



Among several great stories in this issue, Matt brings us a brief history of kombucha. No article on kombucha would be complete without mentioning the thing that really makes it unique: its SCOBY, or symbiotic culture of bacteria and yeast. As Matt tells us, this SCOBY generates a pellicule: a weird, jellyfish— or mushroom—like mass of cellulose floating on top of the fermenting kombucha. A SCOBY is a delicately balanced symbiosis, needing all of its constituent bacteria and yeasts to make an excellent brew.

For whatever reason, thinking about a SCOBY also brings to mind the human microbiome, another symbiosis of bacteria and yeasts, as well as the human organism, viruses, plasmodia, and more. Certainly more diverse than a SCOBY, and nowhere near as well understood, our microbiomes are a complex interplay of diet, activity, and health. Some populations of people with certain diets have high levels of certain microorganisms that in other populations with other diets appear pathogenic. Organisms that are often considered parasites sometimes appear to have beneficial effects on our immune system. And researchers are now beginning to study the human virome—the collection of viruses that in some cases may cause illness, but in others may be crucial to our health. To me it's a beautiful illustration of the critical importance of diversity in an ecosystem, with different species performing different roles, keeping each other in check, and contributing to the health of the community as a whole.

If a SCOBY can do it, if our guts can do it, I'm granted a little more faith that we can achieve a healthy community at other scales, too.





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# HENNY FARMS

By Claire Potmesil · Perishables

Photos by Diana Velasco · Perishables & Henny Farms

**Top Right:** Trisha Henny ► with Claire and the sheep.

n a cold, foggy, yet sunny afternoon in December, we paid a visit to Henny Farms. Located here in Salem, Henny Farms is one of our fresh, local meat and egg suppliers. They supply us with pastureraised eggs and lamb meat.

When we pulled up to the farm, we were greeted by an abundance of sheep peeking out at us from their barn. After we rushed the car over a ton of mud to avoid getting stuck, Trisha Henny, one of the owners of the farm, greeted us and we started our tour. She was ecstatic to have us come by and learn about the farm.

Eric and Trisha Henny met each other in college. Now they are married with three young children, who are the future of Henny Farms, which has been in operation since 2010. They started out selling their farm-fresh eggs and meats at local farmers markets, such as the Salem Public Market and the Salem Saturday Market. Today their products are available in a larger variety of stores, including LifeSource!

It probably wasn't the best time of year to visit a farm, as the day was cold, wet, and super muddy! Of course, I chose the worst possible shoes to wear: white tennis shoes. Let's just say they were no longer white once we left. The animals weren't out on the pasture because they like to get all muddy and destroy the grass roots when the weather is like this. They are usually kept in their barn during this time of year. The land wasn't as pretty as it would be in spring

or summer, but at least we got to see some cute sheep, chickens, and dogs! Their border collies were very friendly with us, but their Great Pyrenees was very protective of his livestock, as he should be! He barked for the entire duration of our tour, which made it difficult to hear. At least he's cute!

Their animals are pasture-raised, roaming freely in indoor and (during the less soggy months) in outdoor spaces on the wellmaintained land. The chickens are fed non-GMO, soy-free feed. The feed is produced from a variety of crops they grow on the same land, including peas and corn. The chickens are all vaccinated and antibiotic-free, and the lambs are only given antibiotics when needed to treat specific infections, though their free-roaming animals hardly get sick, as they get proper nutrition and are provided with shelter.

Trisha then showed us some of the land that they use to grow crops. Most of these crops are grown as feed for the animals, but they also grow some others, such as their six acres of hazelnut trees. Unfortunately, they didn't harvest the hazelnuts from their farm this year due to a crash in the hazelnut market. They hope to plant more trees in the future, as they still have some open land.

The chickens start laying about an hour after first light and then lay for about six hours. Trisha does most of the hands-on work with the animals, while Eric works at the bank all day long. During the summer, she can start











gathering eggs at about noon, bringing them inside and sorting them by size. The eggs go through a cleaning machine and are packed into egg boxes. By the time Trisha gets to this task, the kids have usually arrived home from school. This is one of the kids' favorite tasks to help out with, and they've learned how to pack a lot of eggs in a short amount of time (as long as they aren't bickering!). Henny offers a variety of sizes when it comes to eggs, including jumbo, large, extra-large, and medium. At LifeSource, we carry the large-sized ones.

Henny's lamb meat is USDA certified and very high quality. They offer a variety of cuts of lamb, such as loin chops, leg steaks, ground, and sirloin. Henny stagger-breeds their sheep so that they are able to sell fresh lamb year-round. The sheep feed is a blend of hay, grass, alfalfa, and whole grains. Quite a few of the ewes we saw were very pregnant, about to give birth soon! We asked if it's easier to care for sheep or chickens. "Sheep!" said Trisha, as apparently sheep can pretty much tend to their own as long as they have hay and water available.

Trisha was very happy to have us come by. She told us that winter is usually a slower time for them when it comes to sales, so a little extra exposure doesn't hurt! Those of us who work in the perishables department know about the sales and popularity of Henny Farms' products with our customers. As the current buyer here at LifeSource for this brand, I find it increasingly difficult to figure out how many of their eggs to order. Lately, I'll order more cases of eggs in each order than the previous week, and we still run out before the next order is placed! Henny's are some of our customers' most sought-after eggs. They are one of our only suppliers with locally sourced eggs, and also some of the most affordable. Next time you spot them on our egg display, grab a dozen and give them a try! And be sure to head over to our fresh meat case and check out their fresh lamb.

- Above: Non-GMO soy free chicken feed is produced with crops grown on the farm.
- **Left:** Chickens roam freely indoors during winter.

# KALDERETANG KARNERO Filipino-Style Lamb Stew

By Ben Martin Horst · Editor · Makes 4-6 Servings

Usually made with goat (kanding or kambing) and sometimes with beef (baka), kaldereta is a classic Filipino stew, often served at parties. In the US, lamb (karnero or tupa) is often more available than goat and works fabulously. Many versions of this dish can be found throughout the Philippines, some using peanut butter instead of liver as a thickener, some with pickles instead of olives, and some garnished with shredded cheese. Though this is a dish from the tropics, it's amazingly good on a cold winter night in Oregon.

- 1 lb lamb stew meat
- 4 cloves garlic, minced
- 1 medium yellow onion, minced
- 114.5oz can diced tomatoes, or 4 fresh Roma tomatoes, diced
- 1 cup tomato sauce
- 1 red bell pepper, chopped
- 1 bay leaf
- 1 Tbsp fish sauce
- ½ cup cooked, pureed chicken liver, or Braunschweiger liver sausage
- ¾ cup whole pitted green olives, such as Castelvetrano
- ½ cup coconut or apple cider vinegar
- 2 carrots, chunked
- 1 large potato, chunked
- 2 Tbsp frozen green peas
- 3 Tbsp unrefined coconut oil
- 2-3 cups water
- Salt and black pepper, to taste
- Combine vinegar, salt, and black pepper in a large bowl, and marinate the stew meat, refrigerated, for at least an hour, or overnight. Remove the meat from the marinade and allow it to drain.
- In a large pot or Dutch oven, melt the coconut oil over medium-high heat. Add stew meat and brown on all sides.
- Add onion and sauté, stirring regularly, until translucent. Add garlic and tomatoes and continue to cook, stirring regularly, until tomatoes soften.
- 4. Add the tomato sauce, bay leaf, and fish sauce and cook for a couple of minutes before adding 2 cups of water. Bring the stew to a boil and simmer until the meat is tender, about 45-60 minutes.
- 5. Stir in the liver and simmer for five minutes. If the stew seems too thick, add water as needed.
- Add potatoes and carrots and cook for 10 minutes; add olives and bell pepper and cook 5 minutes more.
- 7. Stir in the peas and remove from heat. Salt and pepper to taste. Serve with white rice.



