

# OTHER AVE-NEWS

## *Holiday Edition*

Other Avenues is a worker-owned, cooperatively-run food store.

3930 Judah Street, San Francisco, CA 94122 • 415.661.7475 • [www.otheravenues.coop](http://www.otheravenues.coop)

Welcome to winter! We first noticed its appearance, not with the weather, but with an onslaught of holiday pies. Shortly joined by a whole succession of holiday treats, including scrumptious Straus eggnog and vegan Silk nog, stuffed Celebration Roast, whole wheat gingerbread mix from Hodgson Mills, organic cranberries, fresh sage, Redwood Hill cameo goat Camembert, and delicious honey mead, well, our mouths just couldn't stop watering long enough for us to notice the change in temperature. We just can't help being obsessed by food around here, and always hope our enthusiasm is adequately reflected in our product mix. Got a favorite treat that seems to be missing from our shelves? Our buyers are happy to take requests for new items under consideration.

Of course, we've accomplished a lot more lately than just stocking up on seasonal treats! Our regular customers may already have noticed, but our business was finally able to invest in a new cash register system, which we hope will help our ever-burgeoning traffic flow and also with tracking inventory numbers and other financial data. We're thrilled to have been able to take this step into the 21st Century, and thank you for your patience as we feel our way through the new variables the system sometimes throws us.

We're pleased to announce that we've joined forces with the San Francisco Bicycle Coalition in "promoting the bicycle for everyday transportation" by offering a five-percent discount to all SFBC members with a valid membership card who bike to our store.



By becoming discount partners with the SFBC, we hope to help spread awareness among our customers that bicycling is a viable alternative to driving or even to MUNI, especially now with a new bike lane on Kirkham, and new improvements being made citywide every week. Since many of us--even workers who live on the other side of the city--bike regularly to work, we feel especially connected to the SFBC's mission to make the roads safer for all of us, no matter what type of transportation you ultimately choose.

Well, that about wraps it up for this month's news update. Watch for a full-length newsletter in January and until then, we wish you a joyous winter, and a happy new year!

*Other Avenues*

### Holiday Hours

Christmas Day, 9 am to 2 pm  
New Year's Day, 12 am to 9 pm  
9 am to 9 pm all other days



# edible gifts

by shanta sacharoff

Exchanging gifts on the holidays can be a fun and gratifying experience, but how often have you struggled to find that perfect gift for someone you don't know very well, or who seems to have everything? Instead of the joy it was meant to be, gift-giving can sometimes be a stressful chore.

Years ago, holiday gifts were made at home from materials gathered in the garden and the kitchen. After the harvest, folks came together to hand-craft items to share with family and friends during the holidays.

Today, challenging financial times remind us of the joys of hand-made gifts. Environmentally safe, fair-trade and local products are popular in the commercial gift market, but what is greener than a hand-made, edible gift? Preparing edible gifts for your loved ones warms up your kitchen, fills your house with sweet smells, and inspires everyone with holiday joy.

Here are some home-made edible gifts that make great partners: two quick-to-prepare chutneys and mini tea loaves with berries. Gifts for several people can be made within two hours.

## fresh chutney

There are two popular types of Indian condiments: pickles and chutney. Pickles are often salty, oily and/or sweetened, and preparation is a lengthy process. Fresh chutneys, which are primarily prepared with digestive spices such as ginger and lemon juice, can be made quickly and many of the nutritional benefits of the ingredients remain. The texture and the intensity of a chutney can vary depending on the accompanying entrée. A thin, hot chutney might be served as a dipping sauce for appetizers or finger foods, while a sweet and sour, jam-like chutney, such as

cranberry, can be used as a condiment or a spread. Fresh chutney can be made quickly with a blender or food processor, and will keep for at least for few weeks in the refrigerator. Some, like cranberry chutney, can stay for months. If you are preparing the chutneys as a gift, use clean (sterilized) half-pint glass jars with lids.

Caution: when making chutneys in a blender or a food processor, allow the ingredients to settle for a few minutes before you open the lid; the hot essence of spices can irritate your skin.

## cranberry chutney

I created this recipe as an alternative to traditional cranberry sauce.

3 cups fresh or frozen cranberries

1 cup water

2 cups honey, sugar, fructose, or maple syrup

1 tablespoon freshly grated ginger

½ teaspoon each ground cloves, cardamom and cinnamon

¼ teaspoon cayenne powder (optional)

Chop the cranberries coarsely using a food processor, a blender, or a knife. Transfer them to a saucepan with the water and cook for a few minutes until the berries are soft. Add the sweetener and spices and cook 10 to 15 minutes more, until the chutney looks jam-like and shiny. Pour the hot chutney into clean glass jars and seal the jars while the chutney is hot. It will solidify further as it cools. Refrigerated, this chutney keeps well for several months. Makes 5-6 half-pint jars.

## tropical chutney

You can use any combination of mangoes, papayas, pineapples, and/or peaches with yellow raisins. Place the dried fruit in the warm or hot water and set aside for ½ hour or longer to soften. Then place all ingredients, including the water in which the fruit pieces are soaking, in the jar of a blender or a food processor. Puree the mixture, adding more water as needed to yield a fine-grained pudding-like consistency. Allow the chutney to stand for a few minutes before transferring it to a serving bowl for storage, or to clean glass jars for gifts.

