

Mariposa Messenger

January 2022



Sales Run From
January 1st
Until
January 28th

Prices & Availablitiy
are subject to change.

500 South Main Street, Willits, CA 95490 (707) 459-9630



Happy New Year

By Mary Anne Trevey

2022 is upon us, and if you are like me, you are ready to have all the problems and issues of the past couple of years just disappear into the ethers. Unfortunately, that is probably not the scenario that we are looking at. Covid could go on and on, climate change will continue to wreak havoc on many of the earth's inhabitants, and folks will not be willing to sacrifice their opinions and anger for the common good.

Still, there is always that feeling at the beginning of the New Year that things could get better and that the people of the world might come to their senses. And, aside from wishful thinking, there are also all the personal things that we can each do to make our lives more fulfilling and creatively find solutions to local problems. Try not to let the negativity overwhelm you. There is much to be grateful for even in the toughest of times. Skyrocketing prices (worldwide) for food and gas give us a chance to re-evaluate what we eat and where we go. We are being challenged to make uncomfortable changes that could actually lead to a better tomorrow.

Let's kick 2021 to the curb and have the best 2022 ever!

Resolutions With A Twist

By Alecia Keppel



Read more

BE PASSIONATE

Learn about an ancient civilization

Take more walks

Listen to the birds

Spend more time with family & freinds

Go somewhere you've never been

Let go of grudges

BE YOURSELF

Smile more

Spend more time alone in nature

Stay away from media

SET INTENTIONS

Be spontaneous

Have a more positive attitude

TALK LESS/ TALK MORE

Take more time for self care

Write letters in cursive

Bulk
Organic Almonds
LB



Reg \$12.59/LB

\$11.89/LB

BULK
Organic Red Lentils
LB



Reg \$2.89/LB

\$2.39/LB

Organic India
Organic Tea
Tulsi Turmeric Ginger
Original Tulsi
Sweet Rose
Lemon Ginger
18 BAG



\$4.49 Reg \$5.99

Birch Benders
Pancake & Waffle Mix

Paleo
12 OZ

Other
Birch Bender
Mixes Also
on Sale



\$4.69 Reg \$6.89

Bob's Red Mill
Gluten Free Rolled Oats

Original
&
Thick Cut



\$6.19 Reg \$8.99

Catalina Snacks
Maple Waffle Cereal



\$8.39 Reg \$10.39

Lundberg Family Farms
Thin Stackers

Assorted
Varieties

Many
Lundberg
Rice Snacks
Also on
Sale



\$3.19 Reg \$4.49

Epic
BAR

Beef Barbacoa
BBQ Chicken
Bacon Cranberry Bison
1.3 OZ



\$2.79 Reg \$3.49

Orgain
Organic Kids Nutrition Shake

Chocolate
Vanilla
Vegan Chocolate
Chocolate Protein



\$2.29 Reg \$2.99

Muir Glen
Organic Tomatoes & Tomato Sauce

Assorted Varieties



\$1.89 Reg \$2.79

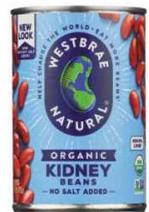
Safe Catch
Elite Wild Tuna
5 OZ



\$3.89 Reg \$4.69

Westbrae Natural
Organic Beans

Assorted Varieties
15 OZ



\$2.79 Reg \$3.69

Thai Kitchen
Organic Coconut Milk

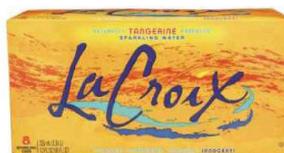
Unsweetened
13.66 FL OZ



\$3.59 Reg \$4.69

Lacroix
Sparkling Water

Assorted Flavors
8/12 FL OZ



\$4.69 Reg \$5.49

Rudi's Organic Bakery
Organic Bread

100% Whole Wheat
&
Multigrain Oat
22 OZ



\$5.09 Reg \$7.19

Going Nutz?

By Scott Frederick Bailey



If you feel a little nuts these days, you're surely in good company. When I need to fuel my brain and body to power through, one of my go-to snacks are Living Nutz. These healthful sprouted nuts are handcrafted by the Down-East Living Nutz crew, in the great state of Maine.

