I’ve always loved this time of year. Even when the rainy, blustery days keep me inside a bit more than I’d like, I still love being able to curl up with a good book and a cup of tea. Then there’s the fruit—tart kiwi berries, exquisitely aromatic quinces, juicy Asian pears, spicy-sweet persimmons—all available for only a few short weeks each fall. And the apples! Oh, the apples! Thanks to cold-storage technology and air freight from places like Chile and New Zealand, we can get apples all year long, but never with the flavor and variety we get from locally-grown fruit each fall. With wild origins in the forests of Kazakhstan, there are now over 7,500 varieties of apples in cultivation. While we never have that many varieties at LifeSource, it sometimes feels like it, with classic varieties like Cox’s Orange Pippin and Orleans Reinette alongside newer varieties like Jazz. There are so many things to do with apples: my kids eat their weight in applesauce from their grandparents’ tree each year, and right now I have jugs of fresh cider merrily bubbling in my kitchen, transforming (hopefully) into a lovely scrumpy hard cider.

There’s more than apples in this edition of News in Natural, of course, but it would be fair to call this our Apple Issue. In addition to the beautiful abundance of apple recipes our team has put together, you’ll find conversations with a treasured local apple grower, Neil Austin, about the challenges climate change is presenting for his crop, and with Jose Gonzalez, the innovative cidermaker behind La Familia Cider Co., and Marney dives into the history of Salem’s disappearing orchards.

Enjoy

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On the Cover
Easier than pie! Make a rustic caramel apple galette from scratch with our easy to follow recipe. (p. 8)

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Neil Austin has grown some of our area’s best apples for decades. Find out how climate change and blistering summer heat is affecting his crop.

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Whether you’re a backyard gardener or a farmer who sells to your local grocery, you have to take into consideration the climate of the area to decide what to grow. This practice has worked for centuries, but as the climate changes, crops that once produced well are struggling, both throughout the United States and the world. In recent years we have seen climate change destroy crops as both high and low temperatures get more extreme. This scenario is exactly what is happening to Neil Austin of Austin Farm in Silverton.

For a hobby farmer like myself it’s no big deal. I just don’t have the same luscious big bounty that I’ve had in previous years or get to make as much sauerkraut as I have in the past because my cabbage didn’t produce as well. For small local organic farmers like Neil Austin, this change in climate means less income and possible hikes in prices that trickle down to the consumer at the grocery store.

The Willamette Valley’s June heatwave—the one that reached temperatures of 117° and brought at least three days of temperatures over 110°—caused many farms, including Austin Farm, to lose large percentages of their crops.

When I started this story, I planned to feature Neil’s farm for his amazing local organic apples that LifeSource customers have loved for decades, but by the time we had done our first interview in June the heat dome had just settled over the Willamette Valley, scorching crops of all kinds. Many larger farms had the resources to cool their crops with large sprinkler systems, but in thirty years of growing organic apples, Neil had never had the need for such a system on his 1.5-acre orchard, so his crop did not fare as well as those with the resources to cool their crops.

After that record-setting hot week in June, Neil gave me a call back and asked if we should still do this story considering his loss and...
Above: Heat damaged apples. The Willamette Valley’s June heatwave brought temperatures of up to 117°, and caused Neil to lose around 25-50% of his crop.

how his farm might look because of so many apples being destroyed by the heat. I assured Neil that his story is more important than ever, and it’s crucial to understand how climate change affects our buying experience.

Neil estimates that, depending on which variety of apple, he lost around 25-50% of his total crop due to those three scorching days.

“If it would have been just one really hot day, I think it would have been fine. I might have still lost a small amount of my crop, but after 3 consecutive days of that intense heat, the orchard just couldn’t take it,” Neil said.

When I asked him how he moves forward with knowing this might be a yearly problem in the future, Neil said he was thinking about different varieties of apples that are more resistant to the heat, but at the age of 71 it is hard to start over.

“I’m 71 and I still have the energy, will, and desire but I just don’t know if it’s still viable in the Willamette Valley to do what I am doing in our current climate situation,” he said.

At age 20, Neil moved to Oregon from Michigan in 1971 and landed in Eugene. Years later he found his way to Silverton. His future wife, Marian, grew up on a large farm in Illinois and had moved to Salem. Neil and Marian met at a local Silverton watering hole called Bullwinkle’s, now known as The Wooden Nickle. That night she asked him to dance. He said yes and a few years later when he asked her to marry him, she said the same. They married in 1983. Not long after, they found their current farm and home, but because of the overgrown blackberries and debris it would take them another six months to clean the property enough that they could move into their house in 1984.

“It was a wreck,” Neil said, “and it took many months for Marian and I to clean the property and
remodel the house, and then we had to plant cover crops to get the soil ready to plant our apples trees.” Many of the apple trees in his orchard are still trees he grew in those first few years of his orchard.

By 1989, when organic certification was still in its youth, Austin Farm got their organic certification and a few years later they started selling to the brand new LifeSource Natural Foods. Today, depending on what Neil has available, LifeSource carries several of his varieties, including Liberty, Wynoochee, Gravenstein, William’s Pride, Akane, and Gold Rush.

Whenever I write a story about a local farm, I always want to know what sets them apart from other farms, both larger ones and the small local ones.

“There are not many apple orchards in the valley,” Neil said. “It’s really difficult to grow apples here, even before the intense heat that we’re currently seeing. It’s a struggle. It’s hard to have a small organic orchard here. Honestly, it’s something I don’t know if I would have started if I knew now what I didn’t know then.” So why does he keep doing it?

“To see people enjoying my apples at the farmer’s market or at a store like LifeSource, and seeing the kids at these markets enjoying my apples. It’s not a totally viable thing but it’s just something that is important to me to do.”

Neil left me with these words: “I’m the luckiest man on earth. When I look back, I don’t know how I ended up here but I love it. I love what I do and I am grateful and blessed.”

Well, Neil, so are we for getting to experience your love of what you do through your amazing organic apples! 🍎
Fragrant Curry with Apple
By Lyric Johns · Makes 6 Servings

- 2 tsp whole fenugreek
- 1½ tsp cumin seeds
- 1½ tsp whole cloves
- 1¼ tsp coriander seeds
- ½ tsp fennel seeds
- ¼ tsp whole allspice
- ¼ tsp hulled cardamom
- ¼ tsp anise seeds
- ¼ tsp black peppercorns
- 1 bay leaf
- ¼ tbsp ground turmeric
- ½ tsp garlic powder
- ½ tsp ginger powder
- ¼ tsp ground cinnamon
- ¼ tsp cayenne
- ¼ tsp dill
- ¼ tsp sage
- 3 cups carrots, sliced
- 6 cups russet potatoes, diced
- 3 cups yellow onion, diced
- 1 Fuji, or other sweet apple, peeled and grated
- 2 tbsp butter or vegan butter
- 2 tbsp flour
- 3 ¾ cup water
- 3 tsp salt

1. In a dry skillet over medium heat, toast fenugreek, cumin, cloves, coriander, fennel, allspice, cardamom, anise, black peppercorns, and bay leaf until fragrant, about 1-2 minutes. Let the toasted spices cool before grinding thoroughly with a spice grinder, or a mortar and pestle. Combine the toasted spice blend with turmeric, garlic powder, ginger, cinnamon, cayenne, dill, and sage.

