



3 Rivers Food Coop

March 2017

Currents



Sprouts for Spring

Are you itching to taste the fresh flavors of early springtime? No need to wait until the ground is warm enough for seeds or for the frost to have ceased. Growing sprouts on your kitchen counter can get you that goodness quick, in just 3-6 days! Read on for the history of sprouting and some tips on growing your own at home.

Imagine troops on the front lines of World War II. By day they served their country, and by night they subsisted on tins of boiled meat and can after can of metallic-tasting potatoes. This miserable circumstance was something that food scientists in the 1940s worked hard to overcome—they wanted a vegetable that would grow quickly, could be cultivated under almost any conditions, and yet would have a high nutritional value and virtually no waste. What was the eventual answer? Sprouts!

Small but mighty, sprouted vegetables pack an enormous nutritional wallop for their size. Although nutritional profiles vary between different types of sprouts, all varieties of sprouts have a high level of antioxidants and vitamins A and C, and contain protein and essential amino acids. This makes them a uniquely powerful way, ounce for ounce, to eat your veggies. Sprouts are quick and easy to grow, and contribute a bright, fresh taste to your favorite foods.

The most commonly sprouted seed (for human consumption) in the United States is Alfalfa, which is a plant in the pea family. You can find containers of fresh, springy alfalfa sprouts at food

co-ops year round. These crunchy little wisps of green help to liven up sandwiches and salads, and can also be used to garnish tacos, egg scrambles, cold vegetable soups or this [Thai peanut pizza](#). Alfalfa sprouts are mild in flavor and contribute an elegant appearance to a finished dish.

Some of the more flavorful, nutritious sprouts that are commercially available are broccoli, daikon and onion sprouts. Broccoli sprouts have been the subject of much scientific attention, as some studies indicate they may have a high potential for cancer prevention due to their high concentration of sulforaphane. Broccoli sprouts have a spicy, sharper flavor that is great on a sandwich with creamy, rich cheeses like chèvre. They also work well to accent dishes with strong flavors, like the Spicy Szechuan Sprout Salad on page 3.

There are more substantial varieties of sprouts. Mung bean sprouts (often referred to as simply “bean sprouts”) are used in many Asian cuisines. You may have encountered them as the long, crunchy, juicy white vegetables topping your Korean Bibimbap (<http://strongertogether.coop/recipes/bibimbap/>) or bowl of Vietnamese Pho (<http://strongertogether.coop/recipes/pho-shrimp/>). They also appear in spring rolls, sushi, and even take a turn as pickles.

Sprouts are easy to grow at home—you just need a few pieces of basic equipment: a mason jar and a lid with a few holes poked in it, some cheesecloth and seeds. In the bulk jar section of the co-op you can find a stainless steel sprout screen and a plastic sprout lid. Be sure to use a suitable sprouting seed, like alfalfa, broccoli, radish, or kale. Plants that do not have edible leaves, such as any plant in the nightshade family, should never be

(Continued on page 3)

Organic and Heirloom
PLANT SALE
PRE-ORDER NOW! *Locally grown*

MAY 12-14, 2017

Save the date! Our annual organic and heirloom plant sale returns in 2017 on May 12, 13, and 14. Like last year we have just one grower, Dan Flotaw of Country Garden Farm in Roanoke, Indiana. An addition we hope you'll love--pre-orders! Dan will grow just what you want and you can pick it up your preferred sale day. Find the extensive list of available plants in the store or on our website: <https://goo.gl/iMEhP8>.

Local! Organic! Heirloom! 260-424-8812
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Mine. Yours. Ours: Owner News You Can Use

coop™ deals

Cycle A Sales:

March 1-21

Special orders due March 18

Cycle B Sales:

March 22-April 4

Special orders due April 1

Lighten up--it's nearly spring! Our featured sales this month are in the theme of beginning to eat a bit healthier. Our sales this month run long with our second round of sales lasting 3 weeks!