Available in either dressed completely down or dressed snappily up versions, you would be hard-pressed to taste a more vital and tasty nutty experience than any of the dozen or more selections we carry on Aisle #6.

All of the nuts that they source are certified organic. Once acquired, the nuts are soaked in water from a pristine and naturally alkaline deep well. After several hours, the nuts begin to germinate, also known as activation. There are numerous health benefits from the activation of grains, nuts, and seeds. In fact, doing so is a long-standing tradition in various regions of the globe, particularly China, India, Ethiopia, and sectors of Europe, during their respective pre-industrialization eras. The result leads to enzyme inhibitors becoming neutralized, allowing better absorption of vitamins. Enhanced digestion is also a marked plus. Lastly, phytic acid, which inhibits the absorption of vital minerals, is optimally reduced. The flavored varieties are then marinated. Thereafter all of the sprouted nuts are slowly and gently dehydrated at low temperatures for up to five days. Unlike many nuts available on the commercial market, these nuts are never roasted.

I highly recommend the entire line, albeit my proclivity being towards the savory options. Whether you are a lover of walnuts, macadamias, cashews, pecans, almonds, and/or hazelnuts, we sell 'em all! For once you have "gone nutz", you may never settle for merely being "plain old nuts" again.



Califia Farms
**Barista Blend
Hempmilk**



\$5.59 Reg \$7.09

Tofutti
Better Than Sour Cream
12 OZ



\$3.19 Reg \$3.99

Lightlife Foods
Organic Tempeh
Original
Flaxseed
3-Grain
8 OZ



\$3.19 Reg \$4.39

Alexia
**Organic Frozen Oven
Crinkles Fries**
Classic
16 OZ



\$4.29 Reg \$5.49

Cascadian Farm
**Organic Frozen
Potatoes**
Hash Browns
Spud Puppies
16 OZ



\$3.49 Reg \$5.29

Califia Farms
**Almondmilk Creamer
with Coconut**
Pecan Caramel
&
Unsweetened
32 FL OZ



\$5.39 Reg \$6.69

Miyoko's Creamery
**Organic Vegan Cream
Cheese**
Classic Plain
8 OZ



\$5.59 Reg \$6.79

Wildwood Natural Foods
Organic Tofu
Silken
14 OZ



\$3.19 Reg \$3.99

Amy's
Burrito
Cheddar Cheese
6 OZ



\$3.39 Reg \$4.19

Field Roast
Sausages
Smoked Apple Sage
Chipotle
12.95 OZ



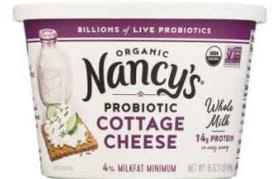
\$5.39 Reg \$7.99

Good Belly
**Organic Probiotic
Drink**
Pomegranate Blackberry
Blueberry Fruit Drink
Mango Juice
32 FL OZ



\$3.39 Reg \$4.89

Nancy's
**Organic Probiotic
Cottage
Cheese**
Whole Milk
16 OZ



\$4.89 Reg \$6.69

Miso Master
Organic Miso
Mellow White
Chickpea with Rice
16 OZ



\$9.59 Reg \$12.29

Hilary's Eat Well
Veggie Burger
Black Rice Burger
Hemp & Greens
Root Veggie
Best Veggie
6.4 OZ



\$3.39 Reg \$4.49

Daiya Foods Inc
Dairy-Free Pizza
Margherita
Cheese Lovers
16 OZ



\$7.69 Reg \$11.09



Navigating Mushroom Products

By Alecia O'Neil

Mushroom extracts, powders, mycelium, whole mushroom! What's the difference?

Mushrooms are currently well-known for being a powerhouse of nutrients for our bodies, offering antioxidants, immune support, and energy. They have a complex cellular structure, and some of them are tougher than others. Just chewing will not cut it if you want the full medicine inside. The cell walls are made up of a compound, chitin, that our bodies lack the enzyme to break down.

Here's a quick guide to our mushroom products.

Woody Mushrooms: (Whole or chunks)

The Chaga in our bulk department are raw chunks of mushroom that need some preparation. Simmer, not boil, around 15 grams of Chaga nuggets in 1 liter of water, for 4 to 5 hours for a beautiful color and taste... You can also do this in a crockpot. The cooking breaks down the cell walls allowing for the extraction of the beneficial compounds (beta-glucans etc.)

