



The COOS HEAD SCOOP Newsletter

MAY 2020

FACE MASKS REQUIRED

Due to the Covid-19 pandemic, for the health and safety of our customers and staff, the Coos Head Food Co-Op Board of Director's has decided to require a face mask or other protective covering to be worn while shopping at the Co-Op.

These are strange and difficult times. If you wish to discuss this issue in a constructive manner, please speak with the General Manager. Your understanding is greatly appreciated.

The Co-Op has a limited number of temporary face masks for those without. Please see the cashier for a mask.

Board of Directors
Coos Head Food Co-Op



We currently have mask available for single use purposes. Please feel free to ask our cashiers for assistance.

More Bang For Your Buck!!

It's a win/win for you and the Co-Op!!! Have you ever wanted to get more for your buck, whenever you can? Paying with either cash or check means zero transaction fees for the Co-Op. The Co-Op is charged, on average, a 2% processing fee for these transactions. Please consider the next time you shop to choose cash or check, if possible. That 2% can go a long way....

Contact Us:

OFFICE@COOSHEADFOODCOOP.ORG

[COOSHEADFOODCOOP1971](#)

[COOS HEAD FOOD CO-OP](#)

VISIT US ONLINE AT: COOSHEADFOOD.COOP

YOUR LOCAL COOS HEAD FOOD CO-OP

Fresh Produce, Locally Sourced, Community Owned Co-Op!

"WHERE LOCAL MATTERS!"

Considering the current situation of our community being impacted by COVID-19, Coos Head Food Co-Op has developed etiquette guidelines for employees and shoppers to ensure proper precautionary measures are being taken during operating hours.

Due to the current state of events special orders may be delayed. At this time, we will not be taking any request for new products or bringing back old products, due to Coos Head Food Co-Op buyers keeping the shelves stocked for our shopping customers.

Please refer to <https://coosheadfood.coop/news/testtflmagcom/click-here> for Coos Head Food Co-Op Guidelines for employees and shoppers.

-Bulk News-

New Items: Bulk Laundry Soap, only use 2 tablespoon per load. Better Life - unscented dish soap now sold in Bulk, buy any amount you want and skip the plastic bottle!

New Items: Grizzles Organic Swiss Muesli! Great for the backpacking or a quick breakfast at home. Another quality item, locally made in Eugene.

Coming Soon: Maggies Organic Cotton Cush Footie Socks in a selection of Strips, Pattern, & Solid Real Fair Trade.

Maggies donates 10% of sales to the Center for Biological Diversity. They work to secure a future for all species hovering on the brink of extinction.

Beans, Beans the Magical Fruit: Cranberry Beans, Black Lentils, Flageolet & Mung Dahl are featured in our bulk department.



Curbside Pickup

Your local Coos Head Food Co-Op is now offering grocery pickup service to help keep our most vulnerable community-members safe.

If you're of good health and not in a high-risk group for coronavirus, please visit our store, as we have limited capacity to implement curbside pickup. We are taking many precautions to keep our community safe, store hours are 9am to 7pm weekdays, 9am to 6pm Saturdays, and 10am to 6pm Sundays.

Senior and high-risk groups can now shop on Tuesdays and Thursdays between 8am and 9am.

If you feel you are in a high-risk group, including seniors and those with compromised immune systems, and need grocery pickup service, we're glad to help do your shopping.

Email your shopping list to office@coosheadfoodcoop.org.

Orders placed Monday–Friday excluding Wednesdays before 11am will be available for same day pickup between 2–4pm.

Orders placed after 11am will roll over to the next pickup date.

Your email should include your name, phone number, and a detailed list of the groceries you need. Please limit this list to 15 items or less and let us know if it's OK to make substitutions or if you'd rather we skip an item if it is out of stock.

We will call to confirm we received your order, and to get credit card payment information. We'll do our best to fill your orders, but staff may need to make substitutions on comparable items. All sales are final, and we are not accepting returns currently. Many items are temporarily out of stock.

When you arrive to pick up your groceries, feel free to call the store and let the staff person know you are outside we will bring your groceries out to your vehicle. Please have a space cleared so our staff can always load your groceries while keeping a safe 6-foot distance.



**“AND INTO THE FOREST I GO TO LOSE MY
MIND AND FIND MY SOUL.”**

JOHN MUIR



Coming in May

Hike/ Camp Safely & Be Well!