2. In a large pot over medium low heat melt the butter. Add flour and stir thoroughly, cooking until the raw flour smell dissipates. Add the spice blend and mix well. Slowly add water to the roux a little bit at a time, whisking as you pour to ensure it is well combined.

3. Add the prepared vegetables, grated apple, and salt to the pot, and turn the heat up to high. Bring the curry to a boil, stir well, and turn the heat down to medium. Cover the pot with a lid and let the curry cook, stirring regularly, until vegetables are tender and desired thickness is reached.

4. Serve over rice with your choice of protein.
Easier Than Pie

Rustic Caramel Apple Galette

Makes 8 servings

We love this apple galette using our easy quick puff pastry, but you can absolutely save time with either store-bought puff pastry or a regular old pie crust.

If your apples don’t release much juice in the macerating process, go ahead and skip step 3 too!

- 1 recipe quick puff pastry (see next page)
- 6 small apples, peeled, cored, and sliced ⅛-inch thin
- 2 Tbsp turbinado sugar
- 2 Tbsp granulated cane sugar
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 Tbsp cornstarch
- 1 egg white mixed with 1 Tbsp water
- 1 recipe caramel sauce (see next page), warmed to drizzling consistency

1. Preheat the oven to 400°F. Line a baking sheet with parchment or a silicon baking mat.

2. In a bowl, toss together sliced apples, turbinado sugar, cinnamon, vanilla extract, and ½ Tbsp of the cornstarch. Allow to macerate for 30 minutes, drain juice into a small saucepan.

3. Heat apple juice and remaining cornstarch over medium high, and cook, whisking constantly until thickened. Toss with apples.

4. Roll out the puff pastry into a 14-inch diameter circle. Place it on the prepared baking sheet. Arrange apples in the center of the pastry in a mostly even layer, leaving a three inch border between the fruit and edge of the pastry.

5. Fold edges of the pastry over the fruit. There will be a large hole in the center for steam to escape. Freeze the galette for 15 minutes. Brush crust with egg wash. Bake in the preheated oven for 30-40 minutes, or until the crust is golden and puffed and the filling is bubbly.

6. Remove the galette from the baking sheet and allow to cool on a rack. Drizzle with caramel sauce to taste before serving.
QUICK PUFF PASTRY

1. Whisk together 1 ¼ cup flour and salt. With a pastry cutter, cut in the chilled butter until all flour is incorporated, with lumps the size of small peas.
2. Make a well in the center of the flour and pour in ice water. Stir to combine. A shaggy dough will form. Turn out dough onto a well floured surface.
3. Pat into a rough square. With a floured rolling pin, roll into an approximate 12-inch rectangle. With a bench scraper, fold up the bottom third of dough toward the center, then fold the top third down toward the bottom (like folding a letter to fit in an envelope). Give dough a quarter turn clockwise and repeat the rolling and folding 7 or 8 times, adding a little flour if it is too sticky to start with. The dough will become easier to work as you go. If your kitchen is too warm and the dough becomes too soft and difficult to work with, place it in the freezer for 10 minutes between folding and rolling out.
4. Wrap pastry tightly in plastic wrap and chill for at least 1 hour before using in your recipe.

CARAMEL SAUCE

• ¼ cup turbinado sugar
• ½ cup heavy cream
• 3 Tbsp butter
• Pinch kosher salt
• 1 tsp vanilla extract

In a small saucepan, heat sugar, cream, butter, and salt. Bring to a simmer over medium heat, stirring constantly. Continue stirring until slightly thickened, about 5-7 minutes. Remove from heat and stir in vanilla. Allow to cool to room temperature before refrigerating in a sealed container.

Apple Butter

Makes about 2 cups

• ⅓ cup turbinado sugar
• ½ tsp ground ginger
• ¼ tsp ground nutmeg
• ¼ tsp ground cloves
• ⅛ tsp ground cloves

1. In a medium sauce pot, toss apples with sugar, molasses, vanilla, and spices. Pour in the water. Bring to a boil and reduce heat to medium low. Cook covered, stirring occasionally, until the apples are soft, about 20-30 minutes.
2. Blend softened apples until smooth in a blender. Return to the pot and simmer on medium low, stirring occasionally until the liquid is cooked out and the mixture has thickened, at least 1 hour. To determine if apple butter is done, spoon a small amount on a white plate. When a rim of liquid does not separate from the butter after a few minutes, it is ready.

• 4 lbs apples, peeled, cored, and quartered
• 1 cup brown sugar
• 2 Tbsp molasses
• 1 Tbsp vanilla extract
• 1 tsp ground cinnamon
• ½ cup water

Makes about 2 cups
By Ben Martin Horst

**Pastila**

In a dry climate, pastila can last for some time in an airtight container and can make a great holiday gift. In Oregon, however, pastila tends to absorb moisture from the air, but will keep for a day or two in a tightly sealed container. Serve with coffee or a cup of black tea.

- 6 large Granny Smith apples (or other sour, green variety)
- ¾ cup granulated sugar
- 2 egg whites
- ½ cup powdered sugar
- 1 tsp powdered cinnamon