# Clay and Vines

By Samuel R. Vandegrift
Photos Provided by Beckham Estate Vineyard

return to the fields of the farmers who grow the food we sell. This fall we got the chance to learn more about Beckham Estate Vineyard in Sherwood, Oregon. It was unlike any other winery we have visited before. The vast estate grounds are not your typical vineyard. Everything from the way they cultivate the land to how they age their grapes is different from the traditional Western winemaking process. They have done a lot to work with the land instead of against it, as well as reviving traditional winemaking techniques dating back as far as eight thousand years. They do all of this so that we can bring their exquisite product into our store and onto our shelves to serve to you.



The first thing we noticed about Beckham is the vast and biodiverse estate. Beckham uses a methodology called biodynamic farming to grow their grapes. Biodynamic farming includes large riparian zones for natural habitat to host native plants and animals. Grazing animals litter the landscape helping keep the riparian zones under control and adding nutrients back into the soil. To maintain their land, Beckham practices dry farming. Dry farming uses no irrigation but instead relies on the limited resources from local precipitation to maintain their crops. All these methods lead to a truly breathtaking landscape and some of the most delicious wines you will ever taste.

Organic and regenerative farming often go hand in hand and at Beckham it's no different. Due to their concentration on native natural biodiversity, they have higher than average standards for their organic grapes. The compost used is made on site with waste from the winemaking process. All weeds are managed mechanically and harvesting is by hand. Beckham no longer tills the land as part of their practices and only incorporates spray products as necessary. These practices produce a grape that is superior to its competition and provides pure and sustainable wines.

The most unique thing about Beckham was not their sustainable and organic farming practices, but the on-site pottery studio of owner and ceramics artist Andrew Beckham. Andrew began combining his passions for wine and ceramics in 2009 when he began researching and experimenting with making his own fermentation pots, or terra cotta amphorae. Beckham may well be the only winery in the world that makes its amphora pots on site.

The method of fermenting wine in amphorae dates back between 6000 and 8000 years ago. The porosity of the clay pots allows the wine inside to have a higher exposure to oxygen during the fermentation process, causing micro-oxidation similar to oak barrels but without the influence of oak taste. Archaeologists have discovered evidence of wine fermentation in amphora pots in Rome, Turkey, Portugal, Spain, France, Italy, and, most prominently, in Georgia (the country in the Caucasus, not the American state).

Andrew spent a long time studying the history of amphora pots before attempting his own.

Amphora pots come in varying shapes but typically have an oblong silhouette. This allows sediment to sink to the bottom of the vessel while crushed grape skins float to the top. The unique shape of the pots also contributes to their thermal conductivity. Traditional pots have a high thermal conductivity and don't need external temperature management. The interior of the pots is waxed to protect the porous clay from microorganisms while still allowing a healthy airflow to ferment the wine in about half the time of traditional oak barrels.

Amphora wines are unique in the wine industry, but an increasing number of vineyards are catching on to the unique possibilities that it provides. Amphora wines have very soft tannins and boast notes of chocolate, orange, and cherry. Although we are seeing an uptick in the use of Amphora pots to ferment wine, Beckham remains the only known winery to make theirs on site.





By Sara Duncan · Marketing

hen I was 23, my doctor told me I couldn't drink coffee anymore, an insane thing to tell a young millennial living in Portland. It would have been easier to cut out alcohol. At the time I was going to school full time, volunteering in the emergency room, and working as a server on the weekends. I had no days off, and now I had no coffee to help me get through. That is when my obsession with tea began.

As much as I am sure you would love me to reveal a secret replacement for coffee, I am here to give you the harsh reality: the best remedy for a tired body is proper rest. Don't

get me wrong. I love caffeine as much as the next person, but my Cat Nap Tea is the thing that has changed my life the most.

There is only one tea plant. Green, black, white, and Oolong, are all made from the plant *Camellia sinensis*. Herbal teas are technically called tisanes. There has been a lot of drama over the years in the tea world about herbal and fruit brews being classified as "tea". It's kind of like calling hot chocolate "coffee" just because it's a hot brown drink. The recipe below, Cat Nap, is a tisane.

This tea was the first recipe I created so it was made for beginners by a beginner. All the ingredients are easy to find, and you don't even need proper measuring spoons to make it.

#### Cat Nap Tea

- 6 parts dried chamomile
- 4 parts dried catnip
- 2 parts dried spearmint (more for increased sweetness)
- 2 parts dried lavender

(If you have never used "parts" measuring before I am about to rock your world. "Parts" relies on ratio rather than exact measurements. All you need is 1 of ANY scoop. Use the same scoop for each item. If you are using a tablespoon substitute the word "parts" with "tablespoons." If you are using a cup, substitute the word "cup"

with tablespoons. BOOM! You are an expert at "parts" measurement. You can thank me later.)

Feel free to mess around with this recipe! I make it for a few friends with extra spearmint because they like a sweeter flavor profile. I use edible lavender oil sometimes when I really want the aromatherapy aspect (just make sure it's edible, as most essential oils are not). Whatever you try is part of the journey. Learning to love sleep is fun because the better you sleep the better you can live.

#### 1. CATNIP

#### Nepeta cataria

Chosen for its reputation as a sedative and general relaxant.

#### 2. LAVENDER

#### Lavandula angustifolia

Chosen for its robust aroma. Lavender has a historical use as a sedative and relaxant and was the final choice for this blend.

#### 3. SPEARMINT

#### Mentha spicata

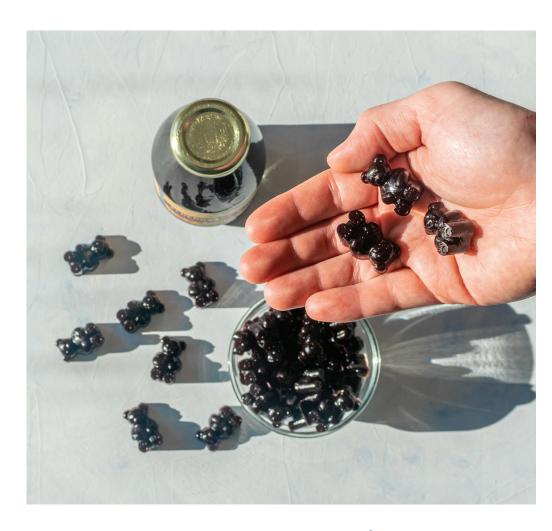
Chosen for its naturally sweet flavor and promotion of relaxation.

#### 4. CHAMOMILE

Chamaemelum nobile or

#### Matricaria recutita

Chosen for gentle sedative properties and historical use in aids to relaxation. Chamomile is also recognized as a tool in decreasing stress.



# **Elderberry Gummies**

By Catherine Dwelley  $\cdot$  Marketing  $\cdot$  Makes about 70 (3 ml) Gummies

- 1 (10.1 oz) bottle Honey Gardens Elderberry Drink (or make your own homemade syrup)
- 3 Tbsp grass-fed gelatin
- Silicone molds or 8x8inch baking dish
- Coconut oil or cooking spray (for releasing gummies from the mold)
- Dropper (optional, for filling molds)
- 1. Grease your gummy mold with a little coconut oil or cooking spray.
- 2. Pour ½ cup of the elderberry juice into a small bowl. Whisk in gelatin, and allow to bloom for 5 minutes.
- 3. While gelatin is blooming, heat the remaining elderberry juice in a small saucepan over medium heat. Pour bloomed gelatin into the hot juice, stirring until completely dissolved.
- 4. Remove from heat and pour into molds (or use a dropper for small molds). Refrigerate until firm, about 3 hours.
- 5. Release from mold and keep refrigerated for up to three weeks, or freeze for up to one year.
- Try replacing half of the elderberry juice with tart cherry, pomegranate, or unsweetened apple juice for a delicious variation!



