

# Mariposa Messenger

May 2022



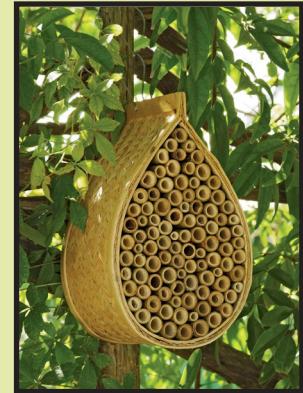
Sales Run From  
April 30th  
Until  
May 27th  
Prices & Availability  
are subject to change.

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

## SOLITARY BEES

By Mary Anne Trevey

We hear a lot these days about the demise of the honey bee and what a tragedy awaits us if this bee is no longer available for pollination. But most folks aren't aware that solitary bees are still with us and account for 90% of pollination. These bees are different from honey bees in that they don't co-exist in hives. They live a solitary existence, make their nests in hollow tube-like areas, and rarely sting. They also do not produce honey. Two popular solitary bees to propagate in your backyard are the mason and leafcutter bees. The mason bee arrives early in the spring when temperatures exceed 55 degrees. They seek pollen and nectar after their long winter slumber, and they stay within 200 to 300 feet of the homes from which they emerge. Mason bees get their name because they construct their nests from mud inside some hollow spot, natural holes, hollow stems, holes in wood, or nesting shelters that can be hung up in gardens or elsewhere. A female mason bee only lays 15 eggs in her lifetime, which she conceals in chambers inside the tube. Each chamber includes an egg, a pollen loaf (a ball of pollen and nectar), and a mud wall to separate it from other egg chambers. Each egg hatches into a larva which spins a cocoon and forms a pupa. While hibernating, the pupa matures into an adult bee and emerges in the spring. Adult males and females have a lifespan of only 4-6 weeks. The blue orchard mason bee is popular with farmers and gardeners in the West. It looks like a large plump fly and has an iridescent sheen. Early in the season, it can be seen buzzing around flowers and fruiting trees.



Leafcutter bees begin to emerge when temperatures reach a consistent 75 degrees. The female carries up to 30 eggs. The design of her nest is similar to the mason bee, and she cuts small crescent-shaped pieces out of desired leaves and stuffs them into her tubular nest. She then lays her egg and places a pollen loaf around her egg, stuffing it around her baby like a sleeping bag. This is a tedious process and can take up to five hours per egg. The egg will hatch into a larva, which will emerge in summer as an adult bee.

Mason and leafcutter bees are incredible pollinators. They "belly-flop" onto flowers where tiny sticky hairs, called scopae, collect pollen on their bodies. They then carry the pollen to other flowers. This enables them to have a 95% pollination rate as compared to honeybees, who only have a 5% rate. Solitary bees can visit up to 2000 flowers per day. They are considered one of the most critical and efficient pollinators.

If you are interested in encouraging these bees to visit your garden, it is best to provide a mason bee habitat which you can make yourself or buy from a nursery or seed catalog. Your bee-house should face the morning sun and be protected from rain or sprinklers. Do not use bamboo or cut holes into wood. Often bee house holes are lined with cardboard tubes or PVC pipe. Be sure to provide a small mud-hole. And never use pesticides in your garden if you want the bees to live. Remember that there are different hole sizes for mason and leafcutter bees, so be sure you understand the difference and how to clean the holes at the appropriate time. Plant pollinator-friendly flowers to feed your bees. You will be rewarded with bountiful pollination and a healthy ecosystem.



Straus Family Creamery  
**Organic Yogurt**  
Assorted Varieties  
32 OZ



**\$5.59** Reg \$6.49

California Farms  
**Cold Brew Coffee**  
Concentrated  
32 FL OZ



**\$8.99** Reg \$11.19

Wildwood  
**Baked Tofu**  
Sriracha  
Savory  
Teriyaki



**\$4.49** Reg \$5.79

Nutpods  
**Almond + Coconut Creamer**  
Unsweetened French Vanilla  
Original  
25.4 FL OZ



