



3 Rivers Food Coop

February 2017

# Currents



## Eat Up!: Foods for a Healthy Heart

Globally for decades, the number one cause of death has been heart disease. That works out to 31% of deaths. It's a fairly even split between men and women although the focus on education has tended to be on men.

You likely know that there are connections from diet, tobacco use, alcohol consumption, regular physical activity, and stress level to heart issues. And you may already have a sense of what foods to avoid--greasy foods, meals high in "trans" fats, and items high in salt or added sugar. But even avoiding all of those food categories won't get you to high heart health. Read on for a few simple food additions that will boost the health of your ticker.

**Chia Seeds** have one of the highest plant sources of essential fatty acids. They contain calcium, manganese, and phosphorus, and are a great source of healthy omega-3 fats. They also help to reduce blood pressure, stabilize blood sugar, and boost metabolism. One ounce of chia seeds contain 12 carbohydrates, 11 of which are fiber. This (along with their absorption of water) will help you maintain a sense of fullness long after eating them. *Tip: Add them to your breakfast (smoothie, yogurt, oatmeal) to get you through the morning.*

**Broccoli:** Researchers have found evidence that eating a cup of leafy greens a day is good for your heart as a chemical in broccoli and leafy green vegetables could protect the

heart by preventing the blocking of arteries. Broccoli has detoxifying and anti-inflammatory effects, and is an excellent source of Vitamin C. *Tip: Enjoy broccoli raw (see recipe above), steamed, roasted, with pasta, or even as part of a pasta sauce.*

**Oatmeal:** Full of omega-3 fatty acids, folate, potassium, and soluble fiber, oatmeal can lower the level of bad cholesterol as well as help keep your arteries clear. To get the full effects of this versatile whole grain, opt for coarse or steel-cut oats rather than instant. *Helpful Hint: Oatmeal can be topped with just about any kind of fruit, but it works as a savory dish as well. See the recipe above for a switch to bring oats to your dinner table.*

**Apples:** An apple a day will keep the doctor away! Consumption of apples can slash your heart disease risk nearly in half. Researchers at Ohio State University found that eating one apple every day for just four weeks can lower blood levels of oxidized low-density lipoprotein. Studies also show that eating apples daily appears to lower cholesterol levels as well as plaque and inflammation levels. *Tip: Our variety of apples (including heirlooms) will help eliminate the monotony of eating the same food every day. Try them in your oatmeal or in a smoothie or fresh juice. Try for dinner in the Winter Squash and Apple Bake on the StrongerTogether.coop website.*

**Sweet Potatoes** are high in Vitamins A, B5, B6, thiamin, niacin, and riboflavin. And as evidenced by their natural orange color, they are high in carotenoids. Vitamin B6 helps reduce the chemical homocysteine in our bodies. Homocysteine has been linked with degenerative diseases, including heart attacks. They are rich in vitamin D, critical for immune system health as well as thyroid support. *Tip: Try them roasted, pureed, steamed, baked, or even grilled. Add them to soups and stews or as part of a salad or wrap. Sweet potatoes can even be added to smoothies or baked into brownies!*

(Continued on page 3)

### Quinoa Salad with Sweet Potatoes & Peppers

#### Ingredients

1 ½ c **Sweet Potato**, cubed (about 9 oz)  
1 c **Quinoa**  
1 ¾ c **Water**  
½ tsp **Salt**  
½ large **Yellow Bell Pepper**, chopped  
4 large **Scallion**, minced  
2 T **Honey**  
2 T **Fresh Lemon Juice**  
3 T **Extra Virgin Olive Oil**  
**Black Pepper**, freshly ground, to taste

#### Preparation

Cut the sweet potato in ¾-inch cubes, so they cook evenly. In a one-quart pan, combine the sweet potato, quinoa, water and salt and bring to a boil over high heat. Cover and reduce the heat to low, and cook for 15 minutes. The water should be absorbed, and the sweet potato should be tender when pierced with a knife. If the sweet potato is not soft, add a few tablespoons water and leave on low heat, covered, for 5 more minutes, then test again. Keep covered and allow the quinoa and sweet potato cool. Chop the pepper and scallions. In a cup or small bowl, whisk the honey, lemon and olive oil. Once the quinoa and sweet potato mixture is cooled, add the bell pepper, scallions, dressing, and freshly ground black pepper. Toss to mix. Serve at room temperature or chill and serve. Keeps up to a week in the refrigerator.

