

Mariposa Messenger

May 2023



Sales Run From
April 29th, 2023

Until
May 26th, 2023

Prices & Availability
are subject to change.

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

EAT YOUR GREENS

By Mary Anne Trevey

This year, May is going to be the month when “greens” are in the spotlight. Years with milder winters often sport greens in April. But this year, with extra chilly temperatures and soggy fields, many early spring crops are coming in later than usual. So, it’s now time to really dose yourselves with Mother Nature’s remedy for health and nutrition. Greens are well-known for their bone-building, eye-protecting, brain-boosting, and digestive-enhancing properties.

Leafy greens are packed with Vitamin K which helps build up your bones. Studies have shown that in just four weeks 200 grams of green vegetables per day (about 1&1/2 cups of cooked kale, for example) improved bone integrity in middle-aged adults. Try some roasted kale chips sprinkled with parmesan or veggie cheese for an in- between meal snack. Remember that spinach and chard contain high levels of oxalates which can interfere with calcium uptake. Cooking the greens helps to lower the level of oxalates.

Greens also help to keep your eyes healthy. Kale, turnip greens, and spinach are rich sources of lutein, an antioxidant that protects your eyes against sun damage and reduces the risks of age-related macular degeneration, a leading cause of vision loss in older Americans. Just 6 mg. of lutein lowers the incidence of AMD. Raw kale is especially beneficial with its 11mg. of lutein per one cup serving. However, cooking kale decreases this lutein content by half. Fat must be incorporated into raw kale to access the lutein, so massage some olive oil, lemon juice, salt and garlic into it to make a quick salad.



A five year study of more than 900 participants found that one cup of leafy greens per day most likely will fight cognitive decline. Leafy greens supply folate, a B vitamin that slows memory loss. A 2022 study concluded that folate deficiency increases the risk of Alzheimer’s disease. A stir-fry of mustard greens, arugula, or chard with garlic, ginger, and tofu is one memory-boosting dinner.

Greens are also great way to enhance the digestive system as well. With plenty of fiber and nutrients, greens are a natural laxative and a boost to the gut biome. And greens of all kinds are the perfect remedy for a spring tonic to re-start your body after our long winter.



Deli Phone Number
707-459-9630

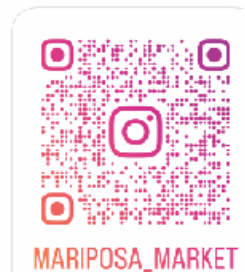
Daily Deli Specials

You can find our daily specials on Instagram & Facebook. The weekly menu is on our website.

MariposaMarket.Com

Instagram

Facebook



Follow and Like Mariposa Market by scanning the QR code!

Bulk
Popping Corn
Yellow



Reg \$2.99/LB

\$2.39/LB

Bulk
Granola
Golden Temple



Reg \$5.50

\$4.29/LB

Barbara's
Cheese Puffs
All Items



\$2.99 Reg \$4.89

Theo Chocolate
Organic
Chocolate Bar
All Items
3 OZ



\$3.39 Reg \$4.49

Sir Kensington's
Mayonnaise
Classic
12 FL OZ



\$5.69 Reg \$9.00

Bionaturae
100% Organic
Pasta
All Items



Reg \$3.79-\$5.50

3.19-\$4.29

Udi's Gluten Free
Hamburger Buns
Classic
10.4 OZ



\$3.99 Reg \$6.89

Newman's Own
Organics
Fig Newmans
All Items
10 OZ



\$5.19 Reg \$6.79

Bulk
Raisins



Reg 3.59/LB

\$2.89/LB

Tinkyada
Organic Pasta
All Items



Reg \$4.39-\$5.89

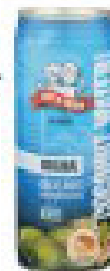
3.59-\$3.99

Absolutely
Gluten Free
Flatbread
Everything
5.29 OZ



\$4.59 Reg 6.48

Amy & Brian
Coconut Water
Original
17.5 FL OZ



\$2.79 Reg \$3.99

Westbrae Natural
Organic Beans
All Items
15 OZ



\$3.19 Reg \$4.29

Yo Gals, Here's Some Food For Thought...