On sale all month: Maple Creamery Kefir plain or strawberry kefir in the 32 ounce bottle, on sale for \$4.69. Looking to get your fizz without all the sugar? Brand new to our shelves are Zevia Sparkling flavored waters in 12 ounce cans or 8 packs in 3 flavors, on sale for \$3.99. Also from Zevia are mango ginger energy drinks in the 12 ounce can, 2/\$3.

Boost your brain power with the Omegas in fish! Natural Sea canned salmon (\$2.99) or tuna (2/\$3) will be available at sale prices during our Cycle A sales. Our B Cycle features frozen Natural Sea fish sticks (\$4.69) and Crown Prince sardines (3/\$7).

Other light, springtime specials include Diaya vegan cheeses, Essentia Water 2 liters for \$3 and Saffron Road Entrees (Cycle A) and Canyon Gluten Free breads for \$4.39, Foods For Life Almond or Golden Flax cereals for \$5.99 (Cycle B).

Essentia Water has been getting quite the buzz among shoppers seeking water with a high pH. This water measures the highest at least 9.5, meaning it is alkaline. If you aim to up your body's acid/alkaline ratio this water is for you!

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!

Heal Your Gut presented by Colleen Kachmann Sunday, March 19, 2 pm

Learn how to heal your gut with inexpensive, homemade fermented foods. Integrative Nutrition Health Coach Colleen Kachmann, author of *Life off the Label*, has the recipes, techniques (and starters!) for kefir, sauerkraut and sourdough bread.

Cost is \$35. Includes a copy of *Life Off the Label*. Space is limited. RSVP and pay online or in-store at <https://goo.gl/rSYsz3>.

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-1,792

Total Fully Invested Households-735

New Households-6 (Jan 27-Feb 22)

*These numbers include Active & Inactive Owners

Spicy Szechuan Sprout Salad

Ingredients

2 oz **Mung Bean Sprouts**
 2 oz **Broccoli** or **Sunflower Sprouts**
 4 oz **Shiitake Mushrooms**, sliced and sautéed (stems removed)
 2 **Green Onions**, thinly sliced
 ¼ c **Carrots**, shredded or julienned
 1 c **Green Cabbage**, shredded
 1 6 oz package **Baked Tofu**, cubed (handmade here--available in our Deli Grab-n-Go)
 1 clove **Garlic**, minced
 2 T **Sesame Oil**
 2 T **Tamari**
 2 T **Rice Vinegar**
 2 T **Brown Sugar**
 2 tsp or **Sriracha Chili Sauce**

Preparation

In a large bowl, gently toss the sprouts, sautéed mushrooms, green onions, carrots, cabbage and tofu together. In a small bowl, mix the garlic, sesame oil, tamari, vinegar, sugar and chili sauce. Pour the sauce over the vegetable mix and gently toss to combine. Serve immediately.

Serving Suggestion

The crunchy texture and Asian flavors of this recipe go nicely with a cup of egg drop or hot and sour soup. Substitute button or crimini mushrooms for the shiitakes, if you prefer. Don't like tofu? Thinly sliced strips of cooked beef or chicken are a great substitution.

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(*Sprouting, continued from page 1*)

sprouted. In addition to seeds, lentils as well as many beans and grains can be sprouted. Lima and kidney beans are not to be sprouted as they contain high levels of lectins, a naturally occurring toxin.

Generally sprouting is a process of soaking and rinsing seeds for several days (see the chart to the right) and get growing! For more info on growing your own sprouts, check out Dana Thompson's tutorial on sprouting, available from the Co+op Kitchen series available on our Co+op, Stronger Together website: <http://strongertogether.coop/food-lifestyle/cooking/grow-your-own-sprouts!>

Easy Sprouting Directions:

1. **Soak:** Put 1-4 tablespoons of seeds in a mason jar. Secure sprouting lid or sprouting screen and ring lid to the jar. Add water, swirl, and drain. Add 1 cup cool water and soak for up to 12 hours. Overnight works well.
2. **Rinse:** Twice a day drain jar, refill with cool water, swirl, and drain again. Invert jar and prop at an angle in sink or bowl.
3. **Enjoy:** In 3-6 days, when sprouts are 1"-2" long, they are ready to eat! Cover jar with original lid and refrigerate to store. (Consult the chart to the right for more specific times.)

