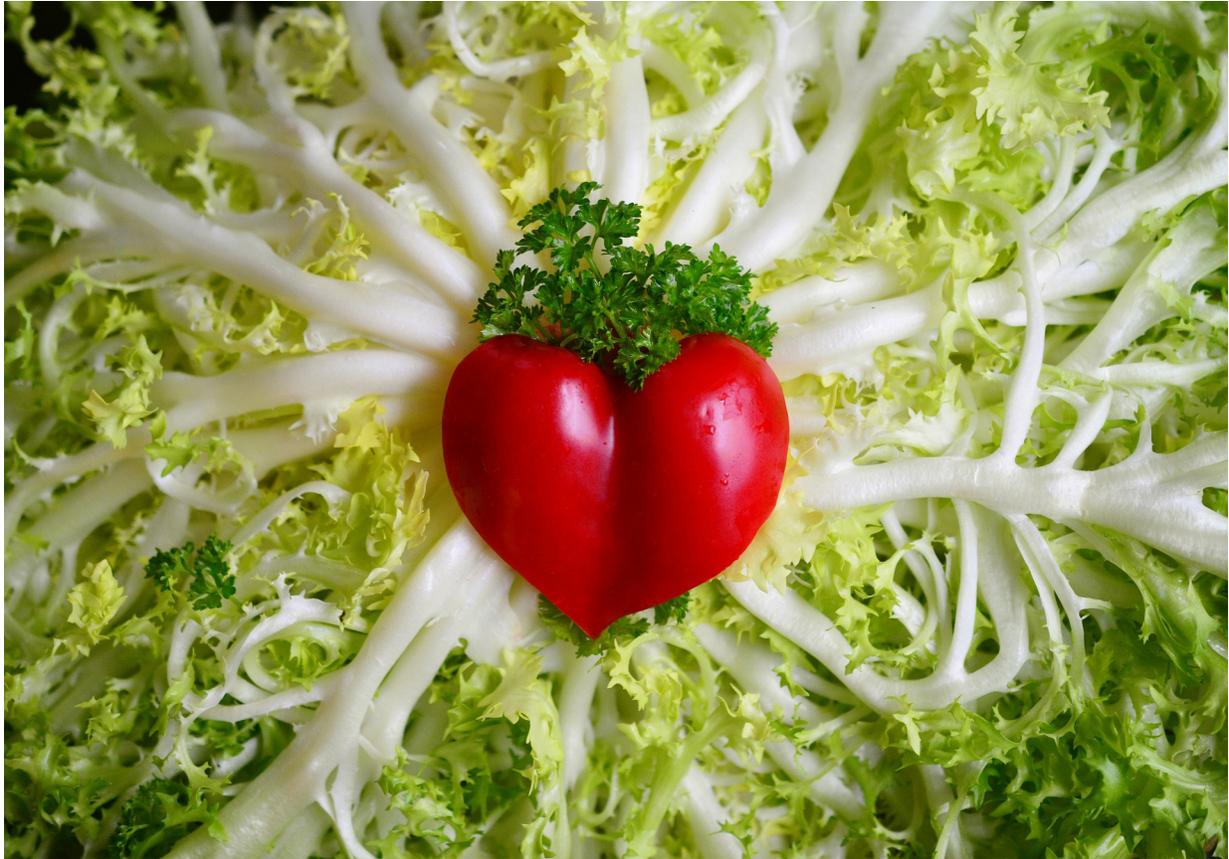


Mariposa Messenger

February 2022



Sales Run From
January 29th
Until
February 25th
Prices & Availablitiy
are subject to change.

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



PROTEIN, NATURE'S POWERHOUSE

BY Mary Anne Trevey



We all know that a healthy diet contains a good balance of protein, carbohydrates, and fats. But, research is showing that older folks actually need more protein than was previously recommended. Between the ages of 40 and 80, we lose 30 to 50% of our muscle mass. Protein plays an essential role in creating muscle as well as hormones, enzymes, and neurotransmitters, which your body utilizes in many ways. About half of older adults get less than 50% of the protein they need. The recommendation since 2019 has been 0.36 grams for every pound of body weight, or to illustrate, that's 54 grams for a 150 lb. person. You can get this amount in 5.5 oz. of Greek yogurt, 3 oz. of chicken breast, and a ½ cup of white beans (combined).

