



3 Rivers Food Coop

November 2016

Currents



The Perfect Pie Crust

I've always loved pie, in particular my Aunt Susie's apple pie. When I was a kid she would bake one, wrap it up and give it to me for my birthday. Did I sit around the dinner table and share the delicious pie with my family? Absolutely not. I would literally hide it under my bed, devouring a slice before school, another after school and usually one more before bed...then repeat. That's how good it was (and still is!).

Pie is one of those all-American, all-seasons treats that is always better homemade. It is also incredibly versatile. The size, shape and design can be tailored to the baker's own liking and creativity and the fillings can be easily changed to reflect the ebb and flow of the seasons.

The 3:2:1 pie dough ratio

To my delight, when I was in culinary school, how to make a proper pastry crust was the very first skill I learned. The most flaky, tender crust comes down to a simple 3:2:1 ratio of ingredients—flour, fat, water—no actual recipe needed. Once I understood 3:2:1 pastry crust (which isn't hard, I promise) I had the foundation for not only pies, but also tarts, galettes, pot pies, hand pies and more.

The "3" in this ratio is flour. I like to use pastry flour because it contains less gluten than all-purpose flour and therefore creates a more tender crust, but all-purpose flour will work just fine if that's what you have on hand. The "2" is fat. Butter is the most common type of fat used, but other solid fats will work as well. Lard produces some of the flakiest crusts I've ever tasted and I've successfully used coconut oil to create a vegan crust. I've even substituted chicken or bacon fat for a portion of the fat amount in savory applications. Whatever fat you choose, it must be cold and solid (no liquid oils as they don't create the necessary air pockets for a light, flaky crust). The "1" is ice cold water. Not much to explain here, but I will say that I dissolve

about 1/4 teaspoon of salt per batch to make the water extra cold.

So, now what? The amounts in the 3:2:1 ratio refer to the weight (e.g. 3 oz. flour, 2 oz. fat, 1 oz. water). With those exact measurements you *could* make a pie crust, but it would be quite small. To know exactly how much dough you need you must first know how big your pie pan is. A basic rule of thumb: one inch of pan equals one ounce of dough. Since all of my pie pans are nine inches, I almost always say that one batch is nine ounces, giving me the following recipe.

Pie dough recipe by weight

4.5 ounces flour + 3 ounces fat + 1.5 ounces water + 1/4 teaspoon salt = 9 ounces

How did I come up with those amounts? There's a little math coming your way, so bear with me. We need a total of 9 ounces, and we're dealing with 6 parts total (3 parts flour + 2 parts fat + 1 part water), so:

$9 \text{ oz.} / 6 \text{ parts} = 1.5 \text{ oz.} / \text{per part}$

Which means:

$3 \times 1.5 \text{ oz} = 4.5 \text{ oz flour}$

$2 \times 1.5 \text{ oz} = 3 \text{ oz. fat}$

$1 \times 1.5 \text{ oz.} = 1.5 \text{ oz. water}$

And that's your recipe. If you're making a pie that requires a top crust, just double the recipe

I was never a star student in math class, so if you need to digest that a bit, I totally understand. Take a moment...

So what if you don't happen to have a kitchen scale? Never fear. One cup of flour weighs roughly 4.5 ounces. How convenient! And 1 ounce equals 2 tablespoons. With this in mind, here's the same recipe as above for a single batch.

(continued on page 3)

CLOSED
THANKSGIVING DAY
THURSDAY, NOVEMBER 24

Have a Happy Thanksgiving!

Mine. Yours. Ours: Owner News You Can Use



Thanks to all our owners who came out for our **Annual Owner Appreciation Event!** It is always fun to see you in a social setting--greeting one another as friends and co-operators! Our evening included food, a speech from Janelle, our General Manager, and a chance to get 40th anniversary swag bags while casting a ballot for the new board members. Voting does not close until the 31st--we'll have information about your new board members to you in our weekly e-newsletter as well as in the December monthly *Currents*. There were some connections with possible board appointees made the evening of the party--we're hoping the board will be running at full directors!