1. Preheat the oven to 350°F.
2. Place whole apples in a 9”x12” baking pan and add 1½ cups of water. Bake for 90 minutes, or until the apples are sagging in their skins and soft when pierced with a knife. Remove from oven and allow to cool.
3. Run the apples through a food mill or press them through a strainer to remove the skin and seeds.
4. Put egg whites and the apple purée into the bowl of a stand mixer. (You can also use a handheld mixer if you don’t have a stand mixer.) Whisk at medium-high and slowly add the granulated sugar. Continue whipping at medium-high for 10 minutes, occasionally scraping down the sides of the bowl.
5. Preheat the oven to 180°F. Line a half-size (13”x18”) sheet pan with parchment, including the sides.
6. Reserve 2 cups of batter and place, covered, in the refrigerator. Spread the remaining batter into the lined sheet pan and smooth into an even layer with a spatula. Bake for 5-9 hours, or until the pastila is dry to the touch. (With juicy apples or humid weather, this drying process will likely be 9 hours or even longer.)
7. Remove the pastila from the oven and allow to cool. Keep oven at 180°F.
8. Place a large cutting board or another flat surface (such as a second sheet pan) over the pastila, carefully turn over, and remove the first sheet pan, so that the pastila is now upside-down. Carefully peel the parchment away, taking care not to tear the pastila.
9. Cut the pastila down the center lengthwise, and again crosswise, to divide into equal quarters.
10. Line a sheet pan with parchment paper. Place one quarter of the pastila on the parchment. Using an offset spatula, evenly spread about ¼ cup of the reserved batter onto this first layer of pastila. Add a second layer of pastila, and repeat for the remaining layers. Coat the sides of the pastila with any remaining batter.
11. Bake the pastila again until completely dry, at least 2 hours, but as much as 4 hours or more. Remove from oven and allow to cool completely.
12. Wet a towel. Wipe a serrated knife with the towel to dampen it, and with a careful sawing motion, cut the pastila into 1”-wide slices. Take care not to crush the delicate layers. Use the towel to re-dampen the knife as needed.
13. Stir the cinnamon into the powdered sugar. Dust each slice of pastila with the powdered sugar on all sides.
Natural Factors is a family-owned, fully integrated company, controlling every aspect of the product line to ensure that each and every product is safe and effective. For more than 55 years, Natural Factors has been an industry leader in organic farming, sourcing and development of raw materials, research and development, and quality assurance.

Each product is third-party certified by ISURA. ISURA is an independent, not-for-profit natural health supplement and food product verification and certification organization. ISURA tests supplements for over 700 contaminants, including pesticides, heavy metals, solvents, plus genetic testing to prove there are no GMOs, and more.

“We stand behind every product we produce. Each one of us at Natural Factors feels responsible for the supplements and herbal remedies we sell. We don’t make placebos. We produce products that work to support wellness and create better health.”

—Roland Gahler, Executive Chairman and Owner
The old apple tree in lower Vancouver Barracks has burst forth in a profusion of blooms such as has not been known in recent years. The tree grew from a seed planted in 1826 by a member of the Hudson's Bay Company”—1931 article about the oldest apple tree in the area. From the collection of the Willamette Heritage Center

Oregon's Old Orchards
by Marney Roddick

Of the many disturbing headlines in 2020, perhaps one of the saddest was the death of the Pacific Northwest's first known planted apple tree in Vancouver, Washington. That old-timer was planted from a seed in 1826 by a member of the Hudson's Bay Company and lived to a ripe old age of 194.

It took about 20 years, until in 1847 abolitionist Henderson Luelling left Iowa with a wagon filled with apple and cherry seedlings, headed for fertile Oregon soil. He had a hard time of it, as he had to keep the rootstock watered and protected from the elements, marauders, and folks along the trail who did not see the value of transporting trees. On the trail he was tormented by hardscrabble families heading west who argued that their belongings and loved ones were more important than his wagon full of trees.

Fortunately, he made it to The Dalles and eventually the north Willamette Valley where his cherished trees shaped a thriving
agricultural industry for the next 175 or so years.

Prior to Luelling’s arrival, the indigenous peoples of the Northwest enjoyed a huge variety of abundant foods, including the tiny but tasty Pacific crab apple (phawch·r in the Chinuk Wawa language). But for Euro-American settlers, the new fruit trees that Luelling and other orchardists brought to the Willamette Valley were a familiar and comforting addition to their diet.

From the mid-1800s on, Marion and Polk Counties grew and shipped some of the finest produce available. Apples, prunes, peaches, pears, and of course cherries, traded at top prices, as the quality was not matched anywhere in the world.

The Salem area, dubbed Cherry City, was dotted with cherry orchards that are now homes and subdivisions. In the few natural pockets remaining, volunteer cherry trees grow tall and thin, putting out teeny cherries in the summer. Deer in south and west Salem, and in small canyons like Croisan Creek, feed on the remnants of days gone by. While cherries were the Salem area’s biggest and most celebrated fruit crop, apple orchards were common, too. The Wallace Orchard in West Salem was a 45-acre apple producer that, like many close-in farms, fell to development in recent years.

For many years in the last century, Salem celebrated the cherry harvest with a baby parade (yes, real babies), city-wide celebrations, and the crowning of cherry royalty: King Bing and Royal Anne. Lorraine Dye, who remembers what it was like to be crowned Queen Anne in 1986, today works with local artists on a traveling art exhibit entitled, “How We Grow Our Food.” The State Fair exhibits their work, and also provides a showcase for the best-of-the-best featuring the biggest and juiciest apples, onions, corn and other field crops.

The mid-Willamette Valley is still a leader in worldwide agricultural commerce, though today’s commodities differ from what they once were: grass seed, nursery stock, wine grapes, field crops, seed crops, and nuts. Still, tree fruits remain an important economic generator, though the orchards are not as ubiquitous as they once were.

“Panoramic View of an orchard near Salem, which produced 15,000 boxes of the Spitzenbergs that made Oregon Apples famous in Europe.”—From an undated booklet in the collection of the Willamette Heritage Center.
It’s apple season, and if you can’t tell, we’re excited! Learn everything you’ve ever wanted to know (and then some) about bushels of varieties—including when new crops begin to become available, flavor, best uses, and even which cheeses to pair them with.

**HONEYCRISP · Early Sept**
Crisp and aromatic with a fairly good balance of sweet and tart. Excellent eaten raw. Try in a slaw or salad. Holds flavor when baked, and makes very good applesauce.
*Pair with Oregon Blue, Brie, or Gruyere*

**JONAGOLD · Mid Sept**
Crisp, juicy, and creamy-sweet. Notes of honey, and a little tart too. Use it in sweet baked goods, such as pies, tarts, muffins, applesauce, jams, and apple butter. Also goes well with pork.
*Pair with Mascarpone, Fontina, or Labne*

**AMBROSIA · Mid Sept**
Juicy, sweet, and with a hint of pear. Crisp, fine grained, and does not brown quickly. Eat fresh in hand, add to salads and slaws, pile thin slices on a turkey panini, or bake into a tart as they hold their shape and flavor well when cooked.
*Pair with Brie, Cream Cheese or Cheddar*
LIBERTY · Mid-Late Sept
Sweet-tart, juicy and crisp, with a note of wine. Best eaten just after picking. Enjoy fresh in hand, in chicken or tuna salad, made into applesauce, or baked into pies, breads, and tarts. 
Pair with Mizithra, Blue Cheese, or Cheddar

COX’S ORANGE PIPPIN · Sept-Oct
Aromatic and balanced sweet-tart flavor with notes of spice, honey, and mango. The seeds will often rattle inside the apple when ripe. Eat them out of hand to enjoy their unique flavor. Traditionally used for cooking and baking. Make a chunky sauce for roasted pork turkey, or duck, or bake into a pie, crisp or cobbler.
Pair with Caveman Blue, Welsh Cheddar, and Chèvre

GOLDEN DELICIOUS
Sept-Oct
Sweet juicy flesh with a tender skin that doesn't require peeling.