Member Only Backpack Raffle

Every time you spend \$100 or more during the month of May, you will be automatically entered to win a North Face backpack loaded with an assortment of trail Goodies!

The winning member's name will be drawn the first week of June. Make sure to give us your member number when shopping and that we have your best contact phone number or email address.

Community Job Posting

River's Blessings Ranch

Full-Time position - Biodynamic/Organic Agriculture

Seeking a Non-smoker, with an interest in sharing your knowledge, experience, and learning biodynamics.

A commitment to the growing season 2020

Compensation based on experience (hourly pay), we are willing to train a very interested and motivated person.

The position begins immediately.

Workweek involves:

Flexible Hours and days based on weather, market harvests and calendar.

Nursery; making a potting mix, planting and transplanting

Soil preparation; involves using hand tools and power tools and maintenance of garden beds (weeding and composting)

Compost making (biodynamic)

Harvesting produce (will be a weekly rhythm June-October)

other misc duties as needed.

Must have reliable transportation.

On-site housing negotiable with the right person.

River's Blessings Farm/Ranch

Bandon, Oregon

Facebook River's Blessings LLC

www.riversblessings.com

541.347.2230

Call Theo for an interview send a resume to the above email address.



South Slough Second Saturday Stewards is Going Virtual!



The **Second Saturday Stewards** is a year-long program that combines education on a diversity of topics with conservation actions. Our May 9 and June 13 events will consist of a two-part, virtual series. The format for both



events will be the same, a short video presentation by Reserve Stewardship Coordinator, Dr. Alice Yeates, followed by a live, Q and A with our panel of local experts. By the end of each program, participants will be able to engage in a meaningful stewardship activity in their own back yards. Participants may share plants they have questions about on

camera. **Contact details and registration can be found at www.southsloughestuary.org**

May 9 - Many weeds, many impacts. Learn to identify several local invasive plants, their environmental and economic impacts and assist in removing them.

June 13 -Why plant natives? Learn about the benefits of native plants in your back yard and why introduced plants just do not cut it.





COOS HEAD FOOD CO-OP

Fresh Produce, Locally Sourced, & Community Owned Co-Op!



- MAY MONTHLY SALE ITEMS -



EPIC MEAT & BREAKFAST BARS

\$2.89

REG. \$2.99



**STONEWALL
MEATLESS
JERQUEE
\$2.39**
REG. \$2.69



PRIMAL STRIPS MEATLESS VEGAN JERKY

\$1.39

REG. \$1.69

TASTY BITE HEAT & SERVE ENTRÉES AND RICE

\$1.99-\$3.69

REG. \$4.29



LOMA LINDA READY MEALS

\$3.99

REG. \$4.69

**LARABARS
2 FOR \$3**
REG. \$1.99



SUSTAINABLE LIVING



BLACK & BLUM CUTLERY SET

\$11.99

REG. \$12.99



ENVIRO PRODUCT STAINLESS STEEL FOOD CONTAINER

\$12.99

REG. \$16.99

KISH CHARCOAL WATER FILTER

\$16.99

REG. \$19.99



TUNO VEGAN "TUNA"

\$1.69

REG. \$3.99



WILD PLANET ALBACORE TUNA POUCHES

\$3.29

REG. \$4.19



WILD PLANET SKINLESS BONELESS SARDINES IN EVOO

\$2.99

REG. \$3.69



CLIF BAR GRANOLA

\$5.99

REG. \$6.69



CLIF BAR SHOT BLOK WITH CAFFEINE

\$2.29

REG. \$2.69



**CLIF BARS
2 FOR
\$3**
REG. \$1.99



OPEN M-F 9AM-7PM SAT 9AM-6PM SUN 10AM-6PM

COOSHEADFOODCOOP1971 COOS HEAD FOOD CO-OP VISIT US ONLINE AT: COOSHEADFOOD.COOP

353 S. 2ND STREET, COOS BAY, OREGON 97420



STORE PHONE: (541) 756-7264



COOS HEAD FOOD CO-OP

Fresh Produce, Locally Sourced, & Community Owned Co-Op!



