



Currents

VOTE for the BOARD

We're nearing the time of year when we call on the owners to exercise their right to put pen to paper and choose those who will serve on the new year's Board of Directors. Last year's election cycle found us with no candidates so our board voted to forgo the election. This means that much of the current board is made up of appointees, brought to the board thru an expressed interest or by another board member. These appointees have chosen to run for the board in this election cycle making their seats elected by you, the owners.

Our board is comprised of NINE members and this year we have eight terms that are expiring, either because a term is finished or because this is the next election to follow an appointed member's tenure.

Your right to vote is brought to you by **Cooperative Principle #2** of the 7 Principles: **Democratic Owner Control**--one owner, one vote. Your voice will be heard. Despite the fact that we have five candidates for eight seats, **it is still important for you to vote.** Our elections often have just 100 or so members out of 1,700+ who vote. Let your interest in your cooperative be known! Do you want a say in the future of your co-op? Do your part and vote! If you want to go the extra step and get involved further ON the board we can use you. Drop a line to board@3riversfood.coop and express your interest in serving a one-year appointed term. Perhaps you'll enjoy your involvement and your name will be on this ballot next year!

Owners Engage in October: Your votes count!

This year we are giving you information about the candidates the month before voting is available. You may pick up a ballot in the store in **October**. Owners will have a chance to vote at the Annual Owner Appreciation Party on October 2nd as well. Here are portions of this election's candidate profiles. Full candidate profiles will be available in-store and on-line in October.

STEPHANIE DEMOREST

Direct Experience and Co-op Experience: Elected November 2011 and then seated for the first time in March 2012; appointed term June 2013-February 2014; elected March 2014-current. Member since 2001

Key Issues and How to Address Them:

- Continued growth in a competitive market. We need to keep our current course of providing quality products and services.
- Creation of awareness among our owners of the benefits of connection and serving cooperatively. I enjoy keeping up with current events in other cooperative organizations communicating with others through newsletter articles or other means how our co-op can benefit from modeling after other successful co-op trends.

LINDSAY KOLER

Direct Experience and Co-op Experience: I am an attorney. I am owner of a small local baking mixes company with a focus on healthy ingredients.

Why I Want to Serve on the Board:

I am passionate about all things healthy and I want Fort Wayne to be a healthier place. I love the co-op and I

think it can be an even better store. I would love to be a part of that and I know I can help make a difference.

Key Issues and How to Address Them:

- Identifying our brand and what we offer with the big stores offering more organic options, it is important to stand out. Offering items that are hard to find in the chain stores. The hot bar offerings is another area to shine in--by combining with other trends such as Paleo may be a big draw. Focusing on being the only organic "fast food" option in town could gain a larger audience.

JAMES RINGSWALD

Direct Experience and Co-op Experience: Served on co-op board for 4 years. Have also served on neighborhood association and beekeepers' association board. Member for over 25 years.

Why I Want to Serve on the Board:

- I want to give back to a great community resource that has been invaluable to my kids and me over the past 25 years.

Continued on page 2

We are
OPEN
Labor Day

8 am-6 pm

Mine. Yours. Ours: Owner News You Can Use



stronger together

Co+op Deals News

Cycle A Sales:

August 31-September 20
Special orders due September 17

Cycle B Sales:

September 21-October 4
Special orders due October 1

****All special orders must be purchased by the last day of the sale as noted above**

Some of you are and your families are continuing to adjust to a school schedule or these waning morning hours as we move into fall. Are you into a regular breakfast routine? We have many options in our both September sale cycles: non-dairy milks, yogurt (in dairy, Greek, almond, and a brand new coconut); granola and cereal; pancake mix; eggs, coconut water, superfood bars and fruit and nut bars; breads (including gluten free) and waffles; and peanut butter and fruit spread for a spot of toast that will provide good energy into the morning. Rest assured--you won't have any problem finding some good options for your new (or old) morning routine.

By September 21 we'll likely be feeling a chill in the evening air. We'll begin craving soups and warm drinks. Good thing our second sales cycle features broth, beans and tomatoes--perfect base for warm, yet light, soups for the beginning days of fall. Toast up a little Ezekiel bread on the side to add a little hearty crunch to your meal.

