

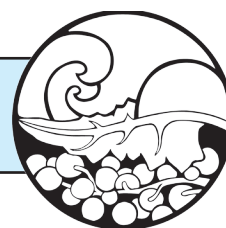
OTHER AVE-NEWS



Other Avenues Grocery Cooperative
— 3930 Judah Street, San Francisco, CA 94122 —
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NEWSLETTER *Summer 2013*



Food and the Economy

by Tina Rodia

Recently, the debate over food labeling and GMOs in California and across the country has been a continuing concern among consumers and the media.

While legislation in California has stalled, other states are picking up the fight, including a bill from my home state of Connecticut which, in order to go into effect, requires four neigh-

boring states to pass their own labeling mandates in tandem. This will be a fascinating political story to follow closely. In May, a large rally made its way through San

Francisco in opposition to GMOs and, largely, Monsanto, the largest producer of genetically engineered seeds and pesticides. The rally was held in tandem with 436 cities throughout the world. This global scope begs for a look at global food politics, and other food issues that affect conscientious consumers.

A large part of the argument for or against genetically modified food is not just about safety but economics. The purpose of FDA testing of

genetically modified food is to guarantee its safety for public consumption. So far, the FDA has given its stamp of approval on genetically modified seeds, crops and fish. Indeed, the argument over labeling of GMO food is not necessarily because genetic modification is dangerous, unhealthy or questionable, but rather that consumers simply want to know, and

have the right to know, the origins of the food they consume. In 1992, the FDA found GMO food to be no different from non-GMO food, and the FDA reports that there is no reliable

evidence that genetically engineered plants are directly harmful to humans. However, scientists stateside and in the EU have conducted studies about health risks associated with GM food, with results that potentially question the FDA's safety approval. Plus, there is a huge economic concern for the proliferation of GM crops.

When a crop of wheat in Oregon was discovered in April to be a genetically-modified

"So far, the FDA has given its stamp of approval on genetically modified seeds, crops and fish."

Monsanto crop that is not on the market, the global export market took a direct hit. Japan suspended imports of wheat from the Pacific Northwest, and the EU responded by testing all U.S. imports and refusing any genetically modified wheat. In fact, the reason Monsanto pulled the wheat out of field-testing in 2005 was an economic reason, not a safety concern. The genetically modified wheat is modified with the very same gene that is in GM soybeans, and those genetically modified soybeans are on the market, and exported, with no health side effects. However, the global demand for genetically modified wheat does not exist, and the U.S. would lose its global market if it started growing GM wheat. For this reason Monsanto pulled GM wheat from testing.

Can genetic modification ever be examined critically for its benefits, and not just as an issue to do battle with? As health food shoppers who favor organic food and supporting sustainable agriculture, can we look at all at the topic of GMOs as (dare I even

say it) a possible benefit to some? In Africa, most countries restrict genetically engineered crops and seeds. Uganda is currently seeking legislation to allow farmers to grow GM crops as a way to help food production in the country. The majority of the country grows its own food and relies predominantly on their own harvest for their food. When weather and crop diseases destroy the two staples of Ugandan diets, bananas and cassava, up to half of the harvest has been lost in past seasons. Scientists have developed a bacteria-resistant banana, and hope to give Ugandans free access to the plant for their own cultivation. If the law is passed, food shortages could be largely eliminated. However, the country could see an increase in the use of pesticides and other

genetically modified crops.

It is precisely the issue of pesticides that brings the argument for or against food that is genetically modified to resist pesticides back to the question of safety. Back in the Pacific Northwest, over 300 colonies of bees were discovered dead in Wilsonville, Oregon, a die-off of 50,000 bees, as a result of pesticide spray on nearby flowering trees. The pesticide, called Safari, is a neonicotinoid, and is toxic to bees. Excessive amounts of the pesticide, as was applied to the flowering trees in Oregon, cause mass hive die-offs, but even recommended amounts of the pesticide may be linked to colony collapse disorder. The link between pesticides and colony collapse disorder among honeybees is under scientific scrutiny of late. What may be more and more apparent to science is that even small doses of pesticides cause neurological disruptions in bees, destroying the ability

“Even recommended amounts of the pesticide may be linked to colony collapse disorder.”

for bees to communicate with the hive, resulting in colony collapse. Beekeepers and environmental groups have gone to

court asking that the EPA revoke its approval of neonicotinoids.

