

3 Rivers Food Coop

July 2018

Currents

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Brine Time: heat-free food preservation

by Liz McMann, Co-op Stronger Together

Sometimes, in the peak of summer heat, I have to hang up my canning apron. Even with the local produce overflowing, a gal can only stand so much heat. Too bad it's not advisable to fire up the canner in a bikini.

Luckily, pickle recipes that don't require canning are plentiful. There are fridge pickles, freezer pickles and fermented pickles. While you'll never be able to store these pickles at room temperature, chances are you'll devour them before you need that fridge space back.

What is pickling?

Let's take a step back and look at the world of pickling, why don't we? In the oldest sense of the word, pickling is done with just vegetables and salt. The magic of fermentation uses salt to control for specific bacteria and yeasts that will transform sugars (from ripe fruits and veggies)

into acids—like lactic acid—that further control for harmful bacteria. Back in the day (and still in plenty of kitchens around the world), there was a fermentation crock or two that continuously had pickles pulled out and new veggies piled in, for a never-ending supply of pickles. Sounds lovely, huh?

Easy pickling

I usually stick to fermenting cucumber pickles, sauerkraut and kimchi in my kitchen—I pack a couple of crocks full when the cabbage and cukes are abundant, let the bacteria do their work, and when things taste right to me, I store them away in my fridge. The fridge slows down the fermentation process, but keeps those beneficial bugs alive for doing good work in our bellies. Fermenting pickles isn't tough and doesn't require much equipment. You probably already have all the equipment you need! Mason jar? Check. Gallon zip-top bag? Check. Access to lots of amazing locally grown pickling cucumbers? But, of course.

The simplest set-up

The simplest set-up is to wash and pack a few whole or sliced pickling cukes into a very clean quart sized mason/canning jar, leaving a good couple inches at the top. Be sure to toss in some dill, fresh or dried, a

spoonful of pickling spice blend and maybe even a dried red chile. For extra crispy pickles, cut a little off the blossom end (that's the yellowish end, opposite the stem). Then you can add brine (a.k.a. salt water) at a ratio of 1.5 tablespoons of sea salt per quart of water until the cucumbers are submerged. Chances are those little guys will float to the top. That's okay!

Next you'll make a little weight to hold them down. Fill a large sealable food grade plastic bag with 1 quart of water and 1.5 tablespoons of sea salt. Press out the air and seal the bag. Then push the bag into the mason jar, letting the bag fill all of the space left in the jar (you can get rid of any excess brine from the baggie if you'd like). Sometimes you get a little overflow action at this point in the set-up, but you can handle it with a sponge or a towel. This bag will serve as a lid and weigh down those floating cucumbers. It'll also prevent any pesky molds from sneaking in.

Waiting for your pickles to pickle

And then you wait. This is the hard part of pickling. It's best if your pickles are sitting in a room that stays between 65 and 80°F. The cooler it is, the slower the fermentation. Any warmer than this and you could end up with some slime. No one likes slime.

(Continued on page 3)



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& SPRING



Look for our new bench ad in the Apple Glen shopping area! We also have a bus hut billboard off Illinois Rd. Go Co-op!

Mine. Yours. Ours: Owner News You Can Use

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NEW FERMENTED FOODS FRIDGE & FRESH MEAT COOLER



You may have searched in confusion for your favorite bulk nut butters, nuts and flours as you passed the Produce Department and found fermented foods in the spot where they were kept. Or you may have been looking for fermented products from Young Urban Homesteaders or Farming for Life at the front of the store and been baffled by their absence. Never fear--all these items are still here, they have just been moved!

In that cooler just past Produce we created a fermented foods section. In order to make room for this we did remove the nuts, nut butters, and flours from the fridge and add them to the regular grocery shelves alongside the prepackaged versions. Several of you have expressed disappointment in this change as you have appreciated these items being in the cooler as it increases shelf life and freshness. We want to reassure you that these items are still fresh! They are kept in our walk-in until we package them and don't last long enough on the shelf to risk becoming rancid as we have high turnover of these items meaning they are not on the shelf for long. We do recommend you refrigerate these items in your home to prolong freshness and prevent rancidity.