The Word on the Bird

- **Organic Frozen Turkeys:** Organic Prairie turkeys are available at \$3.99/lb. They will range from 10-16 lbs each. Last delivery will be 11/19. Pick up early for the best selection.
- **Plainville Free Range Turkeys:** 12-20 pounds for \$2.39/lb. These are first come first served.
- **Gunthorp Farms:** fresh and local turkeys will again be available for PRE-ORDER ONLY. These turkeys range between 15 and 21lbs and are \$3.75/lb. Orders are due 11/17 and will be available for pick up Tuesday afternoon (11/22) & Wednesday (11/23).
- **Vegetarian/Vegan Options:** Tofurky returns in Roast, Feast and gravy; Field Roast Celebration Roast, and the Quorn roast.

coop explorers

Kid's Day at the Co-op!
Saturday, November 26, 11-4



Calling all kids!
This day's for you!

From 11-3: Balloon Animals, Face Painting, Scavenger Hunt

- Kid Food Favorites in the Deli and at the Sampling Stations
- **And a kid friendly interactive concert at 3 pm!**

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-1,772
Total Fully Invested Households-601
New Households-7 (Sept 20-Oct 25)
**These numbers include Active & Inactive Owners*

coop™ deals

Cycle A Sales:

November 2-15

Special orders due November 12

Cycle B Sales:

November 16-30

Special orders due November 26

All case orders must be purchased by the last day of the sale as noted above.

See our website, app, or in-store display for the full Co+op Deals flyer.

Music in the Café featuring elle/The Remnant

Friday, November 19, 6:30-8:30

elle/The REMNANT is Fort Wayne's premier all-female indie-folk band. We seek to define our roots with orchestral sounds, Celtic-inspired melodies and true folk rhythm, drawing inspiration from nature, literature, individual spiritual struggle, and a constant pull toward something greater than themselves. This is the band's first time at the co-op!

Produce Tasting Days

Not sure what to include on your holiday table? Stop by our Produce Department to sample the different tastes in the same fruit (apples) or veggie (sweet potatoes). We'll serve up a side of ideas and recipes to help you plan your spread!

Sweet Potatoes: Monday, November 7th, 1-5 pm

Heirloom Apples: Wednesday, November 9th, 4-6 pm

Holiday Deli Treats:

- New England Pumpkin Bread & Pumpkin Rolls (loaves & slices)
- Pecan & Pumpkin Pies (single slice or whole)
 - Cheese Spreads
 - Gluten Free Goodies

Signature Products

While they last, find co-op exclusive products on our shelves:

- A roasted-just-for-us Sumatran/Nicuragan/Honduras blend of fair trade beans from Old Crown
- An exclusive fermented-just-for-us apple spice kombucha from *Crossroads Kombucha*

HOLIDAY ARTIST BOUTIQUE

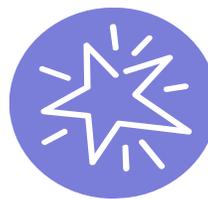
Shop our local artist boutique while listening to live music! Featuring:

Annie Bishop • Diane Groenert • Rachel Kelly • Susie Suraci • Janelle Young

SATURDAY, DECEMBER 3, 10 am-8 pm

SAMPLE • LISTEN • SHOP • MINGLE

First Friday Readings



November 4,
7:30 pm

Pie dough recipe by measurements

1 cup flour + 6 tablespoons fat + 3 tablespoons water
+ 1/4 teaspoon salt

How to mix pie dough

Now let's talk method. The most important step is cutting the cold fat into the flour. If you don't do this, you'll lose the flakiness, which, for me, makes pie worth every single calorie. The easiest way to do this is with a food processor. Add your flour and then your cold fat (cut up into smaller tablespoon-size chunks). Now pulse the machine until the mixture creates pea-size pieces of fat evenly distributed throughout the flour. With the machine running, stream in your water until the mixture forms a dough. You may need to add slightly more water if your mixture is too crumbly, but don't add too much more or your crust will turn out tough. A little crumble is what you're looking for and the uglier the dough, the better it tastes.