In Cycle B you'll also find some immune boosting Wellness products to add to your cabinet: Oscillococinum, an organic Fire Cider, and Vibrant Health Bulls Eye Immune Support. Get your body ready for the germs of winter--it will be here before we want it to be!

Owners--don't forget to order your cases of sale items by the dates above for your extra 10% off.

Board Candidate Profiles, continued

AARON SCHNEIDER

Direct Experience and Co-op Experience: Co-op board member for the last 2 years. 5+ years as a co-op owner and advocate. 10 years as a co-op patron. Also served on YMCA Togetherhood, Ash Brokerage Wellness, and NEIBF VP.

Why I Want to Serve on the Board: To promote co-op advocacy and healthy living/community.

Key Issues and How to Address Them:

- Owner Involvement
- Local/online competition

DANIEL WHITELEY

Direct Experience and Co-op Experience: 5 years as a current board member (current Vice President). Member for 8+ years.

Why I Want to Serve on the Board: The co-op represents a dying breed of locally owned and operated grocery stores where you walk in the door and everyone knows your name. I believe the co-op can not only survive but thrive as a niche local, organic grocery store in the Fort Wayne market.

Key Issues and How to Address Them: Competition--increased competition in Fort Wayne can be addressed by continued cost cuts, lower margins, specials, sales, and improved branding.

coop explorers Kid's Cooking Club Sunday, September 18, 2pm



Calling all kids! Join us for a fun hour of hands-on cooking and tasting! We'll use our "Co+op Explorers Passport" to help us discover new flavors in fruits and vegetables. Register by emailing news@3riversfood.coop. Kids preschool-4th grade are welcome.

Own it!

Interested in how being a co-op owner works? Ask a cashier for more information!

*It's easy to become an owner and you will own an equity share of a local business!
We are Co+op, Stronger Together!*

Current Co-op Membership

Total Owner Households-1,776

Total Fully Invested Households-712

New Households-2 (July 25-Aug 29)

**These numbers include Active & Inactive Owners*

Establishing a Titanium Immune System for Your Children

by Dr. Caitlin Hernandez

It's that time again...BACK TO SCHOOL! With the colder months right around the corner parents are dreading the "cold and flu" season. Most people link the new school year with exposure to lots of germs that cause sickness. In all reality that couldn't be farther from the truth. Things like nervous system interference, stress, too little rest, sugar consumption, too little sun exposure, and lack of exercise are the real culprits to suppressed immune systems in our children. This is because a strong, healthy immune system is really the determining factor in whether or not sickness and disease will rear its ugly head. When your child's immune system is strong things like the flu virus and strep bacteria will be conquered before they ever run rampant and cause a problem. So what can you do to keep your child healthy this school year?

Get your child adjusted by a

chiropractor. Consistent adjustments have been proven to boost immunity and keep the body functioning and healing at 100%. The nervous system controls every organ and function in the body. If there's interference to that system the body will NOT function and heal like it's designed to do. Nutrition and exercise are NOT a substitute for maintaining the health of your child's spine.

Help your child de-stress. Consistently do things like family yoga or game nights to give your child the time to unwind and just have fun.

Make sure your child is getting enough rest. Limit the number of after school activities and amount of time spent studying. Sleep is a necessity not a luxury. Preschool aged children (3-5 years old) need 11-13 hours per evening, school aged children (up to 12 years old) need 10-11 hours per evening, and teenagers need around 9 hours per evening.

Remove sugar from your child's diet. Even 1 teaspoon of sugar can depress the immune system for several hours. The average consumption for a child in the U.S. is a whopping 14 teaspoons per day and it's no coincidence that more children become ill during the winter months....the holiday season (sugar season)! To ensure your child is eating healthy lunches pack his or her lunch and include lots of vegetables, healthy sources of fat, and protein. Avoid sweets and refined grains.

Make sure your child is getting plenty of time outside

in the sun. Sun exposure enables our body to produce the hormone known as vitamin D3. Vitamin D3 plays a huge role in immune function due to its ability to regulate anti-bacterial peptides in the body. In the Midwest we don't get enough sun exposure during the winter months to produce adequate amounts of D3 so supplementing will allow for the maintenance of a healthy immune system by supporting the body's natural defenses.

