



Currents

Complementing Your Garden Abundance

By Jase Carrick

While many of us didn't get our gardens in "on time" due to the massive rains we had this spring; some of us are already starting to harvest a bounty of vegetables because we took the chance and didn't get flooded out. If you waited like I did, don't worry! You can always enjoy fresh vegetables from your garden whenever you harvest. Plus, there are still almost 2 months to get in a garden in Northern Indiana! Fresh garden vegetables and herbs make summertime cool, green and delicious; complementing those fresh flavors with pantry essentials allows us to get creative and make the most of our summer meals.

But where do you start when trying to stock your pantry for summer cookouts and light meals? Basically, wherever you want. Vegetables add so much to our diets and many of us don't fully understand how versatile these earth-grown goodies can be.

Pasta is an ideal pantry item to compliment your veggies. Whether you're going for a hot or cold pasta dish, you almost can't have it without some sort of garden treat. For pasta salads, chunky vegetables such as cucumbers, tomatoes, onions and peppers tossed with a splash of your favorite oil and favorite vinegar is divine. For hot pasta dishes, consider cooking your pasta and simmering some garden tomatoes and your other favorite veggies in olive oil then tossing them together with the pasta.

Spices and herbs, if you didn't plant them, also go a long way with garden delights. One of my favorite summer snacks or meals -- depending on how much I make -- is cucumber sandwiches or wraps. A little dill sprinkled over the fresh cucumbers adds a little taste and texture that compliments the cool, crisp cucumber. Fresh-ground



black pepper and a dash of sea salt over thick-sliced tomatoes also makes a delicious, healthy snack or sandwich.

For those of you who can't do wheat and/or gluten, never fear—we carry pasta in spelt, quinoa, soy, rice, corn, and even buckwheat. With so many varieties, a pasta salad that suits your dietary needs may be in your future!

An sauce for your salad or hot dish can be easily created using a bottled salad dressing or one of the Simply Organic dip mixes (Creamy Dill, Ranch, French Onion). Add a mayonnaise or milk (dairy or non-dairy) and mix up for a super quick sauce base.

And while you're at the Coop stocking up on your favorite pastas, oils, vinegars, breads, wraps and bulk spices, don't underestimate the power of the condiment. Grab a few bottles of your favorite steak sauce or salad dressing while you're at it. Simmering your favorite vegetables in your favorite condiment can add zing and intrigue to otherwise boring meals. After simmering some tomatoes, zucchini, onions or peppers in a steak sauce, consider pouring the hot vegetables on top of your hot grilled steak, chicken or even veggie burgers. Favorite salad dressings can also be the perfect ingredient for your pasta salads; try something new and toss the pasta and veggies in a new flavor -- you might be delightfully surprised at the outcome.

See recipes on page 17.

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

WELLNESS:

WHAT'S ESSENTIAL

- Protein Shakes
- Nature's Plus Animal Parade Gold
- Travel Size Personal Care Products
- Insect Repellants
- Sun Skin Care

Protein shakes aren't just for bodybuilders. Who doesn't need a quick, nutritious, high-protein breakfast? Protein powder makes a great addition to smoothies as well. At the Co-op, you can select protein powder made from whey or vegetable-based protein.

We carry several types of whey protein from which to choose. Whey Factors from Natural Factors contains whey protein that retains nitrogen, which makes the protein more usable to the body. Whey Factors provides high quality protein concentrate without the cholesterol-raising saturated fats found in red meats. Jay Robb's Whey Protein is created by micro-filtering liquid whey through a special ceramic membrane to create a high-protein isolate that is rich in immune-boosting factors. The whey is produced from farm-raised, pasture-grazed, grass-fed cows not treated with the synthetic bovine growth hormone rBGH. Tera's Whey organic whey protein powder is available in vanilla, Fair Trade dark chocolate, and blueberry flavors in a 12-oz. canister.

Some of the vegetable-based protein products contain soy, while others are soy-free. Garden of Life RAW Protein provides plant-based protein plus live probiotics and enzymes, fat-soluble vitamins, and nutrients for overall health and vitality. SPIRU-TEIN Energy Shakes feature Nature's Plus' Tri-Part Protein Blend of non-GMO rice protein, pea protein, and both non-fermented and fermented soy. SPIRU-TEIN provides a broad range of minerals and 100% of the Daily Value of all vitamins. SPIRU-TEIN is available in cans and single serving packets. Nature's Plus SPIRU-TEIN GOLD supplies soy-free vegetarian chia protein, rice protein, pea

protein, and flax protein. SPIRU-TEIN GOLD supplies 130% of the Daily Value of vitamins, 100% of the Daily Value of minerals, energy nutrients, organic whole foods, diet aids, enzymes, cleansing nutrients, and fiber. Manitoba Harvest Hemp Protein Powder is an omega-rich, all-natural protein powder that is easy to digest. You can add this allergen-free hemp powder to smoothies, oatmeal, or baking for a boost of protein. NutriBiotic Vegan Organic Plain Rice Protein is a high quality, low carbohydrate vegetable protein. This easily digestible protein provides an extensive array of naturally occurring amino acids, and it is ideal for individuals who suffer from food allergies and digestive difficulties.

We have several new products, or products now available in new flavors or sizes. Nature's Plus Animal Parade GOLD contains vitamin D3, vitamin K2, prebiotics, trace minerals, enzymes, probiotics, and extensive whole foods. Animal Parade GOLD is sweetened with xylitol, which may reduce the risk of tooth decay. We carry both the liquid tropical berry flavor, and chewables, which are available in cherry, orange, grape, watermelon, and mixed flavors. EmergenC Kidz now comes in orange pineapple flavor. EmergenC Kidz are fruity, fizzy drink mixes that provide all of the vitamins and minerals you want in a multi for your kids, but these are much more delicious. Thayers Slippery Elm Lozenges have been providing soothing relief to singers, salespeople, and other speakers since 1847. They're also free of preservatives, gluten, lactose, and sodium, making them the all-vegetable remedy of choice for vegans, and they are now available in a 100-count jar. Bentonite Clay is effective, powerful healing clay used to treat both internal and external maladies. It absorbs toxins, impurities, heavy metals, and other internal contaminants. We now package it in 1/2 pound bags.

As you are on the road or in the air this summer, keep in mind that the Co-op is a great place to find travel sizes of many of your favorite natural personal care

products, including toothpaste, shampoo, conditioner, lotions, and body washes (check out the travel size Giovanni line). We also carry sample sizes of facial care products. You don't have to travel without your vitamins; Peter Gillham's Organic Life vitamins are available in individual serving Nutri Packs.

In addition to the fireworks displays, July is the perfect month for picnics, camping, swimming, and boating. Protect your skin from sunburn and insect bites with excellent natural products. Quantum Health's Buzz Away mosquito repellent and outdoor protection products will provide you and your family with an effective chemical-free way to repel mosquitoes, ticks, flies, gnats, and no-see-ums. Badger Anti-Bug Balm repels insects naturally with the pleasant smell of Rosemary, Citronella, and Wintergreen essential oils – not DEET, petroleum products, or synthetic chemicals. Badger sunscreens use zinc oxide, a mineral that provides broad-spectrum protection against UVA and UVB rays by acting as a protective barrier. All of Badger's natural and organic sunscreens contain 100% USDA Certified Organic plant oils and beeswax as the base that carries the particles of zinc oxide. Badger's organic sunscreens do not contain any synthetic fragrances, preservatives, dyes, or chemicals of any kind.

Aubrey Organics' Natural Sun products contain zinc oxide and titanium dioxide to provide broad spectrum UVA/UVB sun protection. These non-greasy formulas have a variety of organic plant-based emollients to keep skin moisturized. Antioxidants such as organic green tea extract, pomegranate, and vitamin E help neutralize active free radicals, protecting skin from the damaging effects of the sun. Furthermore, the Aubrey product line is on sale all month, along with New Chapter products. This is a great time to stock up on both of these high quality product lines.

Coming soon: Old Fort soaps produced by a local company!

COLD & FROZEN: WHAT'S CHILLIN'

- Hibiscus Syrup for Ice Cream!
- Smoothie Ingredients

Howdy Co-oper's! The sun is shining, the trees are waving, the grass is growing, and my child is screaming... ICE CREAM! So, as I think about the treat that gets her to eat any vegetable... how can I make it so I can enjoy it just as much? I came up with a Hibiscus Syrup that is so suiting for me. It's sweet with a little tang, which I absolutely love on ice cream, yogurt, or on its own!! Its super simple: 1 cup water, 1 cup sugar, 3 tsp hibiscus petals and a squeeze of a lemon (to taste). I do half of one, but I like to pucker! Boil all the ingredients for about ten minutes and let it chill and thicken. You can strain it at this point, but I just love the chewy little morsels of hibiscus. You could also leave out the hibiscus and substitute your pineapple cores, strawberry tops (minus leaves) and mango skins for a tropical feel. Or just squirt a couple of our flavored honey sticks in the mix! Other toppers to make this more hearty (and so they eat less ice cream) include, granola, fresh or dried fruits, nuts, ground coconut, carob chips or hemp seeds. The toppings are the hard part, then there's the ice cream. We have almost any ice cream you're looking for, with many different milk sources such as; cow, goat, almond, rice, soy, coconut, and hemp! This could be just as difficult of a decision, but well worth the thought! Don't forget when you're in the kitchen, everything is an experiment, so GO CRAZY! On ice cream, its hard to be let down, I even rocked out a peanut butter and jelly topping once! Good luck, stay cool, and always be creative!

—Farewell from the far-side, Adalyn

Summer time is rolling right along. I love all the fresh local fruit at the Co-op this time of year. It makes me think- - Smoothies!!! After you've visited the produce department for your favorite local fruit, stroll over to the refrigerated section & pick up your favorite quart of yogurt. So many choices of Fat Free, Low Fat, Whole Milk or Greek yogurt. Maybe you're not into dairy. Not a problem. We carry several dairy free yogurts that also make great smoothies. Try Soy Milk, Coconut Milk or Almond Milk Yogurt. After you've got your fruit & yogurt in your cart, keep on cruising and you'll find yourself in the Wellness department. There you will find a large assortment of vitamin packed protein powders to enhance your smoothie experience. You will feel good as you're on the go through these hot summer days. Enjoy!

—Jennifer

WINE & BEER: WHAT'S BUBBLY

- More on Wine Preservation

As mentioned in last month's issue of *Currents*. Although wines benefit from 'being allowed to breathe' after opening, wines begin to deteriorate after they have been opened, through the process of oxidation (from exposure to air).

Special care can be taken to prolong the life of the wine.

The simplest and cheapest option to preserve your wine is to transfer the leftover wine into a smaller bottle, filling it up to the top and then placing a stopper in it. This will limit the amount of wine surface in contact with the air and is said to extend the life of the wine for a couple of days, however, you should always transfer the wine no longer than an hour after you have finished drinking it to give it some chance of holding up.