Across the country and throughout the world, concerned consumers, farmers, beekeepers and heads of businesses all have interest in legislating how our food is grown, whether its safe to eat, and if the business of growing and selling food in a global market can sustain itself. When the scope of food politics is this large and legislation has the power to affect entire countries, entire regional exports and entire species, it is a relief to have the coop so dedicated to supporting the most local and organic produce and groceries. Because so much money and energy goes into global food politics, it's nice to keep our hard-earned dollars close to home. •

The People in (Y)our Neighborhood

by Nicole Gluckstern

The newest kid on the block, Ocean Beach Yoga, just opened its doors across the street from Other Avenues on May 10th, and the community response has been fantastic. Many of our regular customers can be found taking (or teaching!) classes at the second-floor yoga studio and popping by afterwards for a snack and a chat. For a neighborhood full of action-oriented surfers, health food enthusiasts and fitness buffs, it's a perfect complement to the established culture, and a welcome addition to our constantly evolving stretch of Judah Street.

Whether you're an advanced practitioner or a total beginner, Ocean Beach Yoga offers classes suited to everyone within a range of disciplines from hatha to vinyasa, as well as a handful of more esoteric-sounding options such as "Carpe Diem Flow" and "Candlelit Restorative." Classes currently operate on a drop-in basis as well as online sign-up sheets, and offer several cost-saving passes such as a five, ten or 20-pack of single classes and monthly unlimited packages. We caught up with owner Christina Beer to hear about yoga, surfing, and why the Outer Sunset is her neighborhood of choice.

Other Ave-news: What made you decide to set up your studio in the Sunset?

Christina Beer: We've been coming to the Outer Sunset for as long as we've lived in San Francisco, for the last ten years. When we moved to 47th Ave a couple of years ago, we really wanted to walk out our door and

be a part of a local yoga studio. On New Year's day we saw a 'for rent' sign and called the landlord. The space looked like a 1970s doctors office, which it was at one point, and then it was an accountant's office. It took a lot of imagination to even consider turning it into a yoga studio. To fit the neighborhood vibe, we built the space to feel cozy, beachy, and welcoming—a place where you could practice alongside your friends and neighbors.

OA: What first attracted you to the neighborhood? What keeps you here?

CB: My husband Dave is a regular Ocean Beach surfer, and when you marry a surfer, it's only a matter of time that you find yourself within a few blocks of the beach. Moving from a busy part of the city to this neighborhood was the right decision, everyone has been so friendly, and extremely welcoming. We'll be long-time residents. We're

not going anywhere!

OA: Currently how many instructors do you have? What's the community response been like so far?

CB: We really lucked out with our teachers. We have close to fifteen teachers, and almost everyone lives within walking distance to the studio. Each teacher offers something so valuable and also very different. Our students enjoy trying hatha, vinyasa, dharma, and restorative classes. We also offer a prenatal class and a family yoga class, it's so much fun.

(Continued on page 8)



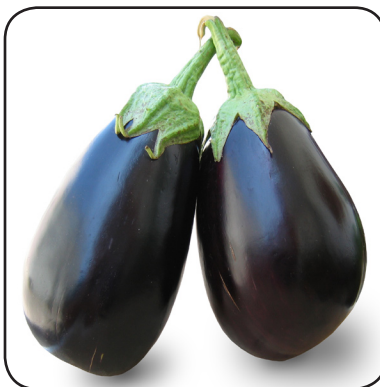
Dave & Christina Beer

MOUSSAKA: A GREEK CASSEROLE FOR SUMMER EGGPLANT

by Shanta Sacharoff

Eggplant is native to India, where it was cultivated approximately 4,000 years ago. The culinary use of eggplant migrated to other Asian countries, then the Middle East, and finally to southern Europe, where it was named an aubergine. Thomas Jefferson first introduced the nightshade to the United States, where it retained its northern European word eggplant, as it resembled goose or hen's eggs. Perhaps due to its unfamiliar color and shape, eggplant is less popular in global cuisine outside of India. Some delicious ethnic dishes are an exception, such as the Indian baingan bharta, Italian eggplant parmigiana, the French ratatouille, the Middle Eastern baba ghanouj and the lovely Greek moussaka, presented here.

