

OTHER AVE-NEWS



FALL 2014 NEWSLETTER

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Other Avenues Celebrates 40 Years Part Two: Owning It

by Tina Rodia

To celebrate our 40th Anniversary, Other Ave-News presents a series of articles that tell our story. Shanta began by recounting our early days from 1974 to 1999. In this issue, Tina describes our challenges and successes from 1999 to the present, and in the winter, Nicole will discuss our current presence in the Outer Sunset and our vision for a sustainable future.

Throughout our 40th year, as Other Avenues celebrates the anniversary of the creation of our store and all its successes and struggles, we focus on the concept of ownership. Since 1999, we have been legally incorporated as a worker-owned cooperative, and, most importantly,

since 2008 we have been the owners of the very building we operate in, making us both business owners and property owners. The fact that we own our building is a great source of pride and stress, and it enhances the very definition of ownership that, for decades, we have applied to our organization.

The definition of owner describes it as belonging to oneself or itself. This is a perfect way to describe how we, Other Avenues, are 22 individuals working together for the singular mission of Other Avenues' success. The dictionary also defines ownership as a way to express immediate or direct kinship. Other Avenues is often like a giant family, all brought together by love and necessity—love for our jobs and being part of a larger cooperative movement, and the necessity of needing to make a living without sacrificing our ideals and values. The workers of OA have long applied the concept of ownership to our individual roles in the operation. There is an atmosphere of accountability and respect that keeps each worker in tune with his and her role as an owner.

For years, our existence here in the Outer Sunset was largely a result of the nature of the Outer Sunset. In the 1980s, rent “far out” in the outskirts of the city was still relatively affordable



photo: ReZz

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for an arguably struggling business. In 1998, the building OA rented was put up for sale. By this time, rent throughout the city, even in the sleepy Outer Sunset, was creeping higher and higher, and the owners of the business at the time were distressed at the thought of possibly losing their long-term home. But OA's influence and importance in the community paid off. A former volunteer worker had the financial resources to purchase the building, and became our landlord. Using a progressive model for calculating rent, he set the rent to match a percentage of Other Avenues' sales, and raised the rent only in proportion to our increase in sales. The owners of Other Avenues enjoyed a decade of affordable rent and the security of retaining its retail space.

After ten years of generous tenancy, our landlord put the building up for sale in 2008. With the change in the rental market and the growing popularity of the Outer Sunset, we knew that we could potentially face as much as a 60% increase in our rent. A decision had to be made. The board of directors met and, under a deadline of just a few weeks, unanimously decided to pursue buying the building. The decision was relatively easy, but each one of us knew the prospect of securing a mortgage and making a down payment would be anything but easy. Much to our surprise, the building was valued at a shockingly high price, despite its "shabby chic" interior. While our bank graciously approved us for a mortgage, it required a 25% down payment, leaving us with only a few weeks to come up with a heck of a lot of money.

However, Other Avenues had invested in its community for over 30 years at this point, and we had several advantages. We knew we could rely on our community for financial help. It was in everyone's best interest for OA to come up with the down payment—no one wanted

to see OA shut its doors. The landlord agreed to sell the building with a flexible closing date, and he even turned down a higher bidder. Our bank was authorized to issue commercial mortgage loans backed by the Small Business Association under a special program. And an extremely generous couple and friend of

seriously, and we were about to take an enormous risk. While only one of us, Shanta Sacharoff, has been a part of OA since nearly the beginning, we all felt a deep sense of personal connection and responsibility for our business like we hadn't before. Ownership has changed the collective profile of a worker. While

The board of directors met and, under a deadline of just a few weeks, unanimously decided to pursue buying the building.

Other Avenues agreed to be short-term partial owners of the building so that their assets could be considered collateral. With the help of 25 other loans and CDs from members of our community, we were able to raise the 25% down payment in a few weeks.

Since 2008, we have been paying down our mortgage and repaying community loans. In 2014, in our 40th year, the Northern California Community Loan Fund, a nonprofit real estate lender that shares our values, refinanced our mortgage, and we were able to buy out the property's partial owners and pay back all our community lenders. Now Other Avenues truly owns its business location in full, and we have no debts. For the first time in our history, we have achieved the kind of stability for our business that allows us to make serious long-term plans. This is truly remarkable for a small business. The decision seemed almost too daunting at times, and it required the most dedicated and serious workers to see the process through. I truly believe that the moment we decided to buy the building, every worker took a deep breath and realized that they were indeed business owners who take this job

Other Avenues struggled in the past to make money as a cooperative retail store, it has grown into a successful business that encourages worker talents and vision, and the reward is a healthy business and an appreciative community.