# Mine. Yours. Ours: Owner News You Can Use

## We need YOU!

One of the benefits of being an owner is a chance to get involved in your co-op as a volunteer in return for a savings of 10%. One of the major roles volunteers play in the store is the staffing of our sampling station at the back of the store. We schedule volunteers to greet you and tell you a little about a featured recipe or sale item that takes a bit of preparation to serve. These shifts are 2 hours and do require a weekly commitment. Think you'd like to fill a volunteer slot? Contact Alisha, Produce Manager, in-store, via phone (424-8812) or by email at [produce@3riversfood.coop](mailto:produce@3riversfood.coop) for more details.

## BECOME AN OWNER! WHAT ARE YOU WAITING FOR?



Many of you have heard the question, "are you an owner?" countless times at the register and just answer "no" without having all the information on what being an owner means. While buying in to a local business is reason enough, there are also monthly owner savings, a discount on case orders, and a chance to volunteer (see above) for an extra 10% off. You also get the awesome goodie bag pictured to the left. It includes a reusable bag, a co-op pen, a magnet, conversion table ruler, I ♥ my co-op sticker, welcome coupon to share with a friend, plus a sheet of coupons on items we carry in the store. These coupons change quarterly and the sheet for January-March includes savings totaling \$11.30! You can get started with an equity payment of just \$25 plus the annual \$12 fee (\$37 total). With \$11.30 in coupons you receive immediately you'll be over 1/3 toward making back your investment! Go Co-op! Ask a cashier for details on how to get started.

## 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-1,790

Total Fully Invested Households-727

New Households-10 (Dec 27-Jan 27)

\*These numbers include Active & Inactive Owners

## coop™ deals

### Cycle A Sales:

February 1-14

Special orders due February 11

### Cycle B Sales:

February 15-28

Special orders due February 25

Heart healthy foods abound in this month's Co+op Deals flyers. In flyer A you'll find R.W. Knudsen Juices, probiotic rich kefir and yogurt in dairy (Wallaby, Siggis, Brown Cow), lactose-free (Green Valley), and non-dairy (Good Karma, Almond Dream), Spectrum Fish Oil, and Bionaturae tomato products. Garden of Life Dr. Formulated Probiotics Once Daily are a probiotic supplement featured in Wellness. In the bulk area you'll find walnuts, hailed as the number one nut for heart health due to their level of antioxidants, and dried cranberries, rich in heart healthy unsaturated fats.

In the second half of the month find heart healthy picks like Muir Glen tomato products, more probiotic rich yogurt and kefir picks from Noosa, Lifeway, So Delicious, Organic Valley, and Greek Gods. Nordic Naturals Ultimate Omega and Natural Factors CoQ10 are heart health boosting supplements featured in our Wellness Department. Looking for a good grain for breakfast or a stir-fry base? Try quinoa, available from our bulk bins. Also in the bulk bins are Navy Beans. Fiber rich like all beans, navy beans in particular supply folate and magnesium.

And Valentine's Day calls for chocolate, of course! Find Justin's, Theo, and Taza on sale in Cycle A. Give your sweeties a bit of sweet deliciousness with goodies from these fair trade brands.

As always, owners save an extra 10% products ordered by the case, even those on Co+op Deals or Owner Bonus Buys. Cases are most often in quantities of 6 or 12. Go Co-op!





January – February 2017

## Savings in at Your Co-op

The January-February edition of the Co+op Deals coupon book is packed with savings on awesome products available at the co-op. Stop by the co-op today to save on brands like Garden of Life, Aura Cacia, Organic Valley and Blue Diamond. Whether you're restocking the pantry, preparing the kids for their return to school or looking for ways to support your New Year's resolutions, this edition of the Co+op Deals coupon book is loaded with great deals on even greater products. Coupons are valid through February 28, 2017.

For videos, meal inspiration and planning ideas visit [StrongerTogether.coop](http://StrongerTogether.coop).

