



# THE COOP Spoonful

A bimonthly publication for members of the Olympia Food Co-op and its surrounding communities

Jan 17–Feb 2, 2019

## Local Savings

### YOGA WAY OF LIFE AYURVEDIC SKIN CARE

Looking for an organic skin care line produced in Washington? Olympia Food Co-op is honored to carry "Yoga Way of Life," a line of pure and nourishing skin care products based on the principles of Ayurveda. Ayurveda is a Sanskrit word meaning "life science" (ayus: science + veda: life).

Bharti Nagal and her sister Sunila founded Yoga Way of Life in 2014. But years before this, in July 2007, Bharti was diagnosed by an autoimmune disorder and her symptoms went into remission following Ayurvedic treatments with doctors in India. She took special care of her skin because of the symptoms she had exhibited had during her illness. During this time, Bharti learned that the healthiest oils we ingest are also the healthiest skin moisturizers.



*Bharti Nagal, Y.W.L co-founder with Olivia Love, Co-op Wellness Manager.*

*Photo credit: Jutsis Biggart*

Bharti decided that the best way she could show appreciation to Nature for her healing was to create a line of high quality organic products that are safe and easy to use. She traveled home to India for six months and gathered her team of Ayurvedic doctors. After

revising their soap recipe more than 20 times, the research team succeeded in developing Bharti's desired results! Yoga way of Life launched their first soap in May of 2014, and by the end of March 2015, they had developed creams, body washes, shampoos and scrubs.

When choosing your Yoga Way of Life products, you may wish to consider the Ayurvedic principle of the three doshas (or energies), inherent in every individual. These doshas are Vata (Air), Pitta (Fire) and Kapha (Water). According to Yoga Way of Life's website ([www.ywlstore.com](http://www.ywlstore.com)), the following are skin characteristics of that can be used to help identify your predominant dosha and determine your most beneficial

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**CO-OP LOCAL  
COUPON**

**50¢  
OFF**



good for 50¢ off any  
**YOGA WAY OF LIFE**  
AYURVEDIC SKIN CARE PRODUCT

one coupon per visit  
valid thru 2-2-19



*continued from front:*

products, foods, and lifestyle:

**Vata:** Dry, thin, fine-pored, cool to the touch, may be dry and flaky. Common skin imbalances are premature aging, dehydration, fine lines and wrinkles.

**Pitta:** Warm to the touch, reddish or freckled complexion, sensitive to sunlight. Common skin imbalances are breakouts, redness, inflammation and rosacea.

**Kapha:** Thick, moist, cool to the touch, pale complexion, large pores. Common skin imbalances are cystic acne around the mouth, excessive oiliness and blackheads.

This issue of our Co-op Spoonful contains a local coupon for 50¢ off of all Yoga Way of Life offerings, which may vary somewhat between our East and West locations. Bharti says, "What started out as an idea to share my personal healing journey has turned into something beautiful that others are enjoying. I am grateful to all for your support!" We thank you in return, Bharti. ■

## Do You Round Up at the Register for Worthy Causes?

During this giving cycle, the small change you spare at each Co-op purchase will fund either our regular recipient Community Sustaining Fund or our guest recipient Capital Home Care Co-op.

If you sometimes forget to say "Round up, please," you can now receive a reminder! Ask your cashier for a Co-op Member Application and take a minute to write us a note asking for a reminder prompt. Include your full name and phone number. Your cashier will see the prompt on the screen and ask if you care to Round Up. You're under no obligation, and can opt out at any time. Thank you again! Your small gifts make a big difference. ■

## Co-op Deli Price Change Announcement

The Olympia Food Coop has increased the price of our salad bar to \$7.99/lb for both hot and cold food. Sandwiches and coffee will remain the same price.

We have been able to keep the soup and salad bar price at \$6.99/lb since 2014. The rising costs of packaging, equipment, repairs, labor, and our desires for expansion combine to make this price increase necessary.

We put our heart and soul into preparing healthy, fresh, handmade, and delicious organic food for our valued members and customers. We thank you for shopping here and eating the food we make. Your support and warmth give us the nourishment we need to make the food that we hope, in turn, nourishes you.

~ Sincerely, The Olympia Food Co-op Deli ■

## Clarification on Lummi Island Wild from Jan 2-16, 2019

Our Lummi Island Wild NW Smoked Salmon Chowder was called a "Native Product," when in fact, the Lummi Island Wild company purchases the catch at a fair price from a cooperative of local Native fishers. The Lummi Island Wild company itself was established by non-indigenous persons. ■

## New Product from Japan: Yuzu Vinegar

A few drops go a loooooong way! Yuzu is a unique citrus widely used in Asian cooking, such as Japanese and Korean dishes. The Olympia Food Co-op now carries the best quality Yuzu vinegar now imported from Japan. Yuzu "vinegar" is simply made with yuzu juice and sea salt. That's it! It comes in a small bottle, like a treasured jewel of aroma. A few drops of Yuzu vinegar make a huge difference in flavor. It is great with any grilled/broiled fish, roasted mushrooms, salad, homemade ponzu, or even in miso soup! Co-op Staff Members Corey and Megumi share their favorite yuzu vinegar recipes below:

### Corey's Great Yuzu Marinade

- 1 tsp yuzu vinegar
- 3 tbsp tamari
- 1 tbsp rice vinegar
- 1 tbsp mirin
- 1 tbsp sesame oil (can be mix of hot sesame oil, toasted or untoasted)
- 1 small clove fresh garlic, grated
- Small amount of ginger, grated

Great for grilled tofu or salmon!

### Megumi's Traditional Japanese Quick Tsukemono with Napa Cabbage

- 3-4 leaves of Napa (Chinese) cabbage chopped sideways in thin ribbons
- 1 small carrot, thinly julienned

Massage the cabbage and carrots with 1-2 teaspoons of salt. Set aside till soft. Sprinkle a few drops of yuzu vinegar and soy sauce (or tamari) to taste. Great accompaniment for any Japanese dishes.

### Homemade ponzu

Mix equal portions of Yuzu vinegar, Soy sauce (or Tamari) and Dashi.

(Japanese broth: <https://www.bonappetit.com/recipe/dashi>)

A "must have" for your nabe (hot pot) experience! Enjoy! ■

**Hooray! The Co-op Westside Garden Center will reopen for the 2019 season on February 2nd!**