Ownership, by definition, is also used to stress the fact that a person does or makes something without the help of others, as in "I did it all on my own." Here is where OA differs from the norm. We never do anything all on our own. There are 22 of us who are OA, and hundreds of you. We could not have bought our building without many of you, and we would not have had the incentive to keep our presence here in the Sunset if it weren't for you. Thanks to everyone, this truly is a community endeavor.

In our winter edition of Other Avenues, Nicole Gluckstern will pen the final chapter of our 40th anniversary biography, with our vision for the future of Other Avenues (in which there may or may not be flying space pods).

Meet the Workers!

Other Avenues is 100% worker-owned, which means that every staff member on the floor, in the back or at the register is an owner of the business. We make our business decisions by consensus, are guided by our by-laws and mission statement, and are always striving to provide the highest level of service. We are members of the Network of Bay Area Worker Cooperatives (NoBAWC) locally, and the U.S. Federation of Worker-Coops nationally. For our fortieth anniversary issue of Other Ave-News, we decided it was the perfect time to introduce the current crop of Other Avenues worker-owners, what they do at OA and their secret talents outside of business ownership.



Originally from Iqualada, Spain, Lluís Valls moved many times before graduating with a BA in Dramatic Arts from SFSU. In 1993, he joined Theatre of Yugen and became a major performer in the company before becoming co-artistic director when the theatre restructured into a collective ensemble. He has traveled to Japan, China, England, Ireland, France, Serbia as well as extensively throughout the U.S. He is also a founding member of Theatre Nohgaku and Clowns on a Stick. He is excited about the latest life chapter as a collective member of Other Avenues. It only took three applications to get hired!

Kendon Anderson is a longtime cooperater. His experience began long ago and far away in the exotic wilds of the bulk department at Ocean Beach People's Food Coop in San Diego. He was just a wee bulking then. Now, nearly twenty years on, Kendon is not only a seasoned bulkmeister, but he has also taken on more coop stewardship in his role as president of the board at Other Avenues. When not eagerly attending coop conferences and sharing the strengths and hopes of Other Avenues at the national level, he regularly travels to France, where he aspires to spread cooperative camaraderie internationally.



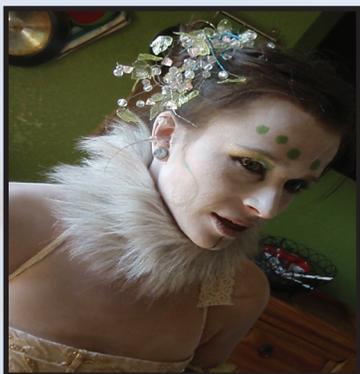
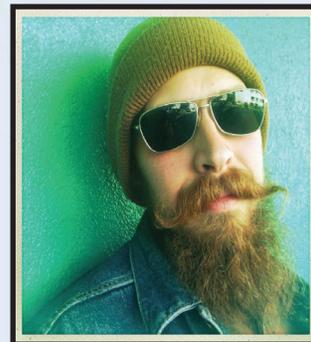
Shanta Nimbark Sacharoff moved to upstate New York from a small village in India. Raised as a vegetarian, she was disappointed with American food until she moved to San Francisco, where she found fresh food and people interested in sharing their culinary traditions. Shanta has worked in the food cooperative movement in the Bay Area for over three decades. She teaches vegetarian Indian cooking classes, and has written cookbooks and food columns for magazines. When not at work, she loves to take walks. A mother of three, Shanta loves her work at Other Avenues where all workers make business decisions equally. She takes pride in OA's role in revitalizing the Sunset community, and is gratified that her work supports organic agriculture.



Kathryn Saussy is a co-owner since 2006, shopper since 2001. Personnel maven, website guru and supplements department co-buyer. Unrepentant junkie of worker-owned cooperatives and their egalitarian ethos. Lover of local & organic food, Ritual coffee, glass jars, milk chocolate, Suki facial care and herbal remedies. Always ready for a new creation in the kitchen. Gluten-free pie-maker, music teacher, violist, science & math tutor, amateur meteorologist, mathematician, armchair physicist, literary fiction reader. Board member of the local Sunset Cooperative Nursery School & Outer Sunset resident since 2003. Most importantly, longtime spouse of co-owner Jeremy Greco and proud parent to two sweet & fierce girls.

