomaly in our history as a species.

Up until the last hundred years or so, most people ate locally out of necessity since we simply didn't have the farming techniques, logistical infrastructure or science to produce and ship foods the way we do now. This has inadvertently produced a diet that is low in nutritional density that includes GMO's, industrialized gluten, fast foods, the prevalence of sugar, etc.

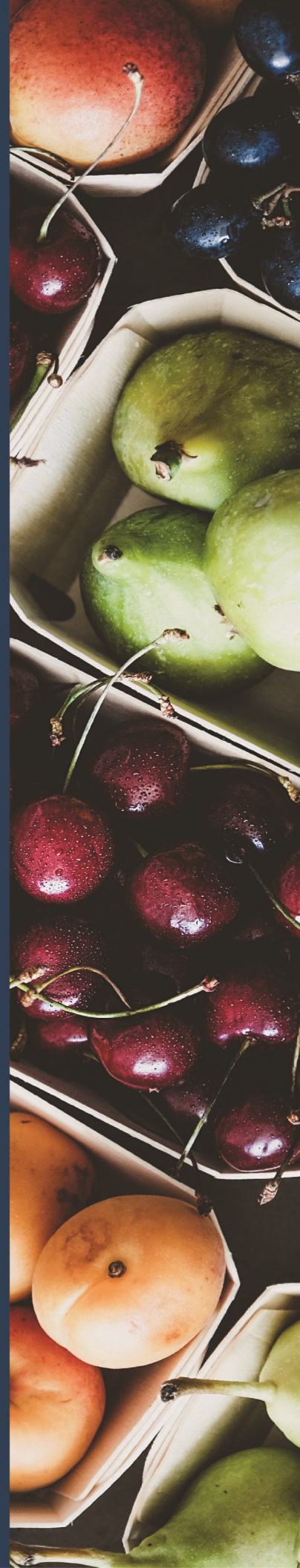
Fruits and vegetables that travel great distances are forced to ripen out of season or harvested before they're ready. They often contain lower levels of vitamins and minerals: this is because the practices used to make them grow quickly make it harder for the plants to absorb nutrients from the soil. When you combine this with having a shorter growing season, these plants simply don't have as much time to absorb nutrients, meaning that they are less nutritionally dense when they get to us

Also, produce that's picked before it's ripe has higher levels of a substance called lectin. This is part of the plant's natural defense system— it protects the seeds in fruits and vegetables until the plant ripens enough for them to be passed on. When produce is allowed to naturally ripen, levels of lectin decrease, and the produce's skin changes color. But when plants are picked early and then ripened artificially, those higher levels of lectins remain in the plant. This is a problem for the people eating them, since lectin can help create conditions that allow your gut microbiome to become unbalanced.

Unbalanced biome? Why should I care?

Well, I'll tell you. We are full of bacteria, viruses, fungi and other microscopic living things. These are collectively referred to as microorganisms, or microbes, for short. In fact, we have more bacteria living in our gut (40 trillion) than cells in our body (30 trillion). Most of the microbes in your intestines are found in a “pocket” of your large intestine called the cecum, and they are referred to as the gut microbiome.

There are up to 1000 species of bacteria found in the gut biome. Most help with digestion, destroy harmful bacteria and help control your immune system. It helps take in nutrients the body needs through the small intestines and keeps bad bacteria from hanging around. But some other bacteria may not be so friendly and may cause disease.



Altogether, these microbes may weigh as much as 2–5 pounds (1–2 kg), which is roughly the weight of your brain. Together, they function as an extra organ in your body and play a huge role in your health.

So, we want to eat healthy local foods to get as much nutrient density as we can so our gut biome can be fed the good stuff and be healthy and diverse. A healthy diverse gut biome means we have a much better chance of winning the inevitable battles of sickness, and environmental and age-related ailments that we will encounter moving forward.

FINDING YOUR SEASONAL FAVORITES

Living in Mendocino County and having multiple food outlets (like Mariposa, of course) providing good local meats, grains, fruits and veggies, there's really no reason not to eat in tune with the season as much as you can.

It can be easy to overlook your seasonal produce stars. Here's a short list of foods from each season to help you incorporate more of these delicious foods into your day to day. And, as an added bonus, they're all great for your gut!



