

Mariposa Messenger

January 2023



Sales Run From
January 1st
Until
January 28th
Prices & Availablitiy
are subject to change.

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

ADAPTOGENS, BALANCE UP FOR 2023

By Mary Anne Trevey

After the holiday season, most of us are ready to decompress and re-balance. Excitement, family, money worries, and added activities can take a toll on our bodies and minds. That's when adaptogens come to the rescue. Adaptogens are active ingredients in certain plants and mushrooms that may impact how your body deals with stress, anxiety, and fatigue. When consumed, these plants and mushrooms target specific stress responses in your body. The three qualities that every adaptogen must have are that they are non-toxic when taken in normal doses, they help your body cope with stress, and they allow your body to return to balance. Adaptogens are usually taken as a tonic and are not used to cure specific diseases.

There are several types of adaptogens. Some of the more common ones are:

1. **American Ginseng, Panax Ginseng, and Eleuthero Ginseng:** Offer support to the immune system and help reduce inflammation and relieve pain. In addition, ginsengs combat stress and boost your nervous system, which improves your responses. Some studies suggest that American Ginseng can reset dopamine levels and regulate your mood. This particular ginseng is best used by women as it has a cooling property and is more calming. The Panax and Eleuthero types are better for men as they provide energy and heat.
2. **Ashwagandha:** Positively affects the endocrine, nervous, immune, and cardiovascular systems by regulating your metabolism and helping you relax. This adaptogen offers protection for your cells as an antioxidant. It also can reduce swelling.
3. **Rhodiola:** Alleviates symptoms of fatigue and depression. Studies show that Rhodiola helps improve performance during stressful situations like work or physical activity.
4. **Maca:** A South American herb often used to re-balance hormones. It can be used by women and men for this purpose.
5. **Holy Basil:** Contains phytochemical compounds often used to lower blood corticosterone. It should be taken at night for a restful sleep.
6. **Various mushrooms:** Mushrooms are powerhouses of adaptogenic properties. Chaga mushrooms are used for endurance, especially in active situations like sports. Reishi and Turkey Tail are commonly thought to restrict the growth of cancer cells. Lion's Mane is the only mushroom that passes through the blood/brain membrane and can assist in mental clarity. Cordyceps has a positive impact on cortisol levels and oxidative stress, as when you breathe in toxic air. It should be taken during the day while active, as it increases oxygen uptake and endurance to cells. All these mushrooms have similar properties, while some are more specific to certain conditions.

Dosage amounts vary by plant. Before taking any of these adaptogens, do your research. A naturopathic health care provider can help you to decide which adaptogen will work for you. Here in Willits, we have a wonderful herbal practitioner named Claudia Wenning, who works from the Grange.

At Mariposa, we sell a lot of teas made from adaptogenic herbs and mushrooms; Buddha Teas, Organic India, and Republic of Tea come to mind as brands to look for. There is an excellent blend made by Quantum Level Health (Claudia Wenning) which is a nerve tea, locally concocted. We also carry most of these herbs and mushrooms in capsules and tinctures.

Continued 

Customer Suggestions

Mariposa Market may want to reconsider carrying McDougall's Ramen. The noodles are like rubber and the soup doesn't taste much like miso. Lots of commercial ingredients often spend months in barrels getting stale before getting used. Seems that may be the case here. Otherwise, I love the store!

Thank you for your comments on McDougall's soups. However, they are popular sellers, and we have no other complaints. Try the packaged ramens in the international section.

Soup, Roasted Red Pepper with Chicken. My favorite soup.

This is a delicious soup, and we will be carrying it again.

Please go back to offerings a vegan soup option daily. Seems most are vegetarian now.

We usually make vegan soups every day except Tuesday. There are lots of vegetarians, who are not vegan, who like creamy soups. We have to think of the whole customer base.

Salad in the fridge with citrus. How about fresh grapes?

We have a seasonal salad that contains roasted fresh grapes. Starting soon there will be no more grapes in the salads until the weather warms.

Alternative Baking Company single cookies. They are vegan, gluten-free, best cookies.

Thanks, we will contact Alternative Baking Company for potential sales.

Dave's Gourmet Butternut Squash Spaghetti Sauce. So good!

Sound's good, we will give it a try.

GT's Kombucha Cola. Very popular.

Thanks, we'll give it a try.