If you don't have a food processor, you can cut your butter using a pastry blender, two butter knives (using the simple scissor cut method). Just put your flour in a bowl, add your cold butter or other fat and start cutting away until you get those pea-size pieces. Then make a well in the middle of your mixture, add your water and combine by hand until a dough forms. Done!

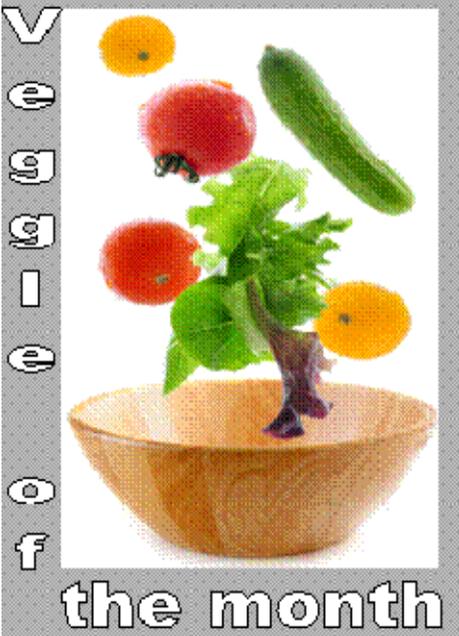
Chill pie dough before using

Well, almost...if you're just making a single batch, form the dough into a disk, wrap it up and place it in the fridge to chill for at least an hour. If you're making a double batch, divide the dough in two and do the same thing. What do I do? I make a gigantic batch (usually six or seven at a time), wrap them up tightly in single, nine-ounce disks and keep them in the freezer for future use. When you need one, pull it from the freezer and thaw it in the refrigerator overnight.

Authored by Megan Dorn for Stronger Together. Reprinted by permission from StrongerTogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogether.coop.

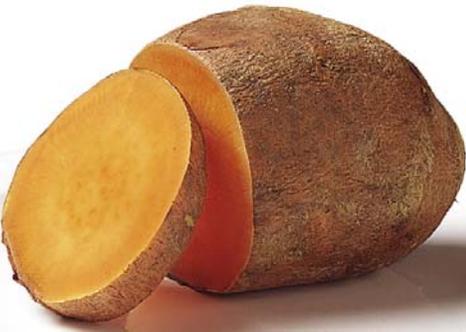
Sample Local Saturday with Food Snob

Saturday, November 12, 10 am-1 pm



Sweet Potatoes

From Co+op, Stronger Together



Do you think of sweet potatoes only as a delicious and nutritious vegetable? George Washington Carver begged to differ. While most well known for his peanut research, the American botanist and inventor also developed over 100 products using sweet potatoes, including sizing for cotton fabrics and a glue for postage stamps.

The recent resurgence in popularity of the sweet potato is thanks to its taste and nutritive value, rather than its manufacturing uses. In 2000, each American ate an average of 4.2 pounds of sweet potatoes. In 2014, we increased consumption almost 80 percent, to 7.5 pounds that year. Still a far cry from the 1943 number of 21.7 pounds, but on the upswing nonetheless.

Sweet potato cultivation dates back to prehistoric Peru. In the United States, they were grown by Native Americans, followed by colonists throughout the southern states. The residents of Benton,

Kentucky, are long-time fans; they've been honoring the sweet potato in their Tater Day Festival—complete with parade, carnival, canning and cooking competitions—since 1843.