**\$5.59** Reg \$7.59

Udi's Gluten Free  
**Gluten Free Pizza Crust**  
9 Inch/2 Pack  
8 OZ



**\$4.49** Reg \$7.29

Brown Cow  
**Cream Top Whole Milk Yogurt**

Plain  
Maple  
Vanilla  
32 OZ



**\$5.09** Reg \$5.89

Perfect Bar  
**Organic Perfect Bar**  
Assorted Varieties



**\$2.89** Reg \$3.19

Food For Life  
**Organic Ezekiel 4:9 Tortillas**  
Sprouted Grain  
12 OZ



**\$4.59** Reg \$5.19

Chloe's  
**Fruit Pops**  
Lime  
4/2.5 FL OZ



**\$6.49** Reg \$8.29

Gardein  
**Stuffed Turk'y**  
14.1 OZ



**\$6.79** Reg \$11.49

Forager Project  
**Organic Probiotic Cashewmilk Yogurt**

Assorted Varieties  
28 FL OZ



**\$5.59** Reg \$6.99

Coolhaus  
**Ice Cream Cones**  
Street Cart Churro Dough  
12.75 FL OZ



**\$8.19** Reg \$10.39

Bubbles  
**Pickles**  
Bread & Butter Chips  
16 OZ



**\$6.79** Reg \$8.29

Coolhaus  
**Frozen Dessert**  
Strawberry  
12.75 FL OZ



**\$8.79** Reg \$10.99

Evol Foods  
**Bowl**  
Chicken Enchilada  
Guajillo & Cauliflower  
Veggie Burrito



**\$3.69** Reg \$6.19

## Customer Suggestions

A.) High quality ingredients, mostly organic. \$4.50 for a brownie seems excessive. People who buy your treats spend a lot of money here. Just an opinion.

B.) Congratulations on your beautiful baked goods. Unfortunately they are cost prohibitive. I guess that'll keep us skinny.

*Thank you for your opinions. We are having issues with the ingredients costing us more. Also, we try to use the most cost-effective ingredients, so not all are organic.*

Pulled pork without BBQ sauce. It has sugar & some are allergic to tomato so just plain would be good!

*This is a good idea, and we will try this. Thanks*

Redwood Hill Farm small yogurts. Thank you!

*You're welcome*

"Alexandre" or "Vital" eggs. Grass fed/pastured eggs. I did read the comment in the last newsletter & appreciate local eggs. Difference being as I understand is those are grain fed oppose to grass fed eggs or pasture raised eggs. Vital eggs/Alexandre Farms are two brands I know of.

*We have Alexandre Farms eggs on the shelf now! Vital eggs come from Texas and Missouri. Also, even pastured chickens are fed some grain. They need the protein to produce eggs.*

Alexandre Farms Milk A2 in "Eco Dairy" paper carton. Whole & reduced fat. Great product w/an eco-packaging option.

*The product in the "Eco-carton" is an Alexandre Farms ultra-pasteurized, extended shelf-life product. We try to avoid ultra-pasteurized milk products. The plastic containers used by Alexandre Farm are recyclable and BPA free.*

So Delicious Dairy-free Ice Cream Sandwiches. Coconut milk or almond milk.

*These are currently "out of stock" through our supplier, but we will try to get them in the store ASAP.*

Kettle No-salt Chips.

*Thank you for the idea. Unfortunately, we have tried the no-salt chips in the past with little to no success, including Kettle chips.*

Alexandre yogurt. Also would be nice if could bring own jars for bulk... And...Rumiano Raw Monterey Jack – you used to have it but haven't for months.

*1) We have Alexandre Farms yogurt now!*

*2) You can bring your own jars for bulk. They just need to get a tare weight on the jar at the cash register prior to filling the vessel.*

*3) The Rumiano Raw Monterey Jack was discontinued by the manufacturer. We now have Greenbank Farms Raw Monterey Jack. Just ask someone to point it out to you next time you're in the store.*

Alexandre A2 Milk Grass Fed "Green Print". Larger size.

*We now sell the largest size (48 OZ.) of Alexandre Farms Grass-fed Milk.*

*Continued on the next page*

## **NEW ITEM HIGHLIGHTS**

*by Kevin, Grocery Manager*

Greetings, Gentle Readers,

Once again, it is time to spotlight some new items that have arrived in the last 30-90 days. Even though there are still supply chain issues, we endeavor to fill the voids where we can and pop in some new offerings as well.



Beginning with Chips and Snacks, we have a unique product from LEGACY FOODS: chips made from yuca root and others made from dosa (lentils and rice). Great flavors. You owe yourself a taste. For you rice cake lovers, we now carry LUNDBERG mini rice cakes. Easy to handle. Fun to eat. Our new offering from SIMPLY 7 is a bag of lentil chips. Gluten-free and vegan with simple ingredients. Next, we have RIND. A company that sells dried kiwis in a bag. With a bit 'o tartness, these are way tastier than expected.

From our International set, THAI AMERICAN MARKET is now producing curry meal kits. Featuring yellow, green, or Panang curries, these kits have rice and spices with directions to make a wonderful Thai meal. All you need to add are the perishables. If you are like me and miss going out for Thai food, these kits will fill the bill while making you feel completely kitchen competent. I and others have tried these with great results. Give one a try.

In Baking, BEAUJOLAIS GRANOLA has offered us another flavor- cherry and cacao nib. A one-pound bag of hand-crafted goodness from Santa Rosa. Good stuff! As a matter of fact, you can pair this with our next highlight, MILKADAMIA's unsweetened vanilla macadamia milk. This is a new favorite, and for a good reason: creamy with a hint of vanilla and no sugar.



