



Currents

A monthly publication of 3 Rivers Natural Grocery Food Co-op & Deli

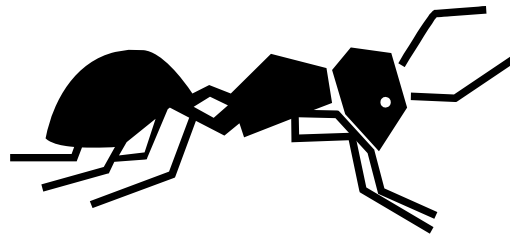
What's Up With That?

Owners ask: Why do we have to pay for our deli food before we eat it? I want to buy more and don't want to pay twice. I liked it better the old way!

We understand your frustration! Unfortunately, people were leaving and never paying for their food. In order to prevent this, we ask that you take your café food or slip up to the register immediately. You can "suspend" your transaction until you are ready to purchase your other items. If you only have a plate and do not require anything from behind the counter, you can take it through the line and save a few minutes. We don't want your food to get cold! If you just need a coffee cup or drink, you can go through the register line to pay for your drink before you order. If you see a line at the café, you might do this first. Show the receipt to the café counter worker and you'll get a cup and be on your way!

Owners ask: Why does it take so long to get my meat sliced?

We want to provide the best service to you we can. We ask that you come order your meat at the counter before you begin your shopping. In order to give you the highest quality of sliced meat, we wipe down the slicer in between each meat we cut. We have been told other shops do not do this. If you order several kinds of meat, it takes us a few minutes to do this as



The Ant's Pantry

By Angie Quinn
www.fwpotluck.wordpress.com

The grasshopper danced through the summer and fall, while the ant worked to put enough food away for the winter...

For lunch today, I had a peanut butter sandwich with wild grape jelly, canned last summer, and stored until the coldest days of the year. Tomorrow's menu includes a big pot of lentil soup, made with chopped kale, blanched and frozen last July. The next day, pasta tossed with tomatoes from my garden, sliced and dehydrated in August, in preparation for February.

Humans have used a variety of methods to store food for the winter. Some are highly energy-intensive to prepare, but can then

be stored with a minimum of energy, such as canning. Other methods require relatively little energy to prepare, but rely on energy for safe storage, such as freezing. Foods can also be dried naturally, with little or no additional energy, using sunshine or a hot location such as an automobile trunk, or an attic floor. For speed, an electric food dehydrator can do the job in a day, using only a small amount of electricity. Directions for solar dehydrators can be found on the internet, too.

And don't forget the easiest of all, root-cellar. Many of use do at least a little when we store potatoes or onions in a cool, dark place, or even store local apples in a refrigerator bin for extended use. A cool corner of the basement or garage is often great places to store pumpkins, cabbages, and apples.

Harvest times vary for the different types of produce. An easy way to remember what fresh-harvested foods are available to preserve for winter use, it that plants first grow roots, then leaves, then flowers, then fruits. The harvest year follows this same simple cycle.

Winter--Roots: Turnips, carrots, rutabagas, are at their best. From warmer areas come oranges, lemons and grapefruit, to add some zest, and provide their own opportunities for storage. Dried oranges and preserved lemons are special treats, and a winter soup or stew with root vegetables are hearty fare for cold weather.

Spring--Leaves and Flowers: Lettuces, arugula, dandelion greens, mizuna, spinach, and broccoli raab, and broccoli. The first kale appears as well. Also available are peas, and pea vines,

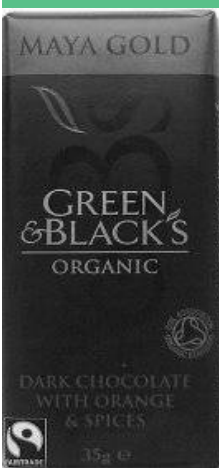
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The Good, the Bad and the Tasty...



Brand	The Good	The Bad
Green & Black's Chocolate Maya Gold	Tester #4 said the Maya Gold was "decadently flavorful with orange undertones and had a fresh and smooth taste."	It's so good and made with such quality ingredients, that you could probably eat the entire bar by yourself. Tester #3 also thought this bar was "too spicy" for his liking.
Endangered Species Extreme Dark Chocolate	Tester #1 and #3 liked this one for its "intense and real chocolate flavor."	"If you like bitter chocolate, or if you're looking for a good baking chocolate, this one is for you." Tester #2 said.
Dagoba Milk Chocolate	Tester #4 preferred this bar the best out of the four. He said, "I love how the ingredients are entirely organic and it tastes good, too. Definitely one of the best out there."	Testers #1 and #2 agreed that the Dagoba milk chocolate was good, but they weren't entirely convinced. Tester #2 said, "It's absolutely better than most chocolate bars, but it wasn't one of my favorites. It wasn't distinctive enough."
Chocolove Raspberries in Dark Chocolate	Tester #1 liked the wrapper. She said, "The packaging was great. If I saw the bar in the store, I'd probably pick it up based on that alone. It seemed inventive and new."	Surprisingly, none of the testers had anything negative to say about this bar. Testers #1 and #3 voted this one their favorite.



by Kelly McLendon

Two delicious chocolate bar brands, Dagoba and Chocolove, are on sale right in time for Valentine's Day.

Chocolove chocolate bars are just what the manufacturer intended: they are cute, charming and appealing. The packaging is designed so that you could simply wrap a ribbon around a bar and give it to someone special for Valentine's Day.

"The chocolate wrapper is made to look like a love letter and contains a love poem inside." says the company

website.

Additionally, the Chocolove collection features really diverse flavorings, such as Raspberries in Dark Chocolate and Cherries & Almonds in Dark Chocolate. The company information also says a compound called phenylethylamine is naturally occurring in the chocolate and produces the same feeling as being in love. One downside to Chocolove bars is the fact that they are not vegan. However, "the cocoa beans used are premium beans, which mean they are fully ripened and free of any bad beans." according to the company site.

Dagoba chocolate bars are classified vegan, however. "We use only unrefined cane sugar, meaning that the sugar has not been processed through a filter such as animal

char." says the company's frequently asked questions. The bars are also gluten-free and the manufacturing facility does not produce any products with gluten.

Moreover, the Dagoba bars that are certified organic contain "at least 95% organic ingredients without any GMOs, synthetic additives or irradiated ingredients." The most important aspect about this is that "the beans (cacao) aren't fumigated with methyl bromide (a carcinogen and ozone-depleter)."

The Dagoba website says there is a specific alchemy to tasting chocolate, but warns, "An ounce a day goes a long way!"

Also available at the co-op are Green & Black's Chocolate, as well as the Endangered Species chocolate line. To really test the different types of chocolate available, this writer assembled a testing group of four people to rate the four different kinds of chocolate bars. Here are the results.