While this method is practical, I prefer to use a simple vacuum wine preservation system.

Vacuum wine preservation systems are designed to pump out the air from an open bottle of wine.

They typically come with stoppers you place on top of the opened bottle, then attach the pump on top and draw the air out; thereby creating a vacuum-type seal on the bottle.

I have been very satisfied with this system, and highly recommend it.

I enjoy room temperature wines, and rarely, if ever, refrigerate wine. I make one exception. Dry white wines, that are also sulfite-free, don't seem to have the 'staying power' of their red counterparts, after opening, and could benefit from refrigeration to help ensure their drinkability.

It also seems reasonable that opened, dry red or sweet wines would benefit from refrigeration, once opened and then capped with either a simple cork, or the vacuum preservation system.

I wrote, in a previous issue of *Currents*, that occasionally, a dry red wine that has been refrigerated after opening, might fall subject to the formation of crystalline sediment, which is harmless.

I have not experienced this sediment on a subsequent opening of wine preserved with the vacuum system.

We currently stock **Vacu Vin Wine Preservation Systems**. The packaged system contains the wine pump (air extractor), and one re-usable stopper. The set is \$10.99.

Extra stoppers are also available; a package of 2 re-usable stoppers is \$4.59. Both can be found in the upright wine cabinet in the back of the store near the cheese case.

Always drink responsibly — Salud, Jeanette

GROCERY: WHAT'S ON THE SHELF

- Tanka Buffalo Sticks
- Honest Tea/Zevia Sale
- Easy Summer Salads

Summer is here. It's camping season, and concert season. So, the theme of my article this month is summer road trip snacks. Tanka buffalo sticks are a good new behind-the-wheel snack. They are made of buffalo meat, dried cranberry, and wild rice. They're gluten free and have no added nitrates, unlike most gas station jerky sticks. On the subject of jerky, we are trying to get Shelton's Turkey Jerky back in, but our supplier is chronically out of stock.

The highway heat can be oppressive, so you'll need something to wet your whistle. 16 oz. bottles of Honest Teas will be on sale June 29- July 12 (A sale) along with Blue Sky organic sodas. Sugar free Zevia sodas, including a new flavor—Mountain Zevia, will be on sale July 13-August 2 (B sale).

Though it might be a little messy for the road, chips and salsa are a great snack to enjoy in the concert venue parking lot.

One of my favorite concert experiences began in the Deer Creek parking lot eating chips and salsa and listening to the opening act. Food Should Taste Good tortilla chips are on sale (B sale).

If you just need some energy to reach your destination, we've got bars on sale all month. During the A sale you'll get a good deal on Clif Bars. Kind Bars will be featured during the B sale.

—Happy Shopping, Dan

Ahhhh...Summer...My favorite season. I love being outside with the sun in my face & no shoes on my feet, enjoying summertime cuisine. I love all the fresh fruit & veggies that make great light yet filling cold salads. It's easy to mix up your favorite veggies & fruits (or both) with any grain to make an awesome lite meal. One of my faves is bell peppers, onion, garlic, tomatoes & basil tossed with brown rice or kamut. Then drizzle with olive oil & add some Simply Organic All purpose seasoning with a dash of pepper to taste. It's so easy & so good! It's great with quinoa too. Try your favorite grain

with some fresh cut strawberries & peaches with a sprinkle of sugar or agave. Anything is possible!

If you're going camping or to the lake your going to wanna make S'mores, right? We have graham crackers (gluten free too), the best chocolate & Elyon Marshmallows. Vegan? We got you covered. Sweet & Sara vegan marshmallows in the refrigerated section are delicious and make great s'mores. Oh my gosh! I almost forgot about ice cream, sundaes that is. We have great sundae toppers. To name a few: AhLaska dairy free chocolate syrup, Santa Cruz organic chocolate or mint chocolate syrup, Wax Orchard fruit sweetened fudge (sooo good)... Madhava raspberry agave syrup is great on ice cream. Have you tried your favorite fruit spreads on ice cream? I really like Bionaturae peach spread with ice cream— It's awesome. Whatever you do this summer...make the Co-op a part your fun.

—Jennifer

PRODUCE: WHAT'S FRESH

- Summer Garden Splendor

Tender green zucchini, fresh crisp lettuces, beautiful leafy chards, pungent and aromatic fresh herbs, mouthwatering strawberries! Summer garden season is upon us! If you garden you know the feeling well, that first day that you finally have zucchini to pick and you are watching the tomatoes ripen on the vine. What a fantastic feeling. Indiana summer has brought itself to us again. Thank goodness. It is so easy to forget the wonderful flavor of the fresh produce we are able to grow here. Through the winter we make do with organically grown produce from California and Mexico and our taste buds deal with the shortcomings... and we get used to it. Until the local fresh goods area here again! Wow what a difference. Enjoy it while you can! Look for local organic produce coming in daily as it is available: melons, berries, bell peppers, lettuces, chard, kale, summer squashes, tomatoes, onions, green beans, herbs (all organic of course). It will all be here soon. Get your taste buds back on track and enjoy the fabulous season!

—Eat Happy, Be Healthy! Janelle and the produce crew

DELI & CAFÉ: WHAT'S COOKIN'

- Summer Fresh Flavors

July is the month of summer fun! Sandwiched between June, when school got out, and August, when schools goes back into session. We cram whatever fun times we can into this 31 day time slot. A big 4th of July adventure, one weekend to the lake, one Saturday to a party at a cousin's house and maybe even a weekend to a waterpark or Cedar Point. Wow! That sounds fun! Pack your bags with healthy snacks and cool drinks. Munchies for the car and snacks for after the rollercoaster. Maybe a muffin and coffee for the early morning drive or a sandwich and a smoothie for the afternoon trip. Protein bars that we make here in our kitchen are great healthy snacks, deli made cookies are easy for munching and if you are packing a cooler we have all the salads and sandwich fixin's you need. Enjoy your summer and stay safe and healthy!

Don't forget iced coffee drinks and smoothies from the café counter! And super easy dinner a take home salad bar salad.

—Cheers!

The café, deli and bakery crew

BULK: WHAT'S IN THE BAGS & BINS

- Peace Coffee Guatemalan Sale
- Golden Temple Granola Sale
- Almond Pasteurization

The month of July is here & the bulk department will have on sale, Peace Coffee's Guatemalan Dark Coffee for \$9.99 per lb and Golden Temple Granolas for \$2.29 per lb.

I'd like to talk a minute about a question that came across my desk concerning the pasteurization of almonds. Almonds grown and sold in the U.S. whether organic or commercial Grade are not a raw food item. Since 2007, the California Almond industry, working with the USDA, expanded their food safety program to include a mandatory pasteurization program. The purpose of this program is to ensure consumers are provided with safe, wholesome food products, free from potentially harmful levels of unsafe bacteria that can cause illness, without compromising the almond qualities that consumers expect and appreciate. Pasteurization has been proven to reduce the presence of harmful bacteria that can cause food born illness. Independent nutritional lab analyses commissioned by the Almond Board indicate that the pasteurization processes

adopted do not degrade the taste, quality or nutritional value of almonds.

Here are the 3 pasteurization methods accepted by the USDA & the California Almond Board.

- Oil roasting, dry roasting, and blanching: These traditional processes provide the necessary reduction in harmful bacteria while providing consumers with the same product they have come to know and love.
- Steam processing: These treatments are surface treatments only. Multiple proprietary steam treatments are currently being utilized by the industry which meets USDA Organic Program standards. The short bursts of steam do not impact the nutritional integrity of the almond. These treatments do not "cook" proteins or destroy vitamins and minerals. The nutritional and sensory characteristics of the almonds remain unchanged when treated with steam.
- Propylene Oxide (PPO) treatment: PPO is also a surface treatment which has been approved for use on foods since 1958, and is widely used for a variety of foods such as other nuts, cocoa powder and spices. PPO is very effective at reducing harmful bacteria on almonds and poses no risk to consumers. In fact,

PPO residue dissipates after treatment. The effectiveness and safety of this process was revalidated in July 2006, when PPO underwent a stringent re-registration process with the Environmental Protection Agency. The EPA confirmed that PPO poses no health risk. The treatment does not affect the nutritional and sensory characteristics of almonds.

With regard to labeling, the FDA regulates package labeling guidelines for all foods. The FDA has determined that raw almonds, whether treated via the steam or PPO methods or untreated, may be labeled raw under FDA guidelines. But here at the co-op, we decided to pull the "RAW" titling off of our labels of Almonds that the bulk department packages. We felt that the term "raw" has come to mean something broader and may mislead.

The information above was provided & directly taken from the California Almond Board's own website.

—Jeffrey

You asked for it...you got it! Monthly raw food demos are here each first Saturday of the month!

Raw Food Demo
with Diane Henry



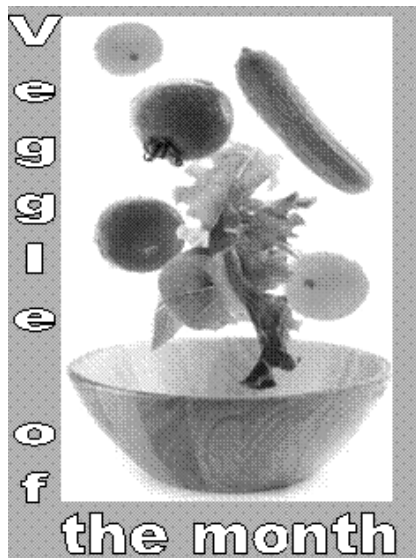
Saturday, July 2,
2 pm

Flax Crackers, Oils, & Dressings for the WHOLE Family!



Foods Alive is a Locally Owned Company!

Look for our organic Cacao powder, Maca powder & Chia seeds around the store also.
www.FoodsAlive.com * 260-488-4497 * info@foodsalive.com



Green Beans

By Susan Sims



String beans, snap beans, green beans: no matter what you call them, this bright green vegetable has been a family favorite for generations. Like kidney beans, pinto beans, and black beans, green beans belong to the family of "common beans." They are all variations of a common ancestor that originated in Peru and then spread throughout South and Central America by migrating tribes of natives. Spanish explorers introduced common beans to Europe in the 16th century after voyaging to the Americas. Unlike other common

beans, green beans are eaten in their pods instead of shelled. Currently, 60% of all commercially produced green beans are grown in the United States.