Another switch this rearrange allowed was a "fresh" not frozen meat area! At the front of the store where you found the fermented foods before you'll now find thawed meat products ready to prepare for this evening's meal or tomorrow morning's breakfast. Bacon, chicken, ground beef, brats, and hot dogs are at the ready in this cooler--no thawing time required! We're hoping this is an appreciated addition for those days when planning ahead just isn't in the cards.

Do let us know your thoughts on these changes with a note in the suggestion box or a comment on our Facebook page or sent to news@3riversfood.coop.

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-1,850

Total Fully Invested Households-782

New Households- (May 24-June 25)

**These numbers include Active & Inactive Owners*

Cycle A Sales:

July 4-17

Special orders due July 15

Cycle B Sales:

July 18-31

Special orders due July 29

How about a better burger this picnic and cookout season? Deals in Sales Cycle A feature the gluten free buns, hot dogs, veggie burgers and condiments (think hummus!) that will reinvigorate your backyard barbecue! And you'll need drinks and chips to make your meal complete. Find savings on drinks from Blue Sky, Izze Sparkling Juices, Herbert's Lemonade, Harvest Bay Coconut Water and snacks from Beanfields Bean & Rice Chips, Garden of Eatin', Blue Diamond Almonds, and Boulder Canyon potato chips.

Sales Cycle B brings savings on more items for your perfectly grilled sandwiches and fresh sides--Tofurky DIY grounds, Rudy's Organic Bakery bread, Primal Kitchen Mayo with Avocado Oil, Organic Valley cheeses, and Kettle Brand Avocado Oil Potato Chips. Also on sale during cycle B sales are quick snacks from Mighty Bar, Kind (5/\$5!), LaraBar, Clif, and Epic.

In the mood for cold brew? Get your Equal Exchange bulk coffee for just \$8.99/lb in the second round of sales! As an undiluted concentrate cold brew can last 2 weeks in your fridge!

Don't forget to stock up on items you use often. As always, owners save 10% on case orders, even items on sale! Case quantities are do-able for items you love--they are often in cases of 6 or 12. Give us a call or ask for case sizes next time you are in shopping. Take note of the deadlines for placing orders above! Go Co+op. Case orders can come in just a few days with our orders being placed just the day before our deliveries!

Brine Time, continued from page 1)

First, you'll see a few days of nothing. You'll wonder if this whole fermenting thing is really going to work in your kitchen. Did you do something wrong? Are your bacteria not the right bacteria? It's okay, the self-doubt will go after that first bite of pickle.

Next, you'll see a few days of cloudy brine and bubbles rising up and escaping from your jar. This is when I wonder why my dog is burping so much...and then I realize it's my pickles. Last, after about 10-12 days total, you'll stop seeing bubbles. The time for tasting has arrived! Go ahead. Be brave.

Taste your Pickles

Sampling your pickles is important because that's how you know if they are ready. So after about 10 days, take off that bag of brine and pull out a cucumber, now a pickle. Give it a taste—if it doesn't taste pickle-y enough for you, rinse off the bag o' brine and put it back in place. Taste the pickles again in a day or two. If the pickles taste peppery and tart... VICTORY! You've made pickles! Fire up the grill for your favorite burgers and call your friends over to taste your kitchen experiment!

Storing Pickles

One last tip: If you have any pickles left after your feast, just replace that bag of brine with a proper lid and store the pickles in your fridge. They won't really go bad, but could lose their snappy texture after several months.

Ready for more fermentation?

Sandor Elix Katz is the fermenting guru of our day. Don't believe me? People actually call him "Sandorkraut. That should tell you something. Check out his website and books for plenty more recipes and inspiration at www.wildfermentation.com.

MISOZUKE (MISO PICKLES)

Total Time: 5 hours, 10 minutes active

Servings: 6 (1 pint)

Dress up your tofu rice bowl or chicken sandwich with these easy and flavorful miso pickles.