### **Mango Lassi**

Makes 1 Serving

- 1 cup frozen mango
- ½ cup frozen banana
- ½ cup vanilla yogurt
- 1/4-1/2 cup, or more if desired
- 1 Tbsp honey (optional)
- ½ tsp ground cinnamon
- 1/s tsp ground nutmeg
- ½ tsp ground cardamom
- Toppings: fresh blueberries, dragon fruit, shredded coconut, hemp seeds, and chia seeds
- Place frozen mango and banana in a blender. Pulse until fruit is broken up into pieces the size of rice grains.
- 2. Add yogurt, ¼ cup milk, honey, cinnamon, nutmeg, and cardamom. Blend until smooth, adding a little more milk if needed to get the blender going.
- 3. Serve immediately with your favorite toppings.





**Blueberry Orange** 

- 1 cup frozen blueberries
- 1/2 cup frozen banana
- 1 orange, peeled and chopped
- 1/4-1/2 cup almond milk, or more if desired
- Toppings: Hemp seeds, chia seeds, pumpkin seeds, shredded coconut, blueberries, orange slices
- Place frozen blueberries and bananas in a blender. Pulse until fruit is broken up into pieces the size of rice grains.
- Add half of the orange, and ¼ cup almond milk. Blend until smooth, adding a little more almond milk if needed to get the blender going.
- Serve immediately with your favorite toppings.





## Root Veggie and Lentil Stew

By Catherine Dwelley · Marketing · Makes 4-6 Servings

- 2-3 Tbsp olive oil
- 1 medium yellow onion, chopped
- 2 carrots, peeled and chopped
- 1 medium parsnip, chopped
- 1 medium Chioggia beet, peeled and chopped
- 1 medium garnet yam, peeled and chopped
- 5 cloves garlic, smashed and chopped

- 3 cups vegetable or mushroom broth
- 1 cup dry red wine, such as pinot noir
- 1 cup dry green or brown lentils
- 4 sprigs thyme leaves, minced
- 1 sprig rosemary leaves, minced
- In a large Dutch oven or other heavy bottomed pot, heat olive oil over medium heat. Saute onions with a pinch of salt until golden and translucent. Add carrots, beets, yams, parsnip, and garlic. Cook and stir for 7 minutes. Season with salt and pepper.
- 2. Stir in broth, red wine, and lentils. Bring to a boil, cover, and reduce heat to a simmer. Simmer on medium low for 35 minutes.
- 3. Uncover and stir in fresh herbs. Cook for an additional 10 minutes, or until lentils are tender. Taste and adjust seasonings if desired.

## Roasted Squash and Sausage Sheet-Pan Dinner

By Jenn Ellsworth · HR · Makes 4 Servings

- 1 medium Carnival squash
- 1 Granny Smith apple (or other tart baking apple)
- 1 d'Anjou pear
- 2 cups purple cabbage, chopped into 1-inch pieces
- 1 package Niman Ranch Apple Gouda Sausage, or your favorite precooked sausage or plant based sausage.
- 1 cup pecans, roughly chopped
- ½ cup dried cranberries
- 1 tsp ground cinnamon
- 1 tsp crushed red chili flakes
- ½ tsp sea salt
- ½ tsp ground black pepper
- ¼ cup olive oil
- ½ cup white wine or apple cider
- 1. Preheat the oven to 350 degrees.
- 2. Slice the squash into small bite sized pieces. Leave the skin on, discard the seeds
- 3. Core and slice the pear and apple into 1-inch pieces, leaving the skin on.
- 4. Slice the sausage into bite sized pieces.
- 5. Add the pecans, cranberries, and spices
- 6. Toss all of the ingredients with the white wine or apple cider and olive oil. The mixture should be slightly saucy. Add more liquid if needed. Place all of the ingredients into a large glass casserole dish or sheet pan.
- Cook in a preheated oven for 15 minutes. Using a spatula, toss all of the ingredients, then cook for another 15 minutes, or until the squash is soft.





hen the editors of this magazine asked me to go underground for this issue, I was excited and eager to hear about the caper they had in mind. Little did I know that the research involved would lead me to my roots. Really. Roots.

Exploring crops grown beneath the surface widened my culinary horizon. When shopping, I would load up on the obvious: carrots, potatoes, radishes, onions, garlic, beets. There was a whole world of root crops that I ignored. Talk about being in a rut!

I wandered through the LifeSource produce department with a new eye. What does one do with these odd-looking things? I loaded up on rutabaga, celery root, parsnips, fennel, turnips, colorful potatoes, daikon, and fresh horseradish, took them home, and spread them out

on the counter. I cracked open old cookbooks to reveal a surprising number of recipes waiting to be tried for the first time. Where have you been all my life?

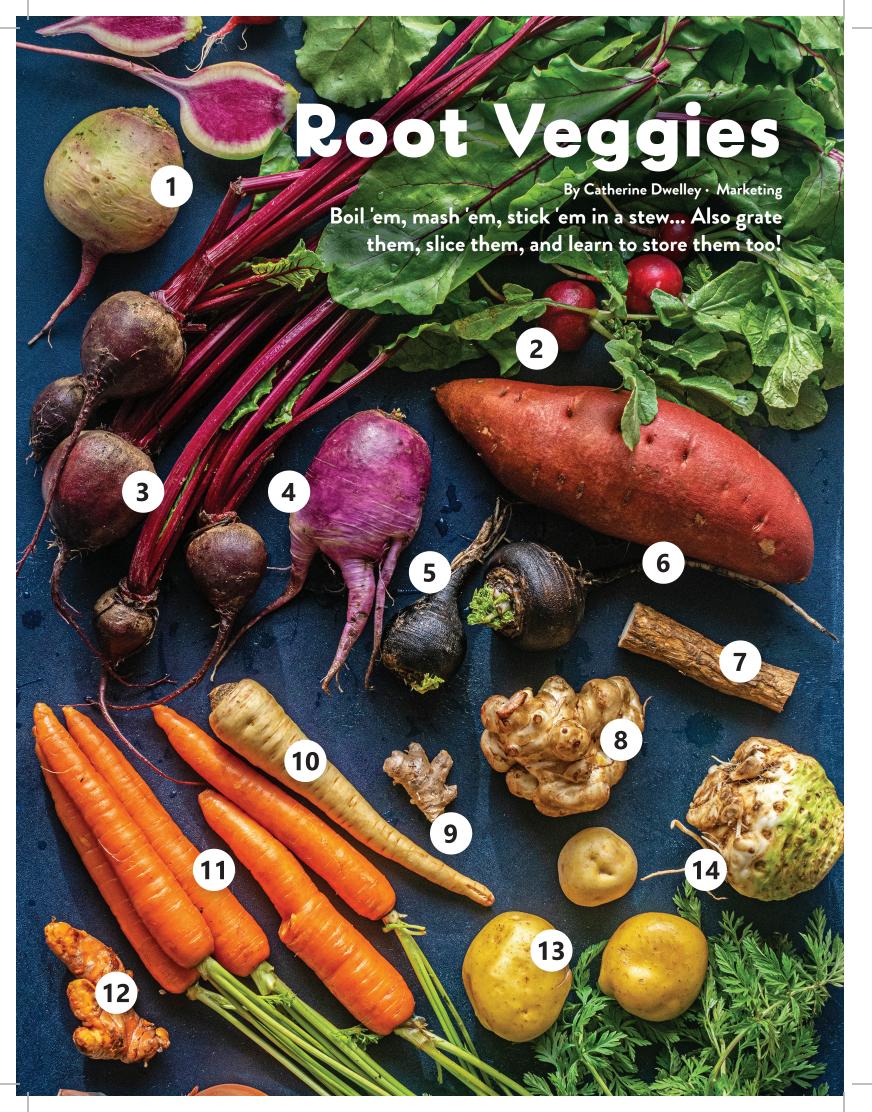
So many delicious ways to prepare these gnarly uncut gems: puréed, mashed, roasted, raw, grilled, sautéed, steamed, boiled, stir fried, pickled, and hashed; as pizza toppers, bowls, fritters, latkes, pot pie, veggie stock, fries, quiches, and frittatas. I tried them all.