Nutritional Benefits

Green beans are an excellent source of vitamin C (20% of RDA), Vitamin A (15%), manganese (12%), fiber (9%), potassium (6%), folate, and iron. They are also a good source of thiamin, riboflavin, copper, protein, omega-3 fatty acids, and niacin. Green beans have concentrations of silicon, vitamin K, calcium, magnesium, and phosphorus, each of which has been shown to play a key role in bone health. Furthermore, green beans are a rich source of carotenoids, including lutein and beta-carotene, as well as flavonoids. Both carotenoids and flavonoids have antioxidant properties. Green beans deliver all this nutrition with only 44 calories in 1 cup. Green beans do contain measurable amounts of oxalates, so people with existing kidney or gallbladder problems may want to avoid them.

How to Select

Green beans are at their peak and are least expensive when they are in season from summer through early fall, although they are available at other times as well. Select fresh green beans for the finest taste and texture. For the highest quality, buy beans loose so you can sort through them and pick the best ones. Purchase green beans that feel smooth and are a vibrant emerald color, and avoid beans that have brown spots or bruises. Pick green beans with a firm texture. You'll be able to hear them "snap" when broken in two.

How to Store

You should store unwashed fresh green beans in a plastic bag in the

refrigerator crisper. Use the green beans within a few days because they lose nutrients during storage due to oxidation. For example, green beans can lose up to 77% of their vitamin C content when stored 7 days, and the amount of vitamin C is susceptible to heat, light, and oxygen. However, if fresh beans are stored at the appropriate temperature and consumed within a few days, they have more vitamin C than commercially canned products. Moreover, cooked fresh green beans contain higher levels of beta-carotene than cooked frozen and cooked canned green beans. Frozen green beans can retain up to 90% of some B vitamins (such as B6 and B2), but storage time should be limited to 3 months to reduce nutrient loss. Frozen products lose fewer nutrients initially because of the short heating time in blanching, but the canning process causes canned green beans to lose more nutrients.

How to Prepare

Rinse green beans under running water just before using them. You can cut off both ends of the green beans with a knife or just snap them off. For the most nutrient-dense green beans, steam whole green beans for 3 to 7 minutes in a covered pot using a steamer basket. (We carry steamer baskets at the Co-op.) The water in the pot should be just below the bottom of the steamer basket. Bring the water to a boil before adding the green beans. Overcooking can sacrifice up to 50% of the vitamin C and 40% of vitamin B6 in green beans. The beans should be a brilliant green and just tender. Green beans can also be sautéed using a small amount of olive oil.

How to Enjoy

Green beans pair well with nuts like almonds or walnuts, as well as with dairy products such as butter, cream, or Parmesan cheese. Herbs, including dill, basil, parsley, oregano, rosemary, and mint, all boost the flavor of beans. Other ingredients to incorporate with green beans are lemon, onions, garlic, mushrooms, olive oil, and tomatoes. Green beans make an excellent addition to stir-fried dishes, soups, stews, and salads.

Green Bean Salad

Ingredients:

1 lb Organic Green Beans
 2 Shallots minced
 2 oz Sour Cream (or Crème Fraiche)
 2 T Sherry Vinegar
 1 T Olive Oil
 Salt and Cayenne Pepper to taste
 1 pint Organic Cherry Tomatoes
 2 T Pine Nuts, toasted

Directions:

Blanch green beans in boiling water for 3 minutes, until tender and tasty. Shock in ice water bath for 1 minute, then drain. Mix together ingredients 2-6 to make vinaigrette, and adjust the seasoning. Dress beans and then lightly toss with cherry tomatoes. Plate and drizzle with extra vinaigrette as desired. Garnish with toasted pine nuts.

Note: *This simple salad can be made ahead up to dressing beans with vinaigrette, cover and chill, allowing the flavors to marry. Wash tomatoes and set aside. Do not slice or refrigerate. Toast pine nuts and store in air tight zipper bag or container. When ready to serve, add tomatoes, cut if you like, and toss with pine nuts and any additional dressing.*

From: <http://www.melissas.com/Recipes/Recipes/Salads/Green-Bean-Salad.aspx>

Roasted Green Beans

Ingredients:

1 lb fresh green beans, topped and tailed
 2 T sesame or extra-virgin olive oil
 Sea salt, to taste
 Fresh ground black pepper, to taste

Directions:

Position a rack in the middle of the oven and preheat to 475 degrees F.

Place the beans on a rimmed baking sheet and drizzle with the oil. Toss to coat the beans, then sprinkle with salt and pepper.

Bake for 12 to 18 minutes, shaking the pan once or twice, until the beans have brown spots, have wrinkled slightly, and are crisp-tender. Remove from the oven and transfer to a platter. Serve hot.

From: <http://www.ebfarm.com/Recipes/recipeView.aspx?rID=570>

5 Minute Green Beans

Ingredients:

1 lb green beans
 2 tsp fresh lemon juice
 2 medium cloves garlic, chopped
 3 T extra virgin olive oil
 Sea salt and pepper to taste

Optional:

3 T goat cheese
 2 T sliced almonds
 4-5 drops tamari soy sauce
 1 T sliced sun dried tomatoes
 2 T roasted red bell peppers
 1 T chopped basil

Directions:

Chop garlic and let sit for at least 5 minutes to bring out its health promoting properties.

Fill the bottom of a steamer pot with 2 inches of water. While steam is building up in steamer, cut ends off green beans. Steam for 5 minutes. A fork should pierce through them easily when they are done. Transfer to a bowl. For more flavor, toss green beans with the remaining ingredients while they are still hot. To mellow the flavor of the garlic, add garlic to green beans for the last 2 minutes of steaming.

Prep & cook time: 8 minutes
 Serves 2

From <http://www.whfoods.com/genpage.php?tname=recipe&dbid=321>

Salad of Seasonal Beans and Roasted Beets with Sauce Gribiche

Ingredients:

Vegetables:

3 bunches baby beets, greens discarded
 Salt and pepper
 ¼ cup plus 1 T extra-virgin olive oil
 1 lb assorted string beans
 3 T red wine vinegar

Sauce Gribiche:

1 hard-boiled egg, white and yolk separated
 1 tsp Dijon mustard
 ½ cup extra-virgin olive oil
 3 T red wine vinegar
 1 T chopped capers
 1 T chopped fresh Italian flat leaf parsley
 1 T chopped fresh chervil
 2 tsp chopped fresh tarragon
 Salt and pepper, to taste

Salad:

4 oz Mixed Baby Greens
 2 T finely minced chives
 2 T minced shallots

From <http://www.ebfarm.com/Recipes/recipeView.aspx?rID=96>

Directions:

Position a rack in the lower third of the oven and preheat to 350 degrees F. Thoroughly wash the beets, drizzle with 1 tablespoon of the olive oil, and season generously with salt and pepper. Place in a baking dish, cover with foil, and cook 45 minutes or until tender. Cool, then peel and cut into wedges. Set aside.

Blanch the beans in ample boiling water until just cooked and bright in color.

Drain, and immediately plunge into a bowl of ice water to stop the cooking. Drain again when cool.

Make a vinaigrette by whisking together the 1/4 cup olive oil and vinegar. Season to taste with salt and pepper.

To make the Sauce Gribiche, pass the yolk through a fine sieve set over a bowl. Discard the egg white or reserve for another use. Add the mustard to the yolk and slowly add the olive oil, whisking constantly. Add the vinegar, capers, and herbs. Season to taste with salt and pepper.

To serve, toss the salad greens, beans, chives, and shallots together with half of the vinaigrette. Season with salt and pepper and place in the center of plate or platter. Toss the beets in the remaining vinaigrette and season to taste. Drizzle the Sauce Gribiche around the greens, then arrange the beets around the salad. Serve immediately.

Serves 8.

Owner Faves



Selections from our shelves by owners. What can't you live without? Drop off your "fave" in our suggestion box with your name, product info and why it's a winner. You might be lucky enough to be asked while you are shopping!

Cindy Ogden's favorite snack is **Lundberg Rice Chips; Honey Dijon flavor**. Gluten-free and good for you since they are low sugar! Yummy!! She insists that you have to wash it down with **Metromint Chocolatemint Water**. It's wonderful! The ultimate snack anytime. Perfect for travelling. (*Lundberg Rice Chips are available in Honey Dijon, Sea Salt, Santa Fe Barbecue, Fiesta Lime, Pico de Gallo, Sesame and Seaweed, and Wasabi flavors. A 6 ounce bag is \$3.09. Metromint water is available in Peppermint, Spearmint, Orangemint, Cherrymint, and Chocolatemint flavors. It is \$1.69 for a 16.9 ounce bottle. Both items are located in aisle 4 with other chips and sodas.*)

Vivian Stambaugh tells us that **Organic Almonds** are perfect! They are a simple, and nutritious!. Easily tucked into a purse or bag. She always likes to keep them with her for those times "when she needs something (to eat) and isn't close to anything good." (*Organic Almonds are \$4.05 for an 8 ounce bag, and are located in the cooler in aisle 1 with other raw nuts and flours.*)

Colleen and Mary Quigley mention that they like to include **Organic Stone Fruits, especially Plums** when preparing for a road trip. They are delicious; nice and juicy, and help keep us hydrated! (*Organic Plums, Organic Peaches, Organic Nectarines, Organic Apricots, and Organic Pluots can be found in the Produce Department, when available.*)

Lisa Coville enjoyed **New England Natural Bakers Tex Mex Trail Mix** on a recent road trip. It's different, she tells us; spicy and good. She loves sharing fun snacks

that are also healthy with her daughter, Emma. (*New England Natural Bakers Tex Mex Trail Mix is \$6.85 per pound, and can be found in the bulk bins.*)

Annie and Paul Bishop often snack on **Calbee Snapea Crisps** when they travel. They are quick and easy, with an easy-open bag. They are crunchy and taste great; the snap pea flavor really comes through! (*Calbee Snapea Crisps are \$1.99 for a 3.3 ounce package. They can be found in the Produce Department.*)



DAN (Grocery Buyer) says **NEW Tanka Wild Buffalo Sticks; Spicy Pepper Blend** are full of flavor! A sweet and spicy all-natural slim jim with no nitrates!! (*Tanka Wild Buffalo Sticks are available in original flavor and HOT, with Spicy Pepper blend. They are \$2.09 for a 1 ounce package, and are located in the Bulk Department near Bulk Granola.*)

TODD (Produce) says that his all time favorite take along is **Clif Bars; Carrot Cake or Chocolate Brownie flavors**. Not only convenient and individually packaged, they taste great, have good texture and are semi-nutritious He admits that it is a better choice than cookies. (*Clif Bars are available in a multitude of flavors. They are \$1.55 for a 2.4 ounce bar, and can be found in aisle 3 with other protein and energy bars.*)

RONNISHYA (Cashier/Wellness) says that her favorite snack for the car is **Late July Organic Dude Ranch Chips!** Simple, not messy, and delicious!and they are better than Doritos! Definitely!! (*Late July Organic Dude Ranch Chips are \$2.89 for a 5.5 ounce bag. They are located in aisle 4 with other chips*)

