

# OTHER AVE-NEWS

Other Avenues Grocery Cooperative  
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NEWSLETTER *Spring 2013*



## GMO Labeling Update by Tina Rodia

**T**he last issue of our newsletter pleaded the case for Proposition 37, a state-wide effort to label food that included genetically modified ingredients. Despite efforts by GMO labeling advocates, including the Organic Consumers Association, Prop 37 was defeated. The opposition to Prop 37 was funded by corporations in the food industry to the tune of \$40 million. While California's bill failed, twenty other states are working on introducing legislation requiring mandatory labeling for genetically modified food. While genetic modification of food has been in practice for over a decade, and while the FDA assures consumers that genetically-modified food poses no dangers or health risks, citizens across the country want to know for certain whether the food they buy is indeed genetically modified.

**“While California’s bill failed, twenty other states are working on introducing legislation requiring mandatory labeling for genetically modified food.”**

Last December, the FDA approved AquAdvantage salmon (genetically modified farmed salmon retrofitted with a growth hormone gene) for the U.S. market. After the public comment period ended in February, 17 years after AquAdvantage salmon was introduced,

it becomes the first genetically modified meat for human consumption on the market. Without state or federal label requirements, this salmon, while labeled “farmed,” may not be labeled as genetically modified. The issue with the salmon, however, is an economics issue rather than, arguably, a health concern.

The FDA’s extended period of research and debate concluded that genetically modified salmon poses no known health risks. The risk lies in Alaska’s fishing industry. Farmed salmon that is artificially engineered to grow quickly regardless of the season will send market prices for salmon

plummeting, and the fishing communities that make a living during salmon season catching wild salmon will see their prices drop with a glut of farmed salmon on the market.

With genetically engineered salmon on the market, and states already winning and losing battles to require food labeling, a federal GMO-labeling law should be welcomed wholeheartedly by grassroots labeling movements and the Organic Consumers Association. In January, GMO labeling advocates met with 20 major food

companies, including Wal-Mart, PepsiCo and ConAgra to discuss a national labeling program. Proposals similar to California's Prop 37 are on the table in

Vermont, Connecticut, New Mexico and Missouri. Given the momentum of state legislation despite California's defeat, a federal law would likely be a solution to work done by labeling advocates on a state-by-state basis. And with former opponents with the money and resources to block individual state campaigns for labeling, a federal labeling law is the solution, right?

Perhaps not. Walmart claims that opposing GMO labeling has grown too expensive to fight state by state. But this is not a case of "if you can't beat them, join them." Federal laws trump state laws and prevent states from passing their own laws with weaker or stronger regulations. Rather than fight individual states with varying degrees of requirements, Wal-Mart, ConAgra, PepsiCo and other major food companies are now looking

to federal regulation, and they are sitting at the table to draft the language of the requirements. Groups that have been working for years for state legislation are concerned that a federal law will make only minimal requirements, and will prevent states from passing their own, more specific labeling laws.

But whether the FDA passes labeling requirements or states battle it out individually, the country is undoubtedly moving towards more transparency from food producers. We

**We know that the words "natural" and "healthy" hold no weight scientifically or ethically.**

are looking more to the FDA for reassurance that genetically modified plants and animals pose no health risks, and we look to our food retailers and producers to be clear and informa-

tive in their packaging and branding. We are savvy consumers. We know that the words "natural" and "healthy" hold no weight either scientifically or ethically. Organic standards were put in place to ensure that no one is duped by a cleverly worded label if the words have no verifiable or certifiable basis. Since 2004, Europe has required labeling on all food that is genetically modified. However, Walmart, Coca-Cola, Pepsi, Nestle and even McDonald's don't label the food exported to the UK and the EU. Why? The food these companies sell to Europe is not genetically modified. Most regions in Europe are GMO-free. That is an even greater step for the U.S. to take. For now, let's hope that federal labeling will not compromise the work that states have done for years for greater food labeling and market transparency. We the consumers deserve it.