Mary's Got Crackers Real Thin Crackers.

Thanks, we'll give the Sea salt variety a try.



As we enter the New Year, it's an excellent time to take advantage of these helpful plants and mushrooms to assist us in rejuvenating ourselves after our busy holiday schedules. Cold, dreary weather and short days cause us to become gloomy and exhausted. Give yourself the physical and mental boost that Mother Nature has provided for our well-being.

Califia Farms
Coconut or Almond Milk
 Assorted Varieties
 48 FL OZ



\$5.39 Reg \$6.39

Silk
Almondmilk
 Unsweetened
 64 FL OZ



\$5.59 Reg \$7.29

Forager Project
Organic Cashew Milk Yogurt

Vanilla Bean
 Plain
 Unsweetened Vanilla
 24 OZ



\$6.49 Reg \$7.49

Nancy's
Organic Probiotic Cottage Cheese

Whole Milk
 16 OZ



\$6.19 Reg \$7.49

Miyoko's Creamery
Organic Vegan Cream Cheese

Classic Plain
 8 OZ



\$5.09 Reg \$6.69

Miso Master
Organic Miso

Mellow White
 16 OZ

Additional Miso Master Varieties Also on Sale



\$10.09 Reg \$13.29

Wildbrine
Kimchi Live Shots

Sriracha
 8.5 OZ

Additional Wildbrine Products Also on Sale



\$5.39 Reg \$7.09

Wildwood Natural Foods
Organic Sprouted Tofu

Firm
 Silken
 14 OZ



\$3.59 Reg \$4.09

Lightlife Foods
Organic Tempeh Strips

Smoky Bacon
 6 OZ



\$5.39 Reg \$7.39

Field Roast
Plant-Based Cheese

Creamy Original
 Block or Slices



7 OZ

\$6.19 Reg \$6.99-\$8.19

Immaculate Baking
Organic Biscuit Dough

Flaky
 16 OZ



\$6.19 Reg \$8.79

Field Roast
Plant-Based Celebration Roast

Sage & Garlic
 1 LB

Field Roast Sausages Also on Sale



\$8.99 Reg \$12.29

Daiya Foods Inc
Dairy-Free Pizza

Margherita
 16 OZ



\$8.19 Reg \$12.19

Cascadian Farm
Organic Frozen Fruit

Cherries
 Peaches
 32 OZ



\$12.39 Reg \$23.09

Cascadian Farm
Organic Frozen Veggies

Kale
 Corn
 Gardner's Blend
 Chinese Stir Fry
 Green Beans



10 OZ **\$3.39** Reg \$5.79

Bulk
Organic
Brown Rice
LB



Reg \$3.59/LB
\$2.79/LB

Lundberg Family Farms
Rice Cakes
Assorted Varieties



\$4.29 Reg \$5.79

Near East
Rice Pilaf
Original
6 OZ



\$2.49 Reg \$3.39

Imagine Foods
Organic Soup
Assorted Varieties
32 OZ



\$4.99 Reg \$7.49

Westbrae Natural
Organic Beans
Assorted Varieties
15 OZ



\$2.79 Reg \$4.09

Muir Glen
Organic Tomatoes
Fire Roasted, Diced, No Salt
Plain
28 OZ



\$2.79 Reg \$5.89

Birch Benders
Pancake & Waffle Mix
Paleo or
Gluten Free
12 OZ



\$5.39 Reg \$7.59

Catalina Crunch
Maple Waffle Cereal
9 OZ



\$8.89 Reg \$11.19

Orgain
Organic Kids Nutrition Shake
Chocolate
Vanilla
8.25 FL OZ



\$2.29 Reg \$2.99

Mary's Gone
Crackers
Organic
Crackers
Assorted Varieties



\$4.49 Reg \$6.19

Late July Snacks
Organic Tortilla Chips
Assorted Varieties



\$4.29 Reg \$5.59

Frontera Foods
Salsa
Medium Tomatillo
Hot Habanero
16 OZ



\$3.89 Reg \$6.39

Torie & Howard
Organic Chewie Fruities
Assorted Flavors
2.1 OZ



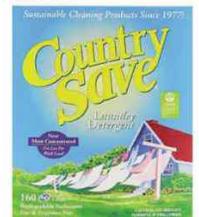
\$1.89 Reg \$2.39

Traditional Medicinals
Everyday Detox
Herb Tea
16 BAG



\$4.79 Reg \$6.99

Country Save
Powder
Laundry
Detergent
100 OZ



\$12.59 Reg \$25.19

WINTER NOURISHMENT

BY Mary Anne Trevey