There are many advantages to branching out with root crops and their cousins the rhizomes. First, they tend to be very affordable and easily added to many meals, stretching the budget. A handful of cubed root crops add both flavor and bulk to stews, soups, and side dishes. If you are lucky enough to get them with the greens attached, even better!

They also pack a wallop, nutritionally speaking. Root crops are heart healthy and full of fiber. In general, they are a good source of potassium, folate, complex carbs, manganese, and vitamins A, B, and C. The bulbs, roots, and tubers absorb water and nutrients to feed the rest of the plant. That's what makes them such a dietary powerhouse for us.

Subterranean vegetables are a great in-season choice, and often grown close to home, which makes them available year-round. Many are shelf stable and with a little care can stay fresh without refrigeration. And many are easy to grow yourself (plant radishes and you may have volunteers for years to come!). In early spring, LifeSource sells seeds and starts.

So, do a little digging and branch out with food grown down under. Delish!



#### 1. WATERMELON RADISH

Watermelon Radishes have a pale white and light green skin. Slicing them in half reveals an intense pink flesh with a mild sweet flavor. You can peel them if desired, but just giving them a good scrub before slicing is fine. Enjoy them raw, pickled or roasted. We love watermelon radishes in our Roasted Radish Soup recipe where they lend a beautiful pink color. Store watermelon radishes in the crisper in the fridge in a breathable container or net bag. They can last several weeks! Once sliced, store in an airtight container for 5-7 days.

#### 2. RED RADISH (TABLE RADISH)

Red radishes are bright and peppery, with red skin and crisp, white flesh. The fuzzy greens are delicious sautéed or braised. Red radish roots are often sliced thin and eaten raw in salads with no need to peel, minced and mixed into delicious compound butter, or even used as a garnish. Red radishes are also excellent roasted with other root veggies, where they take on a milder, sweeter flavor. Store radishes in a plastic bag in the crisper for up to 2 weeks. The edible greens usually only last up to five days, so use them first! Radishes with their greens removed may also be packed into a mason jar and covered with water for up to 10 days.

#### 3. BEETS

The beloved beet is sweet and earthy, with edible greens and amazing versatility. They come in gorgeous colors from deep reds and purples, striking gold, and the candy cane striped chioggia. Peel, slice, and eat them raw or on salads. Pickle them, roast them, or juice them too! They pair amazingly well with orange vinaigrette in a roasted beet

salad, or try our Vegan Chocolate
Beet cupcake recipe for a surprising
twist on dessert. Saute the greens
or add them to soup or omelets
as you would kale or chard.
To store beets, separate the roots
from the greens. Store beetroots in a
breathable bag in your crisper, and
the greens in an airtight container.
Whole beets will last at least 7-10 days
in the fridge, and greens 5-7 days.

#### 4. RED DAIKON RADISH

Daikon radishes are one of the largest radishes, usually weighing around one or two pounds, with the largest recorded being 73 pounds! They have a mild, sweet flavor with a bit of a bite, mostly in the peel! Feel free to peel or not, your choice. Red, green, and purple daikons often have color going all of the way through, with the common white variety being a solid white. Delicious braised with rich meats. roasted with other roots, pickled with other veggies on a bánh mì sandwich, in Korean kimchi, or grated raw in a salad. Store daikon radishes the same way as other watermelon or black radishes, in a breathable container in the crisper drawer of the fridge. They will remain firm and fresh for a week or more.

#### 5. BLACK RADISH

Black radishes are spicy, earthy and pungent. If you are looking for strong flavor, you found it! Peel away the tough black skin to reveal crisp bright white flesh. Black radishes are excellent roasted with a bit of olive oil, sea salt, and pepper. They lose a bit of their pungency and become more mellow, but still have bite. Puree them into soup, celeriac mashed potatoes, or grate them raw for a unique bite in salads.

Store refrigerated in a plastic bag for up to 2 weeks. If the radishes are completely dry, they can last for several months.

#### 6. GARNET YAMS

Garnet and jewel yams are not actually yams, but a type of sweet potato. Sweet potatoes (Ipomoea batatas) are a member of the morning glory family (Convolvulaceae), are not nightshades, and have no relation to the familiar russets and Yukon golds! Their greens are not toxic and may even be eaten. Garnets have dense, sweet orange flesh that lend amazingly well to being baked, mashed, made into fries, soups, stews, curries, chili, and sweet potato pie. While the skin is edible, it doesn't add much flavor-wise so we peel them, unless you are roasting whole, in which case bake it in its jacket. Store sweet potatoes as you would potatoes-in a cool, dry, dark place. Storing them in the fridge can cause a hard center and unpleasant flavor.

#### 7. HORSERADISH

While both members of the Brassicaceae family, horseradish is not actually a true radish! Its sinus burning spicy flavor is caused by the release of a compound called allyl isothiocyanate, (also found in wasabi) which can irritate the nose and eyes (and also makes it fun to eat!) Peel its rough brown skin to reveal white, hard, stringy flesh. Prepared horseradish is excellent with roasted meats, as a substitute for wasabi, or in your favorite Bloody Mary recipe. Store in the crisper wrapped in a damp paper towel in a plastic bag or airtight container. Once peeled and grated, store in a glass jar in the refrigerator or freeze it in an airtight container to preserve the flavor.

# 8. SUNCHOKE (JERUSALEM ARTICHOKE)

Subtly sweet and nutty, this tasty relative of sunflowers also has a hint of artichoke flavor. Enjoy a small quantity to start with either raw, roasted, poached and fried, or pureed into soup. No need to peel! Just scrub them clean under cold water. They also have a somewhat notorious reputation across the pond. Laughingly called the *fartichoke* in the U.K., the sunchoke is high in an indigestible fiber called inulin, which can cause gastric distress if consumed in large quantities, especially if you aren't used to them.

#### 9. GINGER

Spicy and pungent, ginger is the rhizome of a tropical herb and a relative of turmeric. Ginger is an extremely versatile spice, found in everything from candied chunks and sweet baked goods, to spicy and savory stir fries, and refreshing beverages. Enjoy it cooked or raw, minced, ground, and grated. Its thin papery skin doesn't need to be peeled, but we recommend it if your recipe requires a specific texture, or if the rhizome is a little older and dried out. Store ginger for up to a month in a paper bag in your crisper drawer. It may also be frozen whole or grated for up to five months.

#### 10. PARSNIP

Parsnips look a lot like carrots, only white. In fact they are related, but the flavor is different. Parsnips are a little sweet, a little earthy, and have a small bit of bite like a celery root. Sometimes when they get very large, they can have a woody core in the center that is too fibrous for good texture and needs to be cut out. The skin is edible like a carrot,

but we recommend peeling them. Try parsnips roasted with a little maple syrup or olive oil, mashed like potatoes with butter and cream, or tossed into soups and stocks for that certain *je ne sais quoi*.

