



3 Rivers Food Coop

September 2020

# Currents

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

## PRESERVING SUMMER



If you've followed the course of many during this spring and summer you are aiming to earn your food preservation badge after completing your training in bread baking, using dried beans, and perfecting 50 ways to cook a whole chicken and how to poach an egg.

It's been fascinating (and sometimes frustrating) to keep up with your changing buying habits as things like tinned sardines, whole chickens, multiple pounds of dried beans (along with canned), and so many bags of flour (and yeast when we were able to get it) leave the store in your shopping bags. Our buying team has brought in many of your requests and replaced long term out-of-stocks with new brands.

Now we're into the latest round of pandemic experiments—food preservation! We hear gardens are flourishing and your bounty is huge. And canning supplies are scant around town. (Although we do have a limited number of canning jars and have lids on order.) Each preservation method requires a set of knowledge that you may need to acquire if homesteading skills were not part of your upbringing or formative years.

The best method is finding a preservation buddy who has all the supplies and has the skills perfected to shadow through the process. In the absence of a mentor there is a wealth of books for purchase (several available on our shelves) or for check out from your favorite library. In the time of COVID local workshops are lacking but extensive guides are available through our extension office. Links are below.

So what are the best options for preserving your bounty? Here are some methods to keep your fruit and veg around through the winter.

**Freezing:** When it comes to nutritious preserved foods, freezing is second only to fresh foods. While freezing can affect the texture of some foods, most vegetables, fruits, meats, soups, and even herbs can easily be frozen in airtight containers for use all year long. The key is to start with cold foods so that the time it takes for them to freeze is very short. This minimizes ice crystals and preserves the color, texture, and taste of your foods. (Recipe for Freezer Pesto on page 3.)

Learn more at <https://extension.purdue.edu/extmedia/HHS/HHS-800-W.pdf>.

### Drying/Dehydrating

Dehydrating foods is a simple and easy way to keep vegetables, fruits, and even meats stored away until you are ready to use them. Drying preserves foods by taking all the moisture away; without moisture, bacteria cannot

grow and your foods stay delicious for months—even years. While there are plenty of dehydrators available, many recipes are possible using a regular home oven (see page 3 for a recipe for oven dried tomatoes).

Learn more at <https://extension.purdue.edu/extmedia/HHS/HHS-802-W.pdf>

**Canning:** Home cooks have been preserving food in jars for centuries, and these days we have plenty of resources to do so safely and with confidence. Canning does require some special equipment, available at many co-ops and hardware stores, and recipes designed and tested for safety. After the initial investment in jars, a canner, and a few accessories, the expenses are minimal and the results can be phenomenal. Canned goods go far beyond the usual tomatoes and green beans. Modern canning recipes allow you to create unique and memorable foods for gifting or for enjoying yourself.

Learn more at <https://extension.purdue.edu/article/1941>.

**Fermenting:** Fermentation is made possible by the action of beneficial bacteria—the same bacteria that keep our immune and digestive systems healthy. So fermented foods are not only practical, they also deliver a healthy dose of probiotics. Another benefit of fermentation is that no special equipment is required. You can get started with as little as a knife, a cabbage, and some sea salt, and couple of weeks later you'll be enjoying sauerkraