



Currents

1612 Sherman Blvd Fort Wayne IN 46808 (260) 424-8812
Hours: Sundays 10-6, Mon-Sat 7 am-9 pm

THE THRILL OF THE GRILL

By Susan Sims

Grilling food in the backyard is one of the greatest pleasures of the summer season. Your Co-op is geared up to meet all of your grilling needs, and has all you need to create beautiful, backyard feasts with family and friends.

First things first. There's nothing worse than getting your meal all prepped and then finding out you forgot to buy coals for the fire. The Co-op now carries Mali's Gourmet Lump Charcoal, which will impart additional flavor to your grilled foods. So pick up a few bags before you do anything else.

You will be pleasantly surprised by the new Grab-and-Go grill cooler in the Produce Department. You will find a varied selection of burger patties, franks, chicken, and fish thawed and ready to throw on the grill – perfect for a last-minute cookout or when you're heading for the lake. Everything you need for an easy feast can be found together here: buns, condiments such as barbecue sauce, mustard, ketchup, pickles, and relish, as well as spices and utensils like tongs, mitts, and spatulas. To complete your meal, we have prepared veggies ready for the grill, sliced onions, beautiful sliced peppers, cut-up fruit, and, from the Deli, fresh marinades and your favorite summer salads, along with a variety of packaged sliced Boar's Head cheeses.

In the Co-op freezer, you will find many grill choices such as free-range, antibiotic- and hormone-free bison, lamb, and ostrich patties, as well as lamb steaks and ground bison. We offer ground beef and turkey from Organic Valley, and turkey and chicken franks, ground turkey, and turkey burgers from Shelton's. You can buy Eagle Creek Farms lean beef products, including ground chuck and round, along with sirloin, ribeye, and NY strip steaks. You'll also find beef hot dogs from Applegate Farms. The Co-op of-

fers packaged chicken from Miller, which has no hormones, antibiotics, or animal by-products. For a quick-cooking, healthy meal, try grilling fish from the Co-op such as wild salmon, tuna, Mahi Mahi, and, from Omega, salmon burgers and Mahi Mahi burgers.

Vegetarians and meat eaters alike can enjoy grilled tempeh. A traditional Indonesian soy food made from cooked, cracked, fermented soybeans, tempeh's texture is perfect for grilling. It won't crumble, so you can cut it into cubes and load it on skewers. Look for two brands of tempeh at the Co-op, White Wave and Light Life located in the refrigerated dairy cooler.

Tempeh absorbs the flavors of marinades especially well. San-J makes a great Teriyaki marinade, or you can try a simple yet flavorful marinade recipe below. Place the tempeh cubes in a shallow pan and stir several times during the marinating time. The longer you let them marinate, say for a few hours, the more flavorful they will be. But if you're in a hurry, just put the tempeh cubes in a microwave for a quick one minute zap, stir well, and let them sit for 15 minutes before grilling.

Colorful summer veggies can take center stage at your outdoor barbecues. Vegetable kabobs are festive and eye-catching, and so easy to prepare. Make them with your favorites, including mushrooms, cherry tomatoes, bell peppers, onions, zucchini, and summer squash. Grilled sweet corn is another favorite. For a change of pace, try grilling some nontraditional veggies such as eggplant, sweet potatoes, or green beans.

When you grill vegetables, get creative! Use them as the crowning touch for an easy pasta meal. Grilled veggies and cheese in a tortilla make an easy quesadilla. Portobello mushrooms



Simple Marinade

- 1/4 cup soy sauce
 - 1 1/2 Tb lime juice
 - 1 tsp honey
 - 1 Tb minced cilantro
 - 1/2 tsp toasted sesame oil
 - 1 clove of minced garlic
- Mix together and pour over your favorite grilling item. Marinade to taste—the longer you soak, the more the flavor!

are wonderful grilled, whole or sliced, in sandwiches or with veggies. Grilled veggies can also be used to top pizzas cooked on the grill. Start with thin individual-sized pizza shells. Spray your grill top before you put it over the heat or before you light the grill. Heat the shells on both sides until the dough is no longer sticky. Spread a little sauce on the crusts. Put some cheese on next so it will have a chance to melt, and then add some grilled veggies – not too many or your pizza crust will get soggy. Enjoy the double grilled flavor!

You can create sumptuous meals in your backyard that would make any chef on the Food Network salivate. All it takes is a quick trip to the Co-op. So get grilling!

Where's the Beef?

Spotlight on Local Meat Producers

By Susan Sims

Wild Winds Buffalo Preserve

Wild Winds Buffalo Preserve in Fremont, Indiana, is a privately owned working ranch that is dedicated to the preservation of the North American bison. The preserve has approximately 200 bison, and in addition to selling bison meat, the owners offer tours of the preserve, trail rides (by appointment), a bed and breakfast (adults only), a café, and a gift shop with Native American pottery and silver jewelry, along with other items.

Bison meat has less fat and cholesterol than skinless chicken, beef, or fish. Therefore, it should be cooked more slowly at a lower heat than beef. Bison meat also has less shrinkage

than beef when cooked. Traditional favorites such as meatballs and pot roast are delicious when made with bison meat. There are no antibiotics or steroids in the feed; the bison are fed all grass.

After trying some Wild Winds bison meat from the Co-op, you might want to visit the preserve, which is located about an hour north of Fort Wayne. Tours are offered hourly during the summer. A Fall Rendezvous is scheduled for October 14-22, featuring a re-enactment of a buck-skinners camp, complete with storytelling and crafts for sale.

Eagle Creek Farms

The special herd of cattle at Eagle Creek Farms in Warsaw, Indiana, is disease resistant and hardy, producing high-quality, all-natural beef without antibiotics or growth-promoting hormones. The owners use no cattle feed supplements that have animal by-products or genetically modified organisms. The free-range cattle

graze in herbicide-free grass pastures. Their diet is supplemented with locally grown, high-quality, pesticide-free and GMO-free grain. This Highland breed, with its shaggy coat, doesn't need a layer of fat for insulation, which results in leaner beef, so you should reduce cooking times slightly to avoid overcooking. Try some of this excellent lean beef from the Co-op at your next cookout!

Nothing But Nature

Nothing but Nature free-range lamb is produced by Phil and Diane Sherry on their 150-acre, certified organic farm in Oakwood, Ohio. They have a herd of around 40 ewes that supply about 75 lambs a year that are grass-fed. In addition to the lamb, the Sherry's have been supplying the Co-op with fresh medicinal and culinary herbs and herbal teas. If you want to see a diverse, certified organic farm in a beautiful setting, contact Phil and Diane at nothingbut-nature@hotmail.com or call them at (419)594-2438 to arrange for a farm tour.

A MESSAGE FROM YOUR BOARD PRESIDENT

What Does Your Board Do?

By Joyce Bassett, Board President

The current membership of the 3 Rivers Food Co-op borders upon 3000. Three thousand people entrust seven directors to ensure that the cooperative "achieves what it should and avoids what is unacceptable" on their behalf.

Now that is one broad and vague statement, isn't it? Yet, it is the first statement a director reads when studying the policies by which the board governs. And that is how the board governs—by policy. Our document of Policy Governance defines the responsibilities of the board, sets the boundaries of management, and prescribes how the board and management will link to fulfill their duties. It is our job description.

The board serves as a link between the cooperative and the membership; enacts policies that address areas of cooperative decision; and assures manager performance through monitoring against board policies on Ends and Boundaries.

The primary link between the board and the membership is the annual meeting. Within a pleasant, social gathering a business meeting is conducted that informs the membership about the growth, achievement of goals, financial status and plans for the future of the Co-op.

When the board is at work in the areas of cooperative decisions, we enter legal contracts, such as our lease; receive and discuss financial statements and operational reports; organize capitalization and fund-raising programs; set goals for the future; strategize community involvement; and monitor manager performance.

Linkage between the board and management is the cooperative process by which we keep each other informed, and work toward goals without crossing into each other's jobs. It has been a decade since our cooperative adopted Policy Governance, and it has proven to be efficient and effective. Next month, we will attempt to further define the board's work with a description of our monthly meetings!

Cooperative Principle #1: Voluntary & Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

Members are the reason why a cooperative is formed in the first place. Being the legal owners of the cooperative, members carry a lot of influence in the cooperative. Members must know what the cooperative can do for them, the cooperative's purpose, mission and goals. Members also provide the equity that is required for running a cooperative. Initially, this equity is formed by the purchase of stock/membership fees and continues by permitting the cooperative to retain a portion of the net earnings allocated to each member at the end of the year. In accordance with the cooperative principles, usually every member has one vote and the member can use that vote

- To adopt and amend articles of incorporation and bylaws.
- To elect and if, necessary, remove directors.
- To decide whether to dissolve, merge or consolidate the cooperative.
- To make sure officers, directors and other agents comply with laws applicable to the cooperative and with its articles of incorporation, bylaws and membership contracts.