Children need a lot of physical activity. Exercise increases the immune system's natural killer cells in the body. To ensure that your child is getting enough exercise enroll him or her in a sport, set aside special time at home to do family workouts, or purchase a family gym membership.

Chair Massage
with Lisa Borton

September 10,
10-11:30 am

MINE. YOURS. OURS.

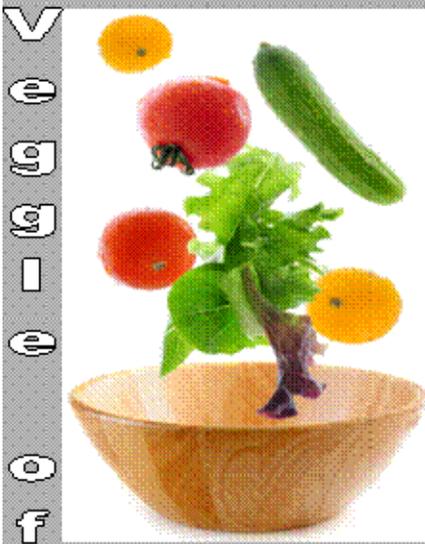
Owner Party
SUNDAY, OCTOBER 2, 8-10 pm

MEET - EAT - MINGLE - MUSIC

Looking for...
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Fort4Fitness Sept 30

Contact: news@3riversfood.coop



the month

Sweet Corn



No matter how you classify it, corn is one of the world's most important crops. Teosinte, the wild ancestor of corn, has been found in Mexico dating about 9,000 years ago. Early corn, or maize as it's also called, consisted of ears that were just a few inches in length. North American Indians, early settlers and scientists have since bred corn that's fuller, longer and undoubtedly more delicious.

Did you know that there's always an even number of rows of kernels on an ear of corn? Each of those kernels (about 800 per ear) has its own piece of silk, too, which is the style of a flower—and that explains why corn is technically a fruit, though of course we treat it like a vegetable. Just to cover almost all the bases, when corn is harvested dried, as for popcorn, it's considered a grain. Most of the corn you see growing in the United States today is field or "dent" corn (if you look at the crown of a kernel of field corn, you'll see a small indentation or dent). Yellow field corn is used mostly for animal feed, industrial purposes, like ethanol production, and high fructose corn syrup. White field corn is often milled for making food-

grade starch, paper, and foods like masa, tortilla chips and grits. Another type of corn is flint corn, commonly known as "Indian corn," which is available in the fall. The United States produces over 35% of the world's corn, and sweet corn is grown in California and in The Corn Belt: Michigan, Minnesota, South Dakota, Wisconsin, Ohio, Illinois, Indiana, Iowa, Missouri, Kansas and Nebraska. Other leading producers worldwide include China, Argentina, Brazil, France, Mexico, Romania and Africa.

The corn we grow in our gardens and pick up at produce stands and at the co-op is sweet corn, which contains twice as much sugar and less starch than field corn. According to the USDA, 1 cup of corn contains 25% of the daily requirement for iron, half of the requirement for vitamin B6, 52% of magnesium, and 32% of protein. It's also a good source of dietary fiber and the antioxidants lutein and zeaxanthin. There are hundreds of varieties of sweet corn, including Earlivee and Sundance (yellow), Gentleman and Stowell's Evergreen (white), Sugar & Gold and Honey Cream (bicolor). Varieties can differ in taste as well as color, with some more nutty, grassy, sweet or milky tasting than others.

Like the varieties to try, options for enjoying corn are almost endless. Cobs can be grilled, boiled, microwaved or steamed. Cook extra so you can cut the kernels off the cob and use them in other dishes (or pop them in the freezer for later). Corn kernels make a great addition to salads, as in this Black Bean and Corn Salad, as well as in salsas and relishes. Add them to quick breads, pancakes, stir-fries, pizzas, and

soups and chowders, like this [Chipotle Corn Chowder](#) and this [Three Sisters Soup](#), where it melds with its "sisters" squash and beans. Sweet, juicy corn on the cob is the perfect side, fresh off the grill or stove. Garnish with seasoned butters (like [cilantro cumin butter](#)) and spreads, sweetened or spiced (cayenne pepper and Parmesan is one favorite combination).