#### 11. CARROTS

Okay, we all know carrots. One of the most ubiquitous veggies around, they are used in thousands of recipes from sweet carrot cupcakes, to spicy and roasted, to raw in a salad and more. They are sweet and crisp, with an edible skin that can be peeled or not, it's up to you! Carrot greens are delicious and reminiscent of parsley they are relatives after all! Try them sautéed or in stir fries, in tabbouleh, or blend them into a tasty pesto when basil is out of season. Aside from the familiar orange, carrots come in white, yellow, red and purple, with varying levels of sweetness. Pick up a bunch of rainbow carrots and try them for yourself! Store carrots in your crisper in an open plastic bag for up to one month.

#### 12. TURMERIC

Turmeric has a mild and sweet gingery-carroty flavor and bright orange flesh. Use it anywhere you'd use ginger—in both sweet and savory applications, blended into smoothies, juiced, grated and tossed into a stir fry or curry, or steeped in tea. The skin is edible too, but is often peeled for better texture. Store turmeric the same way you would store ginger, in a paper bag in your crisper drawer for up to one month. It may also be frozen whole or grated for up to five months

#### 13. YELLOW POTATOES

The potato (*Solanum tuberosum*) is a perennial plant of the *Solanaceae*,

or nightshade, family. All parts of the potato plant are toxic, except the glorious golden tubers we know and love. Feel free to peel, or leave the skin on for a more rustic texture. Bake them, mash them, or stick them in a stew, your choice! We love these taters mashed with gravy or in a rich potato soup. Store potatoes in a paper bag in a cool, dark place away from onions, which can make them sprout sooner! Although the green skin sometimes seen on older potatoes is caused from chlorophyll and exposure to light, it can also be an indicator of higher levels of glycoalkaloids which can cause stomach irritation. If you notice them starting to sprout or turning green, peel them and use them as soon as possible. If they taste bitter after peeling, toss them in the compost.

#### 14. CELERY ROOT (CELERIAC)

If I had to pick a favorite root veggie, I'd have to go with the unassuming yet secretly magnificent celeriac. It's a little ugly and intimidating if you don't know what to do with it, but after peeling and cooking, it takes on a smooth and tender texture with sweet and nutty flavor, boasting hints of celery and parsley. It's excellent mashed with potatoes, roasted, pureed into soups, simmered with other veggies to make stock, and the way my mom always made it: simmered until tender and marinated overnight in a vinaigrette. We'd toss it with garden grown tomatoes for an excellent salad. Celery root may also be eaten raw tossed in a salad or grain bowl. Wrap it in a damp paper towel in an open plastic bag and store it in your crisper drawer for up to 3 weeks.



### **Prepared Horseradish**

By Catherine Dwelley · Marketing · Makes about 1 Cup

- 4-5 oz (¼ lb) horseradish root
- 2-4 Tbsp water
- 1-2 Tbsp apple cider vinegar
- Pinch of sugar
- Pinch of salt
- 1. Peel and chop horseradish root into ½ inch pieces. Add to the bowl of a food processor with 2 Tbsp water, 1 Tbsp vinegar, sugar and salt. Process until smooth. Add a little more water and vinegar to reach desired consistency.
- 2. Store in a sealed glass container in the refrigerator for up to 3 months.

No food processor, no problem! After peeling horseradish, grate using the small holes on a box grater. Place in a small bowl, and add desired amounts of water, vinegar, salt, and sugar.

For extra spicy horseradish, wait 5-10 minutes before adding vinegar.

For pink horseradish, stir in a few drops of beet juice.

For creamy horseradish sauce, add  $\frac{1}{4}$ - $\frac{1}{2}$  cup sour cream and 1 Tbsp mayonnaise to every 2 Tbsp prepared horseradish.

### Lester's Legendary Horseradish

By Marney Roddick · Customer Service

t Passover time, my old friend Lester provided fresh horseradish for the entire Rogue Valley Jewish community, which back in the '70s stretched from Wolf Creek to Yreka. He had a huge patch of horseradish plants in his backyard that he harvested every spring.

Fresh horseradish is a perennial with some pretty impressive properties that promote good health. Used as a condiment for thousands of years, horseradish adds zest to just about any food you serve.

I remember the work parties attended by the ladies of the community. First there was the digging. Then Lester and his wife presided over the operation while we grated mountains of the pungent roots, some of us tearing up from the fumes. The kitchen was filled with laughter, arguing, gossip, and strong odors.

Lester's secret recipe included just a touch of salt and sugar, plus a splash of vinegar. I'm not sure of the ratios, but it was almost 100% full-strength horseradish. About half of the batch was tinted pink from beet juice. It didn't taste any different, but it looked great.

When Lester passed away, some of us went over to dig up a root or two to plant on our own. For years, every spring I would go out to harvest just enough for my family to share with friends



at the Passover table. It always felt like Lester was still with us as we gathered for the telling of the ancient story.

# KOMBUCHA

By Matthew Trickey  $\cdot$  Marketing

hen I was first introduced to the fermented tea known as kombucha, it seemed to me a quirky novelty. After home brewing a successful batch, I turned my attention away for a couple years, but after discovering commercially made kombucha in a store, my interest was refreshed. I watched as kombucha has grown into a flourishing industry. The convenience of purchasing a bottle from the local co-op renewed my interest, and I remember watching the burgeoning niche market as it steadily grew. Every year since then, I have noticed more kombucha brands entering the market, introducing an amazing variety of selections and flavors. I'm now accustomed to finding kombucha widely available in conventional grocers, restaurants, even in convenience stores, yet I'm still pleasantly surprised about the new flavors and options I encounter. It seems that, much like the effervescent result, kombucha continues to reward, as interest and sales continue to grow steadily. Since I have been able to

watch kombucha grow from niche to mainstream, I want to share my perspective from a time before kombucha was commonplace. I'll share the story of my first batch, and how my relationship and understanding of kombucha has progressed through the years.

First, let's understand what makes kombucha unique from other fermented beverages. Kombucha begins as a brewed tea, with sugar added to support fermentation by a symbiotic culture of bacteria and yeast. As the yeast and bacteria grow, they metabolize sugar and tea into several different compounds resulting in a mild tasting drink containing many organic acids and probiotic organisms that aid digestion. The symbiosis, often abbreviated as SCOBY, results in cellular waste that floats on the carbon dioxide bubbles released by yeast. This floating pad, called a pellicule, looks somewhat like a wet mushroom cap, hence one name for kombucha, "tea mushroom." The pellicule and the SCOBY are not technically a

mushroom, but the yeast within are members of the fungus family.

In the mid 1990's, "tea mushroom" was surrounded by mystique and misinformation. Not available in stores, the only way to obtain kombucha was by brewing it at home, and starter cultures were only available from other brewing enthusiasts. When I had an opportunity to brew a batch, I remember the handwritten instructions, the long list of requirements for success, and dire warnings about contamination, but I was lucky to have previous experience brewing beer, so proper equipment and sanitation were readily available. Thus began my adventure with this complex form of fermentation.

#### **Fermentation**

Since high school, I have nurtured an interest in fermentation. My father would put a few raisins in fresh apple cider to make it taste tangy and bubbly, and curiosity led me to research this process. I knew wild yeast often sticks to grape skins, and would

begin growing in cider. Ever the experimenter, I bought two gallons of cider and tossed in a packet of bread yeast. The resulting hard cider was almost flavorless, and rather high in alcohol content. The bread yeast I used had fermented away all the sugar, leaving behind only ethanol. I had inadvertently discovered an important fact about yeast. Yeast strains matter when it comes to fermentation.