(Meet the Workers *continued from page 3*)

Colin Peden Colin Peden is a bassist and musician active on the San Francisco music scene. In a previous career, he studied evolution and worked in conservation biology. An avid walker, he commutes on foot every day to Other Avenues, commuting more than 1,000 miles each year. Colin is interested in community building and the stories that connect us. Colin is a long time public radio listener who is interning this year at local station KALW.



Deanna Audrey Hammond is a San Francisco native who has been performing locally and internationally since 2005. While studying in Tucson, AZ, she began her career as a primary performer with pyrotechnic theater company Flam Chen. Deanna has performed in more than 120 performances, sometimes using multiple skills in a single show. Her performance experience includes aerial, solo and group dance, stilt choreography, stilt walking and dancing, aerial and stilt acrobatics, four-legged stilt “creaturing,” fire spinning and dancing, helium balloon rigging, outdoor balloon suspension, aerial performance, costume, tool/prop design and fabrication, as well as make-up design and application. Visit Peoplechandelier.com

Coming out of obscurity roughly seven years ago to help run this charming coop, 440 year-old competitive yarnstormer Chris Julian, driven by an excess of sudden idealism and curiosity, has made a modest dent in the institution amidst his tenure. The desire for considered curation is his driving force, whether it’s for the store’s beer and wine department, or his personal atelier of un-inviting tchotchkes. He has had some hand in writing pretty much everything you’ve ever liked in music and film for the past 112 years, but he’s proud of Other Avenues the most.



Brennan Murphy (shown with local pig) has worked at Other Avenues since 2002. After many years as the lead beer and wine buyer, he has transitioned to bulk and sundries. He also works with the personnel department. Brennan has been a home brewer for six years and also dabbles in kim chi and kombucha fermentation. Brennan enjoys gardening and socializing with members of the community at the store and at other local businesses.

Hailing from upstate New York, Jacob Feldman has been at Other Avenues for about two years. Along with having the crumbly job of managing the chips department (and so claiming the title “Chipmaster”), he is involved in the cheese, bulk and indies grocery departments. Jacob processes payroll for OA, and takes on all manner of other projects, ranging from patching holes in the wall to getting our roof replaced. Over the past year and a half, Jacob has been heavily involved in the successful completion of Other Avenues’ parklet construction.



Darryl Dea is the lead produce buyer at Other Avenues, which means he loves getting to work at 4:45 a.m. on Mondays to bring in the first local organic produce order of the week. He is inspired by the bountiful variety that California farms offer—not to mention the beautiful colors, shapes and tantalizing flavors of the fruits and vegetables. When not hauling produce boxes, Darryl’s main passion has been getting the store’s electrical systems as energy efficient as possible, which from day to day means refrigeration maintenance. After researching for over eight years, Darryl hopes to have a 30kw solar system on our roof by the end of this year.

Barb Reusch started volunteering at her buying club, receiving and tabulating phone orders over 45 years ago. This launched her activist, vegetarian life of cooperative projects that include collective households, a women's newspaper, a vegetarian restaurant, child care cooperatives and food coops. Her roles at Other Avenues over the years include customer service, cashiering, ordering and stocking the herbs and supplements departments. Barb has worked at Other Avenues twice—six years in the 1980s, and currently since 2001. Her birth rank, oldest of nine, was good training for her coop life. She is very proud of her bright, beautiful, pilates-teaching daughter.



JB Rumburg's career at Other Avenues began in August of 2002. In addition to being OA's cheesemonger, he's one of the produce buyers, and has spearheaded many projects including the parklet and our annual Tour du Fromage with the San Francisco Bicycle Coalition. As Other Avenue's cheesemonger, he's helped raise the bar for cheese lovers seeking artisan, local and farmstead cheeses. JB has spoken on a variety of cheese industry panels, hosted cheese tutorials, has been a judge at various competitions including the Good Food Awards, and recently placed in the top ten in the nation at the Cheesemonger Invitational. JB recently developed his own business—Velo Fromage—a bicycle-based pop-up cheese shop, courier, consulting and catering service.