Corn goes well with most other vegetables, especially potatoes, tomatoes, onions, celery, carrots, peppers, broccoli, cabbage, avocados, zucchini, winter squash and scallions. It also complements beef, pork, poultry, tofu, tempeh, seitan and beans.

For condiments, turn to mustard, vinegar, lemon, and olive oil, and for spices, think basil, cayenne, cilantro, chives, cumin, coriander, garlic, parsley, tarragon, mint, oregano, marjoram, rosemary and thyme. Parmesan, provolone, feta, queso fresco and cream cheese also go well with corn. Ethnic cuisines can provide even more inspiration. Corn is central to Mexican cuisine, where you'll find it in tortillas, tamales, atole, posole, tacos, quesadillas and tostados. In India and Pakistan it's used to make unleavened bread, and in Italy it's made into polenta. Roasted corn kernels are enjoyed as a snack in Peru and across the globe in Vietnam.

Fresh corn rapidly loses sugar content once it's at room temperature, so if you're heading to a produce stand or market, you'll want to get your corn first thing in the morning and serve it as soon as possible - definitely within a few days. Choose husks with good green color and pale, fresh silk. The rows of kernels should be tight and not dented or discolored. If you pierce a kernel

Black Bean and Corn Salad

Ingredients

- 1 15-oz can **Black Beans**, rinsed and drained
- 1 c **Corn Kernels**, fresh or frozen (thawed)
- 1 large **Tomato**, seeded and diced
- 1 medium **Green Pepper**, diced
- 1 bunch **Green Onions**, diced
- 1T **Jalapeno Pepper**, finely chopped
- 2 cloves **Garlic**, minced
- 2 tsp **Chili Powder**
- 2 tsp **Ground Cumin**
- 2 tsp **Dijon Mustard**
- ¼ c fresh **Lime Juice** (about 2 limes)
- ¼ c **Olive Oil**
- Salt and Pepper** to taste
- 8 oz **Feta Cheese**, crumbled

Preparation

In a small mixing bowl, whisk together the garlic, chili powder, cumin, lime juice, Dijon mustard and olive oil to make the dressing. In a large mixing bowl, combine the beans, corn, tomato, green pepper, green onions, and jalapeno pepper. Add the dressing, mix well and season with salt and pepper. Top salad with crumbled feta cheese.

Serving Suggestion

This Tex-Mex favorite is right at home served with grilled fish or burgers, or add diced cooked chicken to create a Santa Fe-style salad, served on a bed of greens, in a soft flour tortilla or atop a crisp tostada shell.

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with your nail, it should produce a cloudy juice. Store your corn on the cob in the husk and keep it refrigerated until you're ready to eat it.

To remove corn silk without damaging the kernels, rub a damp paper towel along the cob. When cooking in water, don't add salt or it will toughen the kernel skins. And try cooking your corn for just a few minutes (don't boil away the flavor).

Canned and frozen sweet corn is a good way to enjoy this produce year round, though there's something special about a fresh ear of corn on the cob. Around the country, communities celebrate its arrival with festivals come harvest time in late summer/early fall. It's as if nature saved the best for last, and many would agree it's well worth the wait.

Save on sweet corn on sale on our Owner Bonus Buys this month, 5/\$5.

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Quinoa Kale Salad with Corn

- 1 1/2 c **Water**
- 1 c **Red Quinoa**
- 1 pinch **Salt**
- 4 c **Raw Kale**, chopped bout 4 ounces)
- 10 oz **Extra Firm Tofu** (or pre-baked tofu)
- 1 tsp **Tamari Soy Sauce**
- Olive or Coconut Oil Spray**
- 1 c **Corn**, frozen or canned, drained
- 2 T **Flax Oil** or **Walnut Oil**
- 2 T **Fresh Lemon Juice**
- 1/2 tsp **Salt**
- Freshly Ground **Black Pepper**

Preparation

Preheat the oven to 400°F, if baking the tofu yourself. In a 2-quart saucepan with a lid, bring water to a boil, and add the quinoa and salt. Return to a boil, then reduce to low and cook for 14 minutes, until all the water is absorbed. Chop the kale while the quinoa cooks, and as soon as all the water is absorbed, stir the kale into the hot grain to steam. Cover, remove from heat, and let stand for five minutes.