SPRING

Asparagus
Artichokes
Bananas
Broccoli
Cabbage
Collard Greens
Garlic
Peas
Dandelion Greens
Jicama
Mushrooms
Onions
Radishes

SUMMER

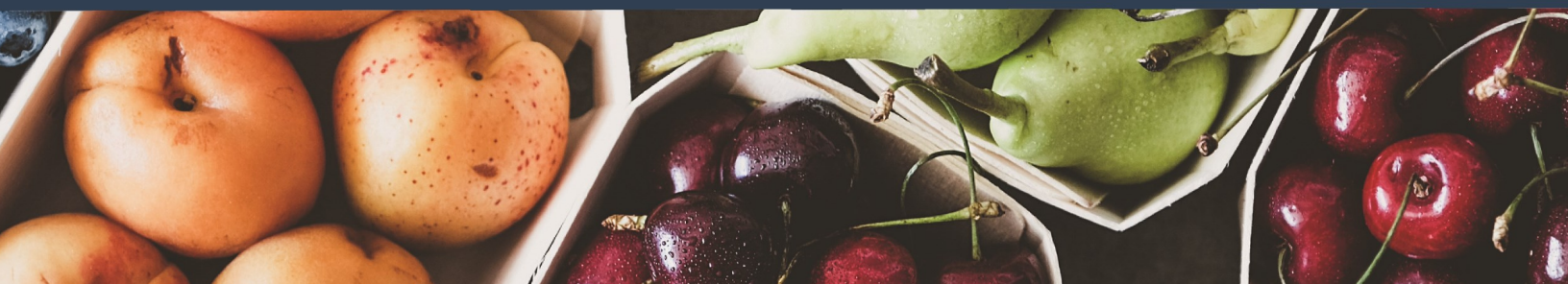
Bananas
Beets
Collard Greens
Garlic
Kiwi
Nectarines
Peaches
Watermelon

FALL

Bananas
Broccoli
Brussel Sprouts
Beets
Cabbage
Cauliflower
Collard Greens
Garlic
Peas
Jicama
Kale
Mushrooms
Onions
Radishes
Rutabagas

WINTER

Bananas
Brussel Sprouts
Beets
Cabbage
Dandelion Greens
Grapefruit
Jicama
Kale
Leeks
Onions
Pomegranates
Rutabagas



THE HEART OF GIVING



The holidays are traditionally the time to practice “giving”. Through the ages of man, the time of year around the winter solstice has often been a period when humans have exchanged presents, whether it be food, toys, handmade articles, or even money. In America, gift giving has become so over-rated that some of the spontaneous generosity has been dwarfed by blatant consumerism and a feeling of “having to give” even if it’s relatively meaningless or expected, not to mention a drain on the wallet. Still, it is a special time of year and a time when it is appropriate to honor loved ones, even with a small remembrance.

Giving, which is the act of freely transferring something to someone, can take many forms. While, in America, this usually means an expenditure of money often for meaningless items, there are still many forms that giving can take, some of them absolutely free. For example, a special picture in a simple inexpensive frame can be a very well-loved memory for a relative far away or family members close by. A box of homemade cookies, a nutty fruitcake or other specialty dessert, a hand crocheted hat or a knitted scarf, a basket of tangerines, a flowering houseplant, a special bottle of wine, are all relatively inexpensive presents that always delight. A gift that keeps on giving could be a service such as rides for an elderly person, volunteering to shop for homebound individuals, a couple hours of housecleaning or window washing, a day or evening of babysitting, gardening or mowing, or even taking someone out for a spa day or shopping. The creative options are endless, and in many cases more appreciated than a gift that you buy.

Some folks really enjoy shopping for the holidays. It is a time when generosity runs high, especially for children and grandchildren. Though kids can be entranced by the fad toy of the day, they are just as excited for a day at the coast, a trip to an amusement park or the Children’s Museum in Santa Rosa, a day of nature walking, or swimming in the river, complete with a picnic lunch.