What's What: Product News at Your Co-op

COLD & FROZEN: WHAT'S CHILLIN'

- Earth Balance Buttery Spread with Olive Oil
- Almond Breeze 64 in Fridge
- Rudi's Bread on Sale
- Cascadian Farm Fruit and Vegetables on Sale

Lovers of the Earth Balance non-dairy spreads will want to try their Buttery Spread with Olive Oil. This heart healthy and gluten free spread also contains soy oil and palm fruit. These 13 ounce tubs are on sale in February along with the Soy Garden spread which we recently introduced.

Stonyfield Farms is updating their line of organic yogurts. They no longer make Fat Free Blackberry or Low Fat Caramel Underground. In their place try fat free Chocolate Underground in the 6 ounce cups.

Lovers of all things almond will want to try Almond Breeze milk in the 64 ounce refrigerated carton. Try it in either Original or Vanilla flavors on your cereal, in baking or just have a refreshing glass.

—Rosemary

Welcome to February. Yes, we're still in

winter, but hopefully we're past the power outages, ice storms, and below-zero temperatures for the season. This month typically reminds us of loved ones due to Valentine's Day, but even if your only loved one is yourself, keep us in mind with great deals this month.

It's a month of old favorites for sales. And, with some of these brands increasing their prices in January, these sales come none too soon. Cascadian Farm fruits and 10 oz bags of vegetables are on sale. These are likely to go quickly, so please special order a case or two early in the month to insure your supply. The four flavors of Rudi's bread that are often the best sellers are on deal this month. Food for Life English muffins, French Meadow Hemp Bread, and the three flavors of Sunshine Burger are sure to please some pallets. And always a pleaser on sale, the Michelangelo Eggplant Parmesan meal rounds out the sales. If you're an equity owner, keep an eye out for those deals as well.

Whether funds are tight or not, it's always a smart idea to take advantage of the sales.

—Take care, Mandy

WELLNESS WHAT'S ESSENTIAL

- Gogi100
- fūcoPROTEIN thermogenic bars
- Zum Kiss
- Detox Products

We have several new products this month, including three new ones from Genesis Today. The first is Gogi100, which is 100% pure undiluted Gogi berry juice. It's available in both a 32 oz. and the 4 oz. sample size. Their new all-vegetarian liquid calcium supplement is called 4 Total Calcium. It is made from greens and is also dairy free. Last is the new 4 Total Cleanse, which is a two-part whole-body internal cleanse made without harsh ingredients.

Garden of Life has new fūcoPROTEIN thermogenic bars that reportedly burn fat naturally. They are gluten free, all natural, non-GMO, and come in two flavors: chocolate with macadamia nut and peanut butter crunch.

Another yummy product is Zum Kiss, a new lip balm. Right now we have the grapefruit flavor, but if this Zum product is as popular as the rest of their line, we'll start stocking other flavors as well.

We now have a new Chinese Botanical hand and body lotion from Kiss My Face. Another new product is Biosil,

which helps your body produce collagen. It claims to strengthen your skin, hair, and nails; promote healthy joints; and even reduce wrinkles. It comes in a 60-capsule package. Another change coming soon in the Wellness Department is a designated sexual health section. You'll find supplements, as well as new books on this subject.

February is a great month to detoxify your system, and we have a wonderful line of products that help remove heavy metals such as mercury and nickel. From Renew Life, we have Heavy Metals Cleanse, a 30-day, two-part cleanse. Part I provides mineral support, and Part II cleanses the organs. Renew Life also offers MERC-Free Cleanse, another 30-day cleanse with antioxidant and immune support. Renew Life recommends that anyone who plans to use either of these cleanses do so after using a whole-body cleanse. Your colon must be clean first, or it will reabsorb the heavy metals. Other detox products we carry include Newton Homeopathics AMALGA-DETOX (especially helpful for expunging mercury and nickel released from dental fillings and braces), DENTOX from Pflüger (available as 200 homeopathic tablets), and cilantro extract from Herb Pharm.

—Tiese

BULK WHAT'S IN THE BAGS & BINS

- Owner Bonus Buys in Bulk!
- Valentine Love Buzz & Twin Cities Blend from Peace Coffee on sale

February has that Valentine's Day holiday in it. So if you are into that sort of thing, we have the Love Buzz Coffee from Equal Exchange on sale for \$7.19 a

pound.

Another coffee on sale for this month is the Twin Cities Blend from the Peace Coffee Company for \$7.49 a pound.

Also, look for several Owner Bonus Buys on oats, quinoa, almonds, pecans, beans (navy & garbanzo) and red lentils.

—Jeffrey

GROCERY: WHAT'S ON THE SHELF

- Season's Hot Chili Pepper Cheese Curls
- Healthy Heart Choices
- Oogie's Popcorn

I am pleased to introduce Season's Baked Hot Chili Pepper Cheese Curls. The complex nature of this cheese curl calls for high ranking. You take a bite; there is a savory rush of cheddar and bleu cheese flavor that lingers in the front of the mouth even as the chili-heat creeps, then rushes forth from the back of the mouth. And as the red hot cheese-lava begins to warm your throat, there is nothing you can do to put out the fire but reach for another handful.

Here's what's up with the recent expansion of flavored popcorns. We had planned on carrying many of the Popcorn Indiana popcorns, but the company dropped two of our favorite flavors just as we first introduced them. So we found another company with high quality deliciousness in the form of flavored popcorn to fill up the shelf. Oogie's Popcorn comes in three intriguing flavors-- Romano pesto, sun-dried tomato & parmesan, and chipotle & lime.

New Gluten Free products brought to by the magic of customer requests-- Glutino multigrain crackers, and Bhujia cracker snack mix. If you know of an outstanding product that other Co-op customers should know about, please share your knowledge.

DELI & CAFÉ: WHAT'S COOKIN'

- Citrus Desserts
- Combo Café Meals
- Healthy Heart
- Cupid's Crush (Sandwich of the Month)
- Raspberry Mocha (drink of the month)

February is citrus month, so look for delicious desserts and items in the cold case that feature these tangy fruits. For example, we're offering orange cream cake roll, orange cheesecake, key lime pie, sunflower lemon cake, and lemon coconut cake. We'll bake organic lemon cookies as well, if we can find (or adapt) a recipe. Keep in mind that we use almost all organic ingredients, and we never use food coloring. In the cold case, our citrus offerings include cranberry orange salad and orange walnut tortellini.

We're working on several ideas to help cut your expenses in the Deli and Café. These include more affordable portions, combo deals, and offering less expensive options. For example, you can always get a big bowl of yummy soup for a great low price, and we offer a great variety of soups. Or you can order a half sandwich and a cup of soup for a low-cost lunch. On the hot bar, we're experimenting with rustic-crust pizza by the slice. If it's popular, we'll continue to offer it.

February is heart health month, and we've always produced nutritious, heart-healthy foods. For example, our veggie

—Dan, Grocery Buyer (Aisles 3 & 4)

February is Heart Health Month. There are many ways you can take care of your heart by making heart healthy choices in your diet. Cooking with Extra Virgin Olive Oil or Canola Oil can aid in lowering your cholesterol & help control your blood pressure. Did you know that Coconut Oil can help reduce the risk of heart disease?