## First Friday



## Readings

February 3,  
7:30 pm

Featuring readers  
Steve Zimmerman  
& Lauri Higi

(Heart Healthy Foods, continued from page 1)

**Walnuts**, rich in antioxidants, are known as the #1 nut for heart health. Just 1 oz or about 14 walnut halves contains the antioxidants you'll likely consume in fruits and vegetables in a day. Like all nuts, walnuts are also contain some of these heart healthy substances: unsaturated fats, Omega-3 fatty acids, fiber, vitamin E, plant sterols, and L-arginine. *Tip: Add ground walnuts to granola or yogurt for a power breakfast. Puree with cooked lentils and spices with enough oil to make a dip served with pita chips or crackers. Find bulk walnuts on sale the first half of February*

**Probiotics:** Gut health has been in the holistic news as of late, touting the benefits of probiotics in sauerkraut and other fermented foods. Beyond the gut, these itty bitty bacteria can also aid in heart health. That increased gut health is strongly connected to the heart by lowering cholesterol, increasing vitamin D, and reducing blood pressure. Some research shows that increasing probiotic consumption is more beneficial than taking a multivitamin! *Tip: Probiotic rich foods include sauerkraut, yogurt, miso, kefir, sourdough bread, sour pickles, and tempeh. Find dairy and non-dairy yogurt and kefir and probiotic supplements on sale all month! Join us on Sunday, March 19 in our café for a workshop on gut health with Colleen Kachmann. Watch for details in our e-news and social media.*

**Quinoa:** Looking to switch up your grain consumption? Quinoa is not actually a grain but a seed friendly to the gluten intolerant. This 5,000 year old "Incan Rice" has been cultivated and enjoyed by the people of Chile, Peru, Brazil, and Ecuador. It is one of the only plant based foods that contains a complete protein, providing all the essential amino acids. One cup of cooked quinoa contains 30% of the recommended daily allowance of magnesium, 8 grams of protein, and 5 grams of fiber. From stove to table in just 15 minutes, it is versatile suiting all three meals. *Tip: See the recipe for Quinoa Salad with Sweet Potatoes & Peppers on page one. Use quinoa as the base for a breakfast bowl, stir fry, or veggie rich salad. Use as a risotto or sneak into brownies or cookies for a powerhouse dessert.*

### Cranberry Orange Walnut Bars

#### Ingredients

1/2 c **Butter**, softened  
1/2 c **Brown Sugar**,  
packed  
2 **Eggs**  
2 tsp **Vanilla Extract**  
1/2 c **All-Purpose Flour**

1 1/2 tsp **Baking Powder**

1/2 teaspoon **Salt**

1/2 c **Walnuts**, chopped

1 c **Cranberries**, fresh or  
frozen

1 **Orange**, zest and juice  
(about 1/2 cup of juice)

#### Preparation

Preheat oven to 325 degrees F. Butter a 9-inch square baking dish. In a large mixing bowl, use a hand mixer to blend the softened butter and brown sugar until smooth and creamy. Beat in the eggs one at a time and add the vanilla.

In a separate mixing bowl, whisk together the flour, baking powder, and salt. Add the flour mixture to the butter mixture and blend until thoroughly incorporated. Mix in the walnuts, cranberries, orange zest, and juice by hand. Smooth batter evenly into the baking dish. Bake for 50-60 minutes until a toothpick inserted in the middle comes out clean (the edges should be beginning to brown). Let cool before slicing into bars.

© Co+op, Stronger Together

### Brown Bag Apple Salad

#### Ingredients

1 Apple, cored and cut into 1/2-  
in pieces

1 c Fresh Pineapple, cut into 1/2-  
in pieces

1 c Seedless Grapes, halved

1 small Orange, peeled and  
segmented

1 T Honey

2 T Apple Juice

1 T Lemon Juice

1/2 c Granola

Pinch of Cinnamon

3 T Plain Greek Yogurt  
(optional)

#### Preparation

In a large bowl, mix together all of the ingredients and serve immediately. If making the salad a day ahead, add the granola just before serving.

#### Serving Suggestion

Pack the apple salad into individual containers and top each with equal amounts of the granola (if no refrigerated omit the yogurt). Substitute orange juice for apple juice or lime juice for the lemon juice for an even perkier flavor.

© Co+op, Stronger Together

*Chair Massage*  
with Lisa Borton

February 11  
10-11:30 am



## Herb of the Month

# Garlic

*From Co+op, Stronger Together*



Considering the size of a clove, garlic has quite the reputation—from its ability to repel vampires and protect against the "evil eye" to its aphrodisiacal and healing powers. (Hippocrates used garlic for treating pneumonia and other infections, cancer and digestive disorders, and as a diuretic.) It was even used as Egyptian currency.