#### **Fungus**

Though yeast is a member of the fungus family, yeasts are single cells, and don't form a mushroom, so calling kombucha "tea mushroom" is not quite correct. In kombucha, yeasts perform primary and secondary fermentations, each thriving from the metabolites of other microorganisms in the symbiotic mix. Several yeasts of the Saccharomyces family live together, each one having a slightly different role. S. cerevisiae, is the yeast in bread and beer, converts sugar to alcohol. Brettanomyces yeast converts sugar to alcohol, and then acetic acid, giving kombucha a cider-like aroma. Also found are *S. ludwigii*, *S apiculatus*, and a unique to kombucha, Zygosaccharomyces kombuchaensis. This one contributes to the unique floating pellicule that forms on the surface. Occurring as multiple floating layers of cellulose, this pellicule can resemble a floating mushroom cap, and is probably responsible for the name "tea mushroom," but this pellicule is not a mushroom, just a floating layer of cellulose from accumulating yeast cells.



#### **My First Batch**

At university, I shared a house with several amateur fermentation enthusiasts. Having previously made wine, beer, and sauerkraut, we shared a natural curiosity about "tea mushroom," and wanted to brew our own. Our large and lively kitchen was already home to a few fermentation experiments, mostly the result of neglected sanitation. Once we finally located a kombucha starter culture, we diligently cleaned and sanitized

surfaces in preparation for the big brewing event. The starter we had consisted of a glass jar, floating pellicule, and SCOBY of the microorganisms in kombucha culture. Gathering enthusiastically as we heated water for the tea, we were curious about the odd appearance, and vinegar aroma of the culture. The accompanying instructions, a crooked photocopy of handwritten notes, seemed to be a long list of "don'ts." Don't stir with a wooden spoon, don't

ferment in a metal container, and, especially, don't let the fermenting kombucha become contaminated! Fortunately, my experience brewing beer had equipped me with proper sanitation and a glass carboy. Gathering the necessary ingredients was as simple as a walk to the grocery store, where I purchased a box of black tea bags and a bag of white sugar. I boiled water, introduced the sugar, then 6 tea bags, and allowed the mixture to cool enough to pour in the glass jug. Once it had cooled to room temperature, I poured in the bag of starter, capped the jug with an airlock, and set it on top of the refrigerator, where the temperature was in the upper 70 degrees, a bit warmer than ambient room temperature.

#### **Gifting Culture**

At the time I made my first brew, there was no kombucha available in stores, it was only something shared person to person. Each new batch of home brewed kombucha produced a new SCOBY in the form of floating pellicule, so gifting them was a great opportunity to share kombucha with friends. Amateur kombucha brewers were often eager to share their knowledge, and their enthusiasm helped inspire the ever growing interest in kombucha.

#### **Bubbles & Swarm**

Thriving in the warmth of the kitchen, our kombucha batch began to ferment, bubbling steadily as the yeast produced carbon dioxide. Soon I noticed the formation of a thin membrane floating on the surface. Bubbles collected underneath, and there

was occasional blurp in the membrane when gas was released. I was surprised, though, to see a small swarm of fruit flies hovering around the airlock. Fruit flies?

I pulled the jug down for a moment, and noticed a faint vinegar aroma. "Is something wrong?" I wondered, "Is it spoiled?"

Concerned, I called the friend who gave us the original culture, "It's supposed to smell like that. That's from the probiotic bacteria in there." I was somewhat reassured, but not entirely convinced, yet agreed to let it remain fermenting for a bit longer.

#### **Probiotics**

Freshly brewed kombucha is alive with probiotics, specifically, members of the *Acetobacter* family of bacteria. These bacteria also produce the flavors and aroma of kombucha as they metabolize the sugars and some of the tea in the brew. Some bacteria produce lactic acid, others produce acetic acid, and the *Gluconacetobacter*, unique to kombucha, produces acetic and gluconic acid. These organic acids aid in digestion and possibly help chelate some compounds in the body for elimination.

Over the next few days, I watched as the floating SCOBY pellicule grew thicker, and formed layers. Two weeks had elapsed since I began the fermentation, and the kombucha was ready to drink. My friends and I gathered around with curiosity as I decanted the liquid to a fresh jar, leaving the surprisingly heavy

pellicule behind. I poured the amber liquid in shot glasses, and with a bit of trepidation, we sipped our samples...

...Bubbly, a faint tangy flavor, yet sweeter than I expected.

#### **Sweet But Less Sweet**

Sugars are not fully fermented by the yeasts or bacterial cultures in kombucha, so there is some residual sugar after fermentation. For those seeking to consume less sugars, this aspect may suggest moderation in serving size. While some sugars do remain, there are not as many as found in other sweetened beverages, and this might account for some of kombucha's popularity. With less sugar, tart flavor, and bubbles, kombucha was noticeably more refreshing to me than other beverages.

When I first noticed a commercially distributed kombucha, GT's brand, I was intrigued, so I bought a bottle to taste. This kombucha was well carbonated in the glass bottle. The flavor was mild and tangy, but not overly sweet. It was very refreshing, more so than the natural soda I originally intended to buy. I preferred the taste and lightness of kombucha to my habitual energy drinks, so I began to enjoy it more frequently.

For some years, GT's Kombucha was the leading brand at LifeSource, but demand for kombucha continued to grow, and several new kombucha brands began to enter the marketplace. As interest in healthier beverages

expanded, distributors began to offer stores more kombucha brands, and flavor options. There was now some competition for space in store coolers, and this variety of options brought more interest to kombucha as a healthy alternative to sodas. This coincided with a growing interest in digestive health, and probiotics. Bottled kombucha offered a tasty and convenient source of probiotics, and helped grow interest in functional refreshment. Kombucha drinks with active probiotic cultures began to dominate the market.

Regulations

Kombucha sales had increased significantly, but some concerns about alcohol content were raised by regulatory authorities. Kombucha contains a small amount of alcohol produced by yeast. There is a legal limit to the amount of alcohol present in beverages such as orange juice, kombucha, or ciders. Under current law, alcohol content must be under 0.5% or the beverage is subject to regulation and taxation as an alcoholic beverage. Kombucha brewers can measure and control alcohol content at bottling, but there was a concern that continued fermentation in the bottle may result in more alcohol, and the end product would be over the half percent limit. This meant regulation as an alcoholic beverage, and classification as beer rather than kombucha.

The kombucha brewing industry is seeking to change the regulation, arguing it is inappropriate because the 0.5% alcohol limit

was not based on any scientific studies, and was unfair to impose on this growing sector of beverages. Despite this, kombucha brewers are required to ensure compliance with legislation in effect, so some brewers began researching methods to reduce residual alcohol in their products, and others sought

to comply by selling through alcohol distribution channels, paying the 'beer tax' in order to remain available to consumers.

GT's Kombucha, though they disagreed with the classification, arranged to have their original formula kombucha carried by beer and wine distributors already





serving natural foods markets. This meant GT's kombucha moved to the beer cooler, and sales were restricted to those over 21 years of age. GT's was quick to bring to market new formulations of their favorites to remain under 0.5% alcohol. The end result was more shelf space for the GT's brand, and a choice between the original and new formulation. Eventually, with public taste moving towards lower sugar beverages, the new GT's kombucha options became the default at LifeSource, and the over 21 kombucha was phased out.

Oregon representatives Earl Blumenauer and Ron Wyden have reintroduced legislation each year to raise alcohol level limitation from 0.5% to 1.2%. Arguing that regulating and taxing kombucha as beer is outdated and hampers the growing industry. Seeking to create limits that more accurately reflect what is permissible in kombucha, the bill continues to see growing bipartisan support, though not enough to

pass yet. If the bill eventually passes, the kombucha brewing industry would benefit overall.

#### **Lower Sugar**

Lower sugar kombucha options performed increasingly well as people sought to control calories and sugars in their diet. Among brands, the competition for cooler space and placement was heating up. Now instead of carrying a full line of products from one brand, merchants would make room for several brands by only carrying the best selling flavors. Distributors began to do the same, looking to save warehouse space, and grow profitable. This encouraged Kombucha companies to emphasize their most popular flavors, and preserve a sense of variety by offering seasonal special flavors, much like the beer industry had been doing. Taking another cue from the beer industry, Brew Dr. Kombucha began to offer kombucha on tap, and LifeSource was one of the first stores to offer three varieties

of fresh kombucha on tap.