COSMIC CRISP · Sept-Oct
Very crisp, sweet, and acidic. Best for eating raw out of hand. Also try it in a green or chicken salad, on a club sandwich, or juiced.
Pair with Caveman Blue, Welsh Cheddar, and Chèvre

KANZI · Sept-Oct
Balanced sweet and tart flavors, with an effervescent quality. Very juicy. Best for fresh eating, in salads and salsas, and on a cheese board. May also be used for pies and tarts as they keep their shape when baking.
Pair with Cambozola, Feta, or Provolone

GALA · Sept-Oct
Sweet and floral flavor with a thin skin and almost creamy flesh. Choose an apple with more red for a sweeter flavor. Best enjoyed raw in a salad or salsa. Slice thin and serve on a sandwich, burger, or panini.
Pair with Cheddar, Swiss, or Chevre

CORTLAND · Sept-Oct
Incredibly juicy and crisp with a sweet-tart flavor. Best eaten fresh off the tree, as the flavor and crispness will fade with long storage. Since it is slow to brown, it is excellent in salads and cheese plates. Also good for juicing and apple sauce.
Pair with Chèvre, Feta, or Roquefort

MCINTOSH · Sept-Oct
Crisp and very juicy with a sweet-tangy flavor and a hint of wine that is often lost in storage. Keep refrigerated to prevent degrading.

Pair with Camembert, Welsh Cheddar, or Manchego
mealiness and loss of flavor. Excellent for juicing and sweet cider, baking, and applesauce.  
Pair with Feta, Sharp Cheddar, or Roquefort

MUTSU/CRISPIN · Sept-Oct
Aromatic and coarse flesh with a tart-sweet flavor and a hint of spice. Eat them fresh out of hand, in salads, or on a cheese plate. Good for saucing, baking and roasting with all kinds of meats, fish, and mushrooms.  
Pair with Gouda, Gruyere, or Taleggio

AUTUMN GLORY · Oct-Nov
Sweet, firm, crunchy, and very juicy. Tastes like sweet cider. Low in acid. Very good raw or in baking. Serve with charcuterie, in salads, or just out of hand. Tasty in pies and muffins too. Also good juiced in apple sangria or with whiskey.  
Pair with Stilton, Aged Cheddar, or Camembert

ORLEANS REINETTE · Mid Oct
Sweet and citrusy with a dry, crunchy flesh and rough skin. This apple holds its shape well when cooked, making it excellent for baking. Try it in pies or season with cinnamon and sugar and bake whole.  
Pair with Havarti, Swiss, and Brie

OPAL · Oct-Nov
Soft sweet flesh with a slight tart finish. Hints of pear and banana. Opals don’t brown quickly, so are excellent for fresh eating. Also good in salads, on sandwiches, or in salsas and chutneys.  
Pair with Chèvre, young Goudas, or a Double Cream Brie

SMITTEN · Oct-Dec
Firm and crisp, with an excellent balance of sweet and acid. This is a staff favorite! Enjoy fresh out of hand, or dipped in peanut or almond butter. Holds up well in baking, or roast with chicken or pork.  
Pair with Jarlsberg, Muenster, or fried Halloumi

ROSALYNN · Oct-Dec
Sweet-tart, firm, and crisp with floral notes and a hint of cherry. Best eaten raw out of hand, in fruit or chopped salads and slaw. May also be roasted with chicken or added to breakfast sausage. Bakes well in pies and turnovers.  
Pair it with Provolone, Cheddar, and Fontina
CAMEO · Oct-Dec
Dense and crisp flesh with a good balance of sweet and tart. Notes of both honey and citrus. Good for fresh eating, sandwiches, salads, and snacking. Sweetness is enhanced by cooking, so try them roasted with chicken or pork, in applesauce, or on pizza.
Pair with Goat Cheddar, Colby, and Gruyere

JAZZ · Nov-Dec
Dense and juicy, with a sweet tart flavor and a hint of pear. Great for baking, holds up well stuffed and roasted, baked into pies, breads and muffins. Also good raw or in salads.
Pair with Goat Brie, Gouda, or Cheddar

BRAEBURN · Nov
Crisp, sweet and juicy with subtle hints of cinnamon and nutmeg. Eat raw out of hand or on a cheese plate. Excellent stuffed and baked, roasted with poultry, or baked into pies, muffins, and tarts.
Pair with Camembert, Edam, or Monterey Jack

FUJI · Nov-Dec
Sweet-tart with thick skin, dense flesh, and mild acid. Great for eating raw! Fujis also work well for baking, roasting, sauces, and apple butter.
Pair with Gorgonzola, Fontina, or Havarti

PINK LADY/CRIPPS
PINK Nov-Dec
Sweet and tart with notes of honey. Firm and crisp flesh. Browns slowly, so perfect for a cheese board, in salads or slaws. Good for applesauce or pies.
Pair with Monterey Jack, Swiss, or Aged Cheddar

GRANNY SMITH · Dec-Jan
Very tart with a thick skin and dense flesh. Granny Smiths are the quintessential baking apple! Enjoy in pies, crisps, and cobblers. Roast with pork or chicken, or dip raw slices in almond butter or homemade caramel, or juice for cider.
Pair with Gorgonzola, Feta or Asiago

For even MORE apples, including early season varieties, check out the Ultimate Apple Guide on our website!
All in the Family
By Diana L. Carhart

All in the Family premiered fifty years ago in 1971 when America was on the precipice of change. Tensions over the United States involvement in Vietnam were on the rise, Charles Manson was being sentenced, and Walt Disney World was opening. When All in the Family premiered America was introduced to Archie Bunker, a loud and brash patriarch who was “leading” a family that pushed him, often unwillingly, into hard conversations about a changing America and a changing world.

Fifty years after Archie Bunker, we are at another precipice of change. The coronavirus, racial tensions, political turmoil overseas and at home are all swirling in our atmospheres and dominating our dinner table conversations. And according to Jose Gonzalez, owner and patriarch of La Familia Cider Co., talking to each other is our best path forward.