Though the terms are often used interchangeably, the sweet potato and yam are two entirely different plants. Sweet potatoes, with their smooth, thin skin, are in the morning glory family while rough, scaly yams are related to lilies. The yam has drier, starchy flesh, while the sweet potato is, well, sweeter and moister. And sweet potatoes are generally grown in the U.S., while yams are imported from tropical areas.

Just to confuse matters, "yam" is also sometimes used for sweet potatoes that are grown in Louisiana, where growers dubbed the orange varieties they adopted from Puerto Rico "yams" to distinguish them from other sweet potatoes grown in the States. Take note to be in the know: The "yams" you see in the produce aisle are more likely sweet potatoes.

Rated by The Center for Science in the Public Interest as the most nutritious vegetable, sweet potatoes are high in vitamins A and C and antioxidants, an excellent source of potassium and a good source of dietary fiber.

The yellow/orange-fleshed varieties are highest in beta-carotene (an antioxidant that converts to vitamin A in the body), and the purple-fleshed varieties are high in anthocyanins (another antioxidant). By the way, the deeper the orange flesh color,

the richer the beta-carotene content. Despite its name, the sweet potato has a low glycemic index.

For maximum nutrition, eat the skin as well as the flesh, unless the potatoes have been waxed, in which case you may want to peel them. (Sweet potatoes and some other fruits and vegetables are sometimes waxed to improve shelf life and make them more "attractive." They should be labeled as such. These wax coatings meet FDA food additive regulations for safety, but you may prefer to avoid them.)

There are three types of common sweet potatoes: orange, white and purple. Orange varieties include Jewel (the most commonly sold commercial variety), Garnet, Beauregard, Covington, California Gold, Carolina Ruby, Evangeline and Hernandez. Those with purple flesh include Agena, Japanese Purple, Korean Purple and Mokuau. White flesh varieties include Murasake, Oriental and O'Henry. For a descriptive chart of sweet potato varieties, visit the North Carolina Sweet Potato Commission website (<http://www.ncsweetpotatoes.com/sweet-potatoes-101/sweet-potato-varieties/>).

There are also dry-fleshed or firm sweet potatoes, often used in Asian and East Indian cooking. Varieties of dry sweet potatoes include Kotobuki, Okinawa, Yellow Jersey and Hanna.

The nutty, creamy taste of sweet potatoes shines in both sweet and savory dishes. You'll find them in gratins and other casseroles, soups and stews, salads, curries,

Sweet Potato & Greens Gratin

Ingredients

- 2 lb **Sweet Potatoes**, peeled and sliced about 1/4-in thick
- 1/2 lb **Kale or Swiss Chard**
- 1 tsp **Smoked Paprika**
- 1 tsp **Chili Powder**
- Salt**
- Black Pepper**
- 4 T **Butter**, melted
- 1 1/4 c **Heavy Cream**
- 1/4 c **Shredded Parmesan** or **Smoked Cheddar Cheese**

Preparation

- Preheat the oven to 375°F and butter or oil a 9 x 13-inch casserole dish.
- Wash, shred and blanch the kale or chard for 3 minutes in boiling water; squeeze out any excess liquid. Line the bottom of the casserole dish with half of the sweet potato arranged in a single layer, with slices overlapping slightly. Sprinkle with half the smoked paprika, half the chili powder and

a pinch of salt and black pepper. Spread half of the kale or chard evenly over the sweet potatoes. Drizzle with half the melted butter. Repeat with another layer of sweet potatoes, spices, kale or chard, and butter. Pour the heavy cream evenly over the top.

Cover with aluminum foil and bake for 30 minutes. Remove the foil, sprinkle the cheese evenly over the gratin, and bake another 10-15 minutes until bubbly and the cheese is just beginning to brown. Serve warm.

Serving Suggestion: A vitamin-rich alternative to scalloped potatoes, this casserole is a hearty accompaniment to roasted poultry or ham, or served atop baked polenta. If you're serving roast beef or turkey, try substituting smoky shredded Cheddar for the Parmesan.

quick breads, pies, cookies and cakes.