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Bean, Grain, Seed	Soaking Time (hours)	Sprouting Time (days)
Adzuki Beans	8-12	4
Alfalfa Seeds	6	5
Amaranth	8	1-3
Barley	6	2
Black Beans	8-12	3
Broccoli Seeds	8	3-4
Buckwheat	6	2-3
Chia Seeds	1-3	4-7
Chickpeas	8	2-3
Clover	5	4-6
Kamut	7	2-3
Lentils	7	2-3
Millet	5	12 hours
Mung Beans	8-12	4
Mustard Seeds	5	3-5
Oat Groats	6	2-3
Pumpkin Seeds	8	3
Radish Seeds	8-12	3-4
Sesame Seeds	8	2-3
Sunflower Seeds	8	12-24 hours
Quinoa	4	2-3
Wheat Berries	7	3-4
Wild Rice	9	3-5

Thai Peanut Pizza with Cucumbers & Sprouts

Ingredients

2 7" **Single-Serving Pizza Crusts**, pre-baked
 6 T **Prepared Thai Peanut Sauce**
 ½ large **Cucumber**, peeled, seeded and chopped
 2 **Scallions**, chopped
 1 large **Red Chile**, slivered
 ¼ c **Alfalfa Sprouts**
 3 T **Peanuts**
 1 tsp **Lime Juice**
 1 tsp **Liquid Aminos, Soy Sauce** or **Fish Sauce**

Preparation

Preheat the oven to 400 degrees F. Place the two pizza crusts on a sheet pan. Spread the peanut sauce on the two crusts. Bake the crusts for 10-12 minutes, until hot and crisp on the bottom. Meanwhile, toss the cucumbers, scallions, chile, sprouts and peanuts with the lime juice and fish sauce.

When the crusts are hot, top each crust with the cucumber mixture and serve immediately.

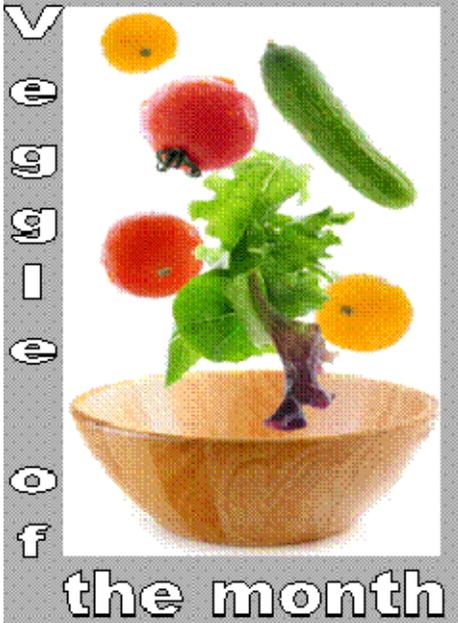
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First Friday Readings



March 3, 7:30 pm
in the Café

featuring readers
George Kalamaras
& Mary Ann Cain



the month Cabbage

From Co+op, Stronger Together



At the Alaska State Fair in 2012, a world-record cabbage tipped the scales at about the weight of a person—138.5 pounds. That's a lot of sauerkraut potential.

One of the oldest cultivated vegetables, cabbage was not only used for food, but also medicinally throughout history. Today, it's especially enjoyed by Russians, who eat about 44 pounds per person each year; that's about seven times as much as the average North American eats. Russia isn't the largest cabbage producer, though. They're third, after China and India, and the United States comes in tenth.