However, older adults may not reach their protein plateau because their aging bodies may not be able to utilize the protein as well as they did when they were younger. Surgery, inflammation, co-morbidities, injuries, and chronic disease all play a role in how well protein is assimilated. Also, some medications, including steroids, can cause the protein to be drawn from the muscles, requiring a higher intake of this nutrient. For this reason, researchers are now, as of 2021, recommending 0.45 to 0.55 grams of protein per pound of body weight in older adults. If you frequently exercise, especially strength training, or are trying to lose weight, you probably should keep your protein intake in the higher range. Your muscles prefer that you spread your protein out over the day. Eating a high-protein meal in the evening before bed won't help you build muscle. The main intake should be at breakfast and lunch.

Meat, poultry, seafood, and dairy are well-known sources of protein. But a person can also get plenty of protein from a plant-based diet. Although meat and dairy contain complete proteins (meaning all nine amino acids are present), a person can also get a complete portfolio of amino acids by combining beans, grains, and lentils. For example, beans and rice make up a complete protein if eaten together or on the same day. Soy and quinoa are also two plant sources that contain all nine amino acids. One potential drawback to plant-based proteins is that one needs to eat more to meet their protein needs. More and more plant-based protein sources are appearing on the market every day as folks embrace a vegetarian or vegan diet. However, one must be careful to read the packaging. Many of these items are highly processed foods. Protein powders are another way to get your intake up. Again, be aware that many of these contain undesirable ingredients like artificial flavors and sugars. They are created in a lab and do not contain the whole food spectrum that one gets from eating actual food. However, for persons who have a flimsy appetite or cannot digest some food sources, these protein additives can help to boost their intake of proteins and help create a stronger and healthier body.