#### **Mass Market Distribution**

Over the last ten years we have seen kombucha and other probiotic beverages continue to grow rapidly in popularity. LifeSource now has an entire cooler dedicated to functional beverages, including an abundant selection of kombucha brands, flavors, and new ingredients such as CBD. Mass market distributors have taken note of the growth potential for kombucha, and have introduced the beverage in convenience stores and large conventional retailers as well. The popularity of kombucha has followed market trends as people seek healthier and more functional beverages. Kombucha, now available in many bars and restaurants, offers a popular option for festive non-alcoholic beverages, while hard kombucha, an adult oriented beverage, joins lighter alcohol beverages like cider and spritzers as they rise in popularity.

# **Ask Mr. Natural**

# Is LifeSource a Local Small Business?

Yes! LifeSource was founded in 1994 by Alex Beamer who still works in the store today! There is only one location and it's on Commercial Street in Salem, Oregon. We operate on a profitsharing model but are not a co-op. Some of our employees have been with the company since Day 1!

# Is LifeSource a Health Food Store?

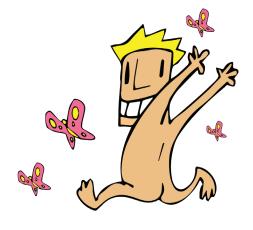
No! LifeSource is a Natural Food Store. We believe that eating Natural Foods is healthier for your body, but we don't specialize in health foods. We boast a large supplements selection and our wellness department is trained to help you navigate the different products we offer. We do try to offer gluten-free, dairy-free, vegetarian, and vegan options whenever possible. Health looks different for everyone and we want to foster a healthy relationship between the food we sell and the customers who eat it!

# Why doesn't LifeSource carry the same brands as other stores?

LifeSource has a different set of product standards than most other grocery stores. We prioritize organic, fair trade, local, sustainable, and non-GMO products. In our store, we don't allow ingredients such as artificial colors, preservatives, flavors, and sweeteners. We have a list of over 80 ingredients that we simply won't carry. Many brands that are carried in other stores don't meet these standards. We prioritize the health of our patrons over profits and we take time to seek out products we are proud to sell to our Salem-Keizer community.

#### Does LifeSource carry meat?

Yes! LifeSource was a vegetarian store when it opened in 1994 but has been carrying meat products for many years now. You can find some of the most local, fresh, sustainably-raised meat in Salem at LifeSource. We do not allow meat, dairy, or eggs from animals confined to cages or stalls. Birds must have room to perch, nest and



stretch their wings. We prioritize meat and eggs from birds raised on pasture. All mammals must have access to open-range pasture (with exceptions for cold and muddy weather conditions). We carry a wide range of vegetarian and vegan options for those who prefer not to consume meat and or dairy products as well.

# Does LifeSource have a bulk department?

Yes! Over the years we have expanded our bulk department into something we are quite proud of. We carry bulk items you can't get in anywhere else in Salem. You can grind your own fresh almond butter, slice a slab of your own soap, pick up a hunk of beeswax, or fill out your spice cabinet with the large variety of options in our bulk department. We can't wait for you to come and see it.



# **PCUN**

(Pineros y Campesinos Unidos del Noroeste: the United Treeplanters and Farmworkers of the Northwest) is based in the heart of the Oregon Latinx community and is in one of the most vibrant agricultural areas in the state. We were founded in 1985 by 80 farmworkers who were fed up with their working conditions and decided to take action against exploitation and its effects. Over the last three years, we have continued to follow our founding tenets as we supported farmworkers

through the COVID-19 pandemic, deadly heatwaves, devastating wildfires, and ice storms.

Our communities experience disaster after disaster, but one thing has remained constant we all need to eat, and someone needs to harvest our food. While local, state, and national governments coordinated efforts to help the workforce navigate each disaster, farmworkers largely remained excluded from the conversations. Farmworkers had to work in wildfire smoke, ash, and unhealthy air quality with terrible visibility and little-to-no protection during the 2020 labor day wildfires.

When the heat waves hit in June of 2021, farmworkers had to start their days before the sun was up to work in more tolerable temperatures and continued to work throughout the day under the scorching sun. During one of the most grueling hot days, co-workers found 38-yearold farmworker Sebastian Francisco Perez unconscious hours after they noticed he was missing. This death was entirely preventable. Farmworkers and allies throughout the Willamette Valley took action to stop something like this from happening again. The demand was clear—workers deserve protection from excessive heat and toxic air quality conditions. After several days of demands on Oregon OSHA, emergency









Clockwise from Top Left: A
PCUN Staff and Members, 1991, 5th
Convention, 1989,
Legalization Interviews, 1989

OSHA adopted permanent heat and smoke rules. These rules ensure workers have access to shade and cool water during high temperatures and receive respiratory protection during bad air quality conditions.

Throughout all of these disasters, farmworkers were excluded from receiving overtime pay. In intolerable heat and smoke conditions and throughout the pandemic, their pay rates were the same whether they worked 50 hours a week or 80. In 2021, we introduced legislation eliminating the Fair Labor Standards Act (FLSA) exclusion of farmworker overtime pay in Oregon. After

two years of advocacy, Oregon passed a law that will, over five years, provide time and a half pay for farm workers. This new law ensures that the people who help put food in our stores and on our tables are paid fairly for their essential labor.

For some readers, it may be challenging to comprehend how our state and nation could allow these working conditions for farmworkers. Systematic racism and xenophobia enable these conditions to flourish. PCUN continues to fight to ensure our farmworker communities obtain a pathway to legalization, as over 50% of farmworkers are

undocumented. The opportunity to receive legal status and work permits will significantly contribute to our advocacy for access and rights. Join us in pushing for a pathway to legalization through the Farm Work Force Modernization Act. You can also support our farmworkers by purchasing certified EFI (Equitable Food Initiative) products. The EFI certification guarantees food safety standards and fair, safe, and healthy working environments for farm workers.

¡Sí se puede! www.pcun.org













## **COMMUNITY MATTERS**

Every time you use your reusable grocery bags at LifeSource, we give you the option of a 10¢ discount per bag, or donating that 10¢ to a local organization doing great work in our community. 10¢ may not sound like much, but those dimes add up! Here are recent recipients of your generosity:

#### **OCTOBER**

#### Friends of Family Farmers

FriendsOfFamilyFarmers.org A local non-profit that stands as a voice for small and family farmers.

#### **NOVEMBER**

#### Center for Hope and Safety

HopeAndSafety.org Offers a safe refuge and support to victims and survivors of domestic violence, sexual assault, stalking and human trafficking.

#### **DECEMBER ARCHES**

\$747

mwvcaa.org/programs/ the-arches-project A housing and street outreach program of Mid-Willamette Valley Community Action, providing shelter and resources to locals experiencing houselessness.

#### **JANUARY OSU Extension Service**

\$729

Extension.oregonstate.edu The OSU Extension Service helps provide local communities with trusted expertise and science-based knowledge, focusing on healthy communities and economies,

resilient and productive forests and ecosystems, sustainable agriculture, food systems, and gardening, and thriving youth, individuals, and families.

#### **UPCOMING BAG CREDIT DONATION RECIPIENTS**

#### **FEBRUARY**

#### Salem Harvest

Helps distribute food without charge to children or homeless, unemployed, elderly or low-income individuals.

#### **MARCH PCUN**

PCUN's mission is to empower farmworkers and working Latinx families in Oregon by building community, increasing Latinx representation in elections, and policy advocacy on both the national and state levels.