# People in the Neighborhood

by Nicole Gluckstern

**W**elcome, dear reader, to the debut of our new column in which we chronicle the folks and businesses from our humble neck of the dunes that make this neighborhood special. In this issue, we're excited to turn the spotlight onto our most immediate neighbors—the Sunset Youth Services Center. For twenty years, Sunset Youth Services has served the needs of low-income and at-risk neighborhood youth up to age 24. In stark contrast to the “East Side” of the city, which boasts numerous such programs, the Sunset Youth Services stands alone in our part of town, offering drop-in and ongoing classes and activities for youth, family support services, after-school tutoring, childcare, Internet access and food distribution. Founded in 1992 by Dawn and Ron Stueckle and their friend Delvin Mack, SYS serves upwards of 3,600 individuals and families per year, and their loyal staff is comprised in large part from former program participants. One such graduate is Family Case Manager Maria Dajani, a Sunset District native who has been working at the center for thirteen years in a variety of capacities. We caught up with her on her lunch break for some insider information.

**Other Avenues:** Let's start by having you tell us a bit about what you guys do here.

**Maria Dajani:** Sure! That side over there is our drop-in center, which is probably one of our biggest draws. We like to call ourselves a safe haven, getting kids off the sidewalk and

off the streets and getting them in here. Here they can do Zumba, there's a rock-climbing wall, they have Internet access, we have a movie projector and we do movie nights from time to time. We have a whole video and media lab in the back, and upstairs we have a digital recording studio, which is another one of our biggest draws. That space over there, I can't remember how long ago, but a group of the kids got together and wrote a grant and started their own record label, Upstar Records ([www.facebook.com/Upstarrec](http://www.facebook.com/Upstarrec)), and they run it out of this center. You can buy their compilations on CD Baby and iTunes and so on. (Interviewer's note: Upstar includes eleven paid youth staff, all responsible for every aspect of running a small business, including production, engineering, marketing, performances, video shoots and fundraising.)

**OA:** So youth is considered anyone below the age of 25 or so?

**MD:** Yes, so, probably the most important thing that happens

here is our case management. We have case managers on staff who work with families and at-risk youth. And Vicky (Fashho) is our transitional youth caseworker, who are all between the ages of 18 and 24.

**OA:** And they're from all over the city?

**MD:** Most of them are from the Sunset, though they do come from all over, as well. The way the school districts are set up, the lottery, kids who are on the other side of the city are bussed here to go to school.



*Maria Dajani*  
(photo Gluckstern)

(Continued on page 8)

# MALABARI BEET CURRY WITH GREENS

by Shanta Sacharoff

**Y**our lifestyle choices, including your diet, directly affect your risk of heart disease. Exercise, stress, smoking and a diet high in cholesterol and saturated fat make for a high-risk profile. Although hereditary factors cannot be modified, a diet rich in whole grains, vegetables, fruits, seeds and nuts can increase your body's level of good cholesterol. A diet high in saturated fat and cholesterol increases the body's low-density lipoproteins, or LDLs, which harden arteries.

Malabari beet curry has many heart healthy ingredients: fresh roots, leafy greens, and coconut milk. This dish is as vibrant and colorful as it is nourishing.

## TRY THESE HEART-HEALTHY INGREDIENTS:

- All fresh fruit, particularly citrus, berries and pomegranates
- All fresh vegetables
- Leafy green vegetables such as spinach, chard, parsley, kale, mustard greens and collard greens
- Beans, lentils and daal
- Whole grains such as brown rice, oats and wheat berries
- Food with soluble fibers such as carrots, celery, chia seeds and flax seeds
- Food containing healthy fats such as olives, avocados, nuts and seeds
- Polyunsaturated oils such as olive oil, sesame oil, sunflower oil and lecithin (soy fat granules)
- Fresh coconut meal, coconut water, coconut milk and coconut oil
- Turmeric and ginger

1 bunch of red beets (or 3 medium-sized beets)  
One cup leafy greens, such as beet greens or spinach  
1 large red potato  
2 carrots, cut in thin slices  
3 tamarind pods (or ½ lemon and 1 teaspoon sugar)  
2 tablespoons olive oil  
1 small red onion, chopped finely  
2 or 3 cloves of garlic, minced

1 tablespoon of minced fresh ginger root  
1 fresh green chili, chopped into small pieces  
½ teaspoon cumin seeds  
½ cup coconut milk  
½ teaspoon turmeric powder  
Salt and cayenne pepper to taste  
Fresh cilantro leaves for garnish

Remove the stems from the bunched beets, reserving one cup of leaves. Rinse, drain and chop the leaves into bite-size pieces and set them aside. Discard the remaining stems, or save them for soup stock. Clean the beet roots and peel gently to remove dirt but not too much of the exterior. Cut the beets and potatoes in half. Place two quarts of water in a saucepan with the beets. Boil for 15 minutes, then add the potatoes. Boil both roots for another 10 to 15 minutes, until cooked but not too soft. Add the carrots and boil for 5 minutes. Remove the boiled roots from water and set aside.