A great heart healthy meal: Brown Rice & Beans...together they make up a complete protein. Rice & beans work as a team to fight against high cholesterol & heart disease. There are countless recipe possibilities when it comes to this pair. "Eden" organic beans have no salt added & "Lundberg" has a great selection of brown rice & gourmet rice blends. Other heart healthy choices that can easily be added to any meal: whole wheat or brown rice pasta & whole grain spelt pasta.

A diet low in salt makes a happy heart. We have many low sodium & no salt added alternatives to foods you eat everyday (pasta sauce, soups, canned tomatoes, salsa etc...).

On the other end of the spectrum...Let's talk about Sweets for your Sweetie on Valentine's Day! Nothing says Love like chocolate! A plate of fresh baked brownies will warm their hearts. There are many quick & easy brownie mixes to choose from (Gluten Free too!!!).

—Jennifer

wraps and burgers provide satisfaction in a low-fat sandwich. We'll post information about our menu items, so you can see for yourself the nutrition content. Look for it soon.

In the Café, we are pleased to welcome Emily Gaff, our new counterperson. In honor of Valentine's Day, our February featured sandwich is the Cupid's Crush, featuring turkey, cheddar, tomato, spinach, and horseradish sauce on grilled sourdough bread, which was created by Co-op member Letta True. We now have Rudi's bagels (plain and honey wheat), so you can order a toasted bagel (no extra charge for butter) to go with your soup, or we'll be happy to make your sandwich with one of these bagels. (There is an extra charge for cream cheese.) They're not huge, so you can enjoy them without guilt.

Some customers have requested ginger, garlic, or wheatgrass in their fresh juice, but we are not set up for those items at this time because we have only one juicer. Both ginger and garlic can interfere with some types of homeopathic medications, so for right now, we can only provide fresh carrot juice with a few specific add-ins.

February is the perfect time to warm up with our drink of the month, the romantic Raspberry Mocha. When you come to the Co-op, you can relax with a hot drink, revitalize with a bowl of soup, and renew your energy with our heart-healthy menu items.

—Shawn & Katie



Owners! Look for these special shelf signs showing you the special owner deals this month.

Fully invested Equity Owners look for this special shelf sign for Owner Only Bonus Buys. (this shelf sign is Maroon and Green in color)



Have your Owner scanning card ready at the beginning of your check-out to receive all your owner specials!

Individual shelf signs will have the product details including special pricing, product info and sale end date. Any advertised product or price is subject to change based on incorrect or mistyped advertisements or problems with availability.

All Equity Owners, fully invested and installment plan, look for this special shelf sign for Owner Special Deals. (this shelf sign is Yellow and Green in color)



STAFF PICKS

JEANETTE (Front End) has been enjoying the **Kind Bars** which she sampled while they were on sale. The Sesame & Peanuts with Chocolate tastes just like a Butterfinger bar! They are great following her meal of **Ling Ling Mini Spring Rolls**. The chicken and vegetable is her favorite, but they also come in vegetable. She says they don't taste like frozen food, but "just like I'm at a Chinese restaurant!". (*Kind Bars are available in five flavors for \$2.05 per bar in aisle 3, Spring Rolls are \$4.95 in the freezer*)

ROBERTA (Packaging) has discovered **Nutritional Yeast** as a treat she can share with her kitty. Selena loves it sprinkled on her dry cat food or just as a side dish. For kitties, it helps to keep fleas away. Roberta likes to put it on her macaroni and cheese, in pasta with tomato sauce, on popcorn, and even on her peanut butter and jelly sandwiches! It is high in B vitamin and has a cheesy flavor.

(*Nutritional Yeast in the bulk bins is \$6.85 per pound*)

CHARLIE (Cafe) recommends the new **Bread Pudding** on the hot bar. The warm pudding over the bread contrasts and makes a delicious confection! (*\$6.99 per pound on the hot bar*)

ADELYN (Wellness) enjoys **Blue Diamond Vanilla Almond Breeze** anytime. "It's lighter than soy milk and tastes good with oatmeal, cereal, eggs...really with anything!" She loved it enough to order an entire case when it was on sale in January. (*Available in chocolate, vanilla, original and unsweetened in each flavor. \$2.65 for 32 oz in aisle 3, \$3.95 in a 64 oz refrigerated carton*)

NEW!

Look for these new items on the shelf!

GROCERY

Blue Diamond Growers Almond Breeze 64 oz (Original, Vanilla)
Cherrybrook Kitchen Wheat Free Gluten Free Mixes 6 oz (Chocolate Chip Cookie, Peanut Butter Cookie, Fudge Brownie)
Columbia Gorge Fruit Organic Canned Peach Halves 15 oz
Dorset Cereal Super Cranberry

Almond 19 oz
Good Earth Teas Sweet & Spicy Tea 18 CT
Health Valley Healthy Tart Red Raspberry 8.5 oz
Imagine Foods Organic Soups 14.5 oz (Roasted Garlic Potato, Chicken Noodle)
Imagine Foods Organic Low Sodium Beef Broth 32 oz
Knudsen Juice Sparkling Organic Pear 750 ml
Liz Lovely Cookie, Ginger Snapdragon 2 ct
Lucine Italia Soups 19.6 oz (Rustic Italian Minestrone, Tuscan Tomato Basil, Umbrian Lentil)
Lundberg Family Farms Organic Heat & Eat Rice Bowls 7.4 oz (Long Brown, Wild)
Morinu Pudding Mix 4 oz (Chocolate, Vanilla)
Muir Glen Organic Soups 18 oz (Beef & Barley, Chicken Gumbo)
Namaste Foods Glute Free Pie Crust Mix 48 oz
Nature's Path Organic Cereal (Flax Plus Raisin 14 oz, Flax+ Pumpkin Cr 12.35 oz)
Oogie's Popcorn 5 oz (Chipotle Lime, Popcorn Romano Pesto, Sundried Tomato Parmesan)

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Owner Specials!

Hello Owners! Watch the shelves to find these nice savings for owners only. Special shelf signs bring your attention to the owner only deals offered month to month. An owner special shelf sign that is green and maroon is a special price for only fully invested equity owners. An owner special shelf sign that is green and yellow is a special price for all equity owners including installment plan and fully invested owners.

For more information about Equity Ownership please ask for our Frequently Asked Questions Guide To Equity - copies are available at the checkout.

All Owner Only Specials

All (installment and fully invested) Co-op Equity Owners save on these products. Details listed on product shelf signs through 2/28/09. The sale shelf sign is a small green and yellow colored sign. The Owner Special price will scan at the register when you scan your owner card.