For Jose, who grew up here in the Willamette Valley, the idea for La Familia and agua fresca-inspired cider (aguas frescas are fresh juices originating in Latin America) came after watching his parents, both immigrants from Mexico, work fields of fruit and then have no connection to its usage afterward. Convincing his mom to release her juice recipes paved the way for Jose to turn dream into reality and launch his idea for La Familia. What started out as pouring juices into other glasses of cider to find out “Does hibiscus actually go with apple?” has now turned into a family-owned and operated business with packaged cans for distribution and a cider house in downtown Salem, near the riverfront. Let me just say that La Familia is an all-hands-on-deck operation with everyone assigned a role—it’s Jose’s mom whose juice recipes go into the cider and it’s his daughter, Jazz, who works events with her brother, Jay Jay. Their family friend Rory holds down the fort as a drink slinger and dedicated muddler behind the bar, and Jose’s wife, Shani, handles supply and distribution. As someone who has had
one, and only one, family reunion (1992, Chattanooga, Tennessee), I was amazed at the family commitment from the Gonzalezes. They are all in and the sky is the limit.

I recently had the chance to pop in to the cider house to chat with Jose, Jazz, and Rory about La Familia’s story and mission as a business in the valley. While we chatted and sipped on each of La Familia’s offerings I was struck by the deep appreciation for community, conversation, and culture that La Familia embodies and hopes to ignite in all of us. Whether it’s plans for future block parties or tips on how to navigate tricky interactions with coworkers and customers, it’s clear that Jose and the family believe that one thing is true above all else. To paraphrase and adapt the Disney classic Lilo & Stitch: familia means family, and family means no one gets left behind or forgotten. And to any of us who have ever felt lost or questioned our place in our families, communities, or this rapidly changing world, Jose, the small business owner, entrepreneur, city councilor, son of Mexican immigrants, and cidermaker puts it as perfectly as I ever could: you belong and you belong here.

La Familia Cider House is located at 231 Court St NE, and is open Tuesday–Sunday starting at noon. LaFamiliaCider.com

Skillet Focaccia
Makes 8 Servings

- 1 head garlic
- 5 Tbsp olive oil
- 4 ½ cups unbleached white flour
- 1 pkg (2 ¼ tsp) active dry yeast
- ½ Tbsp kosher salt, plus more for sprinkling
- 3 sprigs fresh rosemary leaves, minced
- 2 cups warm water (114°F)
- 1 Tbsp honey

1. Preheat the oven to 400°F.
2. Remove papery outer skins from garlic, leaving the head intact. Slice off and discard the top fourth of the head (the stem end, opposite the roots), exposing cloves. Rub with 1 tsp olive oil. Wrap in foil and place in a shallow baking dish. Bake for 40 minutes, or until tender. Remove from skins, mash.
3. Whisk together flour, yeast, salt, and rosemary in a large bowl.
4. Stir in water, honey, and roasted garlic paste until all flour is incorporated. Dough will be very sticky. Brush on 1 Tbsp of the olive oil.
5. Cover with plastic wrap or a towel. Allow to rise in a warm, draft free place until doubled in size, about 90 minutes.
6. Drizzle 2 Tbsp oil into a 12-inch cast iron skillet. Rub a little oil on your hands, and transfer the dough into the skillet, turning to coat all sides with oil. Allow to rise again uncovered, about 1 hour.
7. Preheat the oven to 425°F.
8. Use your fingers to dimple the dough all over, and then drizzle on the remaining olive oil. Bake for 30-35 minutes, or until golden and crisp. Remove from the skillet immediately after baking and cool on a rack at least 1 hour before slicing.
By Catherine Dwelley · Marketing

Is the season for cooking at home! I love when it starts getting cooler outside, because it’s time for me to get back in the kitchen and fire up the oven. Of course, the reality is that after a long day at work, all I really want to do is toss in a couple of chicken breasts and a potato (or better yet get some awesome LifeSource Deli takeout). I definitely DON’T want to be wandering around the store trying to figure out what to cook. So, how do I avoid the depressing blandness of plain chicken? Stock up the spice cabinet, of course!

With a little advance planning, you too can have the spice cabinet of your dreams. I’ve compiled a list of my 25 essential spices. All of these spices (and more!) are available in our amazingly well stocked (and fresh) bulk department. You can get just as much (or as little) as you need. That means A.) you can make up pretty much every blend your heart desires, and B.) no more giant bottles of stale cloves wasting away in the shadowy depths until pumpkin spice season rolls around again. If you are just trying a recipe for the first time, go ahead and just buy that ½ tsp. If you know you love and use something all the time, buy an ounce or two. If you are just getting in to cooking for the first time, I present to you my spice cabinet as a place to start:

1. **BLACK PEPPER | 4 oz**
   I have 3 broken pepper grinders in my spice cabinet, and let’s be real, I do not have the patience to grind out a teaspoon of black pepper. I keep a big jar of Bon Mua black pepper next to the stove for all of my ‘seasoning to taste’ needs.

2. **SMOKED PAPRIKA | 2 oz**
   Why bother with regular paprika when you can get this sweet and smoky delight? It’s like BBQ in a bottle, and I put it in everything.

3. **CHILI POWDER | 2 oz**
   One of the few blends I like to keep on hand. Chili powder is available in bulk in both mild and hot options. It’s amazing on meat, in rubs, and as a base for fabulous taco seasoning.

4. **CUMIN | 2 oz**
   It took a while for me to warm to this earthy spice, but now I can’t live without it. Find it in Latin, Middle Eastern, and Indian spice blends. I love it with lamb and lentils.

5. **CAYENNE | 2 oz**
   This is my go to for instant heat. If you aren’t into spicy food, you can omit it or start with a tiny jar.

6. **GARLIC POWDER | 2 oz**
   Yes, we absolutely LOVE fresh raw garlic, but if you’re whipping up a quick spice blend, go for powder or granules. Plus, it goes a really long way—⅛ tsp garlic powder equals 1 clove of fresh garlic.

7. **ONION POWDER | 1 oz**
   Onion powder adds a sweet and savory flavor to spice blends that you really can’t get from fresh onions. The powder available in the bulk department contains no fillers, so if you have a humid kitchen we recommend getting a smaller amount at a time to prevent caking.

8. **GINGER | 2 oz**
   Great for sweet and savory cooking! Ground ginger is a must-have in the spice cabinet. Use it in baked goods, drinks, and to use in a pinch when you find that fresh ginger you bought 3 weeks ago, shriveled up in the fridge.