KATIE (Café/Kitchen) chooses **Oriental Express Mix**, made in our very own Bakery, for her 'on the road' snack. It has good flavor, and great variety. "There's a lot of stuff in there," she adds. She especially loves the wasabi peas! (*Oriental Express Mix is \$3.50 for an 8 ounce bag. It can be found with other Bakery items at the front of the store.*)

ROSLYN (Cashier) says that she likes to pack a combination of raw nuts and dried fruit for her family's travels. **Organic Raw Walnuts and Dried Cranberries with Reduced Sugar** are among her favorites. It's easy! It doesn't require refrigeration, so you don't have to worry about spoilage. It has protein, and a little bit of natural sugar for energy! (*Organic Raw Walnuts are \$4.85 for an 8 ounce bag. They can be found in the cooler in aisle 1 with other raw nuts. Dried Cranberries Reduced Sugar are \$2.85 for an 8 ounce bag. They are located with other dried fruits above Fresh Citrus Fruits in the Produce Department.*)

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

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Management Staff

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Melinda Troyer

NEWSLETTER STAFF

Editor/Design & Layout

Heather Grady

Contributors

Susan Bair

Natalie Janke

Anne Ott

Angie Quinn

Susan Sims

Janelle Young

Department Buyers

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Co+op Deals News

By Rosemary Mausser,
Co+op Deals Co-ordinator

Our Coop Deal Sales this month run from June 29 thru July 12th and July 13th through August 2nd. That last one is a 3 week sale! Look for all the deals you need to make your meals special whether it is a patriotic celebration of the 4th or just keeping going through the heat with quick nutritious snacks and meals.

Fun this month is a drawing for a full size Weber grill. Look for the display as you walk in the store and register to win by July 12th!!

OWNERS look for new bigger signs for the owner buys. They will remind you of the great deals available to those who support us with their equity. Buys for this month are good July 1st thru the 31st and can also be ordered by the case thru July 27th.

Every month I tell you about the **special order** deadlines. But maybe you don't know exactly what a "special order" is. A special order is a commitment to purchase a full case of a single flavor of a product. In return for that commitment we offer full and partial owners a 10% discount off the retail price. This includes sale items purchased within the sale period.

To order, just talk with your cashier or stop by the customer service desk. Can't get in? Feel free to call the store and we will write the order down.

The number of items in a case is indicated on the shelf tag, or feel free to ask and we can let you know. We are now adding special order information to the newsletter for our owner bonus buys.

The special order deadlines are July 6th for the first sale and July 27th for the second sale. To help remind you of these deadlines, we will always post signs with this deadline at the front of the store and at the registers from the start of each sale. These cases do need to be picked up by the end of their sale period.

You can expedite your check out and that of other customers by letting an employee know you are here to pick up your order as you enter the store or as you are shopping. Special ordering is also a great way to purchase flavors or sizes we don't carry in the store but which are available through our normal suppliers. Just ask a buyer for what you would like.

Upcoming sales run:

Sales Cycle A: June 29-July 12
Sales Cycle B: July 13-August 2

Special orders in by
July 6 (Cycle A) and
July 27 (Cycle B)

We will be closed
July 4th.
Happy Holiday!

Have Cookie, Will Travel (GF)

By Susan Bair

Cookies are probably the easiest baked item to make gluten-free, and the results are almost always satisfying.



Nutty Pumpkin Treats

This recipe can easily be doubled.

Ingredients

½ c (1 stick) butter
1 tsp baking powder
1 cup brown sugar
½ tsp salt
1 c pumpkin
½ tsp cinnamon
1 tsp vanilla
½ tsp nutmeg
1 c rice flour
¼ tsp ginger
1 c soy flour
¼ tsp allspice
1 tsp baking soda
1 c raisins (or golden)
½ c chopped pecans

Directions

Preheat oven to 350 degrees. In a large bowl, beat together the butter and sugar. Add the pumpkin and vanilla. Beat until well mixed. In a separate bowl, blend together the rice flour, soy flour, baking soda, baking powder, salt, cinnamon, nutmeg, ginger, and allspice. Stir into the pumpkin mixture until smooth. Stir in the raisins and nuts. Drop by teaspoons onto lightly greased baking sheets and bake 12-15 minutes, or until lightly browned.

Makes 4 ½ dozen cookies.

Sugar Alternatives

Frozen Fruit Juice Concentrates

The juice will need to be boiled for about 10 minutes. Reduce the heat, and simmer to thicken. Apple juice works best. Concentrated fruit juice must be kept in the refrigerator or freezer, and will keep for up to 2 weeks. When making the shift to a fruit sweetener from sugar, remember that you are going to cut the amount of sugar by up to half in all of your recipes. If your current recipe calls for 1 cup of sugar, you would use ½ cup of fruit sweetener, and check for any after-taste. If the product has an after-taste, reduce the amount of fruit sweetener slightly in the future.

Brown Rice Syrup

Can be used in place of honey, molasses or other syrups in recipes. Do not use this in muffins, as it is so dense it does not always cook all the way through.

Agave Cactus Nectar

Be sure to cut the amount of sweetener by ¼ cup and reduce the heat by 25 degrees.

Honey, Molasses, and Maple Syrup

Remember, honey is twice as sweet as sugar, and you will want to decrease the amount of honey in half. Honey, maple syrup and molasses all change the liquid-to-dry proportions in a recipe. It is best to mix the liquid ingredients (at room temperature) with the oil, butter, etc. in baking recipes first. Beat together until thick and then begin to add other ingredients. Be sure to have all ingredients at the same temperature, or curdling may occur.

Peanut Butter Drops

This is a cookie that keeps and travels well, and it's great for that quick energy snack on trips.

Ingredients

2 eggs
1 cup chunky peanut butter
1 cup sugar

Directions

Preheat oven to 350 degrees. Beat the eggs. Stir in the peanut butter and sugar. Drop by small spoonfuls on ungreased cookies sheets. Bake for 10-12 minutes.

Makes approximately 2 ½ dozen 2-inch cookies.

And don't forget the milk...we have shelf stable single size milk in almond, soy, rice, and dairy. Stash one in your cooler to have at hand when the cookies come out!

Recipes from Gluten-free, Sugar-free Cooking by Susan O'Brien

Silk Road Salad

By Angie Quinn

Over 12,000 years ago, near the Yangtze or Cháng Jiāng of China, people began cultivating rice, a wild grass that grew in the valley. Over time, many, many varieties of rice were developed. Use of the grain spread west along early trade routes that, over time, became known as the Silk Road. Today, rice is the second most popular grain in the world. Rice is the central ingredient for daily meals for over a billion people each day.

Rice comes in short and long grain varieties and shorter grains are often used for sweet dishes, risotto, and sushi, and for other dishes where a sticky consistency is preferred. Brown rice retains the bran and germ, while white rice has been further refined with the bran and germ removed. As a result, brown rice retains some vitamins missing in white rice. In the United States white rice is enriched, in order to return the missing nutrients.

The Bulk section at the Co-op carries many types including long grain varieties in brown and white, brown jasmine, white jasmine, white basmati, brown basmati, and a short sushi rice in both brown and white varieties.

Rice can be cooked in a variety of ways. The instructions for stove-top rice are found in the recipe below. As a rule of thumb (or finger), the amount of water that covers the rice is about two finger-widths above the rice in the cooking vessel (or about 1 ½ inches). Many families that eat rice daily use an electric rice steamer. These are very convenient, and in my extended family the rice steamer has a permanent place on the kitchen counter, since it is used as often as the coffee maker or toaster.

Summer time is a great time to try a salad made with brown rice. Served at room temperature or cold, rice salads can be light and flavorful as they show off the produce of the season. Here's a salad that celebrates the journey of rice across the Silk Road across Asia, from the book *Silk Road Cooking: A Vegetarian Journey*, by Najmieh Batmanglij.

Mesopotamian Rice Salad with Green Lentils, Dates and Raisins

Ingredients:

2 c Basmati Rice
(use brown or white)
6 c Water
2 ½ tsp salt
1 T vegetable oil, butter or ghee
1 c dried lentils
½ c Raisins
1 c Medjool Dates (about 6),
pitted and diced
1 c chopped fresh Scallions
1 Green Bell Pepper, seeded and
chopped into ¼ inch cubes
1 Jalapeno Pepper, seeded and
chopped
1 c chopped fresh flat-leaf parsley

Salad Dressing

2 cloves Garlic, peeled
and chopped
½ c fresh Lime Juice
2 tsp salt
1 tsp freshly ground Black
Pepper
¼ tsp Chili Paste or
Cayenne (optional)
½ tsp ground Cinnamon
2 tsp ground Cumin
½ c Olive Oil

Directions:

Pick over and wash the rice by placing it in a large container and covering it with lukewarm water. Agitate gently with your hand, then pour off the water. Repeat five times until rice is completely clean.

Combine the rice with 3 cups water, 1 tablespoon oil and 2 teaspoons salt, and bring to a boil over medium heat. (I usually steam my rice, so would add the rice, water, oil and salt to the rice steamer, and cook according to directions). Gently stir once with a wooden spoon. Cover and cook over medium heat for 20 minutes (25 minutes if using brown rice), until all the water has evaporated. Remove from heat and set aside.

Pick over and wash the lentils and place in a medium saucepan. Cover with 3 cups of water and ½ teaspoon salt and bring to a boil. Simmer 15 to 20 minutes over medium heat, until tender. Drain and set aside to cool.

Combine the raisins, dates, scallions, bell pepper, jalapeno pepper, parsley, warm, cooked rice and cooked lentils in a large mixing bowl.

To make the salad dressing, thoroughly mix all the salad dressing ingredients and adjust seasoning to taste. Pour the dressing over the salad, toss well, and serve on a bed of greens (the book suggests mixed salad greens, arugula or romaine).

From *Silk Road Cooking: A Vegetarian Journey*,
by Najmieh Batmanglij.

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 yellow 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. ALL Owner Bonus Buys are for both partial and full equity owners. Full Owner Bonus Buys are for only those owners who have contributed the full \$200 to their co-op equity. Details listed on product shelf signs through 7/31/11. The Owner Special price will scan at the register when you scan your owner card.