China is by far the largest producer of garlic worldwide, followed by India, South Korea, Russia and the United States. In the U.S., where it's grown in almost every state, California is the major producer. Here at the co-op we've carried several varieties of garlic from local growers as they are available seasonally.

While we now eat more than 250 million pounds of garlic every year, garlic wasn't enjoyed in the U.S. until the 20th century. In the 1920s, "Bronx vanilla" and "Italian perfume" were slang for garlic. Garlic is a very good source of vitamin C, vitamin B6 and manganese. It's also a good source of calcium, phosphorus, selenium, protein, thiamin, potassium, iron and copper.

All true garlic is *Allium sativum*, a relative

of the lily. There are two subspecies, soft-neck garlic and hard-neck garlic. Soft-neck garlic has a flexible stalk and a papery white skin. It's the type of garlic most often found in the produce aisle. Artichoke garlic, which is mild and a good storer, is a soft-neck garlic, as is Silverskin garlic, a strongly flavored variety that keeps extremely well (up to a year).

Hard-neck varieties have a firm stalk sticking up an inch or so from the top of the bulb. The main hard-neck garlics are Rocambole, which peels easily; Porcelain, which has large cloves and is a good keeper; and Purple stripe, which is often used for making baked garlic.

Taste varies with types of garlic, from subtle and sweet to strong and hot, or pungent with a subtle background sweetness.

Garlic can single-handedly transform a simple slice of bread or a bowl of mashed potatoes into a delicacy. And it'll perk up any sauce or dressing. Marinades benefit from a dose of garlic, too. Lemon Garlic Chicken with Mjadra marinates chicken in lemon, garlic and spices before baking and serving atop mjadra, a Middle Eastern pilaf.

Garlic is wonderful when roasted. Use it to make garlic butter or in any spread. Spicy

Roasted Garlic Hummus celebrates the sweet, mellow, nutty flavor of roasted garlic along with a little jalapeno zing. For a rich yet light version of potato salad, try adding roasted garlic to a yogurt/mayo/Dijon dressing.

For an enticing appetizer, try Garlic Poached Mushrooms with Fresh Basil, easy to make but special, too. Keep in mind that the longer garlic is cooked, the milder the flavor. Don't burn it, though, or it will become bitter.

Garlic is available year round, fresh from California from June through December. Choose heads that are firm and plump, without nicks. Avoid garlic that has dark, powdery patches under the skin, which indicates mold. Size isn't an indication of quality.

Store unpeeled garlic in an open container in a cool, dry place, away from direct light. Keep it away from other foods. If garlic begins to sprout, discard the sprouts, as these can be bitter.

Raw garlic in particular is noted for its ability to deter heart disease by reversing plaque build up on the arteries.

See the noted recipes below and on the next page and the [strongertogether.coop](http://strongertogether.coop) page for more garlic recipes!

## Lemon Garlic Chicken with Mjadra

### Ingredients

4 6-oz **Chicken Breasts**, boneless  
 1/2 c **Fresh Lemon Juice**  
 4 **Garlic Cloves**, peeled and minced  
 1 tsp **Dried Thyme**  
 1 tsp **Paprika**  
 2 T **Ground Cumin**, divided  
 1/4 tsp **Red Pepper Flakes**

2 T **Olive Oil**

3/4 c **Bulgur**  
 4 1/4 c **Water**, divided  
 1 **Vegetable Bouillon Cube**  
 1 c **Green Lentils**, uncooked  
 5 c **Yellow Onions**, julienned (2-3 large onions)  
 1 tsp **Dried Oregano**

### Preparation

In a glass or metal bowl, combine the lemon juice, garlic, thyme, paprika, red pepper flakes and 1/2 tablespoon of ground cumin to make a marinade. Add the chicken breasts, cover and refrigerate for 6 hours or overnight.

Preheat the oven to 400°F. Place marinated chicken breasts in a shallow casserole dish in a single layer, and bake for 20 minutes or until cooked to an internal temperature of 165°F. While the chicken is baking, heat 2 tablespoons olive oil in a wide bottom skillet over medium heat. Add the onions and sauté for 20 minutes, stirring occasionally. Add remaining ground cumin and the oregano to the onions and sauté 10 minutes more until the onions are browned. Remove from heat.