Bake sweet potatoes whole (like baking potatoes), slice in half, and top with scallions, sour cream, crumbled bacon or sautéed mushrooms for a new version of an old favorite; or try a topping of stewed black beans and tomatoes seasoned with cumin and coriander.

Roasted sweet potato wedges make a perfect side for burgers or hefty sandwiches, and a maple drizzled cranberry sweet potato bake will wow as a side to turkey.

For updated comfort, combine sweet potatoes with coconut milk, maple syrup, nutmeg and pecans in a sweet potato casserole. Instead of the usual scalloped potatoes, try this Sweet Potato and Greens Gratin, featuring kale or Swiss chard, Parmesan and lively seasonings.

For an ethnic treat, Sweet Potato Maafe is a vegetarian version of a popular West African dish, with a robust peanut and tomato sauce that's traditionally served over rice or couscous.

Sweet Potato Bread is richly flavored and deeply colored. Serve it warm with honey cream cheese and your favorite tea. And the next time the occasion calls for pie, try this fun Sweet Potato Upside Down Pie with a pecan bottom. . . er, top.

Luckily, sweet potatoes are available year round, though peak season is September through December. Look for specimens with even coloration, free of cracks, bruises and soft spots. Note that small to medium specimens are often less starchy than larger ones. (Lower starch means lower carbohydrate content and also makes for better crispy potatoes, as for fries, hash browns or chips. Higher starch content results in a fluffier, softer texture, which you may prefer for mashing.)

Store sweet potatoes in a dry bin (not in the refrigerator) for up to two weeks. Before cooking, scrub the skin and trim any bruised or woody pieces. Use a stainless steel knife when cutting because carbon will darken the flesh.

Visit our Produce Department on Monday, November 7th, 1-5 pm to taste the varieties we carry!

Sweet Potato Bread

Ingredients

- 1/2 c **Sugar**
- 1/2 c **Brown Sugar**
- 1/2 c **Oil**
- 1 tsp **Vanilla**
- 2 **Eggs**
- 1 c **Sweet Potatoes**, cooked & mashed
- 1 3/4 c **All-Purpose Flour**
- 1 tsp **Baking Soda**
- 1/2 tsp **Salt**
- 1/2 tsp **Allspice**
- 1/2 tsp **Cinnamon**
- 1/3 c **Water**

Preparation

- Preheat oven to 350 degrees F. Oil a 9 x 5 loaf pan.
- In a mixing bowl, whisk the flour, baking soda, salt, allspice and cinnamon together.

In a separate mixing bowl, beat the sugars and vegetable oil until the sugars are dissolved and smooth. Add the vanilla and mashed sweet potatoes and blend well. Stir in half of the flour mixture. Add the water and eggs and stir well. Add the remaining flour mixture and blend well. Pour into the loaf pan and bake for about 1 hour. Test for doneness by poking the center of the loaf with a skewer or toothpick. The skewer should come out clean. Let the loaf rest for about 15 minutes before turning it out of the pan.

Serving Suggestion: This quick bread goes well with milk, chai tea or coffee as a mid-day treat. Try a slice with a smear of cream cheese and some fresh fruit for breakfast.

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Sweet Potato Maafe

Ingredients

- 1 lb **Sweet Potato**, peeled and cubed (or substitute boneless chicken breast)
- 1 small **Yellow Onion**, diced
- 1/4 c **Peanut Oil**
- 2 c **Vegetable Stock** or **Chicken Stock**
- 1 **Tomato**, diced
- 2 **Carrots**, peeled and chopped
- 2 **Turnips** (or other root vegetable), peeled and chopped
- 1 T **Tomato Paste**
- 1/3 c **Smooth Peanut Butter**
- 1/2 head **Green Cabbage**, chopped
- 1/8 tsp **Cayenne**
- Sea Salt** and **White Pepper** to taste

Preparation

In a large skillet, saute onion and sweet potato until browned. Add carrot, turnip, tomato, and broth and bring to a boil. Lower heat and simmer until carrots are soft. In a small bowl, whisk together the tomato paste and peanut butter with a little hot broth. Add peanut butter mixture to pot along with cabbage and stir to combine. Add cayenne and season to taste.