1 lb **Seedless Cucumbers**, sliced into ¼" thick rounds (do not peel)
2 tsp **Salt**
1 **Garlic Clove**, thinly sliced

1 T **Sugar**
½ c **White Miso**
2 T **Rice Vinegar**
Red Pepper Flakes (optional)

Preparation

Toss the cucumbers with the salt and place in a colander in the sink. Put a heavy weighted bowl on top of the cucumbers to help press out any excess liquid. Let sit for 4 hours or up to overnight to drain.

Pat the cucumbers dry. In a large bowl, gently mix the cucumbers with the garlic, sugar, miso and vinegar. For a spicier pickle, eliminate the sugar and add 1/2 teaspoon of red pepper flakes to the miso mixture. Place the miso pickles into a pint- or quart-sized Mason jar with a tightly fitting lid and allow the pickles to sit at room temperature for 30 minutes, or up to 2 hours. Rinse the pickles and pat dry before serving. Refrigerate any leftover pickles for 2 to 3 weeks.

Serving Suggestion

Misozuke is a term that refers to the many delicious kinds of pickled vegetables served as a snack or a garnish in Japan. They're delicious with a tofu rice bowl, or on a sliced chicken sandwich with wasabi mayonnaise.

© Co+op, Stronger Together

SPICY CHIMCHURRI PICKLED VEGETABLES

Total Time: 1 week

Servings: 6 (1 quart)

Make these pickles from any sturdy veggies on hand for a zesty accompaniment to grilled meats, burgers, chili and stews.

1 lb **Mixed Vegetables**, washed and cut into bite-sized pieces (try cauliflower, bell peppers, onion, carrots, green beans, or other sturdy vegetables)
1 c **Red Wine Vinegar**
1 **Lemon**, juiced
2 T **Sugar**

1 tsp **Crushed Red Pepper Flakes**
1 tsp **Ground Coriander**
2 tsp **Salt**
1 tsp **Black Pepper**
2 T **Fresh Oregano**, roughly chopped
3 T **Fresh Parsley**, roughly chopped
6-8 whole **Garlic Cloves**, peeled

Preparation

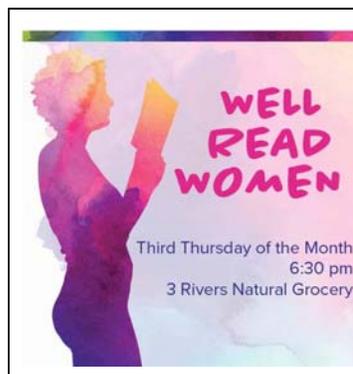
Place the garlic cloves, oregano, and parsley in the bottom of a one-quart jar. Pack the rest of the vegetables tightly into the jar.

In a saucepan, mix the vinegar, lemon juice, sugar, chili flakes, coriander, salt, and pepper and bring to a boil to make a brine. Remove from heat and pour the hot brine over the vegetables. Add hot water until the liquid covers the vegetables. Let cool, then put the lid on tightly and place in the refrigerator. Allow the vegetables to pickle for about a week, shaking the jar occasionally.

Serving Suggestion

These spicy pickled vegetables complement grilled meats, burgers, hearty chili and stews, accompanied by a good craft beer. Try adding them to an antipasto platter or relish tray for extra kick.

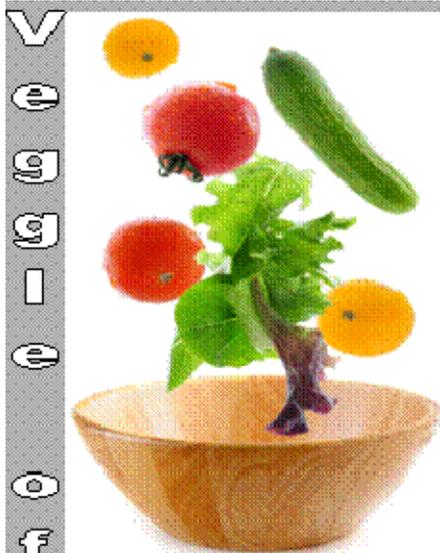
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Well Read Women Book Club