Other general responsibilities include:

- Patronize the cooperative.
- Be informed about the cooperative.
- Be conscientious about when selecting and evaluating directors.
- Provide necessary capital.

(Source: Co-ops 101, *An Introduction to Cooperatives* published by the United States Department of Agriculture)

BOARD of DIRECTORS

President

Joyce Bassett 657-5833

Vice President

Ken Sheets

Secretary

Alan Grinsfelder

Kent Murphy

Angie Quinn

Evelyn Rorick

Jim Ruckel

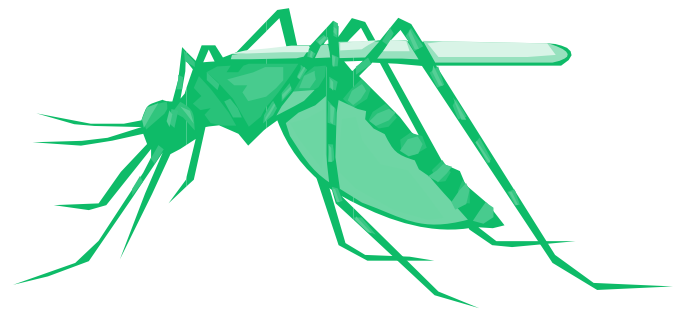
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MOSQUITO DUNKS

By Diane Dickson

Mosquito season is upon us, and it is a good idea to be mindful of mosquito-borne disease, namely the West Nile virus. The Culex mosquito has been the carrier of West Nile in our area. It breeds in standing water, and is active at dawn and dusk. There has been no reported activity of infected mosquitoes in Allen County this summer, although there has been some in other parts of Indiana. Typically, infected Culex mosquitoes have appeared mid to late summer. Last summer, there was one reported human case of West Nile virus in Allen County.

Although West Nile virus wasn't as widespread after the first season it hit here, it is still prudent to take precautions. Avoiding mosquito bites is an obvious strategy--by using repellants and wearing long sleeves and pants at dawn and dusk.

Reducing or eliminating mosquito habitat in your yard is also very important. Culex mosquitoes love standing water that has accumulated organic material. Empty your bird baths several times per week! Many mosquitoes can breed in a bottle cap sitting around in your yard, and in standing water in your gutters. So take a good look around your yard.

For water that can't be drained, consider using Mosquito Dunk. One dunk will cover up to 100 sq/ft of surface area and is effective for 30 days. You can break it up if treating smaller areas. Mosquito dunk rings contain *Bacillus thuringiensis* (BTI) which is lethal to mosquito larvae when ingested. It is the most environmentally friendly larvicide available, and is available at the Co-op.

For up-to-the-date information regarding West Nile activity in our area, log on to the Allen County Department of Health website at www.fw-ac-deptofhealth.com. They post information about infected mosquito pools, and whether they will spray for adult mosquitoes. There is also excellent information on prevention and tips for eliminating mosquito habitat.

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WHAT'S WHAT: PRODUCT NEWS AT YOUR CO-OP

A Co-op Advantage: Special Orders

By Rosemary Mausser

You may not be aware of the opportunity to special order products from the co-op. This is one of the advantages of co-op shopping!

Why Do Customers Place Special Orders?

1. They want a product we do not carry
2. They want to insure they will get the amount of product they need on a product which is not stocked in large amounts
3. A member wants to save money by purchasing a whole case of the product
4. A member wants to save even more money by purchasing a case of an item that is on sale.

How Do I Place An Order?

You may special order a product by talking with the buyer for that department. They will be able to tell you if the item is available from our current suppliers, what quantity it comes in and the estimated price. Because our retail prices are based on our costs, prices are subject to change. A phone number is required for ALL orders. A deposit may be required on perishable items (deli, produce, refrigerated), orders over \$75, or from non-members.

If an item is on sale, the buyer will know how long that price is good. For advertised Co-op Advantage Sales (from the sale flier), orders should be in by the 20th of the month and purchased by the last day of the month to receive the sale price. Items purchased after that date will be charged the regular price. No rain checks are available on sale items which are out of stock from our supplier.

I am a Member, What is My Discount?

Special order discounts are applicable as follows:

1. 5% discount: An ordered case of grocery, refrigerated or frozen items
2. 10% discount: An ordered full bag or box of a bulk item

How Do I Pick Up My Order?