9. **CINNAMON | 2 oz**
   Cinnamon toast, cinnamon rolls, apple pie, Mexican chocolate, but also beef, lamb, and chicken. Cinnamon is a classic baking workhorse, but a dash in a meat blend will really elevate your dish.
RED PEPPER FLAKES | 1 oz
Add these at the beginning of cooking for a little extra heat! Also great on pizza.

TURMERIC | 1 oz
Warm, bitter, and a little spicy like ginger, turmeric is an absolute necessity for Southeast Asian and Middle Eastern cooking. A must have for curries, but also excellent in soups, tossed with roasted veggies, mixed into scrambled eggs, and, of course, golden milk.

OREGANO | 1 oz
Oregano loves tomatoes! Everyone knows to use it in pasta and pizza sauces, but it is also useful in marinades, vinaigrettes, and to infuse olive oil.

BASIL | 1 oz
Sweet basil, (not to be confused with Thai basil) is one of the most well known herbs in Italian cooking. Dried basil has a little bit more of a minty flavor than fresh. Use only ½ of the amount when substituting for fresh. Excellent in teas, or pasta and pizza sauces at the beginning of cooking to allow time for the flavors to be released.

SAGE | 2 oz
Earthy, lemony, piny, and with a hint of mint. It can become a little bitter when dried, so substitute about 2 teaspoons of dried, rubbed sage for 7 leaves of fresh. Dried sage is great for poultry, and fatty cuts of meat. A staple in pork breakfast sausages as well.

THYME | 2 oz
Thyme is subtle, earthy, and a little bit minty. It is excellent with poultry, pork and beef in combination with other herbs. Use it in stuffing for turkey, or add it to tomato soup or egg dishes.

ROSEMARY | 1 oz
Piney and bold, rosemary can easily overwhelm a dish. Crush the dried leaves with a mortar and pestle. Use it in lamb or pork dishes, make an infused butter to pour over roasted potatoes, or in tomato sauce.

MARJORAM | 1 oz
Delicate, and a little sweet, marjoram blends well with parsley and mint for meat dishes. Goes well with lamb and beef.

MEXICAN OREGANO | 1 oz
Similar to Marjoram but a little more pungent and citrusy. Add it to salsas, ceviche, taco seasoning blends, carnitas, and any other Southwestern, Mexican, or Latin American recipes.

CARDAMOM | 1 oz
Piney, fruity and warm, cardamom pairs well with other warm spices such as cinnamon and nutmeg in an apple pie or chai tea, but is also lovely with poultry, curry, and even shrimp.

MUSTARD POWDER | 1 oz
Spicy and pungent, mustard powder can be used to make your own mustard spread, in a vinaigrette, or as part of a rub.

ALLSPICE | 1 oz
Similar in flavor to cloves, but leaning a little more toward peppery than sweet. Use it in Caribbean or Middle Eastern cuisine, and Cincinnati Chili.

NUTMEG | 1 oz
Nutty, warm, and slightly sweet, this spice is essential for holiday baking, but can also be used in curries and meat dishes.

CORIANDER | 1 oz
The seeds of the cilantro plant have a fresh, almost citrusy flavor, wonderful for many recipes. However, some people have a genetic variation to a group of olfactory genes that causes them to taste the aldehydes (chemical compounds) present in the leaves and seeds as soap. So if this is you, skip the coriander!

CLOVES | ½ oz
Warm, sweet, and a little spicy, just a pinch is all it takes to achieve the perfect pumpkin pie. You don’t need much, but you’ll miss it if it isn’t there!

BAY LEAVES
6 leaves
Ok, do bay leaves actually do anything? Believe it or not, yes! But only in long-cooking, simple recipes. We recommend them especially for broths, as they help achieve that mysterious well-rounded, finished flavor. Besides, the one who gets the bay leaf in their soup gets to make a wish!
The beauty of spices often isn’t how they taste alone (try chewing on a peppercorn!), but in how their flavors meld and merge and complement others. Here are some classic spice blends to elevate a wide range of dishes.

<table>
<thead>
<tr>
<th>Cath’s Favorite Spice Blends</th>
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<tr>
<td><strong>CHILI BLEND</strong></td>
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<tr>
<td>3 tsp chili powder</td>
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<td>1 tsp smoked paprika</td>
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<td>1 tsp ground cumin</td>
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<td>1 tsp Mexican oregano</td>
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<td>¼ tsp garlic powder</td>
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<td>½ tsp ground coriander</td>
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<td><strong>TACO MIX</strong></td>
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<td>1 tsp Mexican oregano</td>
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<td>½ tsp cumin</td>
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<td>½ tsp cayenne (optional)</td>
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<td><strong>RAS EL HANOUT (HEAD OF THE SHOP)</strong></td>
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<td>1 tsp cumin</td>
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<td>½ tsp coriander</td>
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<td>½ tsp turmeric</td>
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<td>¼ tsp cloves</td>
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<td>¼ tsp nutmeg</td>
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<td><strong>ITALIAN SEASONING</strong></td>
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<td>2 tsp basil</td>
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<td>1 tsp rosemary, crushed</td>
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<td><strong>MEDITERRANEAN SEASONING</strong></td>
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<td><strong>HERBS DE PROVENCE</strong></td>
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<td>½ tsp marjoram</td>
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<td>1 tsp oregano</td>
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<td>1 bay leaf, ground</td>
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<td><strong>BBQ RUB</strong></td>
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<td><strong>APPLE PIE SPICE</strong></td>
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<td><strong>POULTRY SEASONING</strong></td>
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<td><strong>PUMPKIN PIE SPICE</strong></td>
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<td><strong>APPRENTICES SEASONING</strong></td>
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The beauty of spices often isn’t how they taste alone (try chewing on a peppercorn!), but in how their flavors meld and merge and complement others. Here are some classic spice blends to elevate a wide range of dishes.
Homemade Mustard
By Catherine Dwelley · Marketing

1. **Seedy Cider**
   Makes 1 cup
   - ¼ cup ground mustard
   - 2 Tbsp brown mustard seeds
   - 2 Tbsp yellow mustard seeds
   - ½ cup dry hard cider
   - ¼ cup cider vinegar
   - 3 Tbsp brown sugar
   - ¼ tsp kosher salt
   1. In a small bowl, whisk together ground mustard, mustard seeds, hard cider, and cider vinegar. Cover and refrigerate overnight.
   2. Pour mustard mixture into a blender or food processor. Add brown sugar and kosher salt. Pulse until mixture is the desired consistency. Place in a sealed glass jar and refrigerate 2-4 days before enjoying.