Cabbage is sometimes called "head cabbage," and the name cabbage comes from the Middle English "caboché" or "head" and "boche," meaning "swelling" or "bump." "Mon petit chou" or "my little cabbage" is French term of endearment.

The nutrients contained in different varieties of cabbage vary a bit, but in general they're an excellent source of vitamin C and vitamin K and a good source of riboflavin, thiamin, calcium, magnesium,

vitamin A and protein. Cabbage is a very good source of fiber, manganese, folate, vitamin B6, potassium and omega-3 fatty acids, and it's high in beta-carotene.

There are at least a hundred varieties of cabbage, but the main types in the United States are green, red and Savoy. The *Brassica oleracea* cabbage family includes collards, kohlrabi, broccoli, Brussels sprouts, cauliflower and kale.

Green cabbage is the roundish, large, heavy head cabbage most familiar to American cooks. Varieties include Cheers, Early Jersey Wakefield, King Cole, Farao, Kaitlin and Tendersweet. There's also a small green variety called Minicab. Krautman cabbage is a green variety used for sauerkraut.

Red cabbage is dark red or purple and smaller than most green cabbages. It's a bit sweeter, too. Varieties include Red Meteor, Red Express, Integro, and Ruby Ball.

Savoy cabbage varieties have a compact head and curled, light green to bluish green, wrinkly leaves. These tender leaves have a mild, earthy flavor. Savoy cabbages include Savoy King, Savoy Queen, Alcosa, Famosa and Samantha.

Flowering cabbage, like flowering kale, are non-heading cabbage varieties that are grown for ornamental uses, though they're also edible.

Asian cabbages (*Brassica rapa*) are related to the Western cabbages

described above. Napa cabbage, also known as Chinese cabbage and celery cabbage, is perhaps the best known of the Asian cabbages. Long and light green, it looks a bit like romaine lettuce. It has a mild and slightly sweet/peppery taste. Bok choy is a mildly flavored Chinese white cabbage.

Whether you prefer robust tastes or milder flavors, there's a cabbage recipe for you—from coleslaw and colcannon to sauerkraut and stews.

Cabbages combine nicely with other vegetables, especially sturdy ones like beets, turnips, celery root, kale, carrots and bell peppers. While there are plenty of traditional slaw recipes, the addition of unexpected vegetables and unusual seasonings transform them beyond the everyday. The Curried Coleslaw on page 5 is a prime example. There's no reason to limit yourself to one cabbage per dish, either. Red and green cabbages complement each other perfectly in slaws and salads. So do green cabbage and bok choy in an Asian Cabbage Salad with Pan-Seared Tofu Steaks*, which boasts a gingery dressing. Other flavorings that pair well with cabbages include horseradish, caraway, cumin, coriander, mustard, black pepper, fennel, savory, anise and celery seeds.

For a sensational, pungent condiment or side, try making your own Spicy Kimchee* with napa cabbage, Sriracha, daikon radish, ginger and garlic. Or combine cabbage with al-dente squash in

Squash, Cabbage, and Kale Kimchi

Ingredients

1/2 lb **Butternut** or **Other Squash**, peeled
4 c **Water**
2 T **Kosher Salt**
2 c **Cabbage**, slivered
2 c **Kale**, slivered

1 1/2 tsp **Kosher Salt**
1 T **Fish Sauce** or **Tamari**
3 cloves **Garlic**, chopped
2 T **Red Pepper Flakes**
1 tsp **Sugar**

Preparation

Peel and thinly slice the squash, no thicker than 1/8 of an inch. In a large bowl, mix the water and 2 tablespoons kosher salt until the salt is dissolved. Add the squash slices and stir, then let stand for 2 hours to soften.

Drain the squash, reserving the brine. In a medium bowl, toss the cabbage and kale with the 1 1/2 teaspoons salt and massage, squeezing, for a minute. Let stand for at least 15 minutes, then massage and squeeze again, the leaves give off liquids when squeezed. Rinse with cool water and wring out the shreds and put in a bowl with the drained squash slices.