When your item arrives, you will be called to let you know it is here. Please pick your special order up within one week of this date, as our storage space is limited. The customer service desk will have someone get it for you while you shop. The tag on the item will show the shelf price—any discount will be taken at the register.

GROCERY WHAT'S ON THE SHELF

Camping season has finally arrived for those outdoor enthusiasts among us. We at the co-op have been working diligently to provide camping essentials. Pick up some of Rudi's burger buns to complete your backyard party or weekend BBQ!

We are providing pre-packaged trail mixes throughout the store and are offering a new product from Woodstock Farms, Sweet Ragin' Fire Mix—it contains sweet coated peanuts, spicy peanuts, sesame sticks and various spices. With only 5

grams of sugar, you'll want to grab a few packages for the road.

This is an important time of year to build up health and strengthen immunity to carry us through the months ahead. Kashi "Go Lean" and its cinnamon counterpart, "Go Lean Crunch" provide high fiber, protein and low fat to keep up stamina. Incorporate these into your morning routine for a refreshing healthy tasteful way to start your day.

We look forward to seeing you on your next visit.

BULK: WHAT'S IN THE BINS & BAGS

Have you seen? Dried mango slices are back! We have them bagged in a bin next to the Chunks of Energy. Check around the store for small size packages of cheddar sesame sticks, Cajun sesame sticks, Cherub almond trail mix, Fruit, Nut and

Seed Mix and split pea soup mix. They are great for outings on the trail whether hiking for the day or camping for a weekend or longer. Hope the beginning of summer shines gently down upon you and yours.

DELI: WHAT'S COOKIN'

The hot bar features many summery dishes such as German potato salad with tofurkey kielbasa, sweet and sour pineapple chicken, green goddess veggies and tempeh, brats and sauerkraut, and baked eggplant Caesar casserole. On Saturdays, the Deli will continue to offer oven-roasted chicken to go, and on holiday weekends, special summer meals will be available, such as beans and franks (both meat and vegan varieties).

In the bakery, you can pick up boxed cookies on the weekends. They are made with organic ingredients and real butter, and variety packs with oatmeal raisin, chocolate chip, and old-fashioned peanut butter cookies will be sold

by the dozen and half-dozen. We will have freshly baked yeast breads and rolls made from dough from French Meadow. You'll find rolls on the hot bar, and if you call ahead, we can bake a fresh loaf or pan of rolls just for you. Or if you're headed to the zoo or a picnic, call to pre-order sandwiches that will be ready when you are. Also for your convenience, we now have sliced and packaged Boar's Head cheese in the open case in the Dairy section, as well as in the Grab-and-Go grill cooler in the Produce Department.

Please help us welcome Jeff and Betsy, our new Deli staff members!

WELLNESS: WHAT'S ESSENTIAL

Summer is the season for enjoying the great outdoors, but insect bites, poison ivy, and sunburn aren't so great. Protect yourself and your family with DEET-free insect repellents, and treat bug bites, poison ivy, and sunburn with natural products from the Co-op. The Burt's Bees Herbal Insect Repellent is so effective that it even repels Louisiana mosquitoes (according to the unsolicited testimonial of one very satisfied customer). From All Terrain, we offer insect repellent lotion, lotion with SPF15, a spray formulated especially for kids, and sprays in 2 and 4 oz. sizes. Insect repellent in both spray and lotion are available from Bite Blocker, and we now carry spray and SPF15 lotion from Buzz Away. If you've already been bitten by insects, try Aubrey's Anti-Itch Herbal Remedy, Desert Essence's Relief Spray, Jain's Herbal Salve, Sting Stop, or Buzz Away's Sting Soothe or Itch-nix.

If you're worried that you might have been exposed to poison ivy, wash thoroughly with

Poison Ivy Soap from Burt's Bees, or try the Poison Ivy Bar from All Terrain. For a break-out of poison ivy rash, use the Ivy-Itch Relief Spray with jewelweed. The Co-op carries homeopathic remedies for poison ivy as well. Be sure to use one of our natural sunscreens when you're outside, but if you've gotten sunburned, we carry Aloe Vera Gelly to relieve the pain naturally. Ladies, for sun protection for your face, try the Ecco Bella foundation with UVA/UVB SPF15. Don't forget to pick up one of our natural lip balms to protect your lips from sunburn as well. We have tinted lip balms, too, so you can be beautiful and protected at the same time.