Drain the tofu, wrap in a kitchen towel, and press to remove excess water. Slice the tofu in 1/2 inch wide slabs. Spray a baking sheet with vegetable spray, place the slabs on it, and sprinkle with half of the tamari. Flip the slabs and sprinkle with the remaining tamari. Bake for 20 minutes, then turn the pieces and bake for 15 minutes more. Let cool, then cut in small cubes.

Transfer the cooked quinoa and tofu cubes to a large bowl, and add the corn. In a small cup, whisk the flax or other oil, lemon, salt and pepper and pour over the quinoa mixture. Toss and serve at room temperature, or chill to serve later. Keeps for a week in the refrigerator.

© Recipe by Robin Asbell, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop

Chipotle Corn Chowder

Ingredients

- 1/4 lb **Unsalted Butter**
- 1 **Yellow Onion**, diced
- 2 **Carrots**, diced
- 2 **Celery Ribs**, diced
- 2 cloves **Fresh Garlic**, minced
- 1 **Poblano Pepper**, diced
- 2 c **Button Mushrooms**, quartered
- 1/4 c **All-Purpose Flour**
- 1 quart **Chicken** or **Vegetable Stock**
- 2 **Russet Potatoes**, diced in 1/2" cubes
- 3 c **Corn Kernels**, fresh roasted or cooked
- 2 T **Fresh Thyme**, minced
- 1 T **Chipotle Chili Pepper**
- Pinch of **Cayenne Pepper**
- Pinch of **Ground Cumin**
- Pinch of **Salt**
- Pinch of **Pepper**
- 2 cups **Heavy Cream**

Preparation

In a large sauce pot on medium high heat, melt the butter. Add the onion and sauté for 2 minutes. Add carrots, celery and poblano pepper and sauté for 3-5 minutes until the vegetable begin to soften. Add in garlic and mushrooms and sauté briefly, then add the flour and stir well. Add the stock and simmer for 2-3 minutes. Add in potatoes and simmer for an additional 7-10 minutes. Add corn, herbs and spices and stir well. Add heavy cream, bring to a boil and then reduce heat and simmer for about 5 minutes. Garnish and serve hot.

Serving Suggestion

Garnish with fresh chopped cilantro or extra chipotle peppers. Serve with sides of sour cream, corn kernels, Cojita cheese, pico de gallo, crusty bread or tortilla chips.

© Recipe by Chris Ryding, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop

Corn Cakes with Avocado

Ingredients

- 1 1/2 c **Corn Kernels** (frozen or canned)
- 3/4 c **Milk***
- 1/2 c **Ricotta Cheese***
- 2 cloves **Garlic**, peeled and minced
- 2 T **Fresh Herbs** (basil, parsley, cilantro or chives all work well), minced
- 1 T **Smoked Paprika**
- 3/4 c **All-Purpose Flour**
- 1/4 c **Corn Meal**
- 1/2 tsp **Baking Soda**
- 1/2 tsp **Salt**
- Black Pepper** to taste
- 1 to 2 T **Oil** for cooking the corn cakes
- 1 **Avocado**, peeled and sliced or diced

Preparation

Thaw or drain corn kernels. In a large mixing bowl, blend together all of the ingredients except the vegetable oil and avocado. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Pour 2 to 3 tablespoons of batter into

the hot skillet for each corn cake. Cook 3 or 4 cakes at a time, so as not to overcrowd the skillet. Cook the corn cakes for 2 to 3 minutes on each side, flipping when the edges become firm. Keep cooked corn cakes in an ovenproof dish in a warm oven until all the cakes have been made. Serve warm with avocado and your favorite prepared salsa.

Serving Suggestion

A tray of warm corn cakes served with bowls of chopped avocado, lime wedges, sour cream and salsa makes a great Game Day snack. These are also a delicious side with pulled barbecued chicken or pork, or baked tofu with Southwestern spices.

*Make this dairy free by substituting your favorite non-dairy milk and ricotta.

