

Mariposa Messenger

July 2022



To be free is not merely to cast off one's chains but to live in a way that respects and enhances the freedom of others.

Nelson Mandela



Sales Run From
June 25th
Until
July 29th

Prices & Availablitiy
are subject to change.

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

How to Make a Great Caprese Salad

Nothing says summer like tomatoes, and Caprese Salad is the perfect showcase for this lovely fruit. Classic Caprese Salad ingredients include tomatoes, fresh mozzarella cheese, basil leaves, a sprinkling of salt & pepper, and olive oil.

You have many options when you're ready to construct your salad. The classic presentation consists of slices of tomato layered with basil leaves and slices of fresh mozzarella and drizzled with olive oil, and perhaps balsamic vinegar or glaze presented on a platter. Some variations that you might consider are individual servings using cherry tomatoes, mozzarella balls or chunks, and basil leaves skewered with a toothpick as hors d'oeuvres. You can also alternate cherry tomatoes with mozzarella balls and basil leaves on a skewer for kabobs. You can even chop up everything and serve it as a tossed salad with a balsamic olive oil dressing.



Any way you serve it, Caprese Salad is always a crowd pleaser!

Customer Suggestions

PLEASE ORDER (CAN YOU GET?) SNAPPERS EDWARD MARC CHOCOLATIER CARMEL & PRETZEL CLUSTER.

Premier non-organic chocolate from Pennsylvania. They have a high minimum order, and this would be hard to integrate into our current offerings.

NEW ITEM! MARIPOSA MADE CHOCOLATE CHIP COOKIE. FRESH BAKED-PLAIN-NO NUTS.

We made these cookies today (June 6th) at your suggestion. Enjoy!

BLUE SKY CREAM SODA AND OTHERS. ALL THE STEVIA SODAS. THESE WERE GREAT & INEXPENSIVE.

Blue Sky was purchased by Coca Cola. It may never see the light of day.

VERY PLEASANT EARTH DAY SHOPPING EXPERIENCE (LATE MORNING-EARLY AFTERNOON).

Thank you, we enjoyed ourselves as well.

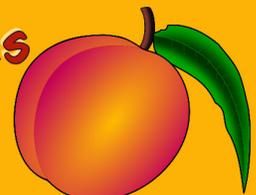
LEMON YOGURT, GF. YOU USED TO CARRY LEMON YOGURT.

We will look into this. You should see a lemon option soon.

BEANFIELD'S PICO DE GALLO CHIPS. MY SON'S FAVORITE.

This and some other flavors have been out of stock for some time now. We hope it will be back soon.

**CERTIFIED PESTICIDE-FREE PEACHES & NECTARINES
WILL BE AVAILABLE BY THE LUG
DURING JULY THROUGH MID-AUGUST**



Bulk
Quick Oats
LB



Reg \$2.19/LB

\$1.99/LB

Bulk
Millet
LB



Reg \$2.19/LB

\$1.79/LB

Annie's Homegrown
Organic Pasta & Cheese
Assorted Varieties



\$3.39 Reg \$4.89

Pacific Foods
Organic Non-Dairy Beverage
Assorted Varieties
32 FL OZ



\$3.59 Reg \$4.79

R.W. Knudsen
Organic Juice
Assorted Varieties
32 FL OZ



\$7.59 Reg 10.39

Bobo's Oat Bars
Oat Bites
Chocolate Chip
PB Chocolate Chip
PB & J
5/1.3 OZ



\$3.89 Reg \$5.89

Late July Snacks
Organic Chips
Assorted Varieties



\$3.39 Reg \$4.89

Kettle Brand
Potato Chips
Assorted Flavors
5 OZ



\$3.39 Reg \$3.99

Brew Dr. Kombucha
Organic Kombucha
Clear Mind
Love
14 FL OZ



\$2.79 Reg \$3.99

San-J
Cooking Sauce
Thai Peanut
10 FL OZ



\$3.99 Reg \$4.79

La Tourangelle
Garlic Oil
French Infused
8.45 FL OZ



\$7.59 Reg \$8.69

Mountain Valley Spring
Sparkling Water
Blackberry Pomegranate
Original Premium
1 LT