Mariposa Market has a unique gift department as well. We have many fair-trade items and locally made products that are well crafted and beautiful. Our price point is reasonable as we shop for things that are decently put together and affordable. We have jewelry, wool, wool blend and alpaca socks, kitchen items, hats, mittens, and scarves, tie dyed clothing, pottery, African baskets, flowering house plants and orchids, cards, books, calendars, children’s toys and books, hand inlaid and painted butterfly wall art, and plethora of other items too numerous to list. For Christmas we have boxed and single cards, really amazing and unique ornaments, candles and gift baskets already put together for your convenience. We will also have some extra special gifts for Valentine’s Day come February. Give us a try. Our gift department has gotten much praise from our customers and is in full festive bloom.

GINGERBREAD

By Joelle McDougall

At Mariposa Market, one of our most popular baked items is our gingerbread cookies! We make the delicious treat all year round in various shapes like flowers in the spring, leaves in the fall, and even vampires at Halloween! However, at Christmas they take the favorite form of our beloved gingerbread man. We love our gingerbread here at Mariposa Market, so let's look through the sweet and spicy history of gingerbread!

In ancient Greece, around 2400 BCE, gingerbread was born out of the spice trade, where exotic ingredients like ginger made their way to Europe. The Greeks were onto something when they mixed ginger with breadcrumbs and then baked it to create the earliest form of gingerbread. This gingerbread was more like a sugary confection, than the cookies and cakes we eat today.

Fast forward to the Middle Ages, gingerbread became a favorite treat at fairs and markets across Europe. It was not just tasty but also thought to have medicinal properties. Early references from the Vadstena Abbey show that the Swedish nuns baked gingerbread to ease indigestion in 1444 and the 16th-century writer John Baret described gingerbread as "a kinde of cake or paste made to comfort the stomacke."

In the 16th century, the clever folks in Germany took gingerbread to a

whole new level. They started crafting intricate shapes and decorating them. These weren't just snacks; they were works of art. Gingerbread houses became particularly popular, and the tradition of making them at Christmas started to take root.

In the 19th century, gingerbread took off in America. It became a staple in households, and molasses was added to the mix, giving it that rich, dark color and deep flavor that we often associate with gingerbread today. The first printed American cookbook, *American Cookery* by Amelia Simmons, contained seven different recipes for gingerbread. Her recipe for "Soft gingerbread to be baked in pans" is the first written recipe for the cakey old-fashioned American gingerbread.

Of course, let's not forget the famous Grimm Brothers' tale, "Hansel and Gretel," with its iconic gingerbread house. It definitely helped boost the popularity of gingerbread houses, especially during the holiday season.

And now, in the 21st century, gingerbread has become a holiday tradition around the world. From gingerbread cookies to houses, people continue to enjoy this spiced delight, connecting us to a flavorful history that spans centuries. So, the next time you bite into a Mariposa Market gingerbread treat, know that you're savoring a little piece of history and tradition!

SENESCENCE

PREPARATION FOR A FOR A LONG WINTER'S NAP

The plant kingdom prepares for winter through a process called “senescence”, or biological aging.

Most plants in the world, except for those around the equator, start to plan for the cold months by early autumn. Plants have different strategies for coping with winter. For some, like evergreens, the changes are not nearly as apparent as those of deciduous trees like oak and maple. Many perennial plants and herbs lose their leaves or die off entirely above ground, hiding away as root or bulb

until it's time to send out
new stems and
leaves.

True annuals
don't
even try to
keep a
root alive.
Their
energy

goes into producing flowers and seeds which ensure that new plants will spring forth when conditions are favorable.

As fall days get shorter and nights get longer seasonal changes trigger plants to move nutrients, especially energy-containing sugars, from expendable parts like leaves to the trunk or roots, where they will be stored until spring. For example, maple leaves which contain high levels of carotenoids and anthocyanin are brightly colored in the fall. In the spring and summer, the leaves are rich in green chlorophyll, but as the sap returns to the roots, the leaves begin to die, and the remaining compounds reflect the former health of the leaf. Bright colors mean healthy sugars have been produced, which promises a healthy tree.

Some plants, which bear fruits or berries get their seeds deposited by birds, insects and mammals, often an appreciable distance from where they were initially eaten. Other plants disperse their seeds through the wind, or by hitchhiking on living entities without being actually consumed.

In nature, nothing goes to waste. Leaves and stems which fall to the earth often provide mulch for over-wintering plants and roots, and as they decompose, becoming fertilizer which provides food to roots and bulbs in spring. For plants, fall is a season of senescence, of gathering and preparation for a long winter's nap...