Eggplant is a great low-calorie source of dietary fiber, making it one of the best heart-healthy vegetables. It contains a good amount of many essential B vitamins, which help metabolize protein and carbohydrates. Eggplant contains manganese, copper, iron and potassium, which serve as antioxidants helping the body's immune system. In addition, research has shown that eggplant is effective in controlling high cholesterol. Eggplant peels have a substantial amount of phytochemicals that can relieve inflammation and some age-related brain diseases.



Despite its nutritional merits and the colorful appearance, many people have trouble accepting eggplant as a favorite food. This Greek eggplant casserole will make any eggplant hater into an eggplant lover, I promise!

In Greece, moussaka is traditionally made with a layer of eggplant and meat (usually lamb), but it is prepared without meat during Lent, when Orthodox Greeks abstain from eating meat. The Greek meatless moussaka casserole is made with layers of eggplant slices, grated cheese and potato slices, and bathed with a white sauce before baking. My modified version adds a substantial layer of tofu, which enhances its texture and protein content.

This moussaka is a substantial one-pot meal that is perfect as an impressive centerpiece on a dinner table, or is great in a picnic basket and served at room temperature. Moussaka involves three steps: skillet-frying the vegetable slices, frying the tofu and making the béchamel sauce. These three steps can be done ahead of time, even a day before baking the casserole.

Eggplants of all sizes, shapes and colors are in season and plentiful during the summer months in Northern California. You can use any of the variety for this casserole.

MOUSSAKA

6 to 7 tablespoons olive oil
1 large onion, finely chopped
3 cloves garlic, minced
1 pound firm tofu, drained and crumbled
½ teaspoon cinnamon
½ teaspoon oregano
1/8 teaspoon grated nutmeg
Salt and freshly ground pepper to taste

2 tablespoons fresh parsley, finely chopped
½ cup fresh or canned chopped tomatoes
¼ cup red wine or red wine vinegar (optional)
1 large eggplant, or a few small eggplants, cut into ½" thick slices (3 cups), with skins
2 large russet potatoes, peeled and sliced into 1/4" thick slices
1 ½ cup grated mozzarella cheese (or vegan cheese)
3 cups béchamel sauce

BÉCHAMEL SAUCE

2 tablespoons unbleached white flour (or garbanzo flour for a gluten-free recipe)
6 tablespoons butter or oil
3 cups milk or soy milk
Salt and pepper to taste

2 eggs (optional—can be omitted for a vegan or low-fat version)
2 tablespoons grated parmesan or vegan cheese

First, prepare the tofu filling. Heat 3-4 tablespoons of oil in a heavy saucepan over moderate heat. Add the onion and sauté for a few minutes until translucent. Add the garlic and stir-fry for one minute. Add the tofu and cook, stirring frequently, for 15-20 minutes. Add the cinnamon, oregano, salt, pepper and parsley while stirring to mix all ingredients thoroughly. Add the chopped tomato and the wine (or vinegar) and continue to cook for a few minutes to evaporate some of the liquid. Transfer the tofu to a platter and set aside.

Next, prepare the sliced vegetables. Heat one tablespoon of oil in a heavy-bottomed skillet. Arrange the potato slices in the skillet in a single layer. Fry for a few minutes, turning once so that both sides are lightly browned. Remove from the pan and place on paper towels. Add a small amount of oil to the pan and fry the remaining potato slices, then set them aside. Place the eggplant slices in the hot skillet in a single layer, adding more oil as necessary. Fry eggplant slices on both sides until soft and slightly browned. Place them on paper towels to drain the excess oil.

Next, prepare the béchamel sauce. Heat the milk (or soymilk) in a sauce pan until hot but not boiling. Set the milk aside. Heat the butter or oil in a pan over low heat and sprinkle the flour while stirring constantly

with a wooden spoon. Cook for a few minutes to toast and mix the flour with oil. Add the hot milk gradually while stirring. Continue to stir for five to seven minutes until the sauce thickens. Add salt, pepper and nutmeg while stirring the sauce. Gently stir in the beaten eggs. Mix the sauce thoroughly with a whisk and remove from heat.