Bulk
Dark Red Kidney Beans



Reg \$3.29/LB

\$2.99/LB

Bulk
Medjool Dates



Reg \$10.59/LB

\$7.19/LB

Food For Life
**Organic Ezekiel 4:9
English Muffins**

Cinnamon Raisin
16 OZ



\$6.99 Reg \$8.29

San-J
**Tamari Lite Soy
Sauce**

50% Less Sodium
&
Gluten Free

10 FL OZ



\$4.29 Reg \$5.19

Spectrum Naturals
**Organic Unrefined
Sesame Oil**

16 FL OZ

Many
Spectrum
Naturals Oils
Also On Sale



\$7.59 Reg \$12.59

Crofters
**Organic Just Fruit
Spread**

Assorted Varieties
10 OZ



\$4.29 Reg \$5.69

Pacific Foods
**Organic Chicken
Broth**

Free Range
32 FL OZ

Many
Pacific Foods
Broths Also
On Sale



\$3.89 Reg \$5.79

Maya Kaimal
Simmer Sauce

Coconut Korma
Spicy Vindaloo
Tikka Masala
12.5 OZ



\$4.99 Reg \$6.39

Lucini Italia
Organic Pasta Sauce

Rustic Tomato Basil
Spicy Tuscan Tomato
Tuscan Marinara
25.5 FL OZ



\$7.79 Reg \$10.49

Kettle Brand
Potato Chips

Assorted Flavors
5 OZ



\$3.19 Reg \$3.79

Barbara's
Cheese Puffs

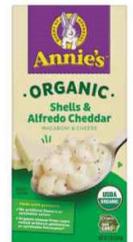
Assorted Varieties



\$3.39 Reg \$4.09

Annie's Homegrown
**Organic Pasta
& Cheese**

Assorted Varieties



\$2.79 Reg \$4.59

Theo Chocolate
**Organic Dark
Chocolate Bar**

Assorted Varieties
3 OZ



\$3.39 Reg \$4.29

Green & Black's
Organic Chocolate Bar

Assorted Varieties



\$3.59 Reg \$4.59

Happyyogis
**Organic Baby Yogurt
Fruit Snacks**

Strawberry
Mixed Berry
1 OZ



\$2.99 Reg \$5.29



MASK MANDATES AND SUPPLY ISSUES

BY Mary Anne Trevey

Every few months we get a letter or email from a concerned customer about the mask mandate. These people always have the same argument against mask-wearing, that they are dangerous to our health, that we are forcing our customers and employees to wear masks against their will, and that the Covid 19 is a scare tactic. Look, we do not make the rules. The CDC hands these down for businesses, and we must follow them. You will always find some places, not many, where they don't enforce these dictums, but most of our customers want us to follow the rules. Also, the consequences of ignoring the recommendations that are difficult for businesses make it very hard to keep enough staff working to fulfill the store's needs. Mariposa has tried hard to accept the mask mandates regardless of our personal feelings. As a result, we have had only 2 actual cases contracted inside our store, this in two years. All our other cases came from social events outside the store. Our employees have to wear masks 8 hours a day except while eating. On the other hand, customers can easily get by wearing a mask for 10-15 minutes. So, it's tough to hear these complaints without feeling defensive. It has not been an easy route for us, and it doesn't help if someone on the outside tries to give us unsolicited advice. We are well aware of the challenges and differences of opinion. However, the Pro Mask Wearers far outweigh the handful of nay-sayers at this point. And mask wearers have significantly less chance of contracting Covid, whether vaccinated or not. We also have an obligation to protect our customers—500 or more per day—and the folks who work here.

Also, you may have noticed that some areas of the store look rather barren. Until recently, we have been relatively unaffected by supply chain issues. But lately, we have become aware that some things are in short supply. Pet food is one of those things. Part of this is trucking issues, part is packaging (inadequate supply of cans), and part is that some companies are so short-staffed that they cannot find enough help to fulfill their orders. Many produce items are in such limited supply that we are restricted to how much we can buy. Again, it's trucking and labor shortages in the fields.

This is a difficult time, but somehow we will get through this mess and come out stronger on the other side, especially if we support each other. This does not mean that everyone has to agree, and it's kind of like riding a motorcycle. When the helmet law was passed, I was so disgusted. I hate things on my head and want to feel free in the breeze. It should be MY CHOICE, right? But, hospitals were sick of scooping up mangled heads off the road and trying to repair damaged brains. The state made a law. That's the story.

Customer Suggestions



I'm finding it annoying that checkers don't offer to pack bags recently.

Many customers like to bag their own groceries. But we should be offering, and this has been addressed with our checkers. We are sorry.

Can you please move the "Greeting Card" rack to where the tables once were?

Good idea, except for the congestion around the deli. We will consider it now that the holidays are over.

Canyon Bakehouse Cinnamon Raisin GF bread- the best!

Continued on the next page

Earth Balance
Buttery Spread

Soy Free
15 OZ



\$4.89 Reg \$7.29

Earth Balance
Organic Buttery Spread

Whipped
13 OZ



\$5.09 Reg \$7.89

HU
Raw Bars
Assorted Varieties



\$4.49 Reg \$6.19

Good Culture
Organic Cottage Cheese

Double Cream Classic
16 OZ



\$6.19 Reg \$7.49

Ithaca Hummus
Hummus

Kalamata Olive
Lemon Garlic
Classic
Roasted Red Pepper
10 OZ



\$3.99 Reg \$5.89

Maldon
Sea Salt Flakes

8.5 OZ



\$5.59 Reg \$7.79

Evol Foods
BOWL

Guajillo Chicken & Cuaiflower
Chicken Enchilada
Veggie Burrito



\$3.69 Reg \$6.19

Wildwood Natural Foods
Organic Baked Tofu

Sriracha
6 OZ



\$4.49 Reg \$5.69

Modern Products
Spike Seasoning

Original
Vegit
Salt Free



\$2.59 Reg \$3.29

Gardein
Meatless Entrees

Sweet & Soup Porkless Bites
7 Grain Crispy Tenders
Crispy Orange Chickin
Classic Meatballs