Rachel Gerber is a fairly recent transplant from the jungles of Costa Rica, where she was surfing, studying permaculture, and living simply. Previous to her jungle chapter, Rachel was a social worker and youth organizer in New York City. She came to Ocean Beach about two years ago on a visit and was completely inspired by the role that the Bay Area plays in the sustainable agriculture and food movement. Her experience as a worker-owner at Other Avenues speaks to her passion for having and providing access to healthy food, keeping it local, and being involved in the community while practicing a social justice business model. Plus, lunch breaks in the ocean are fully supported! She has found herself in another paradise.



Tulasi Johnson has worked in three coops in three states for the last thirteen years. A worker-owner at Other Avenues since 2007, Tulasi is our current chief financial officer, and is also happy to be our bookkeeper, chill and sundries buyer. She has developed many policies and procedures relating to meeting processes and facilitation, finance, personnel and cashiering. She finds the non-hierarchical, egalitarian structure at OA to be a constant learning experience, and is proud to be part of the cooperative movement. Tulasi has served on the Western Worker Coop Conference board for the last three years, helping to organize a bi-annual retreat that features workshops for the larger West Coast worker coop community.



Jeremy Greco started his journey at OA as a shopper in 2001. As a co-owner since 2007, he is a chill buyer, cheese cutter, number cruncher, produce setter-upper and cashier. Jeremy usually starts his day with the early birds. In his other life, he is an Elvis Presley worshipper, ex-bookseller, lover of books, writer, actor and director of plays ("The Thrilling Adventures of Elvis in Space I" and "Elvis In Space II: Elvis Rex," and most recently his solo show "With Held"). Most importantly, he is the father of two wonderful girls and husband of eighteen years of co-owner Kathryn Saussy.



Peter Buis is an American jazz pianist and composer, considered one of the giants of American music. His compositions and improvisations feature dissonances and angular melodic twists, and are consistent with his unorthodox approach to the piano, which combined a highly percussive attack with abrupt, dramatic use of silences and hesitations. Actually, that is Thelonius Monk. Peter has been a valued member of Other Avenues since 2008, first as a part-time worker, then transitioning to owner in 2011. He works primarily in the cheese and vitamins departments, and is hands down our most knowledgeable jazz scholar.



(Meet the Workers *continued from page 5*)

Luke Larson comes from the land of protruding bluffs that hang over the Mississippi River Valley separating Minnesota and Wisconsin, otherwise known as the driftless zone. He was drawn to San Francisco because of the gorgeous weather, geography, the amazing hills (to shred) and the culture, and has stayed for almost 16 years. He has enjoyed a vegan diet for well over a decade and appreciates the Bay Area's accessibility to incredible food. Luke is currently working as a buyer on team grocery and one of the gift buyers in the HASA department.



A co-owner of Other Avenues for twelve years, Wayne Landers has been a buyer in five departments, and treasurer and president of the board for a total of nine years. He has been project manager for our property acquisition and refinancing, as well as P.M./system integrator on a number of PPE/IT acquisitions and installations. Beyond OA, he forwards the worker cooperative movement as a business coach, worker cooperative loan fund co-founder and treasurer, and a co-founder of a worker cooperative business incubator. He views worker cooperatives as the "gold standard" of workplace dignity, justice and democracy.

While it feels like she's been at Other Avenues her whole life, Tina Rodia grew up in New England, and moved to San Francisco in 2000. For the last fourteen years, Tina has been the buyer of lotions and potions in the Haba department, and does other non-essential tasks like pays bills and balances the checkbook. When she's not arranging flowers as The Flower Pedaler, Tina plays (and usually loses at) tennis, fiddles with her sewing machine and drinks Bloody Marys. She and her husband are proud adoptive parents of the most handsome fish on the planet.



Joe Sullivan has been a co-owner of Other Avenues since March of 2014. He works in the deli department, makes muesli and donut holes for OA's Own, is a part of the maintenance crew, and enjoys setting up produce in the morning. He has a background in classical guitar performance, but likes to read poetry and explore sound synthesis.

Upon abandoning his childhood dream of becoming an astronaut firefighter, Ryan Bieber accomplished his secondary dream of co-owning a cooperative grocery store in San Francisco. His responsibilities include graphic design (such as this very newsletter), navigating the labyrinth of health insurance, and buying for the grocery department. In his spare time he is a photographer, musician, and mediocre tennis player. Despite his proximity to the ocean he does not, in fact, enjoy long walks on the beach. Ask him about his fake album covers project!