While the onions are cooking, bring 1 1/2 cups of water to a boil. Place the bulgur in a bowl and pour the boiling water over it. Let the bulgur soak up the water (about 10 minutes), then drain through a fine mesh strainer. In a small stockpot, add the lentils, 3 cups of water, and the bouillon cube. Bring to a boil, then reduce to a simmer. Cook 20 minutes until lentils are tender, and remove from heat and drain. To serve, toss the bulgur and lentils together, divide the pilaf among four plates, and top each portion with caramelized onions. Serve with a chicken breast.

© Co+op, Stronger Together

## Spicy Roasted Garlic Hummus

### Ingredients

- 4 cloves **Garlic**, peeled and roasted
- 1 clove **Garlic**, peeled and minced
- 1 15-oz can **Chickpeas**, drained and rinsed
- 4 T **Lemon Juice**
- 3 T **Tahini**
- 1 **Jalapeño Pepper**, seeded and diced
- ½ tsp **Ground Cumin**
- ⅛ tsp **Salt**
- 2-3 T **Olive Oil**

### Preparation

Toss 4 peeled garlic cloves in a little oil and double wrap in aluminum foil. In a preheated 350 degree oven, roast the garlic for about 30 minutes or until the garlic is soft but not burnt. In a food processor, puree the roasted garlic and the one raw garlic clove along with the diced jalapeño. Add the chickpeas, lemon juice, tahini, cumin, and salt. Puree until smooth. While the food processor is running, slowly add the olive oil and blend until smooth.

### Serving Suggestion

Serve sprinkled with paprika or a pinch of cayenne for extra kick and accompanied by toasted triangles of pita bread or crackers.

© Co+op, Stronger Together

## Garlic Poached Mushrooms with Fresh Basil

### Ingredients

#### Mushrooms

- 1 lb small **White Button Mushrooms**
- 1 quart **Water**
- 2 cloves **Garlic**, peeled and smashed
- 1 **Bay Leaf**
- 1 T **Lemon Juice**

### Dressing

- 3 T **Balsamic Vinegar**
- 3 T **Extra Virgin Olive Oil**
- 1 T **Fresh Basil**, chopped
- ½ tsp **Garlic**, minced
- Pinch of **White Pepper**
- Pinch of **Salt**
- ½ tsp **Tamari** (optional)

### Preparation

Wash mushrooms, remove stems, and set aside. In a deep saucepan, combine the water, bay leaf, lemon and 2 smashed cloves of garlic and bring to a boil. Add mushrooms, bring to a rolling simmer and poach until the mushrooms are tender, approximately 3-5 minutes. Remove the mushrooms from the pot, drain well and cool in refrigerator for 30 minutes. In a stainless steel bowl, whisk together balsamic vinegar, olive oil, basil, garlic, pepper and tamari (optional). Add the cooled mushrooms and toss to coat. Let stand 15-30 minutes for flavor to develop, tossing occasionally.

### Serving Suggestion

Create an antipasto platter starring these poached mushrooms, along with semi-hard cheeses like smoked Gouda or dill Havarti, and slices or cubes of hard salami. The mushrooms can be made a day in advance and stored in the refrigerator. For best flavor, let them stand at room temperature for 20 minutes before serving.

© Co+op, Stronger Together

## Garlic Tofu and Greens

### Ingredients

- ¾ lb **Firm Tofu**, sliced in 1-inch cubes
- 3 T **Oil**, divided
- 2 T **Toasted Sesame Oil**, divided
- 6 cloves **Garlic**, minced, divided

### 4 c Water

- 2 c **Penne Pasta**, uncooked
- 1 bunch **Kale**, tough ribs removed, chopped
- 1 tsp **Red Pepper Flakes**

### Preparation

Heat the oven to 400°F. Line a baking sheet with parchment or foil. Toss tofu cubes with 2 tablespoons of canola oil, 1 tablespoon of sesame oil, and half of the minced garlic, making sure the cubes are well coated. Spread in a single layer on the baking sheet and bake for 15 to 20 minutes or until lightly golden. While tofu is baking, bring 4 cups of water to a boil. Add penne pasta and boil for 10 minutes or until pasta is tender.

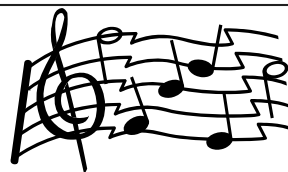
Heat the remaining oils in a large skillet over medium-high heat. Add the rest of the garlic and red pepper flakes and let them sizzle for just a moment. Add the kale a handful at a time, turning frequently with tongs. Once kale turns bright green and begins to wilt, about 2 to 3 minutes, turn off the heat. Mix the kale with the baked tofu, tossing well. Season with salt and pepper. Serve over pasta.