In a cup, stir the fish sauce or tamari, garlic, red pepper flakes and sugar and pour over the squash mixture. Toss to mix well. Transfer to a large jar or glass storage tub and pour the reserved brine over just to a cover the lower half of the vegetables. Cover and let stand for a day at room temperature, then refrigerate and serve for up to a week.

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Curried Coleslaw

Ingredients

Slaw

- 5 c **Green Cabbage**, thinly-sliced green (about 1 lb)
- 1 c **Carrots**, shredded
- 4 **Green Onions**, thinly sliced
- 2 c **Red Apples**, cored and diced
- ¼ c **Raisins**
- ¼ c **Peanuts**, shelled and roasted (optional)

Dressing

- ½ c **Mayonnaise** (dairy or non-dairy)
- ¼ c **Lime Juice**
- 1 T **Curry Powder**
- ¼ tsp **Ground Turmeric**
- 1 pinch **Cayenne Pepper**

Preparation

- In a large mixing bowl, blend together the mayonnaise, lime juice, turmeric, cayenne and curry powder.
- Remove any tough outer leaves from the cabbage, then remove the core and shred or slice the cabbage into thin strips. Add the cabbage and all remaining ingredients to the curried mayonnaise and mix well.

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the Squash, Cabbage, and Kale Kimchi recipe found on the previous page.

Cabbage can make any soup or stew hearty enough for a main dish. Both green cabbage and sauerkraut combine with kielbasa, smoked ham, apples and tomatoes in Bigos*, a traditional Polish stew.

Shredded cabbage is a great addition to green salads and stir-fries. It's also standard in Vietnamese Spring Rolls*. When folded with fresh carrots, bell pepper, cucumber and green onions, it makes for a colorful appetizer—cool and fresh, perfectly accompanied by a peanut dipping sauce.

A few cooking notes:

- Cabbages can have a pungent odor when overcooked. It's often best to steam or lightly sauté them.
- Red cabbage can turn blue when cooked. Adding an acidic ingredient, such as vinegar, will prevent discoloration.
- Use a stainless steel knife to cut cabbage; a carbon steel blade will turn the leaves black.
- Because they can be planted early in the growing season or mid-season for a fall crop—and because they're good keepers—cabbages are available year round.

When choosing green and red cabbages, look for firm, dense heads; the head should feel heavy for its size. On Savoy and napa cabbages, the heads can have some give. For all cabbages, the leaves should be as undamaged as possible. (You can remove any wilted or damaged outer layers, but the fewer the better.) There should be only a few loose outer leaves.

Keep cabbages cold by storing them in the crisper of the refrigerator in a plastic bag. Red and green cabbages will keep for about two weeks, and Savoy will keep for about a week.

To preserve nutrients, wash and cut cabbage right before eating. Precut or shredded cabbages are handy, but their vitamin C content is diminished.

*Find these and other cabbage recipes at www.strongertogether.coop.

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coop Kids explorers

Sunday, March 26, 2 pm
Green Goodies

Calling all kids! If it's green it is good for you but it doesn't always taste great. Learn about some green veggies and how they can be healthy AND tasty!



Introduction to Tea

with the Mad Hatter's Tea Club

Saturday, March 11, 1 pm in the One World Café

Don't know a thing about tea? Or know just enough to want more info? We will learn about various types of teas including origins, varieties, and processing styles. Then onto preparation including Oriental, Japanese, and European brewing methods. From there the fun begins--tasting as much tea as time permits!

Participants need bring only a sense of adventure, a lust for the bold & the beautiful, and a nose for good company!



Music in the Café

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

March 7, 6:30-8:30 pm

1st Tuesdays

Southern Appalachian

Fiddle Music Jam

(NOT bluegrass)

**March 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.



Drink those veggies! **RW Knudsen** juices have been part of our store for many years. They've put a little twist on their veggie juices and we've ordered in the **Beet, Tomato Sriracha, and Carrot Ginger Turmeric**. These are all organic and come in 32 oz bottles. And don't just drink up these veggies, use them as soup bases, bringing richness to your broth.