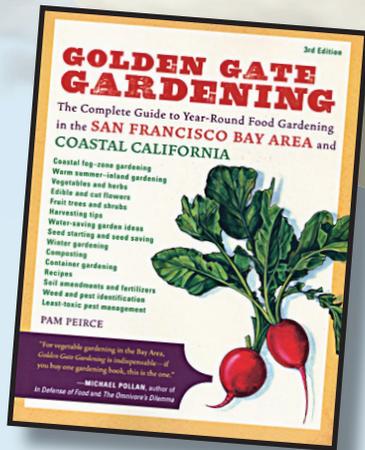


Nicole Gluckstern lived, worked and traveled in over thirty countries on five continents before becoming a worker-owner of Other Avenues in 2007, her greatest adventure yet. She is a proud member of teams grocery, beer & wine, OA's Own, promo, web, and newsletter, and has represented Other Avenues at numerous events, conferences and trainings. In her "spare time," Nicole is an award-winning arts journalist, event producer, lighting technician, urban explorer, and co-creator of the "Bikes to Books" literary bicycle tour and map. She has actively participated in a variety of social justice movements and trained in both hand-to-hand combat and conflict mediation, thereby covering all the bases.

Other Avenues Book Nook

The Go Outside and PLAY! Edition

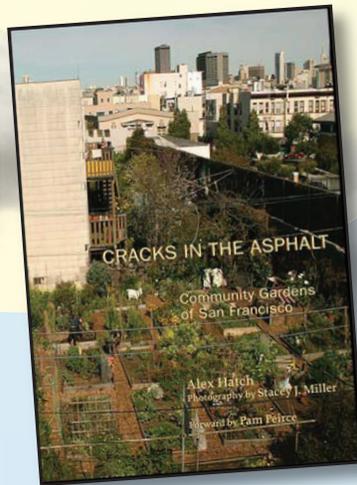
Reading, shreading. It's summertime and the later the season, the nicer the weather starts to get. (So long June-uary!) While we're all about curling up with a good book, we feel loathe to recommend you miss out on all that vitamin D. Fortunately for everyone, we have a great selection of books that will keep you out in the sun, namely books on gardening, cycling and urban exploration. Here's a roundup of some of our personal favorites.



Golden Gate Gardening 3rd edition, by Pam Peirce (Sasquatch Books, 2010, 448 pp.)

Considered the cornerstone of Bay Area gardening know-how by no less than Michael Pollan and *Sunset Magazine*, *Golden Gate Gardening* is a guide to navigating the myriad micro-climates and sandy soils that so typify the Bay Area for optimum yields. With detailed chapters on plot planning, soil improvement, watering, weeding and pest management, as well as separate chapters for types of plantings (vegetables, herbs, flowers, etc), Peirce's practical compendium will prove useful to first-time and seasoned gardeners

alike. And if, like me, you find yourself wondering what to do with all that squash once it's reached its peak, Peirce includes a wealth of recipes and harvesting tips.



Cracks in the Asphalt, Community Gardens of San Francisco, by Alex Hatch (Pasha Press, 2008, 166 pp.)

If you're not quite ready to get your hands dirty, but you need a little more garden green in your urban existence, pick up this attractive, full-color guidebook to the over 50 community gardens located within San Francisco, and go on a self-guided tour of these oases of independent food production. Harkening back to World War II, when San Franciscans were able to produce much of their own food in over 70,000 "victory gardens" located across the city, these community gardens provide hundreds of city dwellers the means to provide for themselves and others, as well as vital habitats for bees

by *Nicole Gluckstern*

and other pollinators. The graceful, glossy photography by Stacey J. Miller turns each humble garden into a masterpiece, and Hatch's easy-to-use maps and directions make this an invaluable guide to the secret gardens flourishing right under our feet.



Best Bike Rides: San Francisco, by Wayne D. Cottrell (Falcon Guides/Globe Pequot Press, 2013, 288 pp.)