Owner Only Specials for February:

Grocery Foods:

- Amy's Kitchen Organic Chili (Medium, Medium Black Bean, Medium with Veggies, Spicy) 14.7 oz > Owner price \$2.49 (shelf price \$2.95)
- Arrowhead Mills Peanut Butter (Creamy, Crunchy) 16 oz > Owner price \$3.49 (shelf price \$4.79)
- Bumble Bar Organic Gluten Free Energy Bars (Chocolate Crisp, Original, Original with Hazelnuts) > Owner price \$1.59 (shelf price \$2.09)
- Emperor's Kitchen Organic Chopped Garlic 4.5 oz > Owner price \$1.99 (shelf price \$2.89)
- Emperor's Kitchen Organic Shiitake Mushrooms 1.76 oz > Owner price \$3.39 (shelf price \$5.25)
- Erewhon Organic Cereal (Crispy Brown Rice, Rice Twice) 10 oz > Owner price \$3.29 (shelf price \$4.39)
- Erewhon Organic Raisin Bran 15 oz > Owner price \$2.89 (shelf price \$4.45)
- Lucini Pasta Sauce (Artichoke, Sicilian Olive, Spice Tuscan, Tomato Basil) 25.5 oz > Owner price \$5.99 (shelf price \$7.99)
- Newman's Organic Mints (Cinnamon, Ginger, Peppermint) 1.76 oz > Owner price \$1.69 (shelf price \$2.29)
- Organic Valley Organic Non-Fat Dry Milk 12 oz > Owner price \$5.99 (shelf price \$7.39)
- Rustic Crust Gluten Free Pizza Crust, Napoli 9 oz > Owner price \$3.69 (shelf price \$4.85)
- Spectrum Canola Mayonnaise 32 oz > Owner price \$5.89 (shelf price \$7.65)
- Spectrum Organic Mayonnaise (Olive Oil, Wasabi) 12 oz > Owner price \$4.99 (shelf price \$6.85)
- Sushi Sonic Wasabi (100% Genuine 1.5 oz, Hot 45% Genuine 2.5 oz) > Owner price \$4.99 (shelf price \$7.25)
- Teecino Organic Herbal Coffee (Hazelnut, Java, Mocha, Original, Vanilla Nut) 11 oz > Owner price \$6.29 (shelf price \$8.55)

Bulk Foods:

- Organic Rolled Oats > Owner price \$1.09 per lb (shelf price \$1.29 per lb.)
- Commercial Almonds > Owner price \$4.49 1 lb. package, \$2.25 ½ lb. package (shelf price \$5.65 and \$2.83)
- Organic Pecans > Owner price \$6.40 per lb. (shelf price \$8.08 per lb.)
- Organic Garbanzo Beans (Chick Peas) > Owner price \$1.69 per lb. (shelf price \$1.85)
- Organic Navy Beans > Owner price \$1.79 per lb. (shelf price \$2.15 per lb.)
- Organic Red Split Lentils > Owner price \$2.79 per lb (shelf price \$3.45 per lb.)

Frozen Foods:

- Dominex Eggplant (Cutlets, Parmesan Bites) > Owner price \$3.29 (shelf price \$4.49)
- Nate's Meatless Meatballs (Classic, Mushroom) 12 oz > Owner price \$3.69 (shelf price \$4.89)
- Nate's Mini Burritos 15 oz > Owner price \$3.69 (shelf price \$5.09)

Refrigerated Foods:

- Nancy's Organic Cream Cheese 8 oz > Owner price \$2.29 (shelf price \$3.09)
- Organic Valley Cheese 8 oz > Owner price \$4.29 (shelf price \$5.59)
- Soy Deli Firm Low Fat Tofu 12 oz > Owner price \$1.99 (shelf price \$2.79)
- Stonyfield Organic Smoothie (Strawberry, Wild Berry) 10 oz > Owner price \$1.59 (shelf price \$1.99)

Wellness:

- Herb Pharm Propolis Echinacea Throat Spray 1 oz > Owner price \$9.39 (shelf price \$11.99)
- Herb Pharm Echinacea Goldenseal Compound 1 oz > Owner price \$9.39 (shelf price \$10.39)
- Herb Pharm Super Echinacea Extract 1 oz > Owner price \$9.99 (shelf price \$11.19)
- Sambucol Black Elderberry Immune 30 tablets > Owner price \$11.99 (shelf price \$14.69)
- Sambucol Black Elderberry Syrup 4 oz > Owner price \$11.99 (shelf price \$14.69)
- Sambucol Black Elderberry Original Liquid Extract 7.8 oz > Owner price \$19.99 (shelf price \$24.49)

Owner Bonus Buys - Fully Invested -

Fully Invested Equity Owners save on this product. Details listed on product shelf signs through 2/28/09. The sale shelf sign is a small green and maroon colored sign. The Owner Bonus price will scan at the register when you scan your owner card. (A fully invested owner has paid in \$200 toward equity).

Owner Only Specials for February:

Grocery Foods:

- Blue Diamond Thin Nut Crackers (Almond, Cheddar Cheese, Country Ranch, Hazelnut, Pecan, Smokehouse) 4.25 oz > Owner price \$1.99 (shelf price \$2.79)
- Choice Organic Teas (Chamomile Spearmint with Bergamot, Earl Grey, Green with Peach, Liquorice Peppermint, Northwest Black) 20 bags > Owners save \$1.26 (shelf price 4.75)
- Divine Chocolate Bars (Dark Chocolate 70%, Dark with Mint, Milk, Milk with Hazelnut) 3.5 oz > Owner price \$2.29 (shelf price \$3.19)
- Divine Chocolate Snack Bars (Dark, Milk) 1.5 oz > Owner price .99¢ (shelf price \$1.45)
- Think Organic Chocolate Coconut Bar 1.4 oz > Owner price \$1.79 (shelf price \$1.85)

Bulk Foods:

- Organic Oat Bran, Fine (per pound) > Owner price \$1.49 (shelf price \$1.85)
- Organic Quinoa (per pound) > Owner price \$3.19 (shelf price \$3.89)

Frozen Foods:

- Blue Horizon Organic Shrimp Skillet Meals (Shrimp & Penne Alfredo, Shrimp & Pesto Farfalle) 20 oz > Owner price \$6.49 (shelf price \$9.25)

Refrigerated

- Silk Organic Soy Milk (Plain, Vanilla) 32 oz > Owner price \$1.89 (shelf price \$2.39)
- Westsoy Tempeh (Five Grain, Soy Original) 8 oz > Owner price \$1.59 (shelf price \$2.45)

Special Order cut off date is February 26 for cases and bulk orders at the sale price. These orders must be paid for by the last day of the month. Remember, all owners get an extra 10% on case and bulk orders, even if it's on sale!

Mine. Yours. Ours.

Owner comments and suggestions can be dropped in the suggestion box or emailed to us gm@3riversfood.coop

What's the Deal?: Answers to Your Questions

The following questions from our Suggestion Box will be answered in next month's newsletter.

Maureen's product request: Quite Cheesy Kale in a Krunch Chips. I heard they are fabulous and want to try them. No oil or dairy.

Dan's reply: You aren't the only one who is interested in these chips from Alive and Radiant Foods. The company is now sending us some of the different flavors so we can decide which, in addition to 'Quite Cheesy' will be a good fit for the Co-op. Look for them to appear soon in Aisle 4 and at the sampling station.