Preheat the oven to 350 degrees.

Now it's time to assemble the moussaka. Oil the bottom of a rectangular 9x14" baking pan. First arrange the potato slices in a single layer to cover the base of the pan. Cover the potatoes with half of the tofu filling. Next, sprinkle about ½ cup of mozzarella (or vegan cheese) over the tofu. Arrange the eggplant slices in a single layer over the cheese, and top them with the remaining tofu.

Sprinkle ½ cup of cheese on top of the tofu layer. Finally, bathe the casserole with béchamel sauce, spreading it evenly so no vegetables are visible and the corners are covered with sauce. Sprinkle the remaining cheese over the top. Cover the casserole with a well-fitting lid or foil, sealing the corners. Bake the casserole for 45 minutes. Then uncover, turn the heat to 425 degrees, and cook for a few minutes to brown the top lightly, making sure not to burn the casserole. Top the moussaka with shredded parmesan (or vegan cheese) while still hot. Cut into squares and serve. •



Do Not Feel the Burn

by Tina Rodia

•SAGE SKINCARE ADVICE FROM OUR RESIDENT EXPERT•

Ahhh, the Sunset District. What smug countenances we can keep when a weather map shows an entire country melting in emergency red hues indicating that temperatures exceed 125 degrees and entire states have declared war with daytime. Let's revel in the pride of our geographical circumstances. Who needs sun anyway? You know what sun does to you? It makes you look old. It gives you sunburn and sunstroke and blisters and makes you sweat too much and hurts your retinas with all its glaring, blaring sunshiny-ness. It encourages group activities outdoors, exercise, fewer layers of clothes and chilled beverages. No. Thank. You.

Seriously, let's all kid ourselves and pretend to love it. But even more seriously, don't think we can get away with anything. Whether the sun is shrouded by the thickest layer of fog it's like living inside an Oreo cookie, or we catch a rare glimpse of blue sky, **YOU MUST WEAR SUNSCREEN.** No excuses. Look at your finest leather handbag. That, I promise, will be your face if you do not wear sunscreen. Need help navigating the world of solar protection? Let's go.

Since last I wrote a little primer about sunscreen, several changes have gone through the legislative pipeline regarding labeling. First of all, all sunscreen is considered an over-the-counter drug, both chemical and mineral sunscreens. It is regulated by the FDA, and any sunscreen on the market is required to have a drug panel (think of the back of a bottle of vitamins) on its label. Avoid purchasing any skincare product that lacks a drug panel. Since both UVA and UVB rays cause damage and your skin requires protection from both, products that protect against both use a Broad

Spectrum Protection label to indicate that the sunscreen has been tested for protection against UVA and UVB rays. No longer can products use the word Waterproof on the label, but Water-Resistant is permissible if the manufacturer includes a time limit of its efficacy. Sunscreen with a sun protection factor above 50 is on the market, but the scientific evidence of any increased efficacy is far from proven, and 50 is the cap at which quantifiable results are proven. The FDA is currently evaluating whether to keep sunscreens higher than 50 on the market. Any sunscreen with an SPF of 15 or lower must indicate on its label that it does not protect the skin against skin cancer.

Look at your finest leather handbag. That, I promise, will be your face if you do not wear sunscreen.



Purchasing a sunscreen with a high sun protection factor does not mean you can stay out in the sun longer without reapplying. All sunscreen should be reapplied every two hours, one every inch of exposed skin. For all exposed skin, including the face, one generally should use two ounces of sunscreen every two hours, but since we are in the Sunset after all, we may bare less skin than someone in, say, Florida. But remember, reapplication is key. In addition, a higher SPF may give your skin protection from UVB rays (which cause sunburn) for a little longer than a lower SPF, but not UVA rays, which cause wrinkles, age spots and, potentially, cancer. This is why you must, absolutely, reapply every two hours, even in the fog.