While the roots are boiling, use the tamarind pods to make tamarind sauce. Remove and discard the crackly skin of the tamarind pods and the inner strings. Soak the mealy portion of the pods in  $\frac{1}{2}$  cup of hot water for 15 minutes. Extract the mealy portion of the tamarind with your fingers back into the water. Strain the mixture using a colander with large holes or a vegetable steamer. Set the tamarind sauce aside. If you do not have tamarind pods, simply mix the juice of half a lemon with one teaspoon of sugar and set aside.

Cut the beets and potatoes into bite-size chunks and mix with the carrots. Heat the olive oil over medium heat in a shallow pan or wok and sauté the onion for five minutes. Add the garlic

and ginger root and sauté for another minute until fragrant. Add the chili and stir fry for two minutes. Sprinkle with cumin seeds and roast them for one minute. Add the chopped leaves and cook for another minute. Add all the boiled roots, lower the heat and cook for five minutes. Then add the coconut milk, the prepared tamarind sauce (or lemon juice, water and sugar mixture), turmeric and salt. Gently mix all the ingredients while they simmer. Taste and adjust for saltiness and spice. Garnish with fresh cilantro and serve with brown rice pilaf.

## BROWN RICE PILAF



1 cup brown rice, rinsed and drained completely  
2  $\frac{1}{2}$  cups water  
1 tablespoon olive oil  
 $\frac{1}{2}$  cup green onions finely chopped with some greens  
 $\frac{1}{2}$  cup slivered almonds  
 $\frac{1}{8}$  teaspoon whole cumin seeds  
1 teaspoon shredded or minced fresh ginger root

$\frac{1}{2}$  to  $\frac{3}{4}$  cup grated carrots  
 $\frac{1}{2}$  cup fresh or frozen and thawed shelled peas, or green beans cut into  $\frac{1}{4}$  inch small pieces  
 $\frac{1}{4}$  teaspoon turmeric powder  
 $\frac{1}{2}$  teaspoon or to taste salt  
Juice of  $\frac{1}{2}$  lime or lemon  
A few sprigs of cilantro or parsley for garnish

**T**his is a simple but elegant dish, suitable for any saucy curry. Boil the water in a stock pot with a tight-fitting lid. Add the drained rice and allow the mixture to come to a second boil. Lower the heat to medium-low and let the rice simmer. Cover and cook undisturbed for 35 minutes.

While the rice is simmering, prepare the vegetables. Heat the oil in a frying pan and stir fry the green onions for one minute. Add the almonds and sauté for a few minutes until fragrant. Then add the cumin and ginger, and sauté for one minute. Next, add the carrots and peas (or beans), and gently stir fry for five

minutes. Add turmeric, salt, lime or lemon juice and mix well. Set the vegetables aside. If the cooked rice is soft and the rice has absorbed the water, remove from heat and keep covered. If the rice is cooked but there is remaining water in the saucepan, cook uncovered to evaporate the excess water. If the rice is still hard but all the water has been absorbed, add a few tablespoons of water and cook for a few more minutes at low temperature while covered. When done, transfer the rice to a serving bowl and gently mix in the sautéed vegetables. Garnish with cilantro or parsley right before serving. Serve with a saucy curry or soup.

# Soft Skin and You!

by Tina Rodia

**D**espite the ongoing rain and looming precipitation clouding our skies and weekend plans, dryness abounds in the Outer Sunset in the dermal sense.

Almost every day I am met with customers desperate for relief for their dry skin. While I most enjoy giving recommendations and input regarding specialized facial care, more and more customers are desperate for all-over body lotion. Their skin, from head to foot, is feeling the drying effects of the cold air, huddling in front of heaters, and loads of hot showers and baths to ward off the chill. My favorite items for dry, chapped skin combine the two qualities of moisturizing that lotions and balms provide for skin. Lotions are emollients, which are smoothing and softening for the skin, and less viscous than occlusive balms, which seal moisture into the skin. Weleda Skin Food, Pomegranate and Sea Buckthorn hand creams are fantastic hand treatments with consistencies that are a cross between balms and lotions. The shea butter in these products act as an occlusive, and the almond oil acts as an