ALL Owner Bonus Buys for July (green & yellow sign)

Bulk

- **Beans Organic Navy** per lb S/O QTY=25 lbs >Owner Price \$1.49 (shelf price \$1.89)
- **Once Sunflower Butter Organic** per lb S/O QTY=9 lbs >Owner Price \$4.39 (shelf price \$6.29)

Frozen

- **Applegate Hot Dog Antibiotic-free** S/O QTY=12
◦ Beef 12 oz >Owner Price \$3.99 (shelf price \$5.05)
◦ The Great Organic 16 oz >Owner Price \$5.79 (shelf price \$6.99)
- **Julie's Ice Cream Sandwich Organic** 6 pk S/O QTY=6: Vanilla Gluten-free >Owner Price \$4.99 (shelf price \$6.19), Vanilla >Owner Price \$3.99 (shelf price \$5.39)
- **Julies Bar Organic** S/O QTY=12 >Owner Price \$3.49 (shelf price \$4.45)
◦ Ice Cream Chocolate 3 pk, Ice Cream Fudge 4 pk, Ice Cream Vanilla 3 pk, Sorbet Blackberry 4 pk, Sorbet Mandarin 4 pk
- **Udi's Bagel Plain Gluten-free** 4 Pk 14 oz S/O QTY=8 >Owner Price \$4.49 (shelf price \$5.79)
- **Wholly Wholesome Pie 8" Unbaked** 26 oz S/O QTY=6: Apple >Owner Price \$5.99 (shelf price \$7.39), Blueberry >Owner Price \$6.99 (shelf price \$9.15)

Grocery

- **Annie Chun's Noodle Bowl** S/O QTY=6 >Owner Price \$2.79 (shelf price \$3.39)
◦ Kung Pao 9.1 oz, Pad Thai 9.1 oz, Teriyaki 8.2 oz
- **Annie Chun's Noodle Express** S/O QTY=6 >Owner Price \$2.79 (shelf price \$3.55)
◦ Chinese Chicken 7.1 oz, Spicy Szec 7.4 oz, Teriyaki 7.4 oz, Thai Peanu 7.4 oz
- **Annie Chun's Soup Bowl** S/O QTY=6 >Owner Price \$2.79 (shelf price \$3.35)
◦ Chicken 5.5 oz, Classic Kim Chi 5.9 oz, Miso 5.4 oz, Tom Yum 6 oz
- **Annie's Bunnies** S/O QTY=12
◦ Cereal Fruity 9 oz >Owner Price \$3.29 (shelf price \$4.45)
◦ Cracker Saltine Organic 6.5 oz >Owner Price \$2.50 (shelf price \$3.75)
- **Annie's Deluxe Mac & Cheese** S/O QTY=12 >Owner Price \$2.99 (shelf price \$4.09)
◦ Elbows & 4 Cheese 10 oz, Rotini & White Cheddar 9.3 oz, Shells & Aged Wisconsin 11 oz
- **A. Vogel Organic Seasoning** 8.8 oz S/O QTY=6 >Owner Price \$6.29 (shelf price \$8.39)
◦ Herbamare, Trocomare
- **Bob's Red Mill Flaxseed Meal** 16 oz S/O QTY=4
◦ Gluten-free >Owner Price \$2.79 (shelf price \$3.69)
◦ Organic >Owner Price \$3.49 (shelf price \$4.79)
- **Clif Builder Bar** 2.4 oz S/O QTY=12 >Owner Price \$1.39 (shelf price \$2.05)
◦ Chocolate, Cookies N Cream, Peanut Butter

- **Clif Mojo Bar Organic** 1.59 oz S/O QTY=12 >Owner Price \$1.19 (shelf price \$1.55)
◦ Dipped Choc, Peanut Butter Pretzel
- **Cool Freezer Pops** 14 oz S/O QTY=24 >Owner Price \$2.99 (shelf price \$3.59)
◦ Grape & Cherry, Strawberry & Sour Apple
- **Good Health Veggie Stix** S/O QTY=6 >Owner Price \$2.99 (shelf price \$4.09)
◦ Original 7 oz, Jalapeno Hot 6 oz
- **Holgrain Crackers Rice Salted** 4.5 oz S/O QTY=12 >Owner Price \$2.99 (shelf price \$3.99)
- **Let's Do! Sprinkelz Confetti** 1 oz S/O QTY=12 >Owner Price \$1.29 (shelf price \$1.75)
- **Meditalia** 6.35 oz S/O QTY=6 >Owner Price \$3.39 (shelf price \$4.49)
◦ Pesto Basil, Spread Black Olive Tapenade, Spread Green Olive Tapenade, Spread Sundried Tomato
- **Napa Valley Organic Olive Oil Extra Virgin** 16.9 oz S/O QTY=6 >Owner Price \$8.29 (shelf price \$11.35)
- **Native Forest Artichoke Hearts** S/O QTY=6
◦ Marinate 6.5 oz >Owner Price \$2.29 (shelf price \$3.05)
◦ Quartered 14.12 oz >Owner Price \$2.79 (shelf price \$3.69)
- **Newman's Own Organic Chocolate Bar** .25 oz S/O QTY=12 >Owner Price \$1.99 (shelf price \$2.55)
◦ Espresso Dark, Milk, Mocha Milk, Orange Dark
- **Newman's Own Organic Hermits Original** 9 oz S/O QTY=6 >Owner Price \$3.29 (shelf price \$4.49)
- **O.N.E. Water Coconut Natural** 11 oz S/O QTY=12 >Owner Price \$1.59 (shelf price \$2.05)
- **Popcorn Indiana Chipins Sea Salt** 7.25 oz S/O QTY=12 >Owner Price \$2.99 (shelf price \$3.79)
- **Spectrum Skillet Spray** 6 oz S/O QTY=6
◦ Canola High Heat >Owner Price \$4.39 (shelf price \$5.69), Extra Virgin Olive >Owner Price \$5.49 (shelf price \$7.25), Grapeseed Oil >Owner Price \$5.49 (shelf price \$6.85), Organic Coconut Oil >Owner Price \$4.39 (shelf price \$5.75)
- **Sweetleaf Stevia Sweetener** S/O QTY=6
◦ 100 tab >Owner Price \$6.39 (shelf price \$8.25)
◦ 70 ct >Owner Price \$5.79 (shelf price \$7.45)

Refrigerated

- **GTS Kombucha Organic** 16 oz S/O QTY=12 >Owner Price \$2.79 (shelf price \$3.69)
◦ Botanic #7, Cranberry, Gingerade, Gingerberry, Multi-Green, Original, Strawberry, Trilogy
- **Mount Vikos Cheese Feta Aged Portion** 6 oz S/O QTY=6 >Owner Price \$4.99 (shelf price \$5.85)
- **Wholesome Valley Cheese Slices Organic American** 8 oz S/O QTY=12 >Owner Price \$3.29 (shelf price \$4.65)
- **Yves Veggie Original Ground Round** 12 oz S/O QTY=8 >Owner Price \$2.99 (shelf price \$4.05)

Household

- **Biobag Dog Waste Bags** 50 ct S/O QTY=12 >Owner Price \$4.29 (shelf price \$5.65)

- **Biokleen** S/O QTY=6
◦ All Purpose Spray & Wipe 32 oz >Owner Price \$3.49 (shelf price \$4.99)
◦ Liquid Laundry Citrus 64 oz >Owner Price \$8.99 (shelf price \$12.59)
◦ Liquid Laundry Free & Clear 64 oz >Owner Price \$8.99 (shelf price \$12.59)
◦ Oxygen Bleach Plus 2 lb >Owner Price \$4.49 (shelf price \$6.35)
- **Castor Dog Cookie Organic Chicken** 12 oz S/O QTY=8 >Owner Price \$4.79 (shelf price \$6.25)
- **Earth Friendly Auto-Dishwashing Gel** 40 oz S/O QTY=8 >Owner Price \$3.99 (shelf price \$5.59)
◦ Free & Clear, Organic Lavender
- **Earth Friendly Wave Jet Rinse Aid** 8 oz S/O QTY=12 >Owner Price \$3.79 (shelf price \$5.05)
- **Newman's Own Organic Cat Food** 3 lb S/O QTY=8 >Owner Price \$10.99 (shelf price \$14.09)
◦ Adult Healthy, Advanced
- **Pet Guard: Cat Savory Seafood Dinner** 3 oz S/O QTY=24 >Owner Price \$0.89 (shelf price \$1.25), Dog Peanut Butter Biscuit Mr. Pugsley 21 oz S/O QTY=12 >Owner Price \$4.99 (shelf price \$6.59)

Body Care

- **Alaffia Lip Balm** 0.15 oz S/O QTY=12 >Owner Price \$2.49 (shelf price \$2.89): Shea & Cocoa Butter Natural Mocha, Shea Butter & Baobab Orange-Mint
- **Alaffia Travel Size** 2 oz S/O QTY=6 >Owner Price \$2.49 (shelf price \$2.99): Honey & Shea Nourishing Conditioner, Honey & Shea Nourishing Shampoo, Shea & Red Palm Nurturing Lotion, Shea & Virgin Coconut Enriching Hair Lotion, Shea & Virgin Coconut Enriching Shampoo, Shea Butter Body Milk
- **Alaffia Soap** 3 oz S/O QTY=6 >Owner Price \$3.49 (shelf price \$3.95): Cocoa Butter Vanilla Mocha, Coconut & Shea Butter Refreshing Coconut, Red Palm & Shea Butter W/ Melon Seed Afric, Shea Butter & African Wild Honey Unscented, Shea Butter & Goats Milk Daily Toning Facial 3, Shea Butter Facial W/Rooibos & Goats Milk, Shea Butter Lavender Mint, Shea Butter Spa W/Dead Sea Salt Rosemary Euc
- **Alaffia African Black Liquid Soap** 8 oz S/O QTY=6 >Owner Price \$7.99 (shelf price \$8.95): Savanna Spice, Unscented
- **Alaffia** S/O QTY=6 >Owner Price \$9.49 (shelf price \$10.99)
◦ Handcrafted Shea Butter Lavender/Mint 2 oz, Handcrafted Shea Butter Unscented 2 oz, Handcrafted Shea Butter Vanilla Almond 2 oz, Neem & Shea Butter Scalp Recovery 8 oz: Conditioner or Shampoo, Shea & Virgin Coconut Enriching 8 oz: Hair Lotion or Shampoo, Shea Butter & Henna Moisturizing 8 oz: Conditioner or Shampoo, Shea Butter & Honey Nourishing 8 oz: Conditioner or Shampoo, Shea Butter Moisturizing Lotion 8 oz: Lavender Mint, Tangerine Ginger or Unscented, Virgin Coconut & Shea Daily Hydrating 8 oz: Conditioner or Shampoo
- **Alaffia Lotion** 8 oz S/O QTY=6 >Owner Price

\$10.49 (shelf price \$11.99)