Thursday, July 19, 6:30 pm

Become a well read woman of nonfiction: one book, poem, or essay at a time. Everyone is welcome to attend this inclusive, accepting group for women. This month's reading is a *New York Times* article, is "The Reckoning: Women and Power in the Workplace" find it at <http://nyti.ms/2Aif7f3>. Questions? Call Sarah at the Little Turtle Branch Library at 260-421-1335.



the month

Bell Peppers

From Co+op, Stronger Together



While unrelated to black peppercorns from which we grind the spice, bell peppers may well have been similarly used—as a dried spice—in Mexico as early as 6,000 B.C. Archaeologists have concluded that in ancient times the pepper was harvested and dried, then ground as needed for seasoning. Columbus may have had something similar in mind when he misnamed the plant "pepper" as he searched for peppercorns.

The most popular of the sweet peppers, "bell" is the term for those with three or four lobes. Along with eggplant, tomatoes and potatoes, bell peppers are members of the nightshade family. They're also in the same family as hot Chile peppers; they just don't contain heat-inducing capsaicin. And yes, they're a fruit (they contain tiny seeds), not a vegetable. Some are convincingly sweet, too!

Native to Central America—where they've been cultivated for more than 9,000 years—Mexico and northern South America, bell peppers can be grown in tropical and temperate climates. The main commercial producers of bell peppers today are China, Turkey, Spain, Romania, Nigeria,

Mexico and the United States. States with the highest production are California, Florida and New Mexico.

Bell peppers are an excellent source of vitamins C and A. They're also a very good source of fiber, folate, vitamin K and trace minerals. Not only are red bell peppers sweeter than green bell peppers, they contain twice as much vitamin C, too.

Depending on variety and when they're harvested, bell peppers come in an array of colors, including green (an unripe pepper), red, yellow, orange, purple and brown. Green and purple bell peppers have a slightly bitter, grassy flavor, while orange, red and yellow bells are sweeter and fruitier—with red being the sweetest.

Common varieties of bell peppers include the thick-skinned, red or green Bell Boy; the blocky, crisp and sweet California Wonder, also in green and red; and Purple Beauty, a thick-walled, blocky and dark purple variety.

Mini Belle peppers are one or two inches long with very sweet flavor. They're available in red and yellow. Snacking Mini peppers, most often yellow and orange, are pointed, blocky, sweet and crunchy with few seeds.

With bold colors and bright flavors, bell peppers make a dazzling addition to everything from side salads to main courses. Try a Caramelized Onion Pizza, featuring roasted or grilled bell peppers and goat cheese. Or fill whole green peppers with Tex-Mex fare for Southwestern Stuffed Peppers.

Bell peppers make a statement on the veggie platter or in traditional antipasto

salad. Their delightfully crunchy, fresh taste also provides the perfect foil for creamy dips and dressings. Consider trying them on any sandwich, in place of (or together with) a tomato.

Bell peppers are a lovely addition to sauces, too, like Red Pepper Harissa Sauce, full of spices, bells and chile peppers. Grilled Chicken with Roasted Red Pepper Coulis features roasted bell peppers pureed with sundried tomatoes, a topping that would also be delicious on burgers.

Alternate chunks of different colored bell peppers with onions on skewers and grill for an easy, sweet and festive accompaniment to grilled fish, tofu or chicken. Try a skewer with zucchini, red bells and eggplant, marinated, grilled and served with mozzarella.

Bells have an affinity for eggs. Sauté red and green bells and serve with scrambled eggs on a sub-style bun for a quick and nutritious lunch or supper. Or use them to add color, texture and flavor to a luscious quiche or omelet.

While most plentiful in the summer months, bell peppers are available year round. Look for brightly colored peppers that are heavy for their size, with a glossy, smooth, taut, unblemished skin. The skin should be firm but yield gently to slight pressure. The shape of the pepper does not affect the taste.