For your hands: Weleda Skin Food, Pomegranate Regenerating Hand Cream and Sea Buckthorn Hand Cream and Inesscents mango butter

For your body: Alaffia Cocoa & Shea Intensive Body Lotion—an all-over lotion that is less viscous than balms but high in shea butter content, which seals moisture in the skin

emollient. The result is a less viscous balm that is deeply penetrating on the skin but smoothes over the skin with ease. Another fantastic hand balm is mango butter, which has a softer, more buttery consistency than other occlusives such as solid shea or cocoa butter. Unscented mango butter is a fantastic product for chapped hands, and a lovely scented mango butter is a nice twist on a balm with a scent like a luxurious body lotion. If your face is feeling the drying effects of the weather, switch to a creamy non-foaming face cleanser and add an exfoliant, peel or gentle

scrub to your facial regimen. The importance of sloughing off chapped, dry skin can't be stressed—weather-beaten, dry and dead skin cells deflect moisturizers from penetrating deep into the dermal layers where cellular regeneration occurs.

## Slough your skin gently with:

MyChelle Incredible Pumpkin Peel

Suki Exfoliating Cleanser



The effects of those long hours spent basking in the sun during our bright, balmy, sun-drenched summers are felt deep in the cold. (Everyone outside of San Francisco, that is.) Sun-damaged skin cells stop producing hyaluron, a cellular molecule that aids in tissue repair and skin hydration. Products with hyaluronic acid act as a topical humectant, which helps the dermal

## Soap-free clean without the “squeaky” feeling:

Non-soap body wash:  
Nutribiotic Non-soap Skin Cleanser

Non-soap cleansing bar:  
Suki Sensitive Cleansing Bar



layer retain water. In the winter and spring, products that act as humectants are as essential as the body's need to drink water when the air is particularly dry and brisk. DeVita and MyChelle offer fantastic hyaluronic acid serums that are safe even for the most sensitive skin. In addition, MyChelle and DeVita formulated new non-soap face cleansers. People with sensitive skin often avoid soap-based cleansers, but in cold weather it is good to skip soap when the face is particularly

dry, as the surfactants that bind the fat content in soap to water molecules (producing that “squeaky clean” feeling) can compromise your face of its natural oils. In addition to dry, itchy, irritated skin, a face that is stripped of its natural oil can cause an overproduction of sebum, the oily, waxy substance that causes pimples, whiteheads and acne.

When protecting your skin during winter and spring, put your money where your mouth is. Dr. Hauschka’s Lip Care Stick is not cheap, but it truly is the best lip balm when your lips need it most. At \$14, the benefits of this luxurious lip balm are not only silky smooth lips, but the particular blend of botanicals and oils conditions your lips without causing dependency, which petroleum-

based lip balms do. While many of the natural industry tubes of lip balm will hydrate your lips without petroleum, they require frequent applications to keep your lips soft and hydrated. Dr. Hauschka’s Lip Care Stick is such a powerful lip conditioner, and fewer applications are necessary for luxurious effects. I apply my Lip Care Stick once in the morning and once at night, and never need any more hydration during the

day, even when applying and reapplying lipstick, or playing out in the sun (i.e. fog) all day.



Dr. Hauschka’s Lip Care Stick

Don’t forget your neck! Remember to apply sunscreen to your neck if it is exposed to the sun. Nothing ages a well-nourished, youthful-looking face quicker than a neglected neck and décolleté.

Try Dr. Hauschka and DeVita décolleté serums for anti-aging protection for you neck.

Which brings us to my favorite piece of advice. Wear sunscreen. It is challenging in the winter and spring, when we are slathering lotion and balms all over our body to ward off cracked, dry skin, to add yet another layer of goo to our skin. But it is, truly, the best thing you can do for your skin to prevent damage. The mineral sunscreens

Need a quick fix? Spritz your face with a nourishing toner for instant moisture gratification. MyChelle Fruit Enzyme Mist is rich in enzymes for hydration, and Suki Concentrated Nourishing Toner restores your skin’s ph. While toners are the second step in a skin care cleanse-tone-moisturize regimen, spritzing your face with toner throughout the day allows for a gratifying, gentle dose of hydration between your morning and night regimen.

formulated specifically for the face are blended to provide the smoothest, most effective coverage without leaving your skin chalky or oily. To increase your skin’s moisture content and retention, apply a layer of hydrating serum with hyaluronic acid underneath your sunscreen. Serums layer nicely under sunscreen and makeup, without leaving your face feeling coated in multiple layers of product.