#### **APRIL**

#### Cherry City Veg Fest

Salem's own vegan food festival, celebrating compassion, education and community.

#### MAY

#### Salem Angels

Salem Angels provides mentorship, resources, and support to foster youth and their placement families.

#### **UPCOMING EVENTS** AT LIFESOURCE

SPRING FOOD FAIR May 6th **FALL FOOD FAIR** 

**PAJAMA SALE** 



# Let us introduce you to

# COZY HOME MAGAZINE

Cozy Home is a new local publication made for Salem by Salem. Learn more about publisher Aubrie's story and how she is using print to give back to the community.

hey say home is where the heart is. For me, home began as an empty, lonely place. My passion for home is inspired by my past and longing for stability. I was homeless at the age of nine and put into foster care. From the ages of ten to sixteen I was placed back with my bipolar mother who struggled to care for me. Finally, I became a ward of the court at the age of sixteen when my mother left and I again became a foster child. I pressed into my faith and began healing through creative outlets such as art, design, and songwriting.

Several years later and more hardships, including the passing of my father, nearly losing my own life, and a tragic divorce brought about the desire to rise above and be the change I wish to make in this world. Life is about perspective. I choose to find joy in the middle of pain and have found a deep desire to help those around me find their joy too.

My business began as a creative outlet in July 2015. I partnered with a local designer and mentor who gave me a platform to stage in the Tour of Homes in 2015 and 2016. I worked two jobs as a single mom and finally made the leap to be full-time in July 2021. I have since had the privilege of staging a multitude of homes and have been touched by the lives I have encountered. Cozy Home continues to grow and I am excited about what is coming next!

Homes will be broken. Hurt and pain may always be within reach. I count it a blessing for my many trials. My journey has given me an eye to see the potential beyond the chaos and Cozy Home has given me a platform to use décor as a tool to bring an atmosphere of peace into my clients' homes. If home is where the heart is at, then it should be filled with love, peace, and a place of refuge. Not everyone has a house, but everyone deserves a place to call home. If home is where the heart is at, then my home is with you.

Thank you for taking time to get to know me. May your home be filled with joy.

Sincerely, Aubrie Crowe

Pick up your free copy at LifeSource today!





# How long have you been at LifeSource?

I've been at LifeSource for 6 years. My first actual day was in October of 2016, for a scheduled working interview. I remember working with Zira [our former Mercantile buyer] and she spoke to all of the quality and culling standards in place. I was impressed by her passion.

You've been a bit of a jack-ofall-trades at LifeSource. What roles have you had, and what hats are you currently wearing? Currently I am wearing a 49er's hat. Go NINERS!

I was hired as our produce manager, then transitioned to grocery manager, where I learned a great deal about myself and my motivations for doing what I do. Then I got the amazing opportunity to become our first facilities manager. One day in

[store manager] Marie's office I said that in my retirement years I wanted to follow in our beloved Beth's footsteps and be our "facilities manager." [Editor's note: Beth was another immensely talented member of the LifeSource team who passed away in 2021.] It was half joke, half pipe dream, but through the magic of LifeSource it came to be. That role has really connected me to my core value of service to others. It really drives me to be everyone's hero, so to speak. It has revived me! Then fastforward 6 months and here I am back where it all started as Interim Produce Manager, where I can put my best self out there for the team and give them the support they need. I'm focused on leveraging what I know to be true, while vehemently pursuing what I don't, to build an amazing produce experience for our team and community.

Seriously, I want to put us on the map! Retirement is for wimps!

# What's your favorite part of your job?

Motivating others. I love telling stories and sharing what I know with others. I love seeing "Ah ha" moments and lighting a spark inside the people who I work with.

# What brought you to LifeSource?

Serendipity. Not only is it a good movie (I love romantic comedies), but it accurately describes my journey here. I'm glad I'm here and get to work with such compassionate and loving humans.

# Why is LifeSource important to you?

It's because of our pursuit of our vision, this idea of LifeSource as a hub in our community providing fresh, healthy, and nourishing food. Our commitment to locally-produced food and sustainability is important to me, this idea of connecting with the food we eat and selling it in a way that differentiates us from our competition. Everyone needs a cause, something to aim for. I believe this is a worthwhile endeavor.

# Favorite items? Favorite produce?

Our scones are the best and we have the tastiest bananas in town. I also love the heritage variety of Happy Eggs. Marsee dinner rolls are a perfect combination of crunchy and soft butter-lovin' goodness. There are also TDE

Mandarins, Jazz apples, Cara Cara oranges, Ronnie's broccoli microgreens, Royal Riverside chocolate milk, Sally's basil, B-Right methylated vitamin B, Turmeric ... how much time do we have anyway?

# Do you like to cook? What's your favorite dish to cook? Or to eat? Talk about wearing multiple hats...

I think I am an amazing cook. Some of my cherished memories are of my grandmother and aunt in the kitchen. I used to sit on that classic tall-seated step stool in their kitchens taking in every detail. It was soothing in a way. I grew up cooking at an early age. When I was eight, I remember starting a small grease fire in our kitchen at the same time I reported my bike stolen. The cops showed up just as the smoke started billowing out the front door. My mom was not even home, but those were the 70's. It was different times!

I love cooking for others and seeing the delight on their face with the first bite. My real retirement job might be a food truck! I can't narrow down my favorite foods; there are too many. Let's just say I pursue the perfection of the right combination of flavors and textures in everything from a Jimmy Sandwich to something more complex like duck cassoulet.

#### How do you like to spend your free time?

I love playtime with my kids. I have the enormous responsibility of raising Miranda, Breven, and Hannah to be powerful independent humans with just the right amount of compassion and love for self and others. You can teach a lot through games.

Thank you for letting me share a bit more about myself with you. I am humbled to be involved.

## **Sweet Potato Dinner Rolls**

By Catherine Dwelley · Marketing · Makes 12 Rolls

- 1 cup whole milk or plant based milk
- ¼ cup butter or vegan butter
- 1 packet or 2 ¼ tsp active dry yeast
- 1 tsp evaporated cane sugar
- 1 cup leftover mashed sweet potatoes, loosely packed
- 4 cups unbleached wheat flour, spooned and leveled, plus more for kneading
- 1 tsp kosher salt
- 2 tsp milk
- 2 tsp maple syrup
- 1. In a small saucepan, heat milk and butter until butter is melted, and mixture is warm to the touch—about 110°-114°F.
- Add yeast and sugar to the warm milk mixture and let sit for about 10 minutes, or until foamy. If your yeast doesn't foam up it is likely expired and you will need fresh yeast.
- 3. Whisk together unbleached wheat flour, and salt.
- 4. Stir milk and proofed yeast mixture and mashed potatoes into the flour mixture. A soft dough will form.
- 5. Turn dough out onto a floured surface and knead for 8 minutes, adding a little more flour if dough is too sticky. You'll want it a little tacky, but not sticking to the surface or your hands. Return to the bowl and cover loosely. Allow to rest for 10 minutes.
- 6. Generously grease a 7 x 11-in baking dish with butter or cooking spray..
- 7. After the dough has rested, turn it out onto a lightly floured surface. Divide the dough into 12 even pieces, about 2 oz each. Roll each piece into a ball, and place in the prepared baking dish.
- 8. Whisk together in a small bowl 2 tsp milk and maple syrup. Brush over rolls.
- 9. Cover tightly with plastic wrap. Allow to rise in a warm, draft free place until doubled, about one hour to 90 minutes.
- 10. Preheat the oven to 375°F. Remove plastic wrap and bake for 20-25 minutes, or until rolls are golden brown. Remove from the baking dish and allow to cool 20 minutes before serving.





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