- MAY MONTHLY SALE ITEMS -

-Our Beer & Wine Section-

**COME CHECK OUT THE
EVOLVING SELECTION OF BEERS,
CIDERS, HARD SELTZERS, AND
NOW FEATURING HARD
KOMBUCHAS!**



**SOME OF YOUR FAVORITE BREWERIES
AND WINERIES ARE FOUND ON THE
SHELVES OF OUR BEER SECTION!**

A to Z
WINWORKS

COOPER
MOUNTAIN
VINEYARDS

MELVIN
BREWING

EX NOVO
BREWING COMPANY

Bonterra
ORGANIC VINEYARDS

REX HILL

UINTA
BREWING

EARTH, WIND
AND BEER

ECLIPTIC
BREWING

HONEYARD
BEER
PORTLAND



Chateau Ste. Michelle

INCLINE CIDER COMPANY
QUALITY CRAFT CIDER

**ORGANIC
KORBEL
BRUTE
CHAMPAIGN
\$13.99
REG. \$17.99**



CLOSEOUT



**SIERRA
NEVADA
TORPEDO
\$1.39
REG. \$1.99**

finnriver
FARM & CIDERY



**FINNRIVER CIDERS
(500ML)
\$7.99
REG. \$8.99**

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- MAY MONTHLY SALE ITEMS -

GRAB & GO DELI

You can place a Grab & Go Deli order over the phone and utilize our Curbside Pick Up service that is now available!

PLEASE CALL
541-756-7264 OPT. 8

PRODUCE DEPARTMENT

We now feature Myrtle Glen Farm produce, herbal tea & wild flowers.



Curbside Pick Up

If you feel you are in a high-risk group including seniors and those with compromised immune systems and need grocery pickup service, we're glad to help do your shopping.

Email your shopping list to office@coosheadfoodcoop.org.