Suki Concentrated Nourishing Toner

Protecting your skin from the cold, the sun and the wind requires a little effort for lasting results. Even the product-averse feel the effects of cold, and luckily the natural products industry caters to everyone on the self-care spectrum. But your skin does require some attention for your overall health, comfort and quality. Don’t ignore it!

Ferrum arsenicum? In my skin cream? Companies know that many of their ingredients are a mouthful of Latin words or chemistry equations, and are posting an explanation of their ingredients and sources online. EO, Weleda and Dr. Hauschka have informative, user-friendly online dictionary of ingredients here:

<http://www.drhauschka.com/natural-skin-care-and-remedies/ingredients/ingredient-glossary.aspx>

[http://www.eoproducts.com/glossary/our\\_ingredients.aspx#P](http://www.eoproducts.com/glossary/our_ingredients.aspx#P)

<http://usa.weleda.com/cultivating-beauty/our-ingredients.aspx>



OA: How long have you been here?

MD: I've been here almost 13 years. And actually another interesting thing I like to tell people is that I and actually most of the staff started out as being in the program. Vicky was actually one of the first youth in the program twenty years ago. Most of us started out by volunteering, and there's something special that I guess Ron and Dawn see in people... certain little things...that can be considered one of our strengths, so they make a position that kind of caters to that strength. So I became the team-building and activities coordinator,

and then just recently I became the family case manager again, which I like.

OA: And what is your absolute favorite thing about your job?

MD: Definitely the family feel. And it's not just the fact that my husband works here, and my best friend and her husband, but with the kids and families that walk through our doors. They come to our personal birthday parties, I've been in the birthing rooms with some of the girls who come here, they all have our cell phone numbers. It's a family.

## BHUTAN LEADS WORLD FORWARD

by Tina Rodia

In our focus on keeping our scope and purchasing power close to home as local food purveyors, our focus on the global food movement sometimes gets overlooked.

Last June, the Himalayan country of Bhutan developed a National Organic Policy, and its prime minister pledged that the country would become the first country to adopt a strictly organic agricultural system in the next decade.

In a country of only 738,000, roughly two-thirds of the population are farmers, and many of them have been organic by default for centuries. In the last thirty years, some farmers have introduced chemical pesticides and fertilizers, often to grow enough crops simply to feed their families and supply local markets, but most crops that now rely on chemical fertilizers are export crops. For a mountainous country that has one of the world's cleanest water supplies, chemical runoff from pesticides and fertilizers pose an enormous concern. For its staple crops of rice and corn, the country is experimenting with sustainable root intensification to increase crop yields without relying on fertilizer and

pesticides. Warmer temperatures and erratic weather patterns have also made land that has been farmed organically for centuries more difficult to produce crops without the use of fertilizer and pesticides.



*Bhutan: happy, and now organic*

Bhutan's minister of agriculture and forests acknowledged that while the focus is to return farming to the organic systems the country practiced for centuries, its focus is on Bhutan's economic development for the future. The country imports more food than it produces, and will focus on sustainable ways to increase Bhutan's crop yields and diversity while protecting

the water supply. In addition to its abundant supply of clean water, the country generates its own electricity through its water supply, and is carbon neutral. The country's decision to ban the sales and use of pesticides and fertilizers and, in effect, produce more crops, means that it can increase the amount of organic exports to neighboring countries and even the U.S. As the first country to make sustainability part of its economic policy, we hope that Bhutan will serve as a model to the global agricultural community.



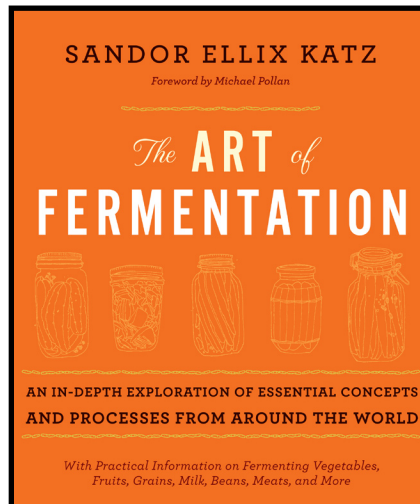
**F**ermentation as a process of preparation is viewed with a certain amount of unease by the unconverted, despite the fact that so much of our food is made that way—from soothing yogurt to bold sauerkraut, familiar bread and tasty beer. It's also one of the oldest forms of food preservation, turning produce, dairy, and grains into unique comestibles that straddle a line between what author and fermentation guru Sandor Katz describes as “the flavorful space between fresh and rotten.” Katz’ love of this generations-old process, made manifestly clear by his previous book *Wild Fermentation* (Chelsea Green, 200 pp, 2003), aka “the fermentation bible,” is expanded in the pages of his staggering follow-up tome *The Art of Fermentation* (Chelsea Green, 528 pp, 2012).