- Neem & Shea Butter Therapeutic Savanna, Shea & Red Palm Nurturing Mango Citrus, Shea Butter Body Milk W/ African Wild Honey Almond, Virgin Coconut Hydrating Lotion Ref. Coconut
- **Alaffia Rooibos & Shea Antioxidant** 3.4 oz S/O QTY=6 >Owner Price \$11.99 (shelf price \$13.99)
- Facial Cleanser, Facial Toner
- **Alaffia Rooibos & Shea Antioxidant Face Cream** 2.3 oz S/O QTY=6 >Owner Price \$13.99 (shelf price \$15.99)
- **Alaffia Everyday Shea** 32 oz S/O QTY=6 >Owner Price \$9.99 (shelf price \$11.69)
- Lotion: Lavender, Unscented or Vanilla, Bubble Bath For Babies & Up: Calming Lemon-Lavender or Comforting Eucalyptus Mint, Shampoo or Conditioner or Body Wash: Lavender or Vanilla-Mint

Wellness

- **Bach Pet Rescue Remedy** 10 ml S/O QTY=6 >Owner Price \$10.99 (shelf price \$12.99)
- **Natural Factors MSM Joint Formula** 180 ct S/O QTY=6 >Owner Price \$26.99 (shelf price \$33.69)
- **Spectrum Essentials Flax Organic S/O QTY=6**
 - With Borage Oil 8 oz >Owner Price \$13.99 (shelf price \$19.69), 24 oz >Owner Price \$19.99 (shelf price \$28.49), 8 oz >Owner Price \$8.49 (shelf price \$12.09), 16 oz >Owner Price \$14.99 (shelf price \$21.39), Enriched with Lignans 24 oz >Owner Price \$19.99 (shelf price \$28.49), Ultra Lignans 8 oz >Owner Price \$8.49 (shelf price \$12.09), Ultra Lignans 16 oz >Owner Price \$14.99 (shelf price \$21.39), Ultra Lignans 24 oz >Owner Price \$19.99 (shelf price \$28.49)
- **Spectrum Essentials Flax Oil with DHA S/O QTY=6:** 8 oz >Owner Price \$11.99 (shelf price \$16.79), 16 oz >Owner Price \$22.99 (shelf price \$32.69)

FULL Owner Bonus Buys for July (maroon & yellow sign)

Frozen

- **Alexia Fries**
 - Julienne Sweet Potato 15 oz S/O QTY=12 >Owner Price \$2.99 (shelf price \$3.59)
 - Organic Crinkle Onion & Garlic, Organic Crinkle Sea, Organic Julienne Sea Salt, or Olive Oil & Rosemary: 16 oz S/O QTY=12 >Owner Price \$2.49 (shelf price \$3.29)
 - Waffle with Season Salt 20 oz S/O QTY=12 >Owner Price \$3.49 (shelf price \$4.45)
- **Alexia Onion Rings Golden with Sea Salt** 11 oz S/O QTY=12 >Owner Price \$2.99 (shelf price \$4.05)
- **Alexia Saute** 14 oz S/O QTY=12 >Owner Price \$2.99 (shelf price \$3.89): Reds, Sweets
- **Amy's Burrito Organic** 6 oz S/O QTY=12 >Owner Price \$2.29 (shelf price \$2.79)
- Bean/Rice/Cheese, Beans & Rice, Black Bean Veggie, Especial
- **Nate Vegan Meatball** 10.5 oz S/O QTY=12 >Owner Price \$3.79 (shelf price \$4.89)
- Classic, Savory Mushroom, Zesty Italian

- **PJ's Burrito Organic** 6 oz S/O QTY=12
 - Five Layer Cheese or Traditional Chicken: >Owner Price \$2.29 (shelf price \$3.05), Steak & Cheese >Owner Price \$2.29 (shelf price \$2.69)

Grocery

- **Ah!Iska Chocolate Syrup Organic** 22 oz S/O QTY=12 >Owner Price \$3.79 (shelf price \$5.39)
- **Amy's Organic Baked Beans Vegetarian** 15 oz S/O QTY=12 >Owner Price \$2.29 (shelf price \$2.69)
- **Gluten Free Pantry S/O QTY=6**
 - Beth's All Purpose Baking Flour 16 oz or Cornbread/Muffin Mix 12 oz >Owner Price \$3.29 (shelf price \$4.35)
 - Chocolate Chip Cookie Mix 19 oz, Chocolate Truffle Brownie 16 oz or Perfect Pie Crust 16 oz >Owner Price \$3.39 (shelf price \$4.69), Favorite Sandwich Bread Mix 22 oz >Owner Price \$3.99 (shelf price \$5.55), Pancake Mix Brown Rice 16 oz >Owner Price \$3.99 (shelf price \$5.49)
- **Guru Energy Drink Natural** 8.3 oz S/O QTY=24 >Owner Price \$1.79 (shelf price \$2.35)
- **Happy Baby Happybellies Organic S/O QTY=6**
 - Brown Rice Cereal 7 oz >Owner Price \$3.49 (shelf price \$3.99), Banana Puffs or Greens Puffs: 2.1 oz >Owner Price \$2.79 (shelf price \$3.29)
- **Manitoba Harvest Hemp Seed Nut Butter** 10 oz S/O QTY=6 >Owner Price \$6.49 (shelf price \$9.35)
- **Mary's Gone Crackers Sticks & Twigs Organic Sea Salt** 8 oz S/O QTY=12 >Owner Price \$3.29 (shelf price \$4.49)
- **Montebaldo Grapeseed Oil** 33.75 oz S/O QTY=6 >Owner Price \$8.79 (shelf price \$12.15)
- **Nature's Path Cereal Organic S/O QTY=12**
 - Flax Plus 13.25 oz >Owner Price \$3.49 (shelf price \$4.59), Flax Plus Berry 10.5 oz >Owner Price \$3.49 (shelf price \$4.75)
- **Once Again Organic** 16 oz S/O QTY=12
 - Sunflower Butter Smooth >Owner Price \$5.29 (shelf price \$6.65), Tahini Roasted >Owner Price \$6.89 (shelf price \$8.65)
- **Pamela's Gluten-free Baking Mix S/O QTY=6**
 - Brownie Mix Chocolate 16 oz >Owner Price \$4.79 (shelf price \$6.25), Corn Bread & Muffin 12 oz >Owner Price \$3.49 (shelf price \$4.65)
- **Pamela Gluten-free Shortbread** 7.25 oz S/O QTY=6 >Owner Price \$2.99 (shelf price \$3.85)
- Lemon, Pecan, Chocolate Vanilla Swirl

Refrigerated

- **Brown Cow West Low-fat Yogurt** 6 oz S/O QTY=12 >Owner Price \$0.79 (shelf price \$0.99)
- Black Cherry, Blueberry, Lemon Twist
- **Redwood Goat Kefir** 32 oz S/O QTY=6
 - Blueberry Pomegranate >Owner Price \$5.99 (shelf price \$7.69), Traditional Plain >Owner Price \$5.79 (shelf price \$7.05)
- **So Delicious Coconut Kefir** 32 oz S/O QTY=6 >Owner Price \$4.29 (shelf price \$4.89)
- Plain, Strawberry
- **So Delicious Smoothie Chocolate Coconut Cultured** 32 oz S/O QTY=6 >Owner Price \$4.29 (shelf price \$4.89)
- **Stonyfield Smoothie Organic** 10 oz S/O QTY=12 >Owner Price \$1.59 (shelf price \$1.99): Peach, Strawberry, Wild Berry
- **Stonyfield Smoothie Organic** 4 pk (6 oz ea) S/O QTY=6 >Owner Price \$3.99 (shelf price \$4.69): Strawberry, Wild Berry

Body Care

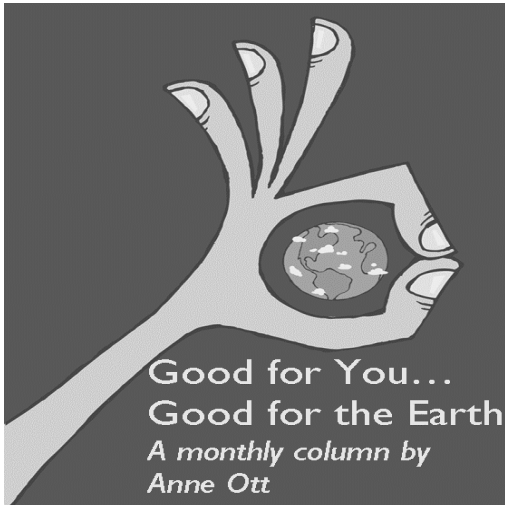
- **Aubrey Organics Nustyle** 5 oz S/O QTY=6 >Owner

Price \$8.49 (shelf price \$9.99)

- Detangler/Shine Boost, Soft Hold
- **Aubrey Organics Swimmers** 11 oz S/O QTY=6 >Owner Price \$8.99 (shelf price \$10.49)
- Shampoo
- **Eco Dent Daily Mouth Rinse** 8 oz S/O QTY=6 >Owner Price \$6.99 (shelf price \$9.59)
- Cinnamon, Mint
- **Jason's Natural Sunblock** 4 oz S/O QTY=6
 - Facial SPF 20, Family SPF 45, Kids SPF 45, Sport SPF 45: >Owner Price \$8.49 (shelf price \$11.99), Mineral SPF 30 >Owner Price \$10.49 (shelf price \$14.99)
- **Naturally Fresh Moist Stick Lip Balm** .15 oz S/O QTY=24 >Owner Price \$1.99 (shelf price \$2.49)
- **Naturally Fresh Deodorant S/O QTY=6**
 - Spray 4 oz: Lavender, Ocean Breeze, Papaya, or Tropical >Owner Price \$3.49 (shelf price \$4.99), Spray 4 oz: Fragrance-free >Owner Price \$2.99 (shelf price \$3.79), Crystal Wide Stick 3 oz >Owner Price \$4.29 (shelf price \$5.99), Crystal Mini 2.1 oz S/O QTY=12 >Owner Price \$2.99 (shelf price \$3.89), Crystal Spray .83 oz S/O QTY=30 >Owner Price \$0.99 (shelf price \$1.39), Roll On Fragrance-free 3 oz >Owner Price \$2.99 (shelf price \$3.89), Roll On Lavender, Ocean Breeze, Papaya, or Tropical 3 oz >Owner Price \$3.49 (shelf price \$4.99)
- **Pure Life** 14.9 oz S/O QTY=6 >Owner Price \$8.49 (shelf price \$12.99): Green Tea Shampoo or Conditioner, Wild Indigo Shampoo or Conditioner, Aloe Shampoo & Conditioner 2 in 1
- **Pure Life** 6.8 oz S/O QTY=6 >Owner Price \$7.99 (shelf price \$12.49): Cream Aloe & Vitamin E, Facial Mask Volcanic
- **Pure Life S/O QTY=6** >Owner Price \$8.49 (shelf price \$12.49): Facial Scrub Volcanic 6.8 oz, Facial Wash Oatmeal 6.8 oz, Lotion Coconut & Vanilla 14.9 oz, Lotion Ginger & Orange 14.9 oz
- **Pure Life Soap** 4.4 oz S/O QTY=6 >Owner Price \$2.79 (shelf price \$3.99): Coconut, Seaweed, Volcanic Clay
- **Tea Tree S/O QTY=6**
 - Chest Rub Eucalyptus 2 oz >Owner Price \$6.79 (shelf price \$10.19), Pure Oil .5 oz >Owner Price \$4.99 (shelf price \$7.29), Pure Oil 1 oz >Owner Price \$7.99 (shelf price \$11.09), Antiseptic Cream 4 oz >Owner Price \$4.79 (shelf price \$6.69), Mouthwash 12 oz >Owner Price \$4.79 (shelf price \$6.69), Soap Vegetable 3.9 oz >Owner Price \$2.29 (shelf price \$3.35)
- **Weleda Deodorant Spray** 3.4 oz S/O QTY=6
 - Citrus or Sage >Owner Price \$9.99 (shelf price \$12.49), Wild Rose >Owner Price \$11.99 (shelf price \$15.29)