\$2.79 Reg \$3.29

Theo Chocolate
Organic Chocolate Bar
Assorted Varieties
3 OZ



\$3.39 Reg \$4.29

Endangered Species
Chocolate Chocolate Bar
Assorted Varieties
3 OZ



\$2.99 Reg \$3.99

ECOS
Hypoallergenic Laundry Detergent
Magnolia & Lily
100 FL OZ



\$17.59 Reg 19.89

THE WILD BENEFITS OF FERMENTED FOODS

BY SARAH LEWIS

Every day, more people strive toward a healthier lifestyle, and ongoing research has shown that the health benefits of fermented foods are growing in a wild way. But what are fermented foods, and how are they beneficial? What kinds of fermented foods are available to us in the 21st century?

The term “fermented foods” refers to any foods that have undergone the process of fermentation, which is the chemical breakdown of sugar by yeast and bacteria. The beneficial effects of fermented foods on health were unknown in the past. People primarily used the fermentation process to preserve foods, enhance shelf life, and improve flavor. In fact, fermented foods have been a part of the human diet for almost 10,000 years, and their level of diversity in the 21st century is substantial. Fermented foods have become an important part of the diet in many cultures and, over time, have come to be known for many health benefits. Each fermented food typically hosts a distinct population of microorganisms. Once ingested, the nutrients and microorganisms from fermented foods may survive to interact with the gut microbiome. When food is fermented, the probiotic action of the microorganisms breaks the vegetables down. The fermentation process makes the calcium, potassium, vitamins K, B, and C, and all the other nutritional elements already present in the veggies more bioavailable. All the nutrients are more easily absorbed into your system and revitalize you right away!

Many of us do not realize that there is a war being fought in our guts every day—a literal battle between the good bacteria and the bad. The “good bacteria” in your gut create acidic fermentation byproducts that lower your intestine’s PH and decrease the chance of harmful bacteria surviving. Thankfully the good usually wins, but we need to keep in mind that everything we ingest will have a role to play in the gut war. Even something as simple as taking prescribed antibiotics to fight infection can cause major disruption to your gut microbiome. This is because antibiotics wipe out both good and bad bacteria creating a gut microbe apocalypse. Consuming fermented foods and live probiotic cultures in conjunction with a diet high in fiber and plant-based foods can restore your gut bacteria to normal, feed your gut microbes, and help them flourish once again.

The human body is constantly benefiting from the intake of fermented foods. Fermented foods can affect the gut microbiome in both the short and long term and should be considered an important element of the human diet. A healthy body needs balance. Less diverse gut microbiota is associated with many chronic issues such as obesity, asthma, and chronic inflammatory conditions such as inflammatory bowel disease. The nutrients you absorb and the probiotics you ingest by eating fermented foods help your body in different ways. Some go straight to your gut, where they rejuvenate the beneficial bacteria that help you digest. Some enhance your immune system. Others even go to work creating phytonutrients called isothiocyanates, which are shown to destroy precancerous cells. Fermented foods provide many health benefits such as antioxidant, anti-microbial, anti-fungal, anti-inflammatory, anti-diabetic, and anti-atherosclerotic activity. Each fermented food typically hosts a distinct population of microorganisms. Each of these can have an array of different benefits for our bodies. A healthy gut where good bacteria flourish boosts your digestion, immune system, mood, and overall well-being. Eating food that tastes good doesn’t mean you have to skip out on health! 21st century living provides us with a plentiful array of fermented foods that taste great and pack a healthy punch in the “gut war,” fighting for a healthier, happier you!

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7 Delicious Fermented Foods (You Should Be Eating!)

KEFIR

A type of cultured dairy or non-dairy product, kefir, may improve lactose digestion, decrease inflammation, and boost bone health.

TEMPEH

Tempeh is made from fermented soybeans pressed into a compact cake. In addition to its impressive probiotic content, tempeh is rich in many nutrients that may improve your health and reduce certain risk factors for heart disease.

KOMBUCHA

A fermented tea that is fizzy, tart, and flavorful, kombucha can help protect the liver, decrease blood sugar, and reduce levels of cholesterol and triglycerides.

MISO

A typical Japanese seasoning is made from fermenting soybeans with salt and koji, a type of fungus. Miso may lower the risk of breast cancer, reduce stroke risk, and help normalize blood pressure levels.