Encyclopedic in scope, *The Art of Fermentation* takes the reader on a tour of the world through its fermented edibles, touching on food and regions that might not immediately spring to mind when the topic of fermentation comes into the conversation. For me, an example of this forgotten iteration are dosas, those delicious South Indian pancakes that so resemble in flavor the equally tangy, also fermented Ethiopian flatbread, injera. Not to mention gundruk, kvass, skyr, hamanatto, naka-zuke, halibut kimchi, and high meat. In addition to waxing eloquent on the sheer variety of fermentables out there, and all of the potential health benefits an eater can expect to reap from

them, Katz provides an in-depth series of what could be considered science experiments as much as recipes, encouraging the reader to take the plunge into home fermentation with every chapter. Katz, who has been living with HIV for over twenty years, credits fermented foods as helping to mitigate some of the side effects of his medication, particularly in regards to digestion.

True, total tyros may still want to stick with Katz’ more digestible 200-page starter bible *Wild Fermentation* (also for sale here at Other Avenues). *The Art* is much more of a commitment, and its hyper-detailed completism make it a bit of a slog for someone who just wants to know how to turn their bumper cucumber crop into a batch of sour pickles. Many of the “recipes” encourage trial and error as opposed to strict parameters of implementation, which can

frustrate cooks of a certain literal mindset. But for those looking to immerse themselves more fully into the curious world of fermentation, *The Art* is an utterly fascinating exploration: one part field guide, one part laboratory assistant, and one part cheerleading squad. In those circles increasingly concerned with the re-accumulation of homesteading skills on the verge of being forgotten, Sandor Katz has emerged as one of its greatest champions and moral centers, and *The Art of Fermentation* is its clarion call.

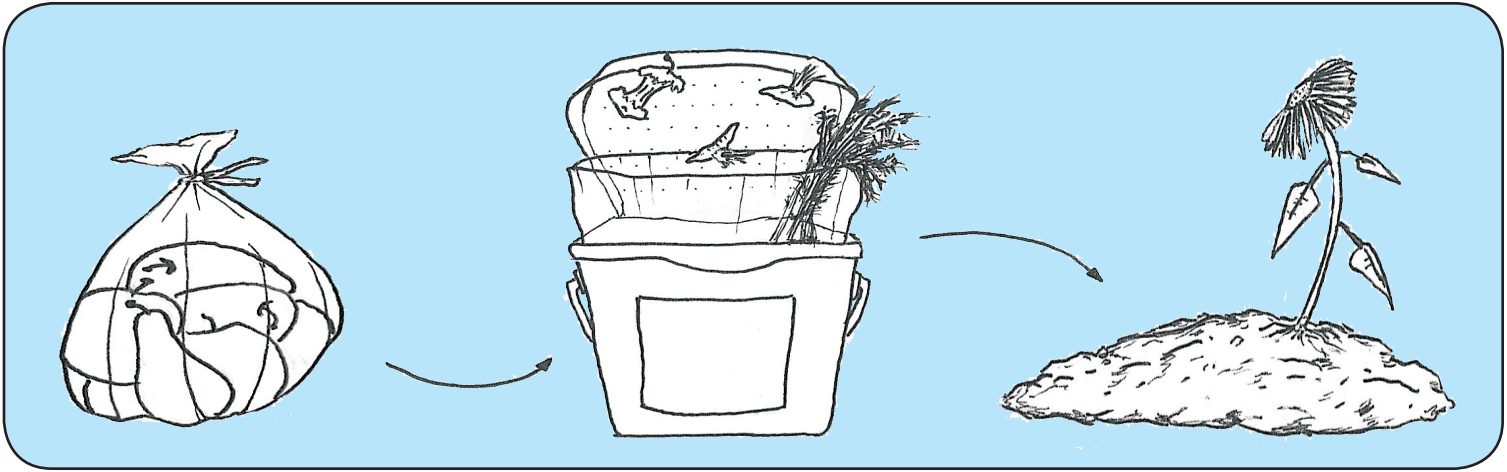


# OA's Got A Brand New Bag

Story and illustration by  
Jacob Feldman

**T**hose who frequent the produce and bulk sections of Other Avenues will undoubtedly notice that our rolls of plastic bags have been replaced with thinner, compostable bags. We at the store are particularly excited about these bags because they not only offer the ability to sturdily transport