Wellness

- **Natural Factors Biosil S/O QTY=6**
 - Beauty Bones Joints Liquid 1 oz >Owner Price \$24.99 (shelf price \$29.99), Hair Skin And Nails 30 ct >Owner Price \$12.99 (shelf price \$16.39), Hair Skin And Nails 60 ct >Owner Price \$22.99 (shelf price \$28.09)
- **Nutrex Spirulina Tabs** 500 mg S/O QTY=6
 - 100 tab >Owner Price \$9.99 (shelf price \$13.09)
 - 200 tab >Owner Price \$14.99 (shelf price \$19.99)
- **Similasan Drops** 10 ml S/O QTY=6 >Owner Price \$8.99 (shelf price \$12.89)
- Eye: Allergy, Cataract Care, Computer, Dry Eyes, or Pink Eye, Ear Relief or Ear Wax Relief



...and a good time was had by all

There was a time when I was a newspaper reporter at a small-town newspaper. This came about when I was fresh out of college with a diploma in my hand and I wanted / needed to find a job. I was quite lucky to find a job writing that was close to home. I learned a lot from the experience. I learned to spell 'boutonniere' without a moment's hesitation. I found out that you can put a lot of words around how a wedding dress is made and what it's made of even if not one soul who reads it really knows what it means. I learned to use a Rolleiflex camera with black and white film and to enjoy the process of taking photographs. I learned how to start people talking, how to 'prime the pump' to keep them going, and how to listen. I learned to work with some ... singular ... characters and that not everyone's idea of 'news' was my idea of 'news.'

Like lots of small town papers, there were 'columns' from some of the rural hamlets in the area. Every week, a dedicated columnist chronicled the goings and comings of these small communities: picnics, weddings, reunions, anniversaries, church potlucks, graduation parties, and other memorable fetes and mailed it in to us for publication. There were pages and pages of the stuff which a co-worker of mine edited with much sighing and eye-rolling before she turned it in. It was not uncommon for one of these writers to close her detailed ramblings with "...and a good time was had by all."

It drove me crazy.

I also remember the day it became clear to me that journalism was not for me. We kept a police scanner in the newspaper office which was monitored by the business manager. She hurried over one day to tell us there had been a fatal accident a few miles away. Another reporter and I got into a car and went to the scene. It was a bizarre experience. I know it didn't happen this way, but my overall impression was of a leaden gray day from sky to streets to bare trees – a deep, dark gray that was only broken by the red flashing lights of the emergency vehicles at the scene. Three people had died and a fourth was sitting in the back of an ambulance in hysterics as emergency personnel tried to quiet him, treat his injuries. A state police officer hung a blanket over the window and windshield of a car to shield the deceased from the eyes of curious onlookers.

I was repulsed by the scene – not because I saw anything grisly; I didn't. I was repulsed by the surreal quality of the experience, by the morbid curiosity of humankind, and by the knowledge that I knew that people were dead but their families didn't. Life-shattering phone calls remained to be made. I was disturbed by the 'god-like' knowledge of life and death.

With age comes....

The owner and publisher of the small-town newspaper where I worked knew more about people than I did. She had lots of gumption for a little old lady. (She also drove me crazy, but when you're 23 lots of people and things drive you crazy.) She was interested in current events and had a nose for news but she also knew that the people in our little, rural community didn't care a whole lot about what was happening at the White House or at Buckingham Palace or in Moscow, Russia. I didn't say they didn't care at all, mind you. They cared. But they also cared about what their neighbors were doing, why there were 15 cars at the Joneses last Saturday afternoon, what the Smith's did for their 60th wedding anniversary, who's building on that vacant lot, and what business is going in where the hardware used to be.

It may not be the stuff of national news, but it's the stuff of everyday life. It's the

stuff of community and community is something that most people seek out. By and large, humans seek out other humans for a variety of reasons: companionship, support, bartering, expertise, etc. The same is true of the Co-op. People who are members of the Co-op are drawn there for a variety of reasons but some include interest in organics, locally grown foods, fair trade, and healthcare options. Others might be dietary challenges or choices, prepared foods that follow certain dietary guidelines, reading material, clothing, snacks for kids, cleaning products, dog food, cooking utensils, etc.

Here's the piece of that which I think is fascinating and important: by making a difference on the local scene we also make a difference on the national and international scene. I've said it before, but our purchasing dollar speaks. It gives new meaning to the phrase: 'Put your money where your mouth is.'

Maybe I'm not so interested in the details of my neighbors' lives that I want to read in the newspaper who visited them for dinner last week. There's a fine line between being 'interested' in others' lives and being a nosey busybody. However, it's the very rare individual who can make it through life alone. Perhaps one of the most important challenges of living in community is learning to do it with grace. Maybe my idea of a good time isn't your idea of a good time, but there's more than one way to live life. Maybe it's not about right and wrong, one way or the other. Maybe it's about making your choices, living with the consequences, and changing your choices if you re-evaluate and want to change the consequences.

Part of the philosophy of your local Co-op is helping to make that happen – in its own quiet little corner of the world. Maybe what you *don't* flush down your toilet has an impact in Moscow, Russia. Our

(Continued on page 16)

Indiana Fruits and Vegetable Harvest Calendar

Fruits & Vegetables	April	May	June	July	Aug.	Sept.	Oct.	Nov.
Apples								
Asparagus								
Beets								
Blackberries								
Blueberries								
Broccoli								
Brussel Sprouts								
Cabbage								
Cantaloupe								
Carrots								
Cauliflower								
Cherries								
Collards								
Eggplant								
Grapes								
Green Peas								
Hot Peppers								
Lettuce								
Lima Beans								
Mushrooms								
Onions (dry)								
Peaches								
Plums								
Potatoes								
Pumpkins								
Radishes								
Raspberries								
Snap Beans								
Spinach								
Strawberries								
Summer Squash								
Sweet Corn								
Sweet Peppers								
Tomatoes								
Turnips & Turnip Greens								
Watermelon								
Winter Squash								

Special Note on Availability: Local weather may affect harvest dates from one year to the next. Many fruits and vegetables are available beyond the indicated harvest periods through modern storage techniques and facilities.

Prepared by:



Indiana State Department of Agriculture
 101 West Ohio Street, Suite 1200
 Indianapolis, IN 46204
 Phone: 317.232.8770
 Website: www.in.gov/isda



Purdue University
 Dept. of Horticulture and Landscape Architecture
 625 Agriculture Mall Dr.
 West Lafayette, IN 47907-2010
 Phone: 765.494.1300
 Website: www.hort.purdue.edu/hort/

Quel Fromage!

By Sheila O'Rourke



My first memory of tasting feta cheese is when my dad, on a Saturday or Sunday afternoon, would have a snack of feta, Kalamata olives and a glass of white wine. I was young and would sidle up to his chair (a mid-century modern designed recliner which I now have) and nibble on his treats and even possibly get a sip of the cheap but very drinkable wine. I liked the dry crumbly texture and the salty taste. For some reason it made me feel all grown up. I feel lucky to have parents who never said "You won't like that."

Feta is a fresh brined cheese. Most of us think of feta as a goat cheese, but it can also be made from sheep or cow's milk and sometimes a mixture of goat & sheep's milk. The word feta means "slice" in Greek. This refers to how the cheese is made. The curds and whey are separated and then the curds are pressed, drained, sliced and placed in brine.*

In our cheese case we carry four kind of feta.

Mount Sterling and the local Swissland is goat feta, the bulk Odyssey is made from cow's milk and the newest feta is the Mt. Vikos which is a sheep and goat milk feta. Each has their own quality, so try them all and see which your favorite is. My taste leans toward the Mt. Vikos blend.

You can use feta in so many cool summer-time ways. Crumbled, it is an easy dress-up topping for any tossed salad, it is the bite in a refreshing watermelon and mint salad and it can be a wonderful hub to design a Mediterranean cold plate around for lunch or dinner.

If you are grilling try a pizza with feta, fresh tomatoes and Kalamata olives. It would taste great with a cold beer.

Here is my shopping list for a Mediterranean Cold Plate;

- Mt. Vikos Feta, cheese case
- Live Superfoods Herbed Black Botija Olives, aisle 2
- Green Olives stuffed with Sundried Tomatoes, from the deli
- Native Forest Marinated Artichokes, aisle 2

- Crown Prince Sardines in olive oil, aisle 2
- Seeds of change Greek Feta Salad Dressing, aisle 2
- Organic Cucumbers, Vidalia Onions and Local Tomatoes, produce department
- City Bread Baguette

Slice the baguette thin and toast under the broiler. Brush with a thin layer of olive oil and rub with a clove of fresh garlic. Make a bread basket of this toasted bread to serve with a platter arranged attractively with all the other savory bites. Slice the cucumbers, tomatoes and onions and cover with the Greek dressing for an easy salad. To drink, offer a choice of the Eel River IPA Beer, Puglia Chardonnay and your favorite sparkling water.

Cheese term: *Brine, a solution, usually salt and water, in which certain cheese, are "bathed" for a few hours to several weeks. This process is called brining and is a means of salting the cheese as well as creating a protected exterior for longer aging.*

*Laura Werlin's Cheese Essentials

(Good for You, continued from page 14)

little Co-op keeps a few toxins out of the toilet, toxins off of the plants and the ground, provides a fair wage to folks who grow cocoa and coffee, provides you and me with alternative healthcare if we choose it. The Co-op gives us choices.

Wouldn't it be something if 'a good time could be had by all,' if everyone in the world had enough to eat and a roof overhead? And just think, corny as it may sound, you can have a part in it in making that happen.

I can see the headlines now. *The Wall Street Journal* doesn't blast us with the price of oil, the skyrocketing national debt, job loss and the failing economy but instead lets us know that the Smiths and the Joneses had enough to eat for breakfast, that honeybees are working in profusion, that the rivers, lakes and oceans are pristine, that the creatures of the world are in their proper homes. At the end it reads: "...and a good time was had by all."