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- MAY MONTHLY SALE ITEMS -

VITAL FLORA PROBIOTICS



VITAL FLORA
PROBIOTICS
ULTRA - DAILY
30 CT

**15%
OFF**



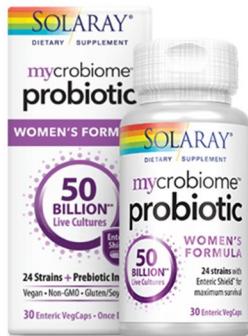
VITAL FLORA
PROBIOTICS
WOMEN'S 30 CT

SALE

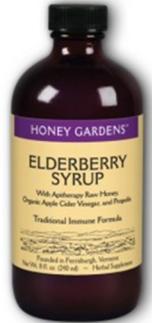


VITAL FLORA
PROBIOTICS
55 + 30 CT

**15%
OFF**



**SOLARAY
MYCROBIOME
PROBIOTICS
ENTERIC SHIELD
20%
OFF**



**HONEY GARDENS
ELDERBERRY
SYRUP 8 OZ
\$15.99
\$23.39**

RENEW LIFE 3-DAY
LIVER CLEANSE

SALE



RENEW LIFE 3-DAY
TOTAL BODY CLEANSE

**20%
OFF**

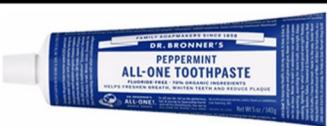


**HERBION COUGH
SYRUP 8OZ
\$8.99
REG. \$10.99**



**HERBION THROAT
SYRUP 8OZ
\$8.99
REG. \$10.99**

**DR. BRONNERS
TOOTHPASTE
\$4.49
REG. \$6.49**



BOODA BUTTER DAILY
MOISTURIZER 2.3 OZ

\$9.99

REG. \$11.59

**ZION HEALTH
EARTH CLAY SOAP
6 OZ
\$4.99
REG. \$6.69**



**NUTRIBIOTIC BODY &
FOOT POWDER 4 OZ
\$5.99
REG. \$6.69**



CALENDULA SPRAY
8OZ

\$14.99

REG. \$18.79

**ZION HEALTH MINER-
AL SHAMPOO &
CONDITIONER
\$1 OFF**



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- MAY MONTHLY SALE ITEMS -

BULK DEPARTMENT SALE

**OG BRAZIL
NUTS RAW**
\$ 8.79 LB
REG. \$ 13.79 LB

**OG
BUCKWHEAT
GROATS RAW**
\$ 2.99 LB
REG. \$ 3.99 LB

**OG
CHOCOLATE
PEANUT
BUTTER CUPS**
\$ 8.99 LB
REG. \$ 9.99 LB

**OG COCONUT
DATE ROLLS**
\$ 4.99 LB
REG. \$ 6.39 LB

**CRANBERRIES
W/SUGAR**
\$ 5.79 LB
REG. \$ 9.19 LB

**OG BROWN
FLAX SEED**
\$ 1.99 LB
REG. \$ 2.69 LB

**OG GOLD
FLAX SEED**
\$ 1.99 LB
REG. \$ 2.79 LB

**OG TRAIL
MIX MT.
RAINIER**
\$ 7.49 LB
REG. \$ 8.79 LB

**OG WHITE
POPCORN**
\$ 1.79 LB
REG. \$ 2.29 LB

**OG
YELLOW
POPCORN**
\$ 1.49 LB
REG. \$ 1.99 LB

**OG QUINOA
TRI-COLORED**
\$ 3.39 LB
REG. \$ 4.99 LB

**OG
THOMPSON
RAISINS**
\$ 2.99 LB
REG. \$ 3.99 LB

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Fresh Produce, Locally Sourced & Community Owned Co-Op!



SUN	MON	TUE	WED	THU	FRI	SAT
26 Curbside Pick Up Mon-Fridays except on Wednesdays, all orders can be placed between 9 and 11 am. Pickup times are between 2 and 4 pm. Please send orders to: office@coosheadfoodcoop.org	27 COOS HEAD FOOD CO-OP NOW OFFERS CURB SIDE PICK UP!	28 Senior Shop Day EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!	29 Wellness Wednesday VISIT OUR WELLNESS CENTER FOR ALL YOUR SUPPLEMENT & IMMUNITY NEEDS!	30 Senior Shop Day EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!	1 FARMSTEAD BREAD FRESHLY-BAKED BREAD ARRIVES AT 5 PM EVERY TUESDAY & FRIDAY!	2
Coos Head Food Co-Op "WHERE LOCAL MATTERS" 3535 2ND COOS BAY, OREGON 97420 - PHONE (541) 756-7264			6 REMEMBER TO TURN ALL EARTH DAY ART IN TO WIN EARTH DAY BASKET! 	7 WHERE LOCAL MATTERS 	8 STOP BY THE GRAB & GO DELI AT YOUR LOCAL COOS HEAD FOOD CO-OP FOR SOUPS, SANDWICHES & DELI SIDE ITEMS!	Here at your local Coos Head Food Co-Op we are collaborating with Bay Area Hospital in becoming a collection location for mask and shield garments. All donations can be turned into the cashier.
10	11	12 Senior Shop Day EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!	13 REMEMBER TO CHECK OUT OUR LAUNDRY & SOUP IN BULK!	14 CSF PICK UP PORT ORFORD SUSTAINABLE SEAFOOD MONTHLY DELIVERY	15 Empire Bakery Delivers Fresh Bread Every Wednesday & Friday!	
17 HEALTH & BEAUTY SALES THROUGHOUT THE HABA DEPARTMENT!	18 STRAWBERRIES NOW AVAILABLE IN OUR PRODUCE DEPARTMENT!	19 FARMSTEAD BREAD FRESHLY-BAKED BREAD ARRIVES AT 5 PM EVERY TUESDAY & FRIDAY!	20	21 Bread Stop Bakery Delivers Fresh Bread Every Thursday!	22	23 KICK START YOUR WEEKEND HERE AT YOUR LOCAL COOS HEAD FOOD CO-OP
24	25 Visit us online for updates regarding Coos Head Food Co-Op at coosheadfood.coop	26 Cottage Grove Farmhouse Bakery Delivers Fresh Bread Every Tuesday!	27 Empire Bakery Delivers Fresh Bread Every Wednesday & Friday!	28 Senior Shop Day EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!	29 FARMSTEAD BREAD FRESHLY-BAKED BREAD ARRIVES AT 5 PM EVERY TUESDAY & FRIDAY!	STORE HOURS M-F: 9AM-7PM SAT: 9AM-6PM SUN: 10AM-6PM
31						

Coos HEAD Food Co-Op

-ROUND UP MONTH-

Support your local South Coast Food Share during the month of May, by rounding up when making a purchase. Coos Head Food Co-Op will be matching the total amount of proceeds raised.

Did you know.....

South Coast Food Share (SCFS) has been focused on providing hunger relief since 1965.

SCFS serves as Regional Food Bank in Coos and Curry counties and is part of the Oregon Food Bank Network; A group of partners, programs and agencies committed to the belief that no one should be hungry.

Because of the partnerships SCFS has we can stretch every \$1.00 donated for around 7 pounds of food!!!