Extracts are tinctures or powders from prepared mushroom products that are ready to go! The extraction process makes the natural compound available to our bodies. The mushrooms themselves are extracted either by the hot water method mentioned above or in alcohol for several months. Try adding them to beverages, smoothies, and sweets like brownies, yummmmm. We offer various Malama Mushroom brand extract powders in our bulk section or pre-packaged.

Mycelium is a vast ecological cellular network that mutually benefits all ecosystems of land plants. Host Defense products are the highest quality USA-grown, organic mushroom mycelium supplements. Host Defense conveniently offers capsules, powders, extracts, sprays, teas, and syrups with a variety of mushroom mycelium. The steps taken to prepare these mushrooms are essential for assimilating the medicinal qualities that they offer.

Down the hatch and good to go! A Sante!

Selected Sales & Line Drives Run From January 1st-31st

**Malama Mushrooms
Line Drive
20% OFF**



**Life Seasons
Selected Items
20% OFF**



**Nordic Naturals
Line Drive
20% OFF**



**Wish Garden
Line Drive
20% OFF**



**All Good
Line Drive
20% OFF**



**Herbs Etc
Selected Items
20% OFF**



**Barleans
Line Drive
20% OFF**



**Jarrow Formula
Line Drive
25% OFF**



A Vogel
Organic Seasoning
 Original Herbamare
 4.4 OZ



\$4.49 Reg \$6.19

Gomacro
Organic MacroBar
 Assorted Varieties



\$2.49 Reg \$3.39

Orgain
Organic Protein Bar
 Peanut Butter Chocolate Chunk
 or S'Mores
 1.41 OZ



\$1.69 Reg \$2.39

Zing Bar
Nutrition Bar
 Dark Chocolate Hazelnut
 or
 Dark Chocolate Coconut
 1.76 OZ



\$1.99 Reg \$2.69

Simply Gum
Ginger Natural Gum
 15 CT



\$2.79 Reg \$3.49

Bach
Rescue Sleep Aid
 7 ML



\$12.99 Reg \$17.79

Boiron
Chestal Adult
 Honey
 6.7 FL OZ



\$8.49 Reg \$12.49

Similasan
Eye Drops
 Assorted Varieties
 10 ML



\$8.99 Reg \$13.79

Lily Of The Desert
Organic Aloe Vera Juice
 Inner Fillet
 1 GAL

More
 Lily of the Desert
 Products also
 on Sale



\$22.99 Reg \$31.49

Yerba Prima
**Great Plains Bentonite
 Detox**
 16 OZ



\$10.49 Reg \$13.99

Tiger Balm
Muscle Rub
 2 OZ



\$4.99 Reg \$7.59

Boiron
SinusCalm Tablets
 Non-Drowsy
 60 TAB



\$8.99 Reg \$12.79

Tea Tree Therapy
**Natural Whitening
 Toothpaste**
 With Tea Tree Oil
 3 OZ



\$3.49 Reg 5.49

Tom's Of Maine
Toothpaste
 Propolis, Myrrh, and Fennel
 5.5 OZ



\$5.99 Reg \$9.39

Alba Botanica
**Hawaiian Shampoo
 or Conditioner**
 Assorted Varieties
 12 FL OZ



\$8.49 Reg \$12.79



Winter Wellness

By Alecia O'Neil

Winter is a time when our bodies need extra love and attention, and keeping warm is just one obvious necessity. We also need to eat nourishing foods, stay hydrated, and get enough exercise. Unfortunately, the winter season has fewer daylight hours, and the long nights tend to make us feel like we have even less time to take care of our physical and mental health. Along with this list of “must-dos”, taking supplements that will boost our immune systems can be very helpful.

Vitamin D deficiency is one of the most common nutrient deficiencies globally. Often referred to as the “sunshine vitamin”, it is produced when our skin is exposed to UV rays from sunlight. Obviously, the shorter days and abundance of clothing both play a role in our Vitamin D levels and, therefore, we may need supplementation. How much one should take depends on one’s age, race, latitudinal location, degree of sun exposure, as well as the season. Usually, 1000 IU to 5000 IU is a sufficient amount if you’re going to take a supplement. The main food sources to intake vitamin D from are fatty fish; tuna, sardines, and mackerel, fish liver oil, egg yolks, and fortified foods such as milk.