Maybe that's not such a bad thing after all.

Current Co-op Membership

Total Households-1,169
 Total Owners-2,155
 Total Fully Invested Households-444
 New Households-13 (May 18-Jun 20)
 New Owners-23 (May 18-Jun 20)

*These numbers include Active & Inactive Owners

Interested in becoming an owner? Ask for a flier at any cash register lane.

3 Rivers Co-op: Mine. Yours. Ours.

NEW!**Look for these new items on the shelf!****Bulk Foods**

- Couscous French Organic per lb
- Sunflower Seeds Raw .16 lb
- Walnuts Raw .10 lb

Cheese

- Mt Vikos Halloumi 8 oz

Frozen Foods

- Quorn Foods Turk'y Burger 9.9 oz
- Rising Moon Organic Ravioli Basil Asiago Pinenut 16 oz

Grocery Packaged

- Alo Drink 16.9 oz: 12 Fruits & Veg Aloe, Allur Mangosteen Aloe, Olive Leaf & Aloe Vera
- Beanit Chips Black Bean Sea Salt 6 oz
- Ines Tortas Cinnamon Sweet Olive 6.34 oz
- Knudsen Concentrate Cranberry 8 oz
- Manitoba Harvest Original Hemp Bliss Organic 32 oz
- Maranatha No Stir Creamy Almond Butter 12 oz
- Popchip Potato Chip Cheddar 3 oz
- Popcorn Indiana Chipins Sea Salt 7.25 oz
- Shiloh Farms Pretzels 8 oz
- Simply Organic: Gumbo Seasoning Mix 1.27 oz, Jambalaya Seasoning Mix .74 oz
- Tanka Buffalo Stick Spicy 1 oz
- Woodstock Farms Organic Dijon Mustard 8 oz

Household

- World Centric Plate 9" Fiber 20 ct

Body Care

- Blum Naturals Oil Absorbing Facial Tissue 50 ct
- Mychelle Replenish Solar Defense SPF 30 2.3 oz

Pop Candy

- Glee Chewing Gum 18 ct: Bubble Gum, Peppermint, Tangerine
- Spry Gum Fruit Flavor 10 Pc
- Zevia Soda Mountain Zevia 12 oz

Wellness

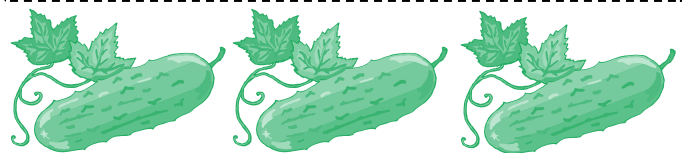
- Animals Apawthecary Fido Derm 4 oz, Detox Blend 1 oz, Tranquility Blend 1 oz
- Enzymedica: Carbo Gest 60 Caps, Digest Spectrum 30 Cap
- Nature's Plus Animal Parade Gold Assorted: 60 ct, 120 ct
- Nature's Plus Spirutein Gold 1.03 lb: Chocolate, Vanilla
- Thayer's Slippery Elm Cherry 100 loz

Garden Abundance Recipes**Favorite Pasta Salad****Ingredients:**

1 package of Pasta (any will work)
2-3 cups of your favorite Veggies, in ½-1-inch chunks
Dressing of your choosing (about ½-1 cup)

Directions:

Cook the pasta until al dente. Follow directions on package if using a pasta you have tried. Place in a colander in the sink with cold water running over it until the pasta is cool. Chop your favorite vegetables up into hearty chunks (1/2-inch to 1-inch chunks). Toss the pasta in enough oil to just cover it, then add a few splashes of your favorite vinegar and toss some more. Add the chopped vegetables, sprinkle with a dash of fresh black pepper and garlic powder. (Spice it up by adding a dollop of your favorite sour cream or mayonnaise and tossing all together -- this makes a creamy, not-overpowering pasta salad)

**Cool as a Cucumber Sandwich****Ingredients:**

1 large cucumber, peeled and sliced thin
Pinch of dried or fresh dill
Cream cheese or goat cheese
Sandwich wraps, tortilla or two slices of bread

Directions:

Spread the cream cheese thin or sprinkle crumbled goat cheese on the bread or wrap. Place the cucumbers on one slice of bread or down one side of the wrap or tortilla. Sprinkle with dill to your liking. Wrap the tortilla up or slap the other slice of bread on the top and enjoy!

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

Lauren's product request: No stir almond butter, please.

Jen, grocery buyer, replies: You got it!

Mark's suggestion: I used to get your deli egg salad—but way too much garlic! Please, no garlic in the egg salad & I'll buy it again. Thanks!

Janelle, General Manager, replies: Thanks for the information we will make sure the recipe is being followed consistently. You can always ask for a sample of the salads in the deli service case before you buy them, to ensure they fit your taste buds. Thanks again!

Craig's product request: Knudsen Concentrated Cranberry Juice. It's sooo much better than what is on the shelf now.

Dan, grocery buyer, replies: Dynamic cranberry concentrate is the kind that we currently carry. It is a good brand, but we will also stock Knudsen's cranberry concentrate. It will be located in aisle 3 with the other juice concentrates.

Debbie's suggestion: The monthly drawing box contains MASSIVE amounts of slips. Everyone spends A LOT of money here. I think it would be nice (& more fair) to have 2 monthly drawings (one every 2 weeks). Are you in a position to swing this? It'd be much appreciated!

Janelle, General Manager, replies: Hello, thanks for the input. I will give this some thought and see what we can do.

Alexandra's product request: I would appreciate it if you could order hair color (Light Mountain) in light brown. Thanks!

Lydia, wellness buyer, replies: Thanks for the request look for it soon on the shelf.

Sarah's product request: Would it be possible to get in Omega Nutrition Pumpkin Seed Protein Powder?

Lydia, wellness buyer, replies: Thanks for the request we will look into whether it's available to us it.

Sarah's product request: Would it be possible to get in Authentic Foods Superfine Sorghum Flour? We have noticed that you carry their brown rice flour. Thanks!

Jen, grocery buyer, replies: Unfortunately the supplier I get Authentic Foods products from does not offer the sorghum flour. Bummer. I'll keep trying.

Deb's product request: Spry Fruit flavor gum. I love it!

Dan, grocery buyer, replies: Lots of our customers enjoy Spry gum. I'm sure you're not the only one who will be glad to see fruit flavor on our shelf.

J.D.'s product request: Could you please carry more (much more!) of the Mineral Silk cosmetics? Thanks!

Lydia, wellness buyer, replies: Thanks for the request. We will be adding some more of their eye shadows and a few more colors of foundations. If you have a specific request please let us know. You can view their products on their webpage www.mineralsilk.com. Let us know what you are looking for.

Maiya's product request: I have found Glee gum very enjoyable and I would prefer to get it here than at another store. Consider carrying this great gum!

Dan, grocery buyer, replies: Glee gum looks like a good natural product. Look for a couple flavors by the other gum in aisle 3.

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

Ken's product request: Please get more box Indian meal entrees.

Brandy's product request: Veganaise Soy Free for the soy allergy people.

H's product request: Wallaby European Style Yogurt. It's so thick and yummy!

Emma's comment: You do a great job serving organic foods.

Kaylee's product request: Justin's Organic Dark Peanut Butter Cups. It's the only organic vegan peanut butter cup and they are delish! The HFS is the only place in town that sells them and they are always sold out.

Evelyn's product request: Would you carry Natural Factors Anti-V formula? I'd prefer caps.

Jennifer's product request: Van's Flax Gluten Free Waffles. Have higher dietary fiber (around 3g).

Lori's product request: Please offer Good Health Natural Foods Kettle Style Avocado Oil Potato Chips in Barcelon BBQ. Thanks!

Product request: The Mediterranean Snack Food Company Baked Lentil Chips in Sea Salt & Cracked Pepper. A delicious, different GF chip.

Sally's comment: I purchased Boars' Head Pancetta here. It contains sodium nitrates and nitrites! I did not expect this from Boars' Head!

Tim's product request: Tree of Life Smoked Tofu.

Product Request: Could you have more variety in your vegetarian soup selection? I would like a cup of soup more often but it seems you rarely rotate the selection. The ones typically offered are bland and less than exciting. Please offer these more often: Lebanese Vegetable, North African, Black Bean Chili. Thanks!

Until next time,
Janelle Young,
General Manager

Saturday, July 16 10 am
Echo's Can't Eat It Club:
Support Group for
Food Sensitivities
(focus on Gluten Free)

News from the Board

by Julie Carrier, Board President

The Board continues in its quest to become more educated and learn "best practices" as a cooperative board by engaging CDS Services. Board president, Julie Carrier, attended an all day CDS workshop in Mt. Pleasant, Michigan entitled Board 101 – A Foundations Class. It was lead by Joel Kopischke and Thane Joyal. This course included the topics of:

- Cooperative values and principles
- Board roles and responsibilities
- Principles of policy governance
- Basic financial understanding

It was a lot more fun than this description would imply. There were approximately 20 board members from several Co-ops from Michigan and Indiana. It was fun to mingle with other board directors, learn with hands-on projects, and eat delicious organic food.

ATTENTION ALL CO-OP OWNERS

There will be open board seats next term due to a couple of directors who will be ending their terms. It is not too soon to consider running for a board seat. The election will be in November, 2011 and the new board members will start their terms in March, 2012. If you would like to be a part of the 3Rivers Food Co-op's Board, in which you can be a part of the strategic planning for the Co-op, please contact us at: board@3riversfood.coop.

If anyone has any questions about the Board and its activities, please contact us at: board@3riversfood.coop

Summer Hours have begun!

June 1-August 15

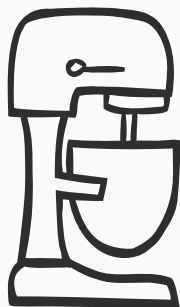
Monday-Saturday

8 am-10 pm

Sunday

10 am-8 pm

Cooking Demos



Thursday, July 7, 1 pm
Oatmeal Peanut Butter Cookies
[Baking with Don]

Saturday, July 16, 11 am
Road Trip Snacks
[Allergen Cooking with Echo]

Thursday, July 18, 1 pm
Cool Beans, Green Beans: Salads &
More [How to with Sheila]

Saturday, July 28, 4 pm
Healthy Brain Rice Salad
[Food with a Purpose with Kimberly]



(260) 424-8812

July 2011

NATURAL GROCERY

1612 Sherman Blvd Fort Wayne IN 46808
Hours: Sundays 10 am-8pm, Mon-Sat 8 am-10 pm

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PERMIT NO. 2092

**Summer Hours
have begun!**

June 1-August 15

Monday-Saturday

8 am-10 pm

Sunday

10 am-8 pm

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