By HABA Department

Ladies let's talk about our health. From our skin to the goddess within, we must remember to take care of ourselves. Life is busy, full of work, love, goals, giving, and more giving. With our innate capacity to create and care for others, we often don't turn inwards till all but our minds are exhausted. So, let us pause and take a minute before anything else distracts from your energy and place it on you!

On a scale from 0 to 5 (0 = never, 1 = can't remember, 2 = rarely, 3 = sometimes, 4 = consistently, 5 = plenty for life)

How often do you invest time in your skincare?

3 or less... let's talk. Your largest organ, the skin, is the body's first barrier of protection from the outside world of germs, pathogens, chemicals, such as chlorine in the water and harmful UV rays. This is a big job. The good news is our skin can absorb nutrients topically for renewal and can get the care it needs almost instantly.



Our newest plant-based skincare line, Peak Scents, is based on the holistic healing approach to nature. Women-owned and operated since 1993, the product developer Dee-Ann Tracy is a second-generation herbalist and earned her degree in herbal medicine. Her love for the environment and health prompted her to create this sustainable and effective skin care. You will love the Rose Phyto3 products! The antioxidant and reparative ingredients are anti-aging super stars! Prepare to be amazed!

If you're a 5, remember that too much is never a good thing. Let your skin breathe and don't smother it.

How often do you pay attention to the nutrients missing in your diet?

If you're a 0-2, this is directed at you. Pay attention, this is important! With our soil and food not what they once were, even if eating an all-organic diet made with fresh ingredients every day, for every meal. It may not be as balanced or as nutrient dense as we might like to think. Most people are lacking in some nutrients. Unless you're getting blood and hair testing regularly for deficiencies, you will not know until a problem shows up down the road. Try taking a woman's multi-vitamin supplement, even semi-regularly. This may help fill in the nutrient gaps and keep weaknesses from turning up as symptoms.

Megafood multi-vitamins are designed to support the unique nutritional needs of women. These multi-vitamins are made with food (real food), as well as fermented minerals and herbs. Their motto is from farm to table-- and since it is actual food, it can even be taken on an empty stomach. The company has even taken one step further towards making a supreme multi-vitamin. For your health and wellness and a positive environmental impact, they have a new label; GRF: glyphosate residue free. How about that!

How often do you listen to your body and assist it to mend ailments and imbalances?

Pain management is important but doesn't fix the source. Tune in and open your Google app. Yes, do it! Ask the whats and whys and see if there are small changes to your diet or supplement routine to lend a hand to the real problem. Of course, we can also help you figure it out here in the store. Yet, sometimes you can intuitively be drawn to the right question to find the right answer for yourself.

How often do you check on your feminine wellbeing? (breast health & vaginal care)

Practice self-exams. You should know how your body looks and feels. For instance, there are symptoms of imbalance regarding your vaginal health that can clue you in to an imbalance to the overall health of your

body.

Know your breasts. Besides self-breast exams, there are other factors to consider. Choose a deodorant with no aluminum, parabens, or estrogen-mimicking chemicals. Bras should be chosen wisely. Try taking an omega-3 fatty acid supplement. This can decrease inflammation and reduce estrogen-like compounds.

How often do you acknowledge your mental health and recognize any need for adjustments? Well, here we are, standing in thought with a little time to check in... how do we feel? Is there anything that would bring you joy that you want more of? Or less of something that would help you to feel mentally freer? Move heaviness and clear worries by asking "is there anything I can do within my means?" If yes, do it! If it's something that needs to happen daily, and you do it, check it off for today and know that you're awesome! You showed up today. If change is beyond your means, then begin to release that mental imbalance, with love and gratitude. Imagine that someone or something else might and use your energy to create a greater good in other things. Deep breathe..... and know that you are loved, safe, and enough.