David's product request: I used to purchase Mate sodas and beer. I'd be interested in any available. Also Butte Creek Beer has a mate version.

Dan's reply: A while back we carried a product called Sol Mate soda in two varieties—original and lemon lime. These were great sodas. I was in the habit of drinking one during my every shift for about a month. Unfortunately nobody on the customer side agreed. We had to discontinue the mate soda because of stagnant sale. Butte Creek does not offer a mate beer that is organic. Is there another brand you've tried and enjoyed?

Mike's product request: Yogurt and or carob coated mixed nuts. Perhaps seasonally?

Jeffrey's reply: We found carob coated nuts. . Look for them in the bulk area in about a month.

Product request: You have changed your whole wheat frozen pie crust. It's not as good as the original vendor.

Mandy's reply: I'm sorry you are

displeased with the change in the whole wheat crust. Unfortunately, the original version became unavailable to us. We'll keep looking for a better alternative.

Kim's product request: Please carry the Westsoy Rice Beverage in non-fat.

Dan's reply: Westsoy does not currently make a non-fat rice beverage. And our distributors do not seem to offer any other Non-fat rice milk.

Sally's product request: Knudsen Pear Juice. It's good!

Dan's reply: We are pleased to reply that Knudsen Pear Juice is already a member of the Co-op product family. It can be found in Aisle 3 along with our other fine juices.

Allie's product request: I love the So Delicious Coconut Milk Ice Cream. They also have chocolate chip cookie dough, coconut, and mint. Could we carry more flavors?

Product Request: So Delicious Coconut Ice Cream has certainly proven itself a great option. Look for Passionfruit Mango as well as exciting flavors from Coconut Bliss frozen desserts.

Product Request: Gluten Free Alphabet Noodles

Jen's reply: I found Gluten Free alphabet rice pasta from Mrs. Leeper's. It will be in soon!

The following questions from our Suggestion Box will be answered in next month's newsletter.

Colby's product request: Salt and Vinegar Kettle Chips come in 9 oz bags. Could you please carry some?

Anne's product suggestion: French Meadow yeast-free, wheat-free bread. I purchased it here, but haven't been able to find it for about a month.

Cheryl's product request: I cannot find the Boca Sausage Brats in the freezer any more. They are delicious and you cannot tell they are meatless.

Sandy's product request: Dad's Gluten Free Pizza Crust. It has very good flavor and texture.

Kim's product request: Worm farm containers for fertilizing garden beds.

Rachel's product request: R.W. Garcia soy and flax seed chips. They are awesome and a great low carb chip for salsa, hummus or anything else.

Product request: I notice you no longer sell lactose free clam chowder?

Erin's product request: Plantain Chips.

Amy's product request: Raspberry yogurt covered pretezzels. They are a great, yummy snack and would compliment your yogurt nuts and peanut butter covered pretzels.

Cindys product request: Wham from Worthington Foods. It is a great vegetarian ham product. Consumers cannot order directly from the company at this time.

Product request: Pamela's Simple Bites in the dark/triple chocolate. I've tried them before and they're very good. I'd love to buy them here.

Sandy's product request: You used to carry Haugwash BBQ sauce. It was our favorite sauce. We'd like to be able to get it again.

Hannah's product request: Season's Baked Cheddar & Sour Cream Chips

Frannie's product request: Powdered Coffee Creamer for when I go camping.

We discovered this note in the suggestion box. We too were disappointed and worked on this in our café team meeting and one-on-one. Take note of the second note to follow. We're sad we weren't up to standard, but glad we fixed the problem!

Kathy's suggestion: Once again, the salad bar is disappointing. The veggies look old and brown. The cucumbers are cut to the size of hockey pucks. The cauliflower is discolored. The red pepper is slimy. The mixed greens are slimy. At \$6.99 per pound, this should be the freshest, best salad bar in town. But so often I walk away disgusted and don't buy a thing. It's a shame that the co-op loses so much of my business. Anymore, I make my salads at home and bring them to work. Think fresh.

A few days later:

Hooray! The salad bar looks 100% better! Thank you for freshening it up! I will be back for more!

Until next time,
Janelle Martin
General Manager

Thanks to all the folks that took the time to ask or comment. Your input is much appreciated.

	New!	Chuck Kaiser City Bakery Artisan Breads
	Made fresh daily...	

French baguettes, rosemary sourdough, seeded sourdough, raisin pecan and more.

Look for samples on the café counter and buy your loaves at the end of register 4.

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Vote '09
page 7

<p>FPT First Presbyterian Theater <i>presents</i></p> <p>Feb. 19 thru March 7 Tickets: \$16/\$14</p> <p>Box Office 422-6329</p>	<p>Macbeth by William Shakespeare</p> <p><i>directed by</i> Thom Hofrichter</p> 
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Produce News

By Janelle Martin

Greetings from the land of Produce! Where things are cool and green and good for you.

New goodies in the department: Organic carrots with the Tops, Organic Blood oranges, Organic Kumquats, Naked juices (just a few), Organic bottled jalapeno peppers (hot and mild), Organic Dandelion Greens, Organic Jalapeño peppers, Organic packaged Shiitake mushrooms and Snap Pea Crisps. Super Yum!

Here are a few tips about a few favorites:

Purple potatoes are purple all the way through. They make fantastic oven roasted fries and colorful mashed

potatoes. Don't mash them too much or they get pastey - when mashed they become a lovely shade of lavender.

Kumquats are a tiny little citrus, similar in flavor to a tangerine. These little guys are a perfect addition to a stir fry, slice them in quarters and toss them in—the peel gets crispy and sugary and the citrus adds a tasty unique flavor. Also a nice zip to fruit salad or tossed into a yogurt, granola and fruit breakfast bowl. Double Super Yum!

Salad toppers that will add a crunch to your salad: Sunflower sprouts, crunchy mixed bean sprouts, snap pea crisps, julienned Daikon radish, cherry tomatoes or roasted nuts.

Check out our special sales of the week posted in the department - great deals.

NEW!