AND

Feeding America has estimated that the average pounds per meal per person is 1.2 pounds! That means a \$1.00 donation helps us to provides more then 5 meals to someone that is hungry!





Hello Fellow Bread Lovers,

After a few shots at writing something about the challenges and glories of springtime, with a 2 year-old, during a pandemic, we are just going to stick to updates this month. \$3 Pandemic bread continues for folks who have been financially hurt by the shut-down. Please spread the word on this; it's something we're happy to be able offer. Check our website for details.

If you would like to pre-order bread, let us know by email, text or call 4 days before pickup. Coos Bay Farmers Market has been delayed until June 3rd. Roseburg market continues every Saturday. We have added a section on our website to pre-order and pre-pay so you can make sure to get the loaves you want at the market. Our bread is now available through select Valley Flora pre-order farmstand days. Hope y'all are staying happy, healthy and safe. Take care,~*~





Bread will be available:

Coos Head Food Coop - Tuesdays and Fridays at 5pm
Mothers Natural Grocery - Contact Mothers for more info

Port Orford Food Coop - Wednesday 10am

Coquille Valley Produce & Deli - Tuesdays and Fridays at 4:30pm
Myrtle Grove Naturals - Anticipate a Post-pandemic return
Schrader's Farm & Outdoor in Myrtle Point - Wednesday 9 am

Find our scones at:
Myrtle Point Bayside Coffee

Or find us at the Farmers Market!
Umpqua Valley Farmers Market - Saturdays 9 - 1

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Cinnamon Raisin Pumpkin Seed Polenta	2
3	4	5 Seeded Whole Wheat Jalapeño Cheddar	6	7	8 Olive Walnut	9
10	11	12 Cinnamon Raisin Pumpkin Seed Polenta	13	14	15 Seeded Whole Wheat Jalapeño Cheddar	16
17	18	19 Olive Walnut	20	21	22 Cinnamon Raisin Pumpkin Seed Polenta	23
24	25	26 Seeded Whole Wheat Jalapeño Cheddar	27	28	29 Olive Walnut	30

Oogli Food Forum

When it comes to food, beauty is in the eye of the taster! Sometimes presentation is picture perfect, sometimes not, ***always* eating is wonderful.**

The **Oogli Food Forum** is for all food homemade that's rooted in fresh, unprocessed and unsugared with a preference for paleo, non-dairy, (raw) vegan or vegetarian that happens to be tasty and wonderful to eat...and we put special emphasis on **local or regional** ingredients!

We welcome your questions, recipes and know how! ooglifood@gmail.com



I'm Jenny Jones and I live with my family in Coos Bay, Oregon. Health considerations started my culinary adventure on home-cooked everything rooted in anything fresh, local, unprocessed, paleo, low-sugar/no-sugar, (raw) vegan or vegetarian.

Oogli Food Forum: Springtime Greens? Homemade Fresh Rolls

Homemade fresh rolls, or “salad rolls”, are one of the most enjoyable — *and pretty darn easy!* — dishes to make at home. They are an excellent venue for trying all the fresh herbs, salad greens and raw vegetables.

That purple is purple cabbage and carrots, along side orange carrots, red chard, parsley and green peppers in a brown rice wrapper.

Fresh rolls with rice wrappers are a fixture of lots of Asian restaurants, but they are *really easy to make at home.*

These are a classic mix of lettuces and grated carrot with wasabi in soy sauce on the side.



CHEF'S EXPRESS RECIPE

This picture has mixed baby lettuces, sunflower sprouts, parsley, salad burnett, oregano, thinly sliced watermelon radish, black sesame seeds and ground sumac for a tart citrus.



Ingredients:

Freshly picked and washed leafy herbs, flowers and salad greens of any type:



-Lettuces, baby braising greens, arugula, salad burnett, corn salad

-Parsley, cilantro, oregano, borage flowers, nasturtium

-Julienned or thinly sliced raw vegetables of any type

-Cucumbers, carrots, celery, peppers



Oogli Food Forum: Springtime Greens?