Store unwashed peppers in the refrigerator for about a week; green peppers may last a little longer than red, yellow or orange peppers. Peppers can also be chopped and frozen, raw or cooked.

CARAMELIZED ONION PIZZA

Total Time: 40 minutes

Servings: 4-6

Ingredients

1 Ready-to-Bake Pizza Crust

2 T Olive Oil

4 c Yellow Onions (about 3 medium onions), sliced

1 T Garlic, minced

2 T Balsamic Vinegar

½ c Roasted Red Pepper or Grilled

Green Bell Peppers

4 oz Goat Cheese, crumbled

2 oz Shredded Provolone or Mozzarella Cheese

Preparation

To caramelize the onions, heat the olive oil in a large skillet over medium heat. Add the onions and garlic and cook over medium-low heat for about 20-30 minutes, stirring frequently, until the onions are very soft and lightly browned. Add the balsamic vinegar and cook a few more minutes, then remove from heat.

Preheat the grill to low-medium heat (or preheat your oven to 400°F).

Spread the caramelized onions evenly over the pizza crust. Top the onions with the chopped peppers, crumbled goat cheese, shredded provolone, and chicken if using.

Bake for 10-15 minutes, making sure the crust does not burn. Remove from the grill or oven and let set 5 minutes before slicing.

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RED PEPPER HARISSA

Total Time: 1 hours, 20 minutes active **Servings:** 8 (2 cups)
This fiery Tunisian hot sauce is traditionally served with couscous but also complements tofu, steak, beans and soups.

2 large Red Bell Peppers	3/4 tsp Salt
1 Anaheim Pepper (or an additional red bell)	1/4 tsp Ground Black Pepper
1 Jalapeño Pepper	Pinch of Cayenne Pepper
4 Garlic Cloves , peeled	2 T Lemon Juice
1 1/2 tsp Ground Cumin	2 T Apple Cider Vinegar
1 tsp Ground Coriander	1/4 c Extra Virgin Olive Oil

Preparation

Preheat the oven to 425°F.

Line a sheet pan with aluminum foil. Place all the peppers on the pan and roast in oven for 30-45 minutes, turning frequently, until the peppers are blackened all around the outside and the flesh is very soft. Remove from oven, put the roasted peppers in a bowl and cover with plastic wrap. Let stand for 15-20 minutes.

While peppers are cooling, combine the spices, lemon juice and vinegar in a food processor or blender. When peppers are cool enough to handle, peel and discard the skins, stems and seeds. Add the cooked flesh of the peppers to the food processor and process on high until well blended. Slowly blend in the olive oil and season with additional salt and pepper to taste.

Serving Suggestion

This fiery hot sauce from Tunisia is traditionally served with couscous, but Harissa also complements tofu or steak. Use it to season black beans, soups and stews.

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SOUTHWESTERN STUFFED PEPPERS

Total Time: 35 minutes **Servings:** 8
Tex-Mex flavors spice up this crowd-pleaser that's equally at home as a weeknight family-friendly meal or for dinner guests.

Ingredients	1/2 tsp Salt
4 medium to large Green Peppers	1 fresh or pickled Jalapeno Pepper , diced
2 c frozen Corn Kernels	1 T Fresh Cilantro , chopped
1 (15-oz) can of cooked Beans , drained and rinsed (black, pinto, or black-eyed peas)	1 c Salsa
1 c Cheese (Cheddar or Smoked Cheddar, shredded)	1 c Cooked Rice (optional)
	1 T Butter
	1 tsp Paprika or Smoked Paprika

Preparation

Preheat the oven to 375°F, and bring a stockpot of water to a boil.

Cut the green peppers in half through the stems, or leave whole and remove the tops. Remove seeds and thick inner ribs. Blanch peppers for 4 minutes. Remove and reserve.

In a large bowl, combine the corn, beans or black-eyed peas, cheese, salt, jalapeno, cilantro, salsa, and rice (if using).

Stuff each pepper or pepper half with an equal amount of the filling and place in a baking dish.