Look for these new items on the shelf!

continued from page 3

Sambazon Acai Powder 90 g, Acai Juice Organic 10.5 oz
Season's Cheddar Curls Lite Hot 5.5 OZ
Seeds of Change Seeds (Squash Summer Yellow Crookneck, Lettuce New Red Fire, Melon Watermelon Moon Star, Radish French Breakfast, Bloomsdale Spinach, Amaranth Love Lies Bleeding, Primrose Midwest Evening, Basil Greek, Bean Bush Bountiful Stripeless Snap)
Sweet Leaf Tea Tea Bottle Original Sweetened 16 OZ
Tree of Life Raw Buckwheat Honey 1 LB
Wysong Dog Food, Maintenance 8 LB

VITAMINS

Derma Mag Magnesium Chloride Oil 8 OZ
Garden of Life Fucothin Value Size 180 softgels
Garden of Life Fuco Protein Bar 1.94 oz (Peanut Butter Crunch, Chocolate Macadamia Nut)
Genesis Today 4 Total Cleanse
Genesis Today Goji 100 4 oz, 32 oz
Hyland's Kids Kit
Hyland's Flu Care 4 Kids 125 TABS
Natural Factors PGX Powder 5.3 OZ
Natural Sources Raw Pituitary 50 CAPS
Nature's Way Activated Charcoal 100 caps
New Chapter Supplements (Stress Take Care 60 softgels, Holy Basil 90 vcaps, 120 vcaps Organic Stress Multi 180 tablets, Rhodiola Force 100 30 vcaps, Bone Strength 120 tablets)
Now L-Tyrosine 120 CAPS
Peter Gilham's Calm Orange 8 oz
Pronatura Dentox 200 TABS
Renew Life Absorb More Toxins 120 caps, Diet Smart Cleanse 14 days
Sinucleanse Neti Pot & Saline Packet
Solaray Goldenseal Root 50 CAPS

HERBS & SPICES

Frontier Grains Of Paradise 2.26 OZ
Frontier Sarsaparilla Root Cut Sifted per lb.

PERSONAL CARE

Aubrey Seaware Cream 8 OZ
Badger Beauteous Box Gift Set 3 TIN SET
Burt's Bees Soap Bark Chamomile Cleanse Cream 6 OZ
Burt's Bees Peach Willowbark Pore 9 OZ
Earth Therapeutics Nail Brush
Equinox Botanicals The Golden Salve 1.25 OZ
Home HealthBody Wash Psoriasis 8 OZ
Hotteeze Hotteeze Pad
Hyland's Diaper Ointment 2.5 OZ
Jason Power Smile Cinnamon Toothpaste 6 OZ
Naturally Fresh Honeydew Melon Spray Deodorant 4 OZ
Redmond Redmond Clay 10 OZ
Zum Zum Rub F&M 2.5 OZ
Zum Zum Kiss Grapefruit .15 OZ
Zum Yum Mist Doggie Spritzer 4 oz, Yum Bar Doggie Bar Soap 3 OZ

FROZEN

Buffalo Guys Sausage Andouille 12 OZ

PRODUCE

Organic Fruit per lb. Bosc Pears, Clementine Tangerines
Organic Raddichio EA
Organic Sunflower Sprouts
Fresh Gourmet Caesar Croutons 4.5 oz
Jewel Date Co. Date Roll with Banana 12oz

BULK

Cranberries Dried Sweetened Organic Per #

REFRIGERATED

Total Greek Yogurt Fage 0% 6 oz, Cherry 2% 5.3 oz



Heart Healthy

What do you think of when you see the words "heart healthy"? Speaking for myself alone, I slip into a sort of mental lethargy, an awake-but-mentally-shut-down mode. My eyes may skim words on a page but retention is minimal. Our society is so inundated with information that it taps into "information overload" - which can shut me down as quickly as "heart healthy." But that's a different topic for a different day.

The thing is, there is SO MUCH information out there with such varied priorities that sorting through it and making sense of it and figuring out how to apply it to my life would take a chart the size of my dining room table. But not to despair!

There are some basics you'll see over and over again:

1. Limit fats, especially animal fats
2. Eat more whole grains, vegetables and fruits
3. Maintain a healthy weight for your age and height
4. Exercise regularly and appropriately for your age, weight, and health history.

I don't mean to be simplistic with the above, but if you want detailed advice on this topic, you can research the internet, the Co-op, the library, etc., and obtain all the information you could ever want or need. You should be mindful, however, that all "generic" information may or may not be appropriate for your particular health situation. In addition, new research comes out regularly. As with all things, use moderation, be thoughtful, listen to your body and how you feel.

I would encourage you to ponder two other things:

Be Happy

It's important to take care of our bodies. It's the right thing to do for multiple reasons, but it's not meant to be a chore. Life is not meant to be a burden. The fact is, right now is the only moment we have. Take care of your body so that you can live each day, each moment to its fullest - but don't make yourself miserable doing it. That completely misses the point..

Give to others

What better path to a healthy heart than fair trade? Do your research, find out what impacts your body in a negative fashion, and care for yourself. Then do all you can to support others and the world in promoting justice - a fair wage for labor. By international standards, we in the U.S. are wealthy people and we need to share that wealth with the world. There are multiple fair trade foods available at the Co-op. Be mindful of what's right and what's fair and do what you can to further both.

Share meals with others

Breaking bread together is an ancient, sacred ritual. Take time to savor food and companionship shared. Slow down when you eat - it's not a contest; the first one done doesn't win. Eat slowly, chew well, let the food digest. Research says it takes 10-20 minutes for the brain to receive the stomach's message that it's full so give them time to communicate.

The path to a healthy heart

Eating healthy is not a "one size fits all" proposition. My guess is you already know that or you wouldn't be reading this newsletter. Ask questions, read books, be willing to experiment. Live now, live well, exercise moderation, give so that you can receive. Focus on maintaining not only your physical health, but on your mental, spiritual, and emotional health as well.

Your heart will love you for it.

February Cooking Demonstrations

Stop by for a recipe, a sample or a how-to demo.



Tues, February 3, 1 pm

Edamame Succotash

Mon, February 9, 1 pm

Teff Ginger Pear Muffins

Sun, February 15, 2:30pm

Ginger Miso with Arame

Thurs, February 26, 1 pm

Polenta

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EAT RIGHT **F4**R YOUR TYPE

The Blood Type Diet

By Susan Sims

According to Dr. Peter D'Adamo, ND, a naturopathic physician, your blood type is one of the most important factors in determining how your body reacts to the foods you eat, including digestive problems, inflammation, and weight gain. Proteins called lectins are found in over a thousand common foods, and they interact differently with different blood types (<http://www.dadamo.com/program.htm>).

Peter D'Adamo also believes people's blood type helps determine how susceptible they are to certain types of disease. For example, people with type O blood are more likely to suffer from arthritis, asthma, hay fever, and other allergies than people with type B blood, who have a higher allergy threshold. However, Dr. D'Adamo asserts that people with type B blood are susceptible to autoimmune disorders, such as chronic fatigue, lupus, and multiple sclerosis. Dr. D'Adamo states that by tailoring a diet and exercise routine specifically for your blood type, you will not only lose weight, you will also feel more energetic and boost your body's immune system.

People with type O blood thrive on intense physical exercise such as aerobics, martial arts, contact sports, and running, according to Dr. D'Adamo. Their systems can easily handle lean, organic animal protein, but they don't do as well with dairy products and grains. He explains that the gluten found in

wheat products and, to some extent, lentils, corn, kidney beans, and cabbage is a major reason for weight gain among type O people. For these people, foods such as grains and potatoes can also produce inflammation in their joints.

However, people with blood type A are more naturally suited to a vegetarian diet containing foods that are fresh, pure, and organic. Dr. D'Adamo states that people with type A are predisposed to heart disease, cancer, and diabetes, so it's important to make these dietary adjustments to help their sensitive immune systems. He recommends that type A people should practice calming, centering exercise, such as yoga and tai chi.