Vitamin D levels also contribute to the state of our mental health. Most people have felt some effects of shorter daylight hours when it comes to our mood. Seasonal depression is a condition with symptoms of low energy, oversleeping, overeating, weight gain, feeling socially withdrawn, trouble concentrating, and overall low mood and sadness. Monitoring your vitamin D levels may be a simple way to alleviate some seasonal depression symptoms. Try our Liposomal Vitamin D3 from Dr. Mercola. Vitamin D3 is fat-soluble. Therefore, utilizing this advanced technology incorporating phospholipids from sunflower oil leads to higher bioavailability.

Colder climates and more time in the dry indoor air can leave your skin in rough shape. Constant hand washing also causes dry, flakey, and itchy skin, which are common problems this time of year. These problems can trigger the more serious conditions of eczema and xeroderma. Drinking water is the best way to prevent dry skin. In the summer months, it’s easy to notice when you’re dehydrated because of increased physical activity and the warmer temperatures. However, even though you may not feel thirsty, our bodies still need water in the winter. Water is vital in regulating body temperature due to increasing the ability of blood to carry nutrients and oxygen around the body. An extra benefit is that more toxins are removed.

When cleaning the skin, don’t wash with extremely hot water. Also, the type of soap matters; don’t overdo it with harsh cleansers. Instead, try a more lotion-based moisturizing cleanser that won’t remove the natural oils that protect your skin. For your face, try using our Creamy Pumpkin Cleanser made by Mychelle Dermaceuticals. This moisturizing cleanser refines and hydrates the skin with pumpkin and sea algae. It’s lovely!

Layering up the moisture at bedtime is another helpful winter trick. Sukin Naturals is a line that we carry.

Winter Wellness Continued

The Enriching Night Cream is infused with rosehip oil, an excellent moisturizer that will support a radiant and clear complexion. Rosehip seed oil is also rich in antioxidants, full of vitamin C, omega 3, and omega 6 fatty acids. It has long been a folk remedy for wound healing. This luscious night cream will revitalize dehydrated and distressed skin as it helps to prevent premature aging.

Indulge yourself before bedtime with one of my favorite facial masques also made by Sukin Naturals for extra nourishment. Rich Moisture Facial Masque is full of avocado oil and mango seed butter and left my face feeling wonderfully soft and hydrated!

Lastly, speaking of bedtime, create a routine to set yourself up for a complete and restful sleep. The shifting balance of daylight and darkness following the winter solstice and onto the spring equinox profoundly affects our sleep. The absence of natural light sends a critical signal to the body to produce melatonin. Melatonin is a hormone your brain produces in response to darkness; it makes us sleepy and regulates our sleep-wake cycles. Because of the dramatic shifts in the natural outdoor light, we need to add a few healthy steps to our daily routines. First, open your blinds or curtains as soon as you get up. Try to get outside in the morning or sit by a sunny window. Don't skimp on exercising outdoors. Take a walk after lunch, a lunch in which you hopefully limit the amount of carbohydrates you're ingesting. This will help reduce early evening fatigue. Resist the urge to nap during the day. Days are short enough as it is! Don't go to sleep too early. Get your 8 hours for sure, but over-sleeping will wreak havoc on your sleep cycle as well. Pay attention to your sleep environment to avoid overheating your body temperature. If you become too warm, your sleep won't be as restful.

And finally, don't rely on habit-forming pills to help you get your ZZZs. Magnesium is a great option. Studies suggest taking 400 mg daily for 8 weeks helped patients fall asleep and sleep longer, reduced early morning awakening, experienced increased concentrations of melatonin, and decreased stress levels. Mariposa Market carries a powdered magnesium by Bluebonnet called Simply Calm. It's offered in flavors and is free of sugar, gluten, and lactose. Taken about 30 minutes prior to bedtime, magnesium can soothe the mind and relax the body.

Offer your body some self-love this winter; doing so is vital to being healthy!