Speaking of no sugar, CHOCOLOVE has a line of sugar-free chocolate bars that taste really good. Trust me, I've tried a lot of bars, and you too will be surprised how much you like them. I also have some new CHOCOLOVE regular bars. strawberry, cherry, and passion fruit.

Lastly, in our Beverage section, we have new CBD-infused sparkling water from DAYTRIP. There are five great flavors supplying 25mg of cannabinoids with no sugar. Check 'em out.



That's a wrap. Thanks for reading. As always, live long and prosper!

*Continued from the previous page*

- A.) To decrease plastic please carry Natural Value Organic Yellow Mustard.
- B.) Small Seattle Chocolates
- C.) Siete Hard Shell Tortillas for tacos. GF grain free & delicious!
- D.) Siete Dipping Chips. Delicious!
- E.) Kite Hill Vegan Mushroom Ravioli. Yum!

*Yes, we have the Kite Hill Ravioli, as well as the spinach variety, in the freezer now. In fact, we have all these products waiting for you!*

Bulk  
*Thompson*  
*Raisins*  
LB



Reg \$3.59/LB

**\$2.89/LB**

Tinkyada  
*Organic*  
*Brown Rice Pasta*

Spaghetti  
Penne  
Spirals  
12 OZ



**\$3.69** Reg \$4.99

Dr. Bronner's  
*Organic Virgin Coconut Oil*

White Kernel  
14 FL OZ



**\$9.29** Reg \$12.59

Scharffen Berger  
*Baking Chocolate*

Semisweet  
Bittersweet  
9.7 OZ



**\$7.29** Reg \$8.99

Barbara's  
*Cheese Puffs*  
Original  
White Cheddar  
Light  
Jalapeno



**\$3.39** Reg \$4.09

Bulk  
*Yellow Popcorn*

LB



Reg \$2.29/LB

**\$1.99/LB**

Westbrae Natural  
*Organic Beans*

Assorted Varieties  
15 OZ



**\$3.19** Reg \$4.09

Gimme Seaweed Snacks  
*Organic*  
*Seaweed Snack*

Assorted varieties  
.35 OZ



**\$1.89** Reg \$2.69

Green & Black's  
*Organic Chocolate Bar*

Assorted Varieties



**\$3.89** Reg \$4.59

From The Ground Up  
*Butternut Squash*  
*Pretzel Twists*

Original  
4.5 OZ



**\$3.89** Reg \$4.99

Nature's Path  
*Organic Cereal*

Mesa Sunrise Flakes  
Gorilla Munch  
Honeyed Corn Flakes  
Corn Flakes



**\$8.89** Reg \$10.79

Pacific Foods  
*Organic Soup*

Assorted Varieties  
32 FL OZ



**\$4.29** Reg \$6.39

Canyon Bakehouse  
*Heritage Style Bread*

Honey White  
Whole Grain Heritage



**\$9.29** Reg \$10.29

Dr. In The Kitchen  
*Flackers*

Savory  
Everything



**\$4.99** Reg \$6.99

Biokleen  
*Laundry Liquid Detergent*

Free & Clear  
Sports  
150 FL OZ



**\$21.79** Reg \$31.39

Alba Botanica  
**Sensitive Mineral Sunscreen Lotion**  
 Fragrance Free SPF 30  
 4 FL OZ  
 Mineral Sunscreen \$10.49 Reg \$16.19

**\$9.99** Reg \$14.99

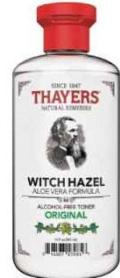


Andalou Naturals  
**1000 Roses Daily Shade Facial Lotion**  
 SPF 18, Sensitive  
 2.7 FL OZ

Day Cream  
 \$16.99 Reg \$26.99



Thayers  
**Witch Hazel**  
 Aloe  
 Rose Petal  
 Lavender  
 12 FL OZ



**\$9.99** Reg \$10.99

## Selected Sales Run From May 1st - May 31st

Mega Food  
**Selected Items**  
 20% OFF



Host Defense  
**Selected Items**  
 20% OFF



Nordic Naturals  
**Selected Items**  
 20% OFF



Eclectic Institute  
**Line Drive**  
 20% OFF



Life Seasons  
**Line Drive**  
 20% OFF



Pranarom  
**Line Drive**  
 20% OFF



Truvani  
**Line Drive**  
 20% OFF



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



Malama Mushrooms  
**Line Drive**  
 20% OFF



Inesscents  
**Line Drive**  
 20% OFF



Badger  
**Sunscreen**  
 15% OFF



Muchelle  
**Line Drive**  
 20% OFF



# Mother's Day

Sunday May 8th



Spring Fling Coupon 10% OFF

Plant Starts, Seeds, Floral Plants, & Bouquets

Valid 4/30/22-5/27/22

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