Serving Suggestion: Serve over rice or couscous.

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Sweet Potato Upside Down Pie

Ingredients

- Topping**
- 1 heaping cup pecan halves
- Olive oil spray
- Filling**
- 1 1/2 cups cooked, cooled, peeled and chunked sweet potato* (approximately 1 large sweet potato)
- 2 large eggs
- 1/4 cup maple syrup or 1/4cup brown sugar plus 1/4 cup milk or nut milk
- 1 tablespoon pumpkin pie spice
- 1/4 teaspoon salt
- 1 teaspoon vanilla

Preparation

- Preheat oven to 350°F.
- To prepare nut topping, lightly oil or spray a 9 inch glass pie pan. Arrange pecan halves attractively to completely cover bottom of pan (kids love to do this).

To prepare filling, mix together remaining ingredients using blender, food processor or mixing bowl and hand mixer until ingredients are fully blended and mixture is smooth and thick. Gently spoon filling into pie pan being careful not to disturb the arrangement of nuts. Cover nuts completely with filling and use a spatula to even out filling surface. Bake 45 minutes, or until blade of sharp knife comes out of filling clean. Remove from oven and cool. When completely cool, run knife around edge of pie pan to release sides. Place a large plate on top of the pie and invert. You now have a lovely sweet potato upside-down pie with a pecan garnished top! Serve plain or with whipped cream.

Serving Suggestion: Serve over rice or couscous.

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Join us for
DINNER & A MOVIE

Featuring the documentary
The Last Crop

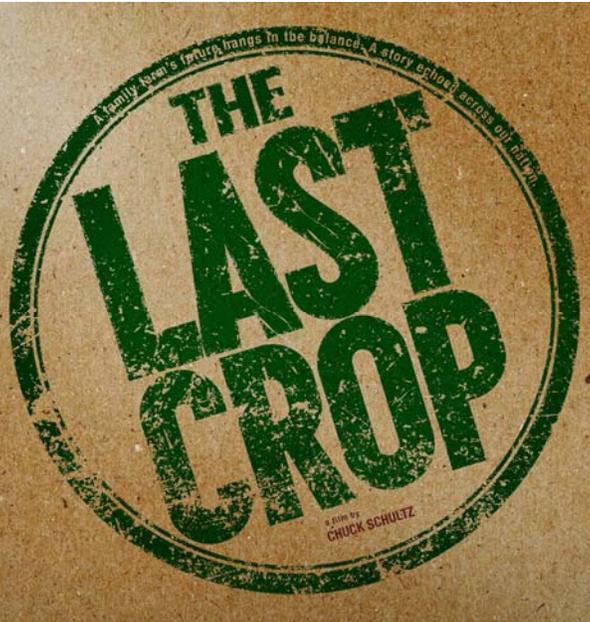
FRIDAY, NOVEMBER 11, 7 PM

The Last Crop is an intimate exploration into the lives of small family farmers Jeff and Annie Main of California's Central Valley. The film follows these organic pioneers' ten-year pursuit to ensure that a farm need not be imperiled at the end of every generation. Theirs is a story that is being echoed on farms across our nation as our aging farming population faces retirement. What sets the Mains apart is their resolve to create an alternative for their farm's succession that ensures its productivity and affordability for their children or any future farmer.

"You look at all the farms out there that you pass by and you wonder, if they're not a family farm and there is no family to pass it on to, what's going to happen to it?" - Annie Main

Hot bar, salad bar, and café selections available for purchase.

Filmmaker Chuck Schultz will be present for the discussion following the screening!