The American Academy of Dermatology confirmed that 80% of the sun's UV rays can penetrate your skin on cloudy days. There is now a confirmed link between a history of severe, repeated sunburn and an increased risk of melanoma. And a recent long-term study in Australia confirmed that repeated exposure to the sun without sun protection results in an

increase in wrinkles and tissue degeneration.

Choosing your sunscreen comes down to your lifestyle and skin type. Both chemical and mineral sunscreens are available and both have their own unique benefits. Chemical sunscreens neutralize the sun's rays in the middle of the dermal layers through a chemical reaction. They do not contain zinc and are less whitening on the skin's surface, but do not protect against UVA rays on their own. If you choose a chemical sunscreen, make sure it contains avobenzone, which is the only ingredient in chemical sunscreens that provide UVA protection. Avoid oxybenzone if possible, as it is responsible for damaging coral reef and is a possible hormone disrupter in humans.

DeVita and MyChelle combine their sun protection with their moisturizer, which is a fantastic way to protect and moisturize your face with just one product, and will guarantee your daily application of sunscreen.



Mineral sunscreen provides a physical barrier to the sun by reflecting back the sun's rays, through titanium dioxide or zinc oxide. Because of the chalky, reflective consistency of the minerals, companies have been working on their formulas to reduce the particle size of the minerals so the effect on the skin is less whitening. Titanium dioxide nanoparticles are scaled down slightly smaller than zinc oxide, so a blend of both titanium dioxide and zinc oxide will provide exceptional UVA and UVB protection with less visibility on the skin. While some labels may claim their minerals are non-nano (meaning the particles are not scaled down to nanometers), there is no conclusive studies that nanoparticles are at all at risk of penetrating deeper into the dermal layers.

Non-nano mineral sunscreens will be more whitening than nanoparticle sunscreens.

And yet, sunburns happen even to the most diligent of us. Even fifteen minutes of sun exposure with unprotected skin can result in sunburn for those with sensitive or pale skin. The UVB rays cause cellular damage to the skin, and the body responds with an increase of

If you have a sunburn, sea buckthorn oil (extracted from the seeds of the sea buckthorn berry) is excellent for repairing skin damage from sun exposure. It is high in essential fatty acids, Vitamin C and antioxidants, which hydrate the skin and protect against wrinkles and cellular degeneration that occurs with sunburn. However, because of its high content of carotenes (Vitamin A), don't wear lotion with sea buckthorn oil (or any vitamin A serum) in direct sunlight, but rather apply it to sun-damaged skin at night.



bloodflow to the skin's capillary bed to repair the damage. If this happens to you, take a cool bath to reduce the heat. Ibuprofen is an anti-inflammatory and will help with the redness and prevent long-term skin damage. The skin continues to burn and damage even after you seek shade, and ibuprofen will help stem some of the damage. Drink extra water to prevent dehydration. If your sunburn is so severe that you develop blisters, DO NOT pop the blisters, but rather allow them to heal untouched as they protect your skin from infection. If your sunburn blisters and you experience chills, a headache or fever then you must, absolutely, see a doctor.

Be smart and safe, and have fun this summer. Come October, we will see the sun, so be prepared! •

OA: What do you like to do on your time off?

CB: We love spending time with our dog Minnie at Ocean Beach and Golden Gate Park. We both like to road bike, and I just bought a beach cruiser for my commute. Biking, surfing, yoga—we try to earn the amazing meals that we enjoy at our local restaurants.

OA: Anything you'd like to add that I didn't ask you?

CB: If you've ever thought about trying yoga, but didn't know where to begin, we encourage you to come in, or send us an email. We have classes for all levels, styles, and ages, and we'll work with you to find the best classes to suit your needs. We're excited to have you! •

(Top-Secret Parklet Update) by Nancy Buffum

Plans for a parklet in front of Other Avenues, in cooperation with Sea Breeze Café, have been in the works for well over a year. The Other Avenues parklet committee extends thanks to the many shoppers and neighbors who voiced support and offered comments during this period. Community letters, emails, petition signatures and comments were very helpful in the approval of our initial application.

The architectural firm Interstice has developed an attractive design with plenty of seating, planters and room for dogs and bicycles. The architectural plans were approved by the San Francisco planning board in April.

Images of the parklet design and more information about the community space it will create for our neighborhood can be found on the Other Avenues website (www.otheravenues.coop).