Need a down-to-earth, step-by-step guide to biking along some of the Bay Area's best trails? Stunning views, coastal reveries, redwood groves and interior treks can be yours with Cottrell's easy-to-follow route descriptions, maps, and GPS coordinates. Since these are "recreational rides," Cottrell also includes driving and public transportation instructions to the trailheads, where perhaps a bicycle commuter would prefer to have those directions to be part of the overall ride. At least the savvy local will be able to suss out most of those directions on their own with the help of a good map, such as the "San Francisco Bike Map & Walking Guide," (for sale here at Other Avenues).

MAGNIFICENT MANGOS

M*angifera Indica* is a species of mango indigenous to India, where it was domesticated about 4,000 years ago. The species was later brought to East Asia, Africa, Mexico, Central and South America. Today, the mango is considered to be the king of fruits in many Asian countries such as India, Pakistan, Sri Lanka, Burma, the Philippines, Indonesia and Thailand.

Indian art and literature is obsessed with this colorful fruit. The mango is considered a symbol of fertility and love. In *Shakuntala*, one of the oldest poems in world literature, the 4th century Sanskrit poet Kalidas mentioned a mango twig as an instrument to provoke love. Mango fruit is used as an auspicious symbol in many religious ceremonies, and mango leaves are used for decor in Indian weddings. The paisley motif originated in India, where it is known as

“kairy” because of its teardrop, mango-like shape. Via Kashmiri shawls, the design found its way to England in the 1700s. Later, the motif was used in textiles in Paisley, Scotland—hence “kairy” became “paisley.”

Perhaps the most popular mangos in Asia are Alphonso and Kesar mangos from India, and Guimaras and Carabao from the Philippines. Many of these popular varieties are not found in American markets except in some specialty stores. Some can be ordered online, but the imports do not compare with the fresh. You must travel to these countries during mango season to experience their real taste. Two varieties of mangos are available in the Bay Area—large ones with red, yellow and green skin, and small yellow (often called Manila) mangos. Most of these mangos are grown in California or imported from Mexico.

Mango Salsa or Indian Mango Achar

This hot and savory recipe can be served with a Mexican or Indian meal. Both mango salsa and fresh mango achar call for fresh mangos, and have an almost identical list of other ingredients, the only difference being the Indian condiment calls for fresh ginger root. The mango achar is made from sweet ripe mangos, and should not be confused with preserved mango pickles, which are made with unripe, sour green mangos.

2 firm but ripe mangos
3 tablespoons finely chopped fresh cilantro
3 tablespoons finely chopped green onions
with some greens
1 to 2 tablespoons freshly squeezed
lime or lemon juice

1 teaspoon finely minced jalapeno
or serrano pepper
Salt to taste
For mango achar, add 1 to 2 teaspoons of
finely grated ginger

ingredients

With a sharp knife, cut the mango into large fleshy strips surrounding the long pit. You should get four to six strips with skins attached. Set the pit on a cutting board and cut the remaining chunks of flesh surrounding the pit. Remove the skins and cut the mango into small cubes. Place in a mixing bowl. To make the salsa, mix all the ingredients together except for the ginger. Adjust the seasoning and serve with chips or tortillas, or use as a garnish with any Mexican dish.

To make the achar, mix all ingredients including ginger. Serve with Indian appetizers or a curry.

Mango Lassi

Lassi is one of the most popular drinks in India. Whether you are looking for an energizing liquid meal on a hot day or some relief after eating a delicious but spicy Indian meal, lassi is the perfect cooling agent. Lassi is made with yogurt and/or buttermilk, water and ice. It is often sweetened with a fruit such as mango and some sugar.

2 large or four medium ripe mangos (to equal 2 cups of mango pulp)
2 cups yogurt combined with
2 cups of cold water
2 tablespoons sugar or any sweetener of your choice to taste

For a vegan lassi, use 3 cups of soy yogurt or 1 cup of raw cashews soaked in 3 cups of warm water (use the warm water in place of cold water)
6 ice cubes

ingredients



Select mangos that are so ripe that the skins form dimples and look a bit old. Squeeze the mango by rolling it gently but thoroughly between your hands. Cut off the tip where the fruit comes to a point. With firm and steady pressure, squeeze the juice into a mixing bowl. Combine the yogurt, mango, sugar and water in a blender or a food processor and blend well. Pour into glasses with ice cubes and serve.

If you are making vegan lassi using the cashews, soak the nuts in warm water for thirty minutes. Mix the nuts along with the warm water, mangos and sweetener in a blender. Chill and serve as above.