Add enough water to fill the bottom of the baking dish. Top each pepper or pepper half with a dab of butter and a pinch of paprika and bake 20 minutes.

Serving Suggestion

Top with salsa, sour cream, or guacamole and serve with tortilla chips.

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FUN FACT: *The bell pepper tops the list of foods with the highest levels of Vitamin C. A large red pepper provides more than 300% of your daily requirement of the nutrient; and has three times more Vitamin C than an orange.*

GRILLED CHICKEN WITH RED PEPPER COULIS

Total Time: 1 hour for coulis, 25 minutes to cook chicken

Servings: 8

Sauces are key to transforming meats and vegetables from the ordinary to the extraordinary. This red pepper coulis is fabulous on chicken, burgers, grilled portobellos or couscous.

Ingredients

2 1/2 lb **Boneless, Skinless Chicken Breasts** and/or **Thighs**

Coulis

2 large Red Bell Peppers
 3-4 marinated or oil-cured **Sundried Tomatoes**, chopped (about 2 tablespoons)
 3 T Olive Oil
 2 T Balsamic Vinegar
 12-14 Fresh Basil Leaves
 Salt and Pepper
 Pinch of Cayenne Pepper (optional)

Preparation

Preheat the oven to 400 degrees F. Place the peppers on an oiled sheet pan. Bake, turning occasionally, until the peppers are blackened and soft, about 50 minutes (or roast over an open flame on your grill until blackened and blistering). Let the peppers cool and remove and discard the skins and seeds. In a food processor, puree the peppers with the rest of the ingredients. Add salt and pepper to taste.

Preheat grill to medium-high heat. Sprinkle the chicken with salt and pepper and a little oil. Grill the chicken about 10-15 minutes on each side until thoroughly cooked to 165 degrees F. when tested with a meat thermometer. Baste the chicken with a bit of the coulis during the last few minutes of grilling. Serve with more coulis on the side or drizzled on the plate.

Serving Suggestion

If you're not serving a crowd, just reduce the amount of chicken. The leftover coulis will keep in the refrigerator for several days, and adds plenty of zest to grilled portobello mushrooms, burgers, or vegetable couscous.

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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.



WishGarden Herbal Remedies are available in the Wellness Department in 17 kinds. Categories of these herbal dietary supplements are symptom soothers, onset & protections, condition specific for active discomfort, and move it on out. The names of each remedy are fun--the two examples pictured are "Genius Juice" to refresh and focus and Kung F'u Fighter, a seasonal wellness blend. This woman-owned and family run company has been around since 1979. Each of the artisanal blends are small-batch crafted with only the cleanest, most vibrant ingredients. Each formula is carefully created for functional synergy and taste profile.

New to our lineup of local offerings are two meads from **Misbeehavin' Meads** in Valparaiso. **Prickly Pare Apple Wine** and **Pear Mutation Mead** are honey sweetened (thus the name of the company).



Other new products: Nuco Coconut Wraps in original or Mornigu; Outer Aisle cauliflower pizza crust and sandwich thins; From the Ground Up cauliflower crackers in "cheddar" (vegan) or sea salt; Kite Hill ravioli in spinach and ricotta or mushroom and ricotta; Mount Sterling goat butter; Bonafide Provisions organic bone broth from grass fed beef; Schar gluten-free multigrain Ciabatta bread and baguettes; One Degree sprouted rolled oats; Ona Ancient Energy protein bars; Hopeful Farm organic ground beef; Zevia strawberry soda & cherry cola; Blackwing Buffalo hot dogs, Philly meat, and Kobe beef; Barnana plaintain chips in Himalayan Pink Sea Salt or Acapulco Lime; Jackson's Hones Grain Free Puffs in crunchy sweet potato or jalapeno; and REBBL Coconut Milk Elixir in Berry Crème or Mango Spice.

Featured in the new fermented foods cooler: Farming for Life fermented black beans, root kraut, and asparagus pickles; GTS veggie kefir in Kimchi or cucumber dill; Kor Shots; Wildbrine fermented coleslaw and salsa.