Dr. D'Adamo asserts that people with type B blood have sturdy immune systems, a tolerant digestive system, and tend to have better defense against many chronic illnesses, or at least survive them better than the other blood types. People with this blood type should choose from moderate physical exercises that require mental balance, such as hiking, cycling, tennis, and wimming.

In terms of evolution, blood type AB is the most recent of the four groups. It is a combination of types A and B, so it is the most intricate biologically. Dr. D'Adamo recommends a mixture of the exercises for types A and B for this group. He believes the medical risks for people with type AB blood include heart disease, cancer, and anemia, while people with both type A and B are vulnerable to diabetes.

Here at the Co-op, we have several tools to help you get started on the Blood Type Diet. First, if you don't know your blood type, we have an easy-to-use kit to help you find out. Next, you can read all about the Blood Type Diet in *Eat Right 4 Your Type*. Then you can find recipes tailored specifically for your type in *Cook Right 4 Your Type*. If the information seems overwhelming, start by looking at the diet that is customized for your blood type. Different foods are classified as "beneficial," "neutral," or "avoid." Almost every other diet book classifies foods by their nutrient content, for example: "low fat" or "low carbohydrate." Rather than trying to change everything at once, try to incorporate more "beneficial" foods into your diet. Then you can start phasing out the "avoid" foods a little at a time. The Blood Type Diet is very specific about which foods to avoid for each blood type. For example, people with type O blood should avoid dairy products, but feta cheese is a "neutral" food. If you're looking to avoid wheat products, remember that the Co-op carries a wide variety of breads, crackers, flour, and other products that are made with different types of grains. If dairy products are on your "avoid" list, we have many substitute products such as soy, rice, and almond milk. For people with type A blood, the Co-op is the perfect place to find those pure, organic vegetarian foods that Dr. D'Adamo recommends. The benefits of trying the Blood Type Diet include weight loss, better resistance to disease, and increased energy. What do you have to lose? (5 pounds, maybe 10, or even more!)

The Ant, continued from page 1

which prefer cooler temperatures. Spring salads are always a treat, and the broccoli, kale, and spinach can be blanched and frozen for use later in the year. This year, I'm going to try to dehydrate kale, for use in soups in the future.

Summer--Leaves, Flowers and Fruits: Some lettuces, kales, arugula and salad greens are available until the weather becomes too hot and dry, and herbs are available for drying, often simply by laying on a clean cloth or towel, until the leaves have dried and are easy to remove from the stems. The first fruits appear: raspberries, strawberries, gooseberries, cherries, and there is also the last of the broccoli. Also appearing is the first of the corn, and peppers, tomatoes, tomatillos, eggplant, summer squash and cucumbers.

Late Summer—Fruits: Late summer brings the squash, beans, musk melons and watermelons, peaches, pears, along with more summer squashes, corn, peppers, tomatoes, tomatillos, eggplant, summer squash and cucumbers. A few early potatoes appear as well. Most of these are excellent choices for canning or blanching and freezing, with the exception of the melons (but who could wait until later to eat these, anyway?) A family favorite is sweet corn, which had been blanched and removed from the cob, made ready to remind us of July. The tomatoes are also excellent for drying, and my favorite choice are the small pear tomatoes, cut in half, and dehydrated until they look like raisins. These are great to add to couscous, pasta dishes, soups, and rice, and rehydrate quickly.

Autumn--Fruits, Roots (and some

second season leaves): Apples, Apples, Apples, along with pears, pumpkins, and winter squash. All of these store well in a cool, dark place. The storage roots appear as well, including turnips, rutabagas, potatoes, beets, and parsnips (my favorite!). Cabbages also become available, and often a second season of lettuces and spinach as well.

Sometimes, the most difficult part of storing food for winter is eating it all before the growing cycle begins again!

2009 Local Plants & Produce

Kimberly Koczan Flory, local liaison, is working with our farmers to develop the list of items that will be part of our plant sale as well as grown to sell in the store. We'd like to cater to our owners' needs. Ideas for what you'd like to purchase?

Contact Kimberly via email at local@3riversfood.coop with your suggestions.

Our Mission Statement

The mission of the 3 Rivers Food Co-op is to operate a full-line grocery store with an emphasis on whole, natural foods. We are structured on and operate under the co-operative principals. Open to the public, we cater to consumers interested in organic and environmentally conscious products. Service is our priority while providing products at fair prices. In addition we seek growth through education of members and the larger community about healthful living and co-operative philosophy.

Three Rivers Co-op
Natural Grocery & Deli
1612 Sherman Blvd.
Fort Wayne, IN 46808
(260)424-8812
www.3riversfood.coop

General Manager

Janelle Martin

Management Staff

Jeffrey McManus
Jeanette Young
Rosemary Mausser
Shawn Kelly
Sheila O'Rourke
Tiese Thomas

Category Purchasing Staff

Janifer Brunton
Dan Smith
Jeffrey McManus
Lydia Gerken
Katie O'Rourke
Diane White

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Board of Directors Election / Amendment to Bylaws Vote 2009

Voting will take place during the month of February. Ballots are available from a cashier or manager on duty. You will be asked during checkout if you have voted. We want your answer to be “yes”!

To the Owners:

In the election cycle, three board seats are to be filled this year. These three seats are for the standard three year term. In addition, there is one seat to be filled for a year term. This will complete the term of director Stefanie Brophy who moved to Kansas City and was unable to complete her term. Unfortunately, only two candidates have entered the election. It may not seem important to vote in this election, but these candidates need to hear the voice of the owners and your support. The remaining seats will be filled according to bylaw with one year board appointments. Thank you for taking interest in your cooperative and please vote!

~The Board of Directors

Directors Running for Re-election

Kent Murphy

*Co-op member since 1976
Co-owner, Lighten Up Wellness Center
Member of South Side Business Group since 1992
Former Owner, Zakhi Soyfoods and Good Grocery Express
Former Board Member, New Haven Chamber of Commerce, President 1974 & 1976
Trained community mediator*

Campaign Statement

I am currently a board member, and served two years as secretary. The board has been very active during my term to fully implement policy governance and train in strategic planning and oversight. As the board completes the development of its systems of oversight, it is now poised to fully engage with strategic planning. This is my area of strength and I would like to continue my service on the board and participate in this initiative. I have long been active in

local organizations and feel the connections I have made may be beneficial as the board seeks to increase local awareness of co-operatives and our exceptional foods grocery.

Key Issues

Even in hard economic times such as the one we now face, organizations such as ours will plan and prepare for growth and expansion. Our co-op has experienced solid success in our new location. Since the future of food lies in natural and local, we will continue to do so. As for the future, I see what others are doing and know we can do it too. My network of community connections should well serve our organization. As for the present, my experience in board oversight will help our continued success.

I am now in a position to bring my years of relevant experience to the BD and feel that I can contribute to the future of the Co-op in a meaningful way. Your vote is appreciated.