Lazy lassi: If you do not have fresh mangos, substitute three cups mango puree (available in Asian markets).

Health Benefits of Mangos

Mango fruit is rich in dietary fiber, vitamins A, B6, C and E, minerals and antioxidants. One hundred grams of mango provides 765 IU of Vitamin A (25% of our daily dietary requirement). Vitamin C, E and B6 are good for the heart and blood vessels. Mangos are a good source of potassium—100 grams of fresh mango has 156 milligrams of potassium and just two milligrams of sodium. The antioxidants found in mangos can protect us from colon, breast and prostate cancers. In Ayurvedic remedies, mangos are used for their anti-diuretic and cardiac-friendly properties.

ITALIAN POLENTA CAKE

by Tina Rodia

Anniversary celebrations call for something sweet and celebratory from the kitchen. Since this year marks our 40th anniversary, I chose a recipe that is sweet yet delicate, grown-up and a little boozy. Just like all of us at Other Avenues! If you are lucky enough to harvest wild blackberries from your yard, your neighbor's yard or one of the city's parks throughout the summer, you can prepare the berry syrup and keep it in the freezer after the season ends.

This cake is an Italian cake, and highlights the lighter, healthier tradition of Italian sweets using polenta and olive oil, in contrast to the country's excessively rich cannoli and gelato. It is called polenta cake, but my family uses fine cornmeal rather than coarse polenta. The berry syrup recipe is the result of a day spent in my overgrown backyard near the Presidio, wearing rain boots to keep from getting scratched as I harvested a giant tureen of blackberries. I wanted to balance the sugary syrup of berries and granulated sugar, so the addition of red wine added a pleasant booziness, and a handful of peppercorns added a pleasing and unexpected kick, and brought some depth and contrast to the sweet tang.

• Polenta Cake •

1 $\frac{3}{4}$ cups all-purpose flour
 $\frac{1}{2}$ cup fine cornmeal
 $\frac{1}{2}$ cup extra virgin olive oil
2 tablespoons grated lemon zest (note: you can use meyer lemon, orange or blood orange)
 $\frac{1}{4}$ cup fresh lemon juice (or juice from whatever citrus you choose)
1 tablespoon vanilla extract

$\frac{1}{2}$ tsp baking soda
 $\frac{1}{4}$ tsp salt
2 large eggs

Preheat the oven to 325. Line a 9-inch springform pan with parchment paper. Grease the parchment and sides of the pan. Sift the flour, cornmeal, baking soda and salt. My mom still has my Grandma Louise's old flour sifter from 1940-something, but in the absence of a sifter you can simply



whisk the ingredients together to the same effect. With an electric or hand mixer, beat the eggs and sugar until frothy, for about three minutes. Add the olive oil, zest, citrus juice and vanilla. Fold in the dry ingredients with a rubber spatula using as few strokes as possible until the ingredients are blended. Pour the batter into

the pan and bake for 45 to 50 minutes. Test the center with a toothpick, when it is done cool for five minutes. Remove the sides of the springform pan after five minutes and cool completely before serving. Top

cake slices with berry syrup or powdered sugar (or both).

• Boozy Blackberry Syrup •

2 cups blackberries
2 cups red wine (I prefer less sweet red wine, but nothing exceedingly dry. Avoid zinfandel and chianti.)
1 $\frac{1}{2}$ cups granulated sugar (organic white sugar works best since you are boiling the ingredients to a syrup)
1 tablespoon whole black peppercorns

Combine the berries, wine, one cup of sugar and peppercorns in a bowl, and toss to cover the berries. Refrigerate at least eight hours or overnight. Once the berries have macerated, remove them with your hand or a slotted spoon to keep the berries intact. Pour the liquid through a strainer into a saucepan to remove the peppercorns. Add $\frac{1}{2}$ cup of sugar and bring to a boil while stirring. Reduce the heat to simmer and allow the mixture to thicken. This will take about thirty minutes to reach its syrupy consistency. Serve on sliced polenta cake, topped with the reserved whole berries.