© Co+op, Stronger Together

**coop Kids**  
**explorers**

## Sunday, February 12, 2 pm Valentine's Day Treats!

Calling all kids! Come over to the café for some Valentine's Day fun! We'll make some delicious (and mostly nutritious) treats to share with the ones you love on the day dedicated to love!



## Music in the Café

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

**February 7, 6:30-8:30 pm**

1st Tuesdays

Southern Appalachian  
Fiddle Music Jam  
(NOT bluegrass)

**February 21,  
6:30-8:30 pm**

3rd Tuesdays

Traditional Irish Music Jam



# This Just In!:

## New & By Special Request

Featured new items and news! Make your own product request using the slips on the board at the front of the store.



Primal Kitchen protein bars are new to our line-up of Paleo friendly snacks. Each bar contains the grass-fed collagen of more than 1 cup of bone broth, these are free of grain, gluten, soy, canola oil, dairy, and GMOs. Available in the Dark Chocolate Almond and Coconut Cashew, find them on sale in sales cycle B (Feb 15-28) for \$1.19 per bar.

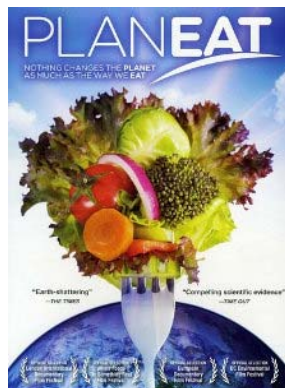


Looking to up your probiotics? New to the refrigerated case are two flavors of **Good Karma Dairy Free Probiotic Drinkable Yogurt!** With a flaxseed base, this "milk" has 1,200 mg of Omega-3s per serving, 5 grams of plant-based protein, and 7 live and active cultures. It is free of dairy, soy, and nuts if those are foods you need to avoid. Currently available in **Blueberry** and **Good Greens & Pineapple**, you'll find these on sale (2/\$6) all month! Add this probiotic to a smoothie in the Berry Beet Smoothie recipe below.



From nearby Bloomington, Indiana comes **Vigilant Eats Superfood Cereal** in single serving cups. Just add cold water, hot water, and the milk of your choice and stir for a speedy breakfast. Made with Montana grown, gluten free oats, these quick to the table meals are also vegan, organic, and non-GMO. Available in 2 flavors.

Other new products: Twisted Grains breads, Alta Palla Sparkling juice based organic drinks (in 4-packs), Late July Cantina chips, Tulsi tea join the bulk tea jars, and Kite Hill vegan cream cheese in chive. **And exciting news for all you growers--High Mowing Organic Seeds are in stock! Have you started mapping out your garden plot yet?**



## Join us for DINNER & A MOVIE

Featuring the  
documentary  
*Planeat*

**FRIDAY, FEBRUARY 24, 7 PM**

PLANEAT is the story of three men's life-long search for a diet, which is good for our health, good for the environment and good for the future of the planet. With an additional cast of pioneering chefs and some of the best cooking you have ever seen, the scientists and doctors in the film present a convincing case for the West to re-examine its love affair with meat and dairy. The film features the groundbreaking work of Dr. T Colin Campbell in China exploring the link between diet and disease, Dr. Caldwell Esselstyn's use of diet to treat heart disease patients, and Professor Gidon Eshel's investigations into how our food choices impact our land, oceans and atmosphere. With the help of some innovative farmers and chefs, PLANEAT shows how the problems we face today can be solved, without simply resorting to a diet of lentils and lettuce leaves.

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

### Berry Beet Smoothie

#### Ingredients

- 1 cup **Frozen Strawberries**
- 1 cup **Frozen Raspberries**
- 1 **Orange**, peeled
- 1 cup **Good Karma Blueberry Probiotic Drinkable Yogurt**
- 2 **Carrots**
- 2 small **Beets**, peeled

#### Preparation

Add all ingredients to blender and whirl until creamy. Pour into two glass and slurp up with a friend!