You've been asking for them and we found them. **Bonito Flakes** from **Eden** are fine, sashimi quality skipjack tuna, *Katsuwonus pelamis*, prepared using a 500-year-old method. They are filleted, steamed, air-dried, aged, and shaved into delicate flakes. Used for for its savory flavor. Common in dashi noodle broth, soups, stews, sauces, and wherever savory flavor is desired. A naturally occurring salty flavor to dishes. GF, macrobiotic, fat free and very low sodium. Let us know how you use them!



Halo Top Ice Cream uses erythritol as its sweetener, bringing the calorie content down to under 320 for the entire pint! It also contains prebiotic fiber and milk protein concentrate making it high in protein (24 grams per pint). We've had the birthday cake and chocolate in stock for a few months and have just added black cherry and sea salt caramel to the offerings.

Other new products: Happy Tot Super Food Puffs in Tomato Basil and Kale Spinach (in fun dinosaur shapes!), Siggi's Icelandic strained yogurt in blueberry or mango. And new and on sale all month: Andalou 1000 Roses shampoo, conditioner, and hair mask, Nocciolata organic chocolate hazelnut spread (GF, DF), Pro Bar organic peanut butter blend pouches (includes date paste and Yerba Mate extract!).

THE WAR OVER YOUR WATER IS ABOUT TO BEGIN



A FILM BY SAM SOZZO
BLUE GOLD
WORLD WATER WARS
NARRATED BY MALCOLM McDOWELL

Join us for DINNER & A MOVIE

Featuring the
documentary
Blue Gold

FRIDAY, MARCH 24, 7 PM

BLUE GOLD: WORLD WATER WARS sheds light on the world's rapidly approaching water crisis and suggests that wars of the future will be fought over water, as they today over oil, as the source of all life enters the global marketplace and political arena.

In BLUE GOLD: WORLD WATER WARS, based on the book of the same name, we follow numerous worldwide examples of people fighting for their basic right to water, from court cases to violent revolutions to U.N. conventions to revised constitutions to local protests at grade schools. As Maude Barlow proclaims, "This is our revolution, this is our war". A line is crossed as water becomes a commodity. Will we survive?

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

Chair Massage with Lisa Borton

March 11
10-11:30 am

MARCH FEATURED ARTIST

Rebecca Rader, RAZR Ceramics



Rebecca Rader of RAZR Ceramics creates beautiful, unique pieces of art made last. It is handmade, functional pottery for everyday use! Get a sneak peek at her work on her Facebook page: <https://www.facebook.com/RAZRceramics/>.

SATURDAY, MARCH 11, 10 am-4 pm

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



Svelte Protein Shakes are best served cold for **Tim** who packs them as part of the lunches he takes to work. "They're convenient, taste great, and are good for me!" he said. He's thrilled we carry them and we think others of you are too! These individual serving size drinks are dairy and gluten free, organic, and packed with protein from non-GMO soy. Tim likes the **Enjoy Yourself** flavor (cappuccino) which contains 6 grams of sugar (stevia sweetened) 5 grams of fiber, 11 grams of protein, and just 180 calories. You'll also find the Hello Beautiful (chocolate) and Just Your Style (spiced chai) on our shelves in aisle 3.



Randall always has **Leeks** in his fridge. He eats them raw or as a meal component after sautéing with garlic and red onion. His family heritage is Welsh where leeks are native. He says, "guess liking them is just in my DNA!"



Kelly is an adventurous eater--"just try it! You never know if you'll like it!" She did just that with the **Fair Oaks Havarti Cheese**. She and her daughter hosted friends and served cheese, crackers, and wine. The havarti was a new pick for them and they included some sharp cheddar with their spread. She enjoyed the cheese so much she bought it again! Yay to trying new things!



(260) 424-8812

March 2017

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