1 cup dried and chopped tropical fruits (see above)	juice of one large lemon or lime
1 cup warm or hot water	½ teaspoon cayenne
1 cup yellow raisins (sultana)	1 teaspoon salt
2 tablespoon fresh, grated gingerroot	additional water as needed

This chutney will keep for several weeks if refrigerated. Makes 4 to 5 half-pint jars.

## mini bread or tea loaf with berries

Specialized mini loaf pans are available in stores selling kitchenware products.

3 cups unbleached white flour or a combination of 1½ cups white and whole wheat flour	2/3 to 1 cup orange juice, any fruit juice, or an infusion of green or black tea
4 teaspoons baking powder	2/3 cup canola, corn or sunflower seed oil
2/3 cup wheat bran, oat bran or rice bran	1 teaspoon vanilla extract
1 teaspoon ground cinnamon	1 cup fresh blueberries or raspberries rinsed and drained, or frozen and thawed
1 cup sugar, honey, maple syrup, agave syrup or sweetener of your choice	

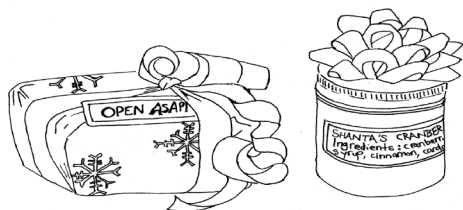
Preheat the oven to 350 degrees. Oil the inside of two mini loaf pans and set them aside.

Sift the flour and baking powder into a bowl. Add the bran, cinnamon and sugar, and mix with a fork to blend. (If you are using a liquid sweetener, add it with the wet ingredients.)

In a large separate bowl combine the wet ingredients, including any liquid sweetener, until well blended. If you are using a liquid sweetener, use only ½ cup of the juice. Add the berries to the wet ingredients and mix well. Gently fold the dry ingredients into the wet, being careful not to over mix.

Spoon the batter into prepared loaf pans. Bake at 350 degrees for about 45 minutes or until a toothpick comes out clean.

Cool loaves for 20 to 30 minutes, slice and serve. But, if you are giving them as gifts, cool them completely before wrapping. Wrap each loaf in waxed paper or cellophane wrap and add a festive ribbon or gift wrap. Be sure to let your recipient know that this is a perishable gift.



\*For a gluten-free option, use 1½ cups of Bob's Red Mill Gluten-Free baking mix, combined with rice bran to replace the wheat flour and wheat bran. Makes two mini loaves.

# department highlights

— **gifts** How about 20% off all calendars, date-books, and boxed cards from Friday, December 24th, to Sunday, January 3rd? We also have fair-trade warming gifts: hand warmers, foot warmers and hats, all under \$20.

— **cheese** Cheddar-ific! Browning Gold from 5 Spokes Creamery, a buttery two year cheddar with caramel and bits of Gouda. Try some Landaff, a domestic (and dare we say better?) version of Caerphilly.

— **beer and wine** Try some of our winter beverages! We have new meads in three different styles (sweet, blackberry dry, and a hoppy version). Also, our crab apple cider from Wandering Angus is superb.

— **non-food** If you haven't tried out a Java Log, now's the time! They're made from recycled coffee grounds and are perfect for the Sunset!

— **grocery** We have some fine gifts for foodies! Try our new Italian truffle salt by Fungus Among Us (funny name, great salt!) and our International Collection Champagne Wine Vinegar.

— **deli** Grab-n-Go Soup for the cold season: Aunt Nettie's Kitchen and Sweet Earth fresh soups delivered weekly in a variety of flavors. Goes great with a Peasant Pie, Venga Empanada, Savvy sandwich or Marsha's Wrap. The next best thing to Mom! Try our new Good Faith Farm RAW olives!

— **chocolate** Bring home some local treats for the holidays! There are almost too many options here: Charles Chocolates, Clarine's Florentines, Kika's Treats, Michael Mischer Chocolates, Poco Dolce, or Tcho Chocolates.

— **dairy** We have yummy cinnamon Straus yogurt, and our duck eggs, when we can get them, are flying off the shelf— ducks are the new chickens!



— **produce** It would only be a slight exaggeration to say that we have a million kinds of tangerines, apples, and pears right now. As always, our produce is 100% certified organic and as local as possible— dig in!

## Get well and stay well!

Give the gift of wellness to yourself and loved ones by addressing cold and flu symptoms early!

- Many Source Naturals Wellness products are 20% off for the winter months
- 9 Herb Pharm tinctures are 20% off during our Winter Immune sale
- We have many homeopathic remedies
- We stock all the old stand-bys, like Zand Throat Spray, Elderberry products, and Yin Chiao

Remember: Talk to us and we'll be happy to help you find the product to suit your needs!

## MISSING CARTS



(artist's rendering)

Recently we've had some of our carts wander off, never to be found. We're so sad! Please ask for a hand outside, or if you see one (they love the bus stops), please walk it back or call us. Thanks!