Homemade Fresh Rolls

-Daikons, radishes, rutabegas, broccoli or cauliflower — for firmer veg, you can team or slice more thinly for easier eating
Rice wrappers or, for paleo or keto, coconut wrappers or nori sheets:

Japanese style nori is best because it's thicker than Korean nori,
IMO

Coconut wrappers are best eaten right away
Some assortment of sauces:

Hot oil — my recipe included

Peanut sauce — my recipe included

Siracha or Louisiana Hot Sauce

Any salad dressing home or purchase that you enjoy

Salt

Get fancy with seasoned protein strips of any kind:
marinated, pan-fried tofu, tempeh or seitan about 1/4" thick
thinly sliced cooked meat of any type

Equipment:

Bowl big enough to submerge rice wrapper, if that's what you're using

Wax paper or cloth or plastic film to keep rolls wrapped up tight until meal time

Oogli Food Forum: Springtime Greens? Homemade Fresh Rolls

Seal-able container if you aren't eating these right away.

Process:

1. Lay out prepared wrapper on a cutting board or other clean smooth surface
2. Layer on greens, herbs and vegetables with a pile about 1-2 inches high across the whole width of the wrapper.
3. Press veg layer down and roll gently.



Oogli Food Hint: don't bother closing up ends like the beautifully rolled ones from a restaurant. Save that for the experts.

Word to the Wise: Eat immediately or wrap and store in air tight container.

When each roll is wrapped tightly in plastic or wax coverings, it can keep for several days before the wrapped starts to crack open. (I'm using cotton cloth infused with bee's wax here.)



Oogli Food Forum: Springtime Greens? Homemade Fresh Rolls

Oogli Peanut Sauce

1/2 c peanut butter (crunchy, please!)

1/2 c water, more if thinner preferred

2 T freshly minced garlic and ginger

2 T apple cider vinegar to taste

1T agave syrup or sugar to taste

1/2 t salt to taste

Put everything in a jar with a tight lid, stir as best you can, then shake until all the ingredients are blended. Like chilis and bean dishes, this sauce gets better over time as flavors blend, so 24-48 hours is best although right away is pretty tasty



Oogli Hot Oil

Extremely easy to make. It can be as simple as some oil liquid at room temperature mixed with some amount of dried, pulverized hot peppers.



Oogli Food Hot Oil Recipe

1/2 cup dried, pulverized hot peppers of any type

Cooshead Coop has a “HOT Cayenne” which is a lot hotter than regular, and also quite hot, cayenne. If you are using this type of really hot, powdered hot pepper, only a few tablespoons is needed

1/2 cup olive oil or other oil liquid at room temperature

1/4 cup toasted sesame oil — optional, but so worth it!

1/2 t salt

1 t ground cumin

1/4 t ground fennel

Oogli Food Forum: Springtime Greens? Homemade Fresh Rolls

Using traditional white rice wrappers, this mix is a mesclun salad with some red cabbage and red chard.



OOGLI FOOD TIPS

Taste all your greens and veggies before rolling. Herbs have varying strengths, the stronger the flavor the less you should use per roll, or you can get overwhelmed by the flavor and/or sting of the oils in a leaf:

Oregano is very hot and strong, so I used only a few fresh leaves.

Parsley is quite strong, but not as vivid as oregano, so I use long sprigs.

Mustard greens are hot, but I feel like a little bit more than parsley is good flavor.

Oogli Food Forum: Springtime Greens? Homemade Fresh Rolls

Lettuces, arugula, pea shoots, sunflower seeds and other mild flavored veg are good in large amounts or as stand-alone ingredients in a pinch.

Thinly sliced or mandolined vegetables, particularly radishes or daikon, are really excellent crunch juxtaposed against a bunch of greens.

Salt can be an excellent “sauce”, particularly if you are trying something for the first time and you are taking a small bite.

To accommodate **paleo or keto diets**, wraps made of coconut or nori are fabulous and add their own unique flavors

I love whole grains, so I use the whole wheat rice wrappers, but regular white rice ones are easier to find.



I had my first fresh roll at the [Pho 99](#) in Malden, Massachusetts where I'd get fresh rolls and a big bowl of Vietnamese pho sans the noodles, extra vegetables. This roll, however, is homemade and filled with spicy mustard greens, nasturtium flowers, and a bit of stalk from green onions (hot!!)

Years later, I realized that you could buy rice wrappers. Years after that, I realized that making fresh rolls at home. This roll features spiralized watermelon radish, as well as a my peanut sauce and Siracha on the side,

This roll went a day too long in the fridge. The veg was totally fine, but the rice wrapper cracked open. I found that a little salt was the perfect “sauce” for this, all on its own. Very tasty, but I had to eat it more like a hot dog, though.