Evelyn Rorick

*Co-op member since 1996
Big Brother/Big Sister volunteer for 10 years
Finishing first 3 year term on co-op board, 1 year as president*

Campaign Statement:

I think the board has made amazing progress in the past 3 years and I've learned a lot along the way. I would like to continue to work with this group to help lead the co-op toward continued growth.

Key Issues:

- Growth: I feel we need to communicate better with the owners, shoppers and the broader community. Then find ways to better serve their need.
- Communication Between the Board & Owners: I would like to make the board more identifiable and possibly have a “board box” so people can drop in questions and concerns.

Amendment to Bylaws

The Board of Directors has reviewed the corporation’s bylaws for gaps that may have developed as the corporation has grown and evolved. If it becomes apparent that gaps do exist, it is important for board and owners to act. The board has consulted with experts, and has been assured that the following proposals will strengthen our bylaw. These additions are proposed with the sole intent to guard against activities intended to undermine the corporation, and will not be invoked frivolously or without substantiation. The board recommends that owners adopt these proposals to keep the Co-op current with contemporary business practice.

Current	Proposed
Article II Membership Section 4. None.	Article II Membership Section 4. The Board of Directors may in its sole discretion and acting without prior notice terminate the ownership of any owner, if the Board determines to its satisfaction that the owner has conducted activities contrary to the best interests of the corporation, or if the Board determines that the owner has violated the terms of its application of ownership or any other contract with the corporation. Regardless of the reasons for termination, he or she shall no longer have ownership benefits or voting rights in the corporation. He or she shall be able to recover equity investment in the corporation through written request with proof of investment.
Article IV Board of Directors. Eligibility of Directors. None.	Section 2. Eligibility of Directors. (Following sections of this article to have the section number changed in sequence.) The eligibility of a director may be limited for nomination, election, or appointment, if that person is in direct retail competition with, or if that person is employed in a key staffing position with any grocery enterprise in direct competition with the corporation. No director shall be engaged by the corporation in any capacity other than director. No more than one person from any household may serve as a director.
Article IV Section 2. Resignation and Removal by Board. Any Board member who wishes to resign the office may do so, giving the Board thirty (30) days prior notice whenever possible. If a board member, without good cause, misses more than two (2) consecutive board meetings the Board may, by majority vote, remove such member from the Board of Directors. Such Board member may be reinstated to continue serving out the term to which that member was elected, by a majority vote of the Board. Vacancies may be filled until the next regular election through a majority vote of the remaining members of the Board, provided, however, that said remaining members constitute a quorum. Failing such a quorum, the remaining Board members shall proceed to conduct a special election.	Will become Section 3. Resignation and Removal by Board. Any Board member who wishes to resign the office may do so, giving the Board thirty (30) days prior notice whenever possible. Any director of the corporation may be removed from office for cause, by a majority vote of the remainder of the Board. If a board member, without good cause, misses more than two (2) consecutive board meetings the Board may, by majority vote, remove such member from the Board of Directors. Such board member may be reinstated to continue serving out the term to which that member was elected, by a majority vote of the Board. Vacancies may be filled until the next regular election through a majority vote of the remaining members of the Board, provided, however, that said remaining members constitute a quorum. Failing such a quorum, the remaining board members shall proceed to conduct a special election.
Article IV Board of Directors Section 12. Compensation None.	Article IV Board of Directors Section 12. Compensation The compensation, if any, of the directors shall be determined by the Board of Directors. The corporation may reimburse directors for reasonable expenses incurred in carrying out their duties and responsibilities.



February 2009

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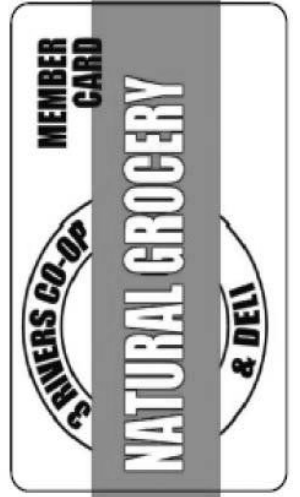
Date _____
Comment or Suggestion _____

If we address your suggestion/comment in the newsletter would you want to remain anonymous? yes _____ no _____

If no, your name _____

↑ Tear out this form and stick in the suggestion box when you'd like to have your voice heard. We listen!

Hello Owners!
Please Have your ID Card Ready to Scan at the Beginning of Your Check-out.



Calendar of in store events including: classes, speakers, demonstrations, tours and entertainment. 3 Rivers Food Co-op 1612 Sherman Blvd. Fort Wayne						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 🎵 Sunday Café 12-2 pm: Gabrielle Tatara Singer/songwriter Gabrielle Tatara's songs include an acoustic variety of haunting ballads</p>	<p>2</p>	<p>3 🍳 Cooking Demo 1:00 pm Edamame Succotash</p>	<p>4</p>	<p>5 Store Tour 4 pm</p>	<p>6 First Friday Readings 7:30 pm Readings by Annelise Cole and Troy Bigelow</p>	<p>7 Onsite message for a fee: Paul Castaneda, CMT 12-2 pm 🎵 Gilbert & Co 7-9 pm Toe tapping bluegrass.</p>
<p>8 🎵 Sunday Café 12-2 pm: Ms.Story 4 part harmonies on folk, country. Acoustic guitar</p>	<p>9 🍳 Cooking Demo 1:00 pm Teff Ginger Pear Muffins</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13 Onsite message for a fee: Janelle Franks, CMT 12-2 pm 🎵 Hear My Story IV 7-8:30 pm The Primrose Theatre Project presents "Hear My Story", thought - provoking tales told in many voices. Join us for an evening of readings and monologues.</p>	<p>14 Onsite message for a fee: Paul Castaneda, CMT 12-2 pm 🎵 Tim & Andy Roth 7-9 pm Father son duo on acoustic guitar, bass, jenbe, keyboards & vocals</p>
<p>15 🎵 Sunday Café 12-2 pm: Mark Linehan Jazzy guitar 🍳 Cooking Demo 2:30p.m. Ginger Miso Soup with Arame</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20 Onsite message for a fee: Janelle Franks, CMT 12-2 pm 🎵 Mister E Band 7-9 pm Who will play? No one knows. Not even Duane! Guitar and great singer songwriter originals a guarantee.</p>	<p>21 Onsite message for a fee: Paul Castaneda, CMT 12-2 pm 🎵 Dale Bender & Steve C. Hall 7-9 pm Folk, rock, blues</p>
<p>22 🎵 Sunday Café 12-2 pm: Towpath Players Celtic & traditional songs on an assortment of instruments including dulcimer and Psalter</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26 🍳 Cooking Demo 1:00 pm Polenta</p>	<p>27 Onsite message for a fee: Janelle Franks, CMT 12-2 pm 🎵 Swingbillies 7-9 pm "Country Jazz" with Dan, Carl & Paul</p>	<p>28 Onsite message for a fee: Paul Castaneda, CMT 12-2 pm 🎵 Joel & Beth Gragg 7-9 pm Americana, acoustic folk.</p>

February Café Events



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