Department Highlights

Chill: Organic Pastures raw milk, butter and kefir are here! Milkman raw coconut and almond milk, made fresh in San Francisco and packed in glass bottles; We now stock Immaculate Baking Co. ready-made dough; Upton's donates 5% of their bacon flavored seitan to Farm Sanctuary; Try Hodo's braised tofu, noodles and tofu nuggets

Vitamins: Minami Nutrition is back with two new products: Plus EPA and MorEPA Platinum—eco-friendly fish oil, fished in sustainable waters with the highest degree of purity and awarded the EMAS certificate, the highest level of European standards; Sultry Gypsy, a local tincture company, offers Nerve Ease and other non-drug herbal remedies; Kind Organics from Garden of Life are new organic, non-GMO vitamins made from globally-sourced whole food ingredients



Milkman

Housewares: Anchor Hocking storage solutions and bakeware are here; Go Glass and Klean Kanteen are perpetual favorite alternatives to bottled water; Unleash your inner mixologist while experimenting with our new cocktail shakers; Walkup Ware handmade aprons are local style for your kitchen style

Cheese: Alpha Tollman from Vermont is a stateside version of imported Gruyere; Belfiore Mozzarella Co. uses Clover organic milk to raise the bar for local mozzarella; In a harmonious marriage of beer and cheese, Hopyard cheddar from Rogue Creamery features fresh hops, Bathed in Victory from Doe Run Farm features stout and IPA-washed rind cheeses, and Lorelei from Briar Rose Creamery in Oregon makes a lovely goat cheese washed in stout



Slow Food for Fast Lives

Grocery: Judy's Lovin Live Treats are carefully handcrafted in a home kitchen for your enjoyment—find them in the raw food section; Slow Food For Fast Lives bars are San Francisco-made whole food bars in savory flavors; Feeling sweet? New Rutgers wafers are delicious, gluten-free cookies made with teff flour; Date Lady cleverly combines organic dates and sea salt to mimic the rich caramel sauces of our youth, but one that is vegan, gluten-free and pretty much guilt-free

Bread: The No-Cookie cookie is back! Vegan, wheat-free and made in Oakland

Our Furry Friends: Lucky Dog Treats from Santa Cruz are back at OA!

Beer & Wine: Recolte du Bois is a nine-month cabernet savignon barrel-aged sour saison from Tahoe Mountain Brewing (up-and-coming sour beer masters); From Stone Brewing, new IPA styles are introduced each month—OA currently stocks the Ruin-ten IPA and Unapologetically IPA, both significantly poised, stark hop explosions; Try Valdiguie from Broc Cellars, a radiant wine of berry juiciness with a slender floral aftermath

Sundries: Look for lovely new potted herbs! Better Life dish and cleaning products come packaged in stainless steel containers; Naty Diapers are corn-based, plastic-free diapers

Sodas: Mountain Valley sparkling water four-packs now come in blackberry and lime; Organic Fair soda syrups are delightful flavor concentrates that go a long way in sparkling water—in cola, ginger cherry, root beer and lavender flavors, they will jazz up any beverage, with or without the gin



Organic Fair Syrups

(Department Highlights *continued from page 11*)

Grab 'n Go: Sprogs Rice Scooters are delightful bites of healthy goodness with rice, kim chee, hot pepper, corn and shitake mushrooms in a handy bitesize but filling serving; Floating Lettuce Leaf salads and spreads are new, creative takes on standard grab 'n go fare

Herbs: We're excited to offer new sticky rice puerh tea wrapped in little nests; New from Portland, Townshend Tea Company and The Jasmine Pearl—both strive for sustainability and use recyclable and compostable packaging; OA now stocks kava kava root powder for addressing tension, stress and sleeplessness

Body Care: Handmade, long-cured soaps from The Greater Goods come in creative and alluring varieties like Black Amber and The Mechanics Bar; Badger and Herbivore Botanicals have introduced lovely products for our bearded shoppers like mustache wax and beard tonic, and for the clean-shaven, shave soap, shave oil and delightfully scented aftershave

Gifts: In addition to our fantastically redesigned OA t-shirts, we now have OA hoodies, perfect for the year-round chill; Kuma Earth-Friendly Eyewear are high-quality and high-style sunglasses made with bamboo, and for each pair sold one tree is planted in countries across the globe



WHO WE ARE

Other Avenues is a worker-owned cooperative, currently run by twenty-two workers to mutually serve the business and the Sunset community. Other Avenues is open seven days a week, 9:00 a.m. to 9:00 p.m., 363 days a year. We are closed on Martin Luther King, Jr. Day, and on May 1st, International Worker's Day.