PET FOOD NEWS

By Mary Anne Trevey

Taste of the Wild pet food has been on our shelves for several years now. It sells slowly as we have competition from at least five other stores in town. Although we will still continue to carry a few of their products, notably dry cat food and a couple of the better selling dry dog foods including cans, we are going to replace the major part of our stock with Earth Born dog and cat foods. Earth Born is a family-owned company with three locations in the United States. The foods are made in America with most of their ingredients from this country. The price point is similar to Taste of the Wild. Many of them contain ancient grains, not corn, wheat, or soy. Look for these changes to occur over the next couple of months. Hopefully, our customers will support our choice, and be pleased with the new brand. We feel like this pet food is a good alternative for a store like Mariposa.



Customer Suggestions

Love that you've been carrying Marin Kombucha Pinot Sage, just hoping for my favorite flavors.

Pinot was the only flavor that sold consistently for us. We may consider some additional flavors during the summer. You can always special order a case for yourself in the meantime.

Please get Garlic Bread.

We do have a garlic loaf on the bread shelf from La Brea Bakery. Unfortunately we don't carry a Garlic Bread that has a butter & garlic spread on it. It's a great idea and we will look into it.

Traditional Medicinals Fennel only Tea- great for digestion, also Ginger only Tea.

Good idea. They are both in stock on the shelf.



Hope
Organic Hummus
 All Items
 8 OZ



\$4.29 Reg \$5.89

Chloe's
Fruit Pops
 Lime
 4/2.5 FL OZ



\$6.39 Reg \$8.29

Califia Farms
Oatmilk Creamer
 Unsweetened
 Vanilla
 25.4 FL OZ



\$5.59 Reg \$7.89

Hu
Organic Bars
 All Items



\$4.49 Reg \$6.19

Gomacro
Organic MacroBar
 All Items
 2.1 OZ



\$2.89 Reg \$4.09

Wildwood Natural
Foods
Organic Tofu
 High Protein
 Super Firm
 16 OZ



\$3.99 Reg \$5.49

Straus Family
Creamery
Organic Whole
Milk Yogurt
 Plain
 32 OZ



\$5.79 Reg \$7.39

Califia Farms
Almond & Coconut
Creamer
 Unsweetened
 32 OZ



\$5.89 Reg \$7.89

Siete
Grain Free
Tortillas
 Cassava Flour
 7 OZ



\$8.99 Reg \$12.79

Organic India
Organic Ashwagandha
 Healthy Stress Response
 90 VCAP



\$16.49 Reg \$26.59

Wildwood
Baked Tofu
 Savory
 Teriyaki
 7 OZ



\$4.29 Reg \$6.09

Brown Cow
Cream Top Whole
Milk Yogurt
 Plain, Maple or Vanilla
 32 OZ



\$5.09 Reg \$6.29

Forager Project
Organic Drinkable
Cashew Milk Yogurt
 All Items
 28 FL OZ



\$6.09 Reg \$8.19

Gardein
TURK`Y, STUFFED
 14.1 OZ



\$7.39 Reg \$12.89

Heritage Store
Rosewater Facial
Mist
 8 FL OZ



\$9.49 Reg \$13.79

Andalou Naturals Life Boosting Serum

Marine Collagen +
Hyaluronic Acid
1 FL OZ



\$18.49 Reg \$29.99

Alba Botanica Sunless Tanner

4 FL OZ



\$10.49 Reg \$16.39

Selected Sales Run

May 1st

Until

May 31st

Gabriel Cosmetics

All Items
20% OFF



Botanical Rush

All Items
20% OFF



Pranarom

All Items
20% OFF



Vitanica

Women's Symmetry
15% OFF



MegaFood

Selected
Items
15% OFF



Emerald Labs

Selected
Women's Items
20% OFF



Earth Mama

All Items
15% OFF



New Chapter

25% OFF SRP



Mickelberry

Fire Cider
20% OFF



Truvani

All Items
20% OFF



Sprout Living

All Items
20% OFF



Nordic Naturals

Selected Items
20% OFF



Happy Mother's Day

May 14



**We have a great selection
of Gifts, Cards & Flowers**

FACEBOOK: MariposaMarket ✱ INSTAGRAM: @Mariposa_Market

WEBSITE: MariposaMarket.com