continue to offer quality bags to our customers while still acting responsibly towards the planet, despite a slightly increased cost per bag. Our choice to invest in these bags fits in tandem with the City's 2012 ordinance requiring grocery stores to charge for paper bags, of which the environmental benefits are clear.



your favorite apples back to your kitchen, but they are fully compostable. Made from GMO-free cornstarch, these bags are the clear choice over bags labeled "biodegradable," which are generally made from petroleum sources and have been banned in California. These new bags have given OA the opportunity to

This is just another step our store has taken towards acting conscientiously within our environmental and neighborhood communities. Besides, who wants to disgrace beautiful, organic, California-grown produce with a plastic bag?

## FIND US ON THE WEB!

[www.otheravenues.coop](http://www.otheravenues.coop)



and check us out on  
Facebook and Twitter!



# Department Highlights

**Vitamins:** New HealthForce Healing Cleanse—a three-day intensive or 7-day cleanse regimen; For daily detoxification, HealthForce ZeoForce supports heavy metal and chemical residue elimination from the body; Megafood senior supplements for men and women over the age of 55

**Housewares:** Super-cool Joseph Joseph glass cutting surfaces shaped like records, cassette tapes (remember those?) and fruit slices

**Bread:** Local cheesecakes from San Francisco Cheesecake Company in a variety of flavors: huckleberry, ricotta, triple chocolate, vanilla sour cream and, or course, classic cheesecake

**Beer/Wine:** Farmers Jane wines: California red, white and rosé blends from two women winemakers; Perlage Animaie Prosecco: a crisp, elegant prosecco with no added sulfites; From Almanac, Barrel Noir 2013: an American Imperial stout and Belgain dark ale aged in bourbon barrels; Triple Voodoo Kraken Imperial IPA: double dry-hopped, American oak-aged 9% beer

**Non-foods:** Check out our revolving titles in the magazine section—great reads for foodies, designers, environmentalists, the fashion-minded, news junkies, kids and the literary-minded shopper

**Chill:** Try Califia fresh almond milk

**Chocolate:** Amai Raw chocolate-dipped bananas on the raw food shelf; New Tcho chocolate: 99% dark!

**Body Care:** New from DeVita, tinted moisturizers in three shades for all skin tones and Chamomile Cleanser, a lovely cleansing cream for sensitive skin; Soap Dreams beer soap are suds for your skin! The carrot beer soap is perfect for the most sensitive skin

**Frozen:** Conte's gluten-free ravioli and Genuto vegan nut gelato for vegan or gluten-free folks; Three Twins organic ice cream has delectable new flavors: orange chocolate confetti and salted caramel—yummy!

**Grocery:** Jazz up your Manhattans with Pinot-soaked cherries from Friend in Cheese Jam Company; For fermentation buffs, five varieties of Creative Cultures starters

**Beverages:** Bruce Cost unfiltered botanical ginger ales; Mountain Sparkling Water is bubbly refreshment in glass bottles, not plastic!

**Cheese:** From the cellars of Jasper Hill comes Oma, an organic raw cow's milk cheese with a washed rind and a pudding-like, earthy-sweet flavor; Harbison, a rich, oozy, earthy spruce-bark wrapped cheese

**Coffee:** Able Brewing stainless steel coffee filters for your Chemex means never using disposable paper filters again!

What is it, Batman? Does the commissioner have any leads on the Joker?



Yes sir commissioner: Pinot-soaked cherries, Almanac Barrel Noir, and a record-shaped cutting board. *Sigh.*





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*Hot off the presses*

## WHO WE ARE

Other Avenues is a worker-owned cooperative, currently run by twenty-three worker members to mutually serve the business and the Sunset community. Other Avenues is open seven days a week, 9:00 a.m.-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.

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