Winter is about survival. Most of the natural world goes into hibernation or slows down considerably, and we, as humans, crave time to snuggle with a cozy fire and curl up with good stories and books and self-reflect. Winter is the time to go within. Let yourself rest, be bored, and do nothing (at least part of the time). This is not the season to be productive and Americans, with a staunch work ethic, often find themselves disgruntled. But then we miss winter's message for healing. Winter does not last forever, and our job is to get through it as comfortably as possible. Our souls need nourishment too, and we need to allow ourselves the season to provide us with rest and resetting so that we can relax and contemplate.

Plants and animals do not resist winter, and they prepare and adapt. Because most of us have to work and cannot snuggle by the fire all day, we have to give ourselves permission to slow down and take time in our day to ease our minds and rest our bodies. It's also time to nourish our bodies with foods that complement the season and are as close to local as possible. The list of appropriate foods includes beets, broccoli, cauliflower, grapefruit, kale, leeks, lemons, oranges, tangerines, parsnips, cabbage, winter squash, sweet potatoes, spinach, arugula, celery, mushrooms, avocados, bone broth, butter, organ meats, and sourdough bread. These foods contain vitamin C, zinc, folates, folic acid, and vitamin D, all of which can be in short supply during the winter months.

Embrace the winter months, and give yourself some time to regenerate yourselves. After all, it is the beginning of a new year.

BENEFITS OF A HOT TODDY

Hot toddies have been around for a long time. They are the perfect winter drink. You do not need to use alcohol. Juice or tea can be substituted. The ingredients can be used as a cold remedy and are effective anytime you are feeling under the weather. The spices are warming, not to mention the whiskey. This is a lovely drink for visiting guests, and a soothing beverage for the long cold nights.

RECIPE:

1 C boiling water

1 lemon wedge (1/2 Tbsp)

1 Tbsp honey

1 cinnamon stick

1 tsp whole cloves

1½ oz whiskey



Add spices to hot water and steep for 3-5 minutes. Strain out spices. Add whiskey and enjoy.

Similasan
Eye Drops
 Assorted Formulas
 10 ML



\$9.49 Reg \$14.69

Swiss Kriss
Herbal Laxative Tabs
 120 TAB



\$8.49 Reg \$11.49

Lily Of The Desert
Aloe Vera Gel
 Inner Fillet
 16 FL OZ



32 OZ
 Sale \$7.49
 Reg \$10.79

\$3.99 Reg \$5.69

Desert Essence
Dental Floss or Tape
 Tea Tree
 50 YD



\$2.99 Reg \$3.99

Desert Essence
Activated Charcoal
Toothpaste
 Fresh Mint
 6.25 OZ



\$5.49 Reg \$7.39

Desert Essence
Mouthwash Refill
 Tea Tree
 16 FL OZ



\$6.49 Reg \$8.99

Yerba Prima
Great Plains Bentonite
Detox
 16 OZ



\$9.99 Reg \$13.99

Andalou Naturals
1000 Roses Daily
Shade Facial Lotion
 SPF 18, Sensitive
 2.7 FL OZ



\$10.49 Reg \$15.99

Selected Sales
 Run From
January 1st
 Through
January 31st

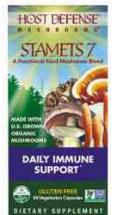
Gabriel
Cosmetics
 All Items
20% OFF



Nordic Naturals
 All Items
20% OFF



Host Defense
 Selected Items
20% OFF



Barlean's
 All Items
20% OFF



Mickelberry
 All Items
20% OFF



New Chapter
 All Items
20% OFF

Every Day
 Low Prices!



New Year, New You!

~ Reach Out To A Loved One Every Day

~ Make A Realistic Resolution

~ Start A Journal

~ Learn A New Skill

~ Get Up & Move Every Day

*~ Make A Good Habit,
Lose A Bad Habit*

*~ Replace Processed Foods In Your
Diet With More Whole Foods*

~ Volunteer In Your Community

*~ Organize Your Space,
Donate Your Treasures
To A Local Thrift Store*



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