Currently, we are waiting for one last hearing before we can begin to build.* Let a worker know if you are interested in helping with the next stages. Look out for notices on the website, Facebook and at the OA cash register.

*Update: we've been approved! Let's build this thing! More details to come.



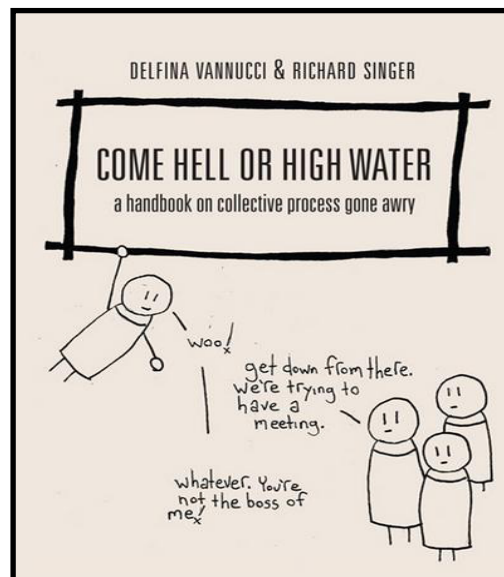
Other Avenues' Book Nook

by Nicole
Gluckstern

While discussing the wistful possibility of co-founding a collective publishing company, a good friend of mine asked if I could recommend any books on the collective process. "Can I ever," I replied, and pressed my copy of *Come Hell or High Water* (AK Press, 2010, 127 pp, \$10) into his hands. Truth be told, I'd raved about this very same book to him already, as well as to all of my co-workers here at Other Avenues. Not because it describes how to work collectively so much as how not to, detailing common pitfalls and patterns that can arise within even the most well-intentioned collective in simple, thorough detail and concrete examples.

"Equality and fair dealing don't just flow automatically from good intentions. Egalitarianism requires commitment and mindfulness from everyone involved," the authors note in their introduction, and it's on maintaining this commitment and mindfulness that they focus much of their book. Made up of imperfect, fallible humans, even the most "perfect" collective will at some point find itself mired in conflict, whether by inadvertently creating scapegoats within its circle, or allowing the democratic process to be hijacked through a variety of tactics, which may not even be evident to the perpetrator, let alone the collective, until the process has

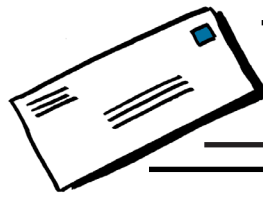
already been thoroughly undermined. If this sounds like heavy material to wade through, you'd be right, but fortunately Vannucci and Singer keep their tone gently matter-of-fact and eminently relatable, and provide some levity to the book with a series of truly hilarious comics contributed by anarchist publishing company Strangers in a Tangled Wilderness.



Come Hell or High Water,
by Delfina Vannucci and Richard Singer

The book is divided into a series of brief chapters, each dealing with a very specific behavior, pattern or ideal such as "A Closer Look at Consensus," "The Problem with Politeness," and "The Collective is Not Always More Correct Than the Individual," giving plenty of insight into the unique dynamics of egalitarian power-sharing (and unegalitarian power-grabbing), that almost any collective might potentially encounter, from activist circles

such as Food Not Bombs and the various branches of Occupy, to established, democratically-run workplaces such as Other Avenues, Arizmendi Bakery and Rainbow Grocery. Its balanced blend of clear-eyed insight and solution-based suggestion makes it my current favorite book about collective communication and process, and a must read for anyone with even a passing interest in collective work, or group dynamics in general. •



Letter from the Egg Department

Dear egg shoppers:

You may have noticed that we've been bringing in many eggs from small farms. Whenever we source eggs, we try to carefully evaluate many different factors, including the welfare of the chickens (de-beaking, access to the outdoors), what kind of feed is used, and the farms' organic certification. While many of these small farms may not be certified organic, their standards of animal welfare are so high that we feel great about supporting them. Because these eggs are produced by small herds and in small batches, their prices tend to be higher. Conversely, some of the lower priced eggs that we carry, while being certified organic, come from chickens that are housed in factory farm conditions.