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Join us for
DINNER & A MOVIE

Featuring the documentary
In Organic We Trust
FRIDAY, SEPTEMBER 23, 7 PM

We can no longer stomach our food system. It's killing more and more Americans and costing billions in health care. 78% of Americans eat some organic food because they think it's healthier.

When "organic" became a brand, everything changed. Small local farmers couldn't keep up with demand and big corporations went into the business. The philosophy and the label grew apart. So is "Certified organic" the answer?

This film looks beyond organic for practical solutions for me and you. Dedicated activists, chefs, and local farmers are building a truly sustainable future for all of us. Get involved. Eat different.

Hot bar, salad bar, and café selections available for purchase.
Discussion will follow.



This Just In!:
New & By Special Request



Have a kiddo with nut allergies? We are now stocking two **Peanut Free Granola Bars** from **EnviroKidz**. They are also gluten free, organic, non-GMO! Find them on the shelves near cookies and cereals in **Chocolate Chip** or **Strawberry**. A perfect fit for a lunchbox or after school snack. Bonus--every time you an EnviroKidz products, 1% of the sales are donated to support endangered species, habitat restoration, and environmental education for kids worldwide.

Aura Cacia expanded collection of DIY **Essential Oil Blends**, just in time for the Sept/Oct coupon. These blends are designed to eliminate the cost of buying multiple essential oils when making your own body care products. Find all 13 blends with our other essential oils in Wellness.



Lily's Chocolate Bars are sweetened with the zero calorie, all natural sweetener Stevia. Prized for its many health benefits, Stevia has sweetened foods and beverages, for centuries. Use of Stevia gives Lily's a natural richness and a lot fewer calories. The **Creamy Milk** bar joins the coconut and original dark bars we have been carrying. Not a fan of the aftertaste that sometimes accompanies Stevia? You won't find that in these delicious bars.

Other new products to hit the shelves recently: many super food bars including Manitoba Harvest Hemp bars, Lara Superfood Bars, Navitas Super Maca and Go Raw Cinnamon Spice; Inka Plantain chips in 4 oz bag; and Alden's Orange sorbet in 48 oz container, on sale for the first round of sales (thru September 20) this month.

Three Rivers Co-op
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Fort Wayne, IN 46808
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www.3riversfood.coop

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Want more? Owners can sign up for our owner only newsletter to get unadvertised specials, deli menus, fliers, and info about events. Non-owner shoppers can receive a monthly newsletter as well. Send an email to news@3riversfood.coop or visit our webpage at www.3riversfood.coop/newsletter/



Have a product you'd like to pose with? Perhaps the roving reporter will find you and snap your pick!



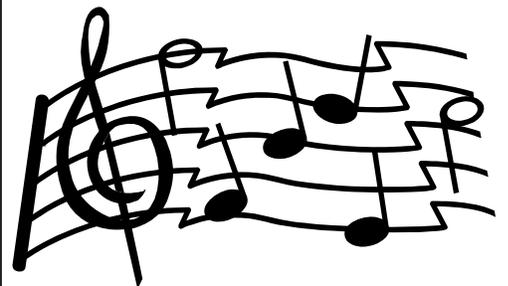
Long time owners **Robin** and **Pancho** were in for shopping after a long week. Choosing the **Deli Hot Bar** is a relief as it is the "best I-don't-have-to-cook-meal ever!" Dessert was to follow--a co-op **Flourless Peanut Butter Chocolate Chip Cookie** and a mouthwatering **Banana Nut Cupcake** were chosen for their *salubrious* properties making their dinner both nutritious and delicious!

**OCTOBER IS OUR
40TH ANNIVERSARY!**

Watch for news about events and plans for our birthday month!



The **Ortiz Family** has been "learning how to be healthier." Because "pure is better," they choose **Seven Sons Local Eggs** and **Kalona Supernatural Milk** because "they're organic and natural." Their kiddos were munching on the free fruit from our Co-op Explorers basket. Looks like they are well on their way to a healthier family!



Music in the Café

These jam sessions are open to the public. Novices welcome. Come play or just listen.

September 6, 6:30-8:30 pm

1st Tuesdays

Southern Appalachian
Fiddle Music Jam
(NOT bluegrass)

September 20

6:30-8:30 pm

3rd Tuesdays

Traditional Irish Music Jam



(260) 424-8812 September 2016

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