Check out our new line of organic, chemical-free homeopathic lotions from Sympathical Formulas. The six different kinds treat eczema, psoriasis, warts, gout, shingles, and the rashes and dry skin of post-chemotherapy and radiation.

PRODUCE: WHAT'S FRESH

Start this month off right with a patriotic salad made with fresh-crop red, white, and blue potatoes. You'll find the recipe in the Produce Department. Look for more local produce as the season progresses. We have local organic tomatoes, with several heirloom varieties available. Local eggplant should come in by late July. The wonderfully fresh lettuce, arugula, and kale from Country Garden can be found in the cooler next to the new Grab-and-Go section in the Produce Department. They are perfect for a quick salad or green side dish. Country Garden offers fresh herbs as well, including rosemary, sage, mint, thyme, lemon balm, and oregano. Fresh basil continues to be available at a good price. For liquid refreshment, try the new fresh herbal tea mix in the Grab-and-Go cooler. Directions for both sun tea and hot tea are on the label; let the brewed tea sit overnight for more intense flavor. Late

spring rains have driven up the price of zucchini and summer squash, but the price of avocados will improve.

Summer stone fruits including peaches, nectarines, and pluots will all be available this month, along with red, black, and green plums. Grapes will be plentiful and the price should come down as a result. However, cherries are going out of season, so get them while they last, probably just the first part of July. You will also see local red and black raspberries this month, and we should still have local blueberries. Berries are the perfect cool (and nutritious!) dessert after a grilled meal. For your convenience, we also offer cut-up fruit that's ready to serve. Due to the poor 2005 apple crop, we have a limited supply of apples and the price will be higher than normal until the new fall crop arrives.

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

www.3riversfood.coop

Hours: Sunday 10-6,
Monday-Saturday 7am-9pm

NEWSLETTER STAFF

Newsletter Coordinator
Diane Dickson
Layout & Design
Heather Grady
Contributors
Susan Sims
Diane Dickson
Department Buyers

STAFF

General Manager
Janelle Martin
Back End Manager
Mandy Hockenberry
Book/Vitamin Buyer
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Veronica May

Café Event Coordinator

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Norm Trendle

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Did you know?
According to the June 2006 issue of *Produce Merchandising*, the following foods may absorb higher levels of pesticides than other produce: apples, bell peppers, celery, cherries, grapes, nectarines, peaches, pears, potatoes, red raspberries, spinach, and strawberries. Just one more reason to buy organic!

July Café Events

Sun Mon Tues Wed Thurs Fri Sat

Sunday Café & Brunch: Music now 12-2 pm						1 7-9 pm Marshall Howey Acoustic guitar & vocals.
2 12-2 pm Sunday Café: Cathy Serrano Acoustic guitar and vocals	3	4th of July We ARE open today! 10 am-6 pm	5	6	7	8 7-9 pm Kerry Rutherford Band Original acoustic with viola, guitar, vocals and bass.
9 12-2 pm Sunday Café: Bruce Robinson Acoustic guitar & vocals	10	11	12	13	14 10 am Cooking Class: Vegan Tofu Ice Cream and Stevia Sweetened Fruit Sauce (with Judy Mueller) 7-9 pm Dale Bender & Steve C. Hall Acoustic guitar and vocals.	15 7-9 pm Triplicity Acoustic rock with bass, guitar, hand drums and vocals.
16 12-2 pm Sunday Café: Music Jam led by Duane Eby Have an instrument? Bring it along to jam with an assortment of musicians. Led by talented singer songwriter Duane Eby.	17	18	19	20	21 7-9 pm Rick Barton & Henry Lantz Folk in the style of Stephen Sills and James Taylor. Native Flute too	22 3:00 pm Junk Food Rehab Workshop 7-9 pm The Bandaloops Jam-band style jazz-rock fusion
23 12-2 pm Sunday Café: Towpath Players Beverly Williams & Jeanne Bornefeld play Celtic & folk on harp, hammered dulcimer, bowed psaltery, Irish whistle, bodhran, Native American flutes & mountain dulcimer.	24	25	26 10am-7 pm Cardiovascular Testing	27 6-9pm Board Game Night	28 7-9 pm To Be Announced	29 7-9 pm To Be Announced
23 12-2 pm Sunday Café: Kevin Hiatt Fingerstyle playing on 6-,7- & 12-string guitars and vocals.						