\$4.39 Reg \$6.59

Gardein
Stuffed TURK`Y

14.1 OZ



\$6.79 Reg \$11.49

Spectrum Essentials
Organic Flaxseed

Whole
15 OZ



\$5.99 Reg \$9.89

Continued from previous page

Thanks for the tip. The Canyon Bakehouse Cinnamon Raisin bread is not available through our distributor, so we can't get it. A Little Northern Bakehouse does have a Cinnamon Raisin GF Bread that is available. Let us know if you are interested in trying it.

Grass fed /pasture raised eggs.

We do our best to get as many local eggs as possible. All of these are from hens who spend at least part of their lives outdoors, on the loose. This time of year hens produce few eggs unless they are under lights. Look for Happy Hens, Emandal, and Enchanted Canyon eggs. They are all local and raised outside. Local eggs are in short supply until February.



JAM-FILLED THUMBPRINT COOKIES WITH ALMOND GLAZE



Ingredients

1 cup unsalted butter, softened 1/4 teaspoon salt
2/3 cup granulated sugar 2 cups all-purpose flour
1 teaspoon pure vanilla extract 1/3 cup jam

Glaze

1 cup confectioners' sugar
1 teaspoon almond extract
1-2 tablespoons almond milk

Instructions

Cream the butter and sugar together for a couple of minutes using a stand mixer or hand mixer on medium speed.

Add the vanilla and salt and continue to beat on medium until fully incorporated.

Add the flour gradually until your mixture has formed a dough. Shape the dough into a ball (it will be a little crumbly). Tightly wrap the dough with plastic wrap and chill for at least one hour in the refrigerator.

Preheat oven to 350 F.

Roll dough into 1-inch balls, and place on a parchment lined cookie sheet.

Make an indentation with your thumb (or the back of a small spoon) into the center of each ball. The edges may crack slightly.

Fill the indentation with jam. But be careful that you do not overfill the indentations.

Place cookie tray into refrigerator while the oven preheats.

Bake the cookies for 13-15 minutes or until edges are lightly browned.

Glaze

In a medium bowl, whisk together the confectioners' sugar, extract and 1 tablespoon of almond milk. Add enough of the remaining milk until you reach the consistency that you like. If the mixture is too thick, add more liquid. If it is too thin, add more sugar.

Using a spoon or a piping bag, drizzle glaze over the cooled cookies. Let set for 1-2 hours.

Borrowed from AheadofThyme.com

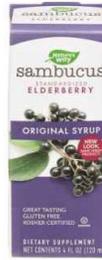
<https://www.aheadofthyme.com/jam-filled-thumbprint-cookies-with-almond-glaze/>

Childlife Essentials
**Liquid Vitamin C
 For Children**
 4 FL OZ



\$5.49 Reg \$7.99

Nature's Way
Sambucus Syrup
 Original
 4 FL OZ



\$11.99 Reg \$15.99

Shikai Products
**Borage Therapy Dry
 Skin Lotion**
 Original Unscented
 8 FL OZ



\$9.49 Reg \$14.49

Selected Sales Run From February 1st-28th

Eclectic Institute
**Line Drive
 20% OFF**



Mickelberry
**Fire Cider
 25% OFF**



Indigo Wild
**Line Drive
 15% OFF**



Malama Mushrooms
**Line Drive
 20% OFF**



Inesscents
**Line Drive
 20% OFF**



Moon Essence
**Line Drive
 20% OFF**



Pranarom
**Line Drive
 20% OFF**



Gabriel Cosmetics
**Eye Cosmetics
 20% OFF**



Host Defense
**Selected Items
 20% OFF**



Sprout Living
**Epic Protein
 Line Drive
 20% OFF**





Gifts for Your Valentine

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WEBSITE: MARIPOSAMARKET.COM