2. **Roasted Beet**
   Makes 1 cup
   - 2 Tbsp ground yellow mustard
   - 2 Tbsp yellow mustard seeds
   - 1 Tbsp brown mustard seeds
   - 3 Tbsp dry white wine
   - 2 Tbsp aged balsamic vinegar
   - 1 small beet
   - 1 Tbsp olive oil
   - 1 Tbsp brown sugar
   - Salt & pepper, to taste
   1. In a small bowl, whisk together ground mustard, mustard seeds, balsamic vinegar, and wine. Cover and refrigerate overnight.
   2. Preheat the oven to 400°F. Peel and quarter the beet. Place in a small pan with ½-1 cup water. Cover tightly with a lid or foil and roast for about 1 hour, or until tender. Cool to at least room temperature or refrigerate overnight.
   3. Pour mustard mixture into a blender or food processor. Add one quarter of the cooked beet, olive oil, brown sugar, and salt and pepper to taste. Pulse until mixture is spreadable but still a little seedy. If the mustard is too thick, add a splash of water or wine. Place in a sealed glass jar and refrigerate 2-4 days before enjoying.

3. **Classic Dijon**
   Makes 1 cup
   - 3 Tbsp ground mustard
   - 2 Tbsp brown mustard seeds
   - 1 Tbsp yellow mustard seeds
   - ½ cup white wine vinegar
   - ¼ cup dry white wine
   - 1 Tbsp brown sugar
   - ½ tsp kosher salt
   1. In a small bowl, whisk together ground mustard, mustard seeds, vinegar, and wine. Cover and refrigerate overnight.
   2. Pour mustard mixture into a blender or food processor. Add brown sugar and kosher salt. Pulse until mixture is the desired consistency. Place in a sealed glass jar and refrigerate at least 2-4 days before enjoying.

4. **Honey Mustard**
   Makes 1 cup
   - 3 Tbsp powdered mustard
   - 2 Tbsp yellow mustard seeds
   - 1 Tbsp brown mustard seeds
   - ½ tsp black peppercorns
   - ¼ cup apple cider vinegar
   - ¼ cup water
   - ¼ cup honey
   - ½ tsp kosher salt
   1. In a small bowl, whisk together ground mustard, mustard seeds, cider vinegar, and water. Cover and refrigerate overnight.
   2. Pour mustard mixture into a blender or food processor. Add honey and kosher salt. Pulse until mixture is the desired consistency. Place in a sealed glass jar and refrigerate 2-4 days before enjoying.

LifeSourceNaturalFoods.com · 25
Mushroom Pot Pie

Makes 2-4 Servings

- 1 recipe quick puff pastry (p.9) or frozen puff pastry, thawed
- 1 lb mushrooms, chopped (we used crimini, chanterelle, and the chef’s sampler package, a seasonal mix of different mushrooms)
- ¼ cup butter
- 1 large leek, tough greens removed, and thinly sliced
- 2 carrots, peeled and chopped
- 2 stalks celery, peeled and chopped
- 4 cloves garlic, minced
- 2 Tbsp fresh sage, chiffonade
- 2 tsp fresh thyme leaves, minced
- 1 tsp rosemary leaves, minced
- 1 tsp poultry seasoning
- 3 Tbsp flour
- ¼ cup dry white wine (or broth)
- 1½ cup broth (mushroom, vegetable, or chicken broths all work well)
- ¼ cup Parmesan cheese, grated

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper or a silicone mat (optional).

2. In a 10-12 inch cast iron skillet, melt 2 Tbsp butter over medium heat. Cook the mushrooms until softened and reduced by half, about 5-8 minutes. Remove from the skillet and set aside.

3. Add a little more of the butter to the skillet. Cook the leeks until beginning to soften, about 3 minutes. Add carrots and celery, cook for another 5 minutes. Add the garlic and cook until fragrant, 1 minute.

4. Stir in fresh herbs, poultry seasoning, and flour. Cook and stir until flour is fully incorporated and has lost its raw smell, about 3 minutes. Deglaze the pan with the wine (or broth), scraping up any browned bits. Add 1½ cup broth, parmesan cheese, and mushrooms. Bring to a boil, reduce heat, and simmer until thickened, stirring occasionally. Remove from heat.

5. Roll out pastry into a 12”-14” circle. Place over the skillet, allowing the dough to hang over the rim of the skillet a little. Cut 3 slits in the top with a sharp knife.

6. Place the skillet on the prepared baking sheet, and bake in the preheated oven for 20 minutes. Reduce the temperature to 375°F and continue to bake until golden brown, about 15 to 20 more minutes.
Fungi Perfecti® - makers of Host Defense® Mushrooms™ - is a family-owned company specializing in mushroom mycelium-based supplements to support natural immunity and whole body wellness.* Based near the Olympic Rainforest in Washington state, we are one of the best-documented and longest-standing mushroom supplement companies in the USA. Our mushrooms are certified organic and non-GMO Project Verified.

Founded by renowned mycologist Paul Stamets in 1980 with the goal of building a bridge between people and fungi, we have become synonymous with cutting-edge mycological research and innovative mycological solutions.

We are the industry leader in research on the endless potential for the use of fungi in everything from mycofiltration and mycoremediation, to using beneficial mushrooms to combat Colony Collapse Disorder in honeybee populations and in the form of mycelium-based supplements to support human health.

And, between our internal emissions reductions and the carbon-offsetting projects, we have gone beyond achieving net zero carbon emissions to eliminating additional carbon dioxide from the atmosphere. We’re proud to say that as of 2020, we are climate positive, offsetting more than 10 times our baseline emissions!

Our continued mission is to explore, study, preserve, and spread knowledge about the use of fungi for helping people and planet.

Paul Stamets with an Agarikon
Dear LifeSource,
As the pandemic drags on, I’m finding myself more and more overwhelmed by stress. What can I do to support my stress levels naturally?

Signed,
Are We Done Yet?

Dear AWDY,
This is an important question and a growing concern for so many these days. Throughout this past year and a half, we’ve each endured a greater mental and emotional burden than usual. With the addition of career difficulties, social isolation, and the fear for our health and the health of our community, this is an especially difficult time for anyone, and especially those who already struggle with anxiety or depression. Manageable amounts of stress can be beneficial to the body, but excessive stress may prove harmful to the whole system. Thankfully there are many effective and gentle ways to support our stress response naturally through these times.

Reishi
Reishi mushroom (also known as lingzhi) is an adaptogenic herb: an herb that supports the body’s adaptability to stress. Reishi is one of the foundational tonic herbs of Taoism and is helpful for strengthening Shen, one of the three treasures of Chinese medicine. (Shen is the treasure most commonly associated with the inward life or one’s emotional well-being.) This grounding tree mushroom is thought to be perfect for anyone on a reflective journey or one who wishes...
to remain resilient through hardship. My two favorite ways take to reishi are as a tincture in the Host Defense Reishi Extract or as a warm nightcap. For this I use one packet of Four Sigmatic Mushroom Cacao Mix with Reishi and mix it with steamed coconut milk and organic stevia extract.