As conscientious consumers, we have to make a lot of choices when grocery shopping. We know that this can be bewildering at times, and we've been trying to eliminate eggs from producers with the lowest scores on animal welfare. Whether getting eggs that are 100% organic is most important to you, or whether animal health and welfare are the deciding factors, we are trying to make sure that you have the information and choices available to make the most educated decisions.

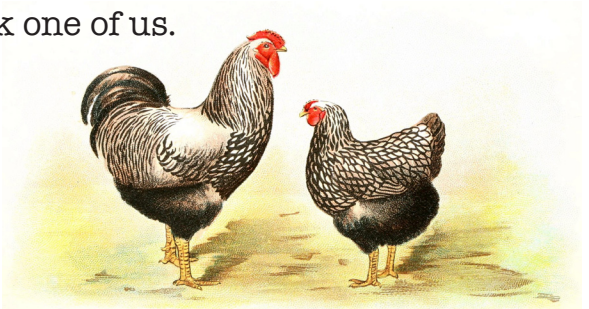


A great resource for further reading is at www.cornucopia.org/organic-egg-scorecard.

If you have any further questions, feel free to ask one of us.

Thanks for reading.

-Tulasi and Jeremy,
Department Buyers



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and check us out on
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Department Highlights

Vitamins: New from Nordic Naturals: Prenatal DHA, CoQ10 Ubiquinol and shellfish-free Omega Joint Xtra; Green supplements from Healthforce: Elixir of the Lake blue-green algae, Central American Spirulina Azteca, and Chlorella Manna, a source of full-spectrum nutrients

Housewares: Lodge Logic cast-iron Dutch ovens are here!

Bread: New Saint & Olive biscotti come in unique, delicious flavors including Mexican hot chocolate, bee pollen & anise, and apricot, rosemary & pistachio

Grab & Go: Picnic Pies are meal-sized pocket pies handmade in San Francisco; New from Haig's delicious Middle Eastern deli: tabouli, halvah and baklavah; Gluten-free pizza crusts by Vicolo are now available!

Non-foods: Shop our summer soda blowout! Dry Soda (low sugar and unique flavors), Flying Cauldron butterscotch beer, Ginger People ginger brews, Reed's raspberry ginger brew and Virgil's root beer kegers

Grocery: New items in our baking section include flavored extracts, baking mixes and marzipan; The newest, creamiest sprouted almond butter by The Philosopher's Stoneground is handmade in a solar-powered kitchen

Coffee: New to the shelves are glass drip coffee makers with a reusable cloth filter from the Japanese company Hario.

Chocolate: Charles' Chocolates are (back) in charge and on our shelves! Try new Feve artisan chocolates (especially the chocolate covered orange peel)

Body Care: Alaffia rooibos skincare line for all skin types is a richly nourishing, affordable and lovely facial care line from a women's shea-harvesting collective in Togo

Herbs: New Silk Road teas from San Rafael source their Chinese green, white and black teas directly from small farmers and farmers' markets in China. Try their Drum Mountain White Cloud (like silver needle tea, but less costly), Golden Monkey and High Mountain Keemun black tea, and Buddhist and Dragon Well green tea

OA's Own: Try our new, moist and decadent raw salted caramel brownies with a rich, creamy frosting, from a recipe by a local vegan chef to the stars

Cheese: Belfiori cow milk feta is ridiculously tasty and ridiculously local (16.9 miles away!); Graziers Organic raw sharp cheddar is local, grass fed and made with vegetarian rennet

Chill: Try new (and delicious!) Garden Variety sheep's milk yogurt in glass mason jars

Beer and Wine: Forlorn Hope Torrontes is an exceptional and rare domestic torrontes grape wine; Old World Wineries Folderol is an "unbelievably odd" grape marvel; For the Sunset beer drinker, try Mission Brewery Dark Seas Russian Imperial Stout

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



Yes, commissioner- I'll swing by Other Avenues for you. Maybe we should've brought the Bat-SUV.

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www.oceanbeachyogasf.com

We are located on Judah Street, across from Other Avenues Grocery Store.

3925 Judah Street & 44th Avenue
San Francisco, CA 94122
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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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