Plant Powered



Cooking Plant Based Cheese & Sauces

Monday, July 23, 6-8 pm

The hardest thing to give up for most people when trying a plant-based or vegan diet is cheese...at least it was for me. I will be teaching you how to make my favorite Nacho Dip, Mac & No-Cheese and a delicious coffee creamer along with some cream sauces so you'll never miss dairy cheese again! Samples and recipes included.

Instructor Laurie Beck is certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies — eCornell University and took a Forks over Knives Plant-Based Cooking Class from Roubxé Cooking School.

Register at <https://goo.gl/Jtt1Ju>. This 2-hour class is \$20.

Music in the Café 🎵🎵

These toe tapping tunes are played by a different gathering of musicians each week. Come to listen or bring an instrument to play along!

July 3, 6:30-8:30 pm

1st Tuesdays

**Southern Appalachian
Fiddle Music Jam
(NOT bluegrass)**

June 17, 6:30-8:30 pm

3rd Tuesdays

Traditional Irish Music Jam



JULY FEATURED ARTIST

Gloves by Katherine



Gloves by Katherine creates designer garden gloves, cleaning gloves and oven mitts. Whimsical lace, ribbons and trim turn household gloves from mundane to marvelous! These gloves will add a touch of personal style to your everyday chores and lets you garden, clean, bake and be cute!

SATURDAY, JULY 28, 10 am-4 pm

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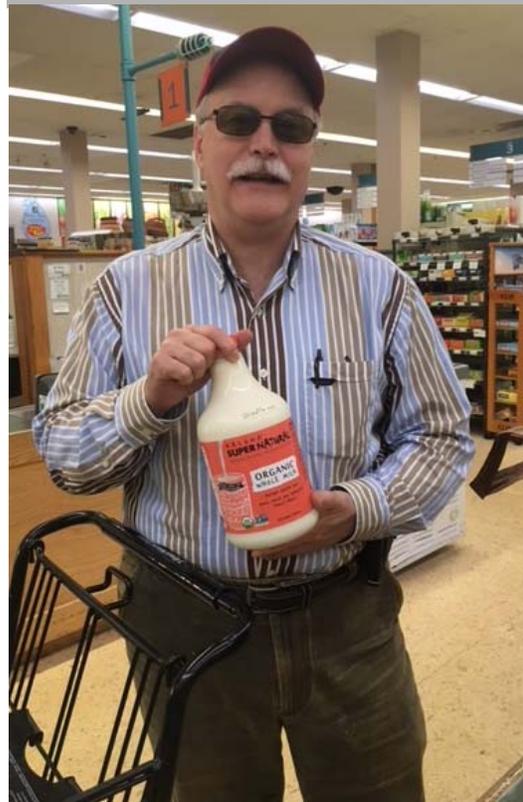
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Want more? Owners can sign up for our owner only newsletter to get unadvertised specials, deli menus, fliers, and info about events. Non-owner shoppers can receive a monthly newsletter as well. Send an email to news@3riversfood.coop or visit our webpage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



David and his wife don't see eye-to-eye on milk. While she doesn't like milk and avoids it completely, he seeks out **Organic Whole Milk** from **Kalona Supernatural**. The full milk fat is the draw for him as he feels it is giving him the nutrients found in the "little pills" prescribed by docs. Plus, it's "just delicious!" Is fat or no fat better for your health? It's a controversy you'll hear varying responses on!



Cami is a big fan of **Crossroads Kombucha**. She loves that it is a locally owned company. Her favorite flavor is the **Blackberry Mint**, "I love the deep flavor of the blackberry! In most kombucha the blackberry is 'barely' there!"



A recent diagnosis of diabetes has sent **Amaris** on a new path with her health and food choices. Her daughter encouraged her to try **Food for Life Ezekiel Bread** on her new quest toward a fully vegetarian way of eating. She was perusing all our non-meat options and was excited to try this "bread of life" as she aims to reverse this diagnosis! Good luck, Amaris!



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July 2018

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