KIMCHI

A popular Korean side dish, Kimchi is usually made from fermented cabbage or other fermented veggies like radishes. Studies have shown that it may help reduce insulin resistance and cholesterol levels.

SAUERKRAUT

A popular condiment consisting of shredded cabbage fermented by lactic acid bacteria. Sauerkraut is low in calories and full of fiber as well as vitamins C and K, and is high in antioxidants that help promote eye health and reduce the risk of eye disease.



PROBIOTIC YOGURT

Produced from dairy or non-dairy milk that has been fermented, most commonly with lactic acid bacteria. Yogurt is high in nutrients and may help reduce body weight, lower blood pressure, and improve bone health. Look for yogurts with live cultures and opt for minimal sugar.

<https://health.clevelandclinic.org/5-reasons-you-should-add-more-fermented-foods-to-your-diet-infographic/>

<https://www.healthline.com/nutrition/8-fermented-foods#DIY-bitters-for-digestion>

<https://wildbrine.com/a-wild-culture/health-benefits-fermented-foods/>

<https://pubmed.ncbi.nlm.nih.gov/35406140/>

<https://pubmed.ncbi.nlm.nih.gov/28945458/>

A Vogel
Organic Seasoning
 Original Herbamare
 4.4 OZ



\$4.49 Reg \$6.19

Ithaca Hummus
Hummus
 Classic
 Lemon Garlic
 Roasted Red Pepper
 Kalamata Olive
 10 OZ



\$4.49 Reg \$5.89

Hope
Organic Hummus
 Original
 Red Pepper
 Spicy Avocado
 8 OZ



\$3.99 Reg \$5.09

Bubbies
**Kosher Spicy
 Dill Pickles**



33 OZ

\$8.99 Reg \$10.79

Bubbies
**Bread & Butter
 Pickles**



16 OZ

\$6.99 Reg \$8.29

Brown Cow
**Whole Milk Cream Top
 Yogurt**



Cherry Vanilla
 Raspberry
 Blueberry
 5.3 OZ

\$1.49 Reg \$1.69

Wildwood Natural Foods
Baked Tofu



Teriyaki
 Sriracha
 Savory

\$4.49 Reg \$5.79

Lightlife Foods
**Organic Tempeh
 Strips**



Smoky Bacon
 6 OZ

\$5.09 Reg \$6.99

Lightlife Foods
**Organic Tempeh
 Strips**



Original
 Flaxseed
 3-Grain
 8 OZ

\$3.39 Reg \$4.79

Udi's Gluten Free
**Gluten Free Pizza
 Crust**



9 IN 2 Pack
 8 OZ

\$4.49 Reg \$7.29

Gardein
Plant-Based Entrees



Sweet & Sour Porkless Bites
 Crispy Chickn Orange
 Crispy Tenders
 Classic Meatballs

\$4.49 Reg \$7.39

Alden's Organic
**Organic Ice Cream
 Sandwiches
 & Bars**



Assorted Varieites

\$5.09 Reg \$7.69

**Mariposa Will Be Closed
 Monday July 4th**



Tea Tree Therapy
Anti Fungal Serum
 1 FL OZ



\$7.99 Reg \$11.99

Lily Of The Desert
Organic Aloe Vera Juice
 Whole Leaf
 32 FL OZ



\$6.49 Reg \$8.99

Alba Botanica
Selected Sunscreen
 4 FL OZ



\$8.99 Reg \$16.19-\$16.39

Tiger Balm
Pain Relieving Patch
 5 CT



\$5.49 Reg \$7.39

Tiger Balm
Pain Relieving Ointment
 Extra Strength
 18 GRM



\$5.99 Reg \$7.89

Alba Botanica
Sunscreen SPF 45
 Pure Lavender
 Green Tea
 4 FL OZ



\$8.49 Reg \$14.99

**Selected Suppliers
 20% OFF Line Drives
 Run July 1st -31st**

Flora Health



LifeSeasons



**Malama
 Mushrooms**



Aloe Life



WishGarden



Wild Carrot



All Good



Grilling Season Is Here We've Got You Covered

Organic or Cage-Free Chicken

Sustainably Farmed Salmon

Local Grass-Fed Beef

Plant-Based Options

Wild Caught Fish

California Lamb

Sausage

Pork



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