Chair Massage
with Lisa Borton

November 12,
10-11:30 am

This Just In!:
New & By Special Request

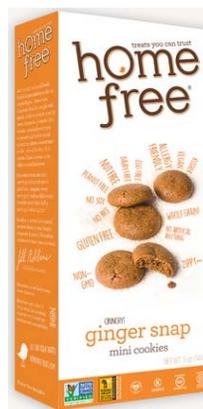


You'll find beautiful **African Market Baskets** scattered throughout the store. These baskets are from a company working directly with artisans in Bolgatanga, Ghana. Proceeds from the sale of the baskets help to provide healthcare, education and financial support to over 1,000 African villagers and their children. A perfect gift for a friend (or yourself)! (\$28.99-\$49.99)

Holiday teas are in stock! **Celestial Seasonings** usual assortment is near our bulk coffee section and is available in Caramel Apple Dream and Sweet Harvest Pumpkin. Winter flavors will be available soon! After a two year absence **Stash Teas** in holiday flavors are back! Find the Maple Apple Cider (herbal) and the Pumpkin Spice (decaf) ready to have your taste buds twitching with flavors of fall. Other holiday beverages are Rice Nog and Westsoy peppermint drink and in the refrigerator: Organic Valley egg nog, Calafia almond nog or pumpkin spice cold brew, Silk almond nog. We also have Simply Organic Mulling Spice to add to your apple juice or cider. Happy sipping!



New to our **fall/holiday dessert** options: **Home Free** gluten free cookies in ginger snap or sugar; **Hail Merry** egg nog mini tarts, **Talenti** ice cream in peppermint bark or egg nog. **Angie's Kettle Corn** will again be available in the chocolate drizzle flavors. These were a hit last year and we can only assume you'll gobble them up again--perfect to set out on your snacking table for your Thanksgiving grazers. Love pumpkin and spice but don't think baking from scratch is nice? Give the Rudi's Pumpkin Bread (in loaves) a try toasted. Or Pamela's spice cake or pumpkin bread are quick to the oven as they are ready to bake after a quick mix with just a few ingredients.



Other notable products:

- We have two new wines from Pacific Redwood: Organic Syrah (\$11.69) and Organic Red (\$8.99)
- Divine chocolate coins
- Evolution Salt Lamps will be back and are on sale in November! Many of you appreciated the low price last year.

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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/



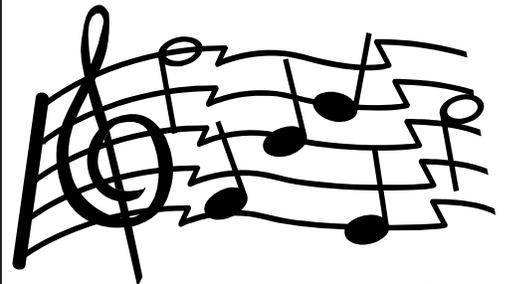
Have a product you'd like to pose with? Perhaps the roving reporter will find you and snap your pick!



Newish mom **Shelby** is glad to have found a quick and easy meal ingredient as juggles life with five month old **Vincent**. The **bulk Black Beans** from Fantastic Foods are so easy to make! "I can use them for anything from refried beans and rice to enchiladas! I'm all about quick and easy and these are full of nutrients." she says about these dehydrated beans. These make an excellent dip and even a thicker black bean soup base! Just add hot water and your imagination!



Amy Jo is a recent fan of **Crossroads Kombucha** in **Blueberry Sage**. "It's the sweetest, fullest flavor of every kombucha and I've tried every brand!" she says about the first flavor of Crossroads she's tried. She was excited to discover that Crossroads is local AND she can get \$1 off when she brings back her bottle to be reused!



Music in the Café

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

November 1, 6:30-8:30 pm

1st Tuesdays

Southern Appalachian
Fiddle Music Jam
(NOT bluegrass)

November 15

6:30-8:30 pm

3rd Tuesdays

Traditional Irish Music Jam



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