## FEBRUARY FEATURED ARTIST

★ **Lucy Brennan-Waldschmidt** ★



Hippie Huggers add a colorful, fun, elegant addition to your wardrobe, while also maintaining functionality. They are mostly made-up of upcycled/ recycled materials in effort to walk a little lighter on this lovely Earth, and are vegan friendly unless labeled otherwise (wool). Carry your freedom! Hug your body! A Hugger doesn't exist until you have one!

**SATURDAY, FEBRUARY 18, 10 am-4 pm**

**BUY ART - SUPPORT LOCAL**

**1612 SHERMAN BLVD. FORT WAYNE, IN • 260-424-8812**



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

**General Manager**  
Janelle Young

**Management Staff**  
April Bickel  
Alisha Dunkleberger  
Jason Johnson  
Rosemary Mausser

#### BOARD OF DIRECTORS

##### President

Scott Kammerer

##### Vice President

Daniel Whiteley

##### Secretary/Treasurer

James Ringswald

Stephanie Demorest

Lindsay Koler

Aaron Schneider

#### NEWSLETTER STAFF

**Editor/Design & Layout**  
Heather Grady

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](mailto:news@3riversfood.coop) or visit our webpage at [www.3riversfood.coop/newsletter/](http://www.3riversfood.coop/newsletter/)



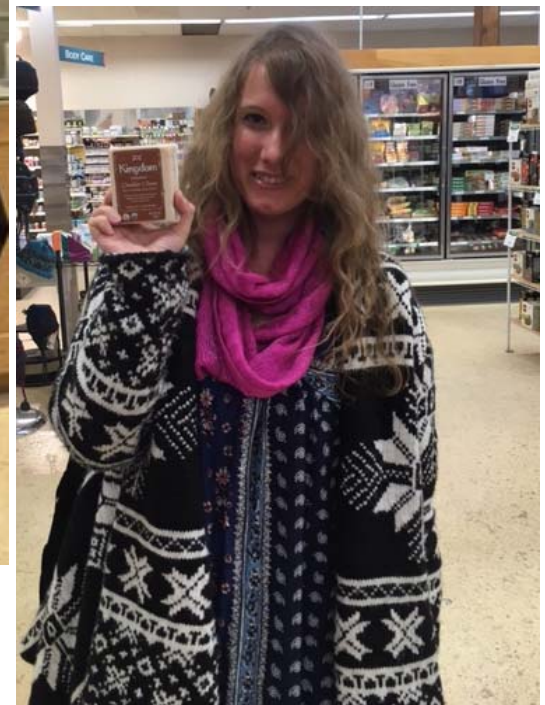
Have a product you'd like to pose with? Perhaps the roving reporter will find you and snap your pick!



**Foods Alive Chocolate Velvet Medallions** are the guilty pleasure of mostly chocolate-free **Kristine**. As the granddaughter of a confectioner from Germany this has not been the easiest habit for her to kick! She indulges in these as they are raw, rich in antioxidants, and contain coconut sugar. Kristine eats 80% raw. Our store is the only place where she can find her treat. She hopes this picture doesn't interest too many shoppers so she will continue to find them in stock



**David** is a fan of the **Kalona Whole Milk** as it is non-homogenized. He loves the fatty acids he gets and knows he's getting the "good stuff" that is removed by homogenization.



**Allie** is all about the **Kingdom Organic Cheddar Cheese in Carmelized Onion**. She finds the flavor "AMAZING!" It's best in mac and cheese, on a toasted cheese sandwich, or paired with wine, grapes, and crackers. It's her "favorite cheese ever!"



(260) 424-8812

February 2017

# NATURAL GROCERY

1612 Sherman Blvd Fort Wayne IN 46808  
Hours: Sundays 10 am-8 pm, Mon-Sat 8 am-9 pm  
www.3riversfood.coop

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
FORT WAYNE, IN  
PERMIT NO. 2092

## Find us on social media!



Instagram  
3riversfoodcoop



Pinterest  
3riversfoodcoop

twitter  
3riversfoodcoop

Website:  
3riversfood.coop  
Blog:  
3riversnaturalgrocery.blogspot.com



facebook  
3riversfood.coop



Three Rivers  
Natural Grocery



Scan here to  
download our  
app:



## IN THIS ISSUE:

Heart Healthy Foods, page 1

Co+op News You Can Use,  
Co+op Deals News, page 2

Heart Healthy Foods, continued page 3

Herb of the Month: Garlic, pages 4 & 5

This Just In!

Dinner & a Movie, page 6

Shopper Picks Pix, page 7