Holy Basil (Tulsi)
Holy basil (also known as Tulsi) is an Ayurvedic adaptogen. In Hindu cultures, it is revered as a holy herb and called “the Mother Medicine of Nature”. One study found 500 mg of Holy Basil to be effective for lowering cortisol levels in the body and for treating stress and anxiety. A six-week human study examined patients suffering from symptoms of stress and found that those that received holy basil in an extract formula showed a 39% improvement in stress symptoms as opposed to those who received the placebo. I am very partial to Gaia Herbs Holy Basil for its excellent quality and the fact that it is an encapsulated potent liquid extract.

Vitamins and Minerals
Excessive stress can lead to imbalances of various vitamins and minerals in our bodies. Some vitamins and minerals that can help to support calming the body and stress resilience are B Vitamins, Calcium, Magnesium, and Zinc. I personally have felt a profound relaxing effect from using transdermal magnesium chloride. For this, I love the Magnesium Lotion and Magnesium Spray from Life-Flo.

There are also many lifestyle adjustments we can implement to manage our stress levels and nurture our bodies and minds. In Japan, a practice called Forest Bathing (the art of being fully present in nature) is used to treat individuals suffering from PTSD, anxiety, and depression. Time spent in stillness in nature can be deeply restorative. Daily walks outside, hikes and sun exposure are helpful for reducing stress levels as well. Relaxing exercises like yoga, tai chi, and qigong can help to unwind and bring the physical and emotional body into balance. Mindfulness practices like deep breathing, keeping a journal, and meditation are excellent ways to get grounded throughout a hectic day. Lastly, stress is amplified when we’ve underslept. We can help to ensure a good night’s rest by avoiding blue light exposure from screens and harsh overhead lighting in the hours leading up to bedtime and by hanging black-out curtains in our bedrooms.

We’ve all experienced an increase in isolation over the past year and a half, some even more than others. Our quality of life is deeply impacted by the quality of our relationships. It is more important than ever to find ways to stay connected, whatever that looks like for you. If you can, find a walking partner or schedule a reoccurring coffee date with a friend. When in-person isn’t possible, planning regular video calls with loved ones and online groups can help to keep us plugged in to community from afar.

The supplements and practices are all things I’ve found personally effective in managing my own stress. These are just a few of the many things we can do to feel empowered over our mental and emotional well-being and to nourish ourselves through these difficult times and beyond.
Grant Lewis is one of those team members who defines the level of customer service that LifeSource was built on. It's no surprise that he was voted team member of the month for May, along with Nic Tworog. (See our profile of Nic in the Summer 2019 issue of News in Natural.)

Grant is always the first to help out a customer or fellow team member, regardless of whether it's in his department or any other. Once his stocking duties are done, you’ll often find Grant helping other team members outside of his department. I asked Grant what he liked most about LifeSource and it didn’t surprise me when he said, “At LifeSource I love building connections, not only to our customers and community but also to other employees. I love working here because of the people I work with and the relationships that we all build.”

Grant has worked at LifeSource since 2017. Like many of us, he started as a fill-in cashier and quickly became an integral part of the grocery team. I asked Lyric, one of our PICs (persons in charge), how they would describe Grant and I loved and agreed with every word they said: "When Grant sees a need anywhere in the store, he just takes care of it. He truly cares about the store and all of our teams as a whole. When he sees that the cashier lines are getting long, he doesn’t wait for the PIC to call for extra cashiers, he just drops what he is doing to make sure that our customers’ needs are being meet and that his fellow team members aren’t overwhelmed. He is a true joy to be around."

Grant not only loves working at LifeSource because of the customers and team members, but also because of the quality of the food we sell. He says he truly enjoys cooking, so I asked him what his favorite meal is. “I’m really simple. I just really love cooking some broccoli in a pan with some char. I cook it with some oil and a little salt, then I put in a little water to let it steam but still have a little texture. That’s my favorite meal. I don’t need any sides, just the broccoli oh and I also like cheesy bread.

Although Grant is an amazing team member at LifeSource, he does plan on going back to school to get a college degree. In what, he doesn’t know yet. He is also the drummer for a local Salem band called Lojia. He describes their music as “groovy heavy metal with a random beat.” Before the Covid pandemic they played all over Oregon and Washington and he hopes that once things open back up they will get back to the bars and music venues to start playing again.
I asked Grant a few questions so that you can get to know him better. Here are his answers.

**JS:** If you had to eat one meal every day for the rest of your life what would it be?
**GL:** Sautéed broccoli with salt and pepper.

**JS:** What three traits define you?
**GL:** Concise. Vague. Neutral.

**JS:** If you could tell your 13-year-old self anything today what would it be?
**GL:** Find a metronome.

**JS:** What advice would you give to recent new hires?
**GL:** We really do work as a team. Be nice and stuff.

**JS:** What do you think is the most important trend that you see happening in the world today?
**GL:** Social awareness.

**JS:** Where is the best place you have ever traveled and why?
**GL:** Australia. Everything could kill you, but refrains.

**JS:** If you won the lottery what would you do with the money?
**GL:** Create conceptual modern art that nobody enjoys.

**JS:** What is your favorite concert that you’ve ever been to?
**GL:** Tool at The Gorge in Washington.

**JS:** What three ideas or words would you use to describe LifeSource?
**GL:** LifeSource is Human. We utilize adaptation and perseverance.

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**Grape Sherbet**

Makes about 1 pint

- 2 lbs Concord, or other black grapes, or 2 cups juice
- 1 cup heavy cream
- ½ cup granulated cane sugar
- 2 Tbsp fresh lime juice
- 1 Tbsp vanilla extract

1. Run grapes through a juicer, or press through a mesh strainer to release juice and remove seeds.
2. Add grape juice, lime juice, and sugar to a medium saucepan. Bring to a boil, then reduce heat to a simmer, stirring until sugar is dissolved. Remove from heat and stir in vanilla.
3. Allow to cool to room temperature, stir in cream, and refrigerate in a sealed container until cold.
4. Add to an ice cream maker and churn until the consistency of soft-serve ice cream, about 20-25 minutes. Freeze in a sealed container at least 4 hours before serving.
FALL RECIPES

Check out our delicious selection of recipes for your autumn feasts!

Blue Hubbard Gratin
Butternut Mac and Cheese
Membrillo (Quince Paste)
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