Winter Skin Wellness



Classic Matzo Ball Soup

Yield: 4 servings

Time: 13 to 16 minutes (pressure cook time) cooking, 55 minutes, plus 1 hour chilling (25 minutes active time) total

Ingredients

For The Matzo Balls:

- 2 large eggs, lightly beaten*
- 2 tablespoons schmaltz or neutral oil, such as grapeseed or sunflower*
- 2 tablespoons chicken stock, preferably homemade (recipe follows)*
- 1/2 cup matzo meal*
- 1 tablespoon finely chopped fresh parsley, plus more for serving*
- 1 fat garlic clove, finely grated or minced*
- 1/2 teaspoon kosher salt*
- Pinch of cayenne pepper*
- Pinch of freshly grated nutmeg*



For The Soup:

- 2 tablespoons schmaltz or neutral oil*
- 1 large onion, diced*
- 2 celery stalks, thinly sliced*
- Kosher salt*
- 2 carrots, thinly sliced*
- 2 quarts chicken stock, preferably homemade (recipe follows)*

Directions

- 1. Make the matzo balls: In a large bowl, stir together the eggs, schmaltz, chicken stock, matzo meal, parsley, garlic, salt, cayenne, and nutmeg. Refrigerate, uncovered, until very cold, at least 1 hour or up to overnight.*
- 2. Make the soup: Using the sauté function, heat the schmaltz in the pressure cooker pot. Stir in the onion, celery, and a pinch of salt and cook until softened and translucent, about 5 minutes. Stir in the carrots and stock and bring to a simmer. Keep the sauté function on while you form the matzo balls.*
- 3. Wet your hands and form matzo balls the size of golf balls. Slip them directly into the pot as you make them. You should have 11 or 12 balls.*
- 4. Lock the lid into place and cook on high pressure for 13 minutes. Drape a kitchen towel over the vent and manually release the pressure. (This prevents the brothy steam from splattering everywhere.) Check a matzo ball to make sure it's cooked all the way through. If not, lock the lid back into place and cook on high pressure for another 2 to 3 minutes.*
- 5. To serve, ladle 2 or 3 balls into serving bowls, along with the soup. Sprinkle with fresh parsley.*

Chicken Stock

Active Time: 10 minutes

Pressure Cook Time: 1 to 5 hours

Total time: 1 to 5 hours

Yield: 3 quarts

Ingredients

- 3 pounds chicken or mixed poultry bones*
- 1 1/2 tablespoons coarse sea salt, or to taste*
- 1 to 2 celery stalks, to taste*
- 1 large carrot*
- 1 large onion, 2 leeks, or a bunch of leek greens*
- 1 whole clove or star anise pod*
- 2 to 6 garlic cloves, to taste*
- About 6 sprigs fresh thyme or dill*
- About 6 sprigs fresh parsley*
- 1 bay leaf*
- 1 teaspoon black peppercorns*
- 2 to 4 coins (1-inch-thick) peeled fresh ginger (optional)*

Directions

- 1. If you want to roast the chicken and poultry bones first, preheat the oven to 450°F. Lay the bones out on a rimmed baking sheet and roast until well browned, 25 to 35 minutes.*
- 2. Put the bones (roasted or not) in the pressure cooker pot and add all the remaining ingredients. Cover with 3 to 3 1/2 quarts water (the water shouldn't come more than two-thirds of the way up the side of the pot).*
- 3. Cook on high pressure for 60 minutes.*
- 4. Let the pressure release naturally. Strain the liquid, discarding the solids. Use the broth or stock right away, or store it in the refrigerator or freezer. Bone broth and regular stock will keep for 5 days refrigerated or up to 6 months frozen.*

TO MAKE VEGETABLE BROTH:

In the pressure cooker, combine 3 sliced onions and/or leeks, 3 sliced carrots, 3 sliced celery stalks with leaves, 2 garlic cloves, 1 halved plum tomato, 1 bay leaf, 1 teaspoon peppercorns, a large pinch of sea salt, 4 parsley sprigs, and a cup or so of mushrooms, if you have them. Add water to cover by 2 inches, lock the lid in place, and cook on high pressure for 20 minutes. Let the pressure release naturally. Strain the liquid, discarding the solids.

Borrowed From The Splendid Table : <https://www.splendidtable.org/story/2019/02/25/classic-matzo-ball-soup>

START YOUR WINTER WELLNESS



FACEBOOK@MARIPOSAMARKET ✦ INSTAGRAM:MARIPOSA_MARKET

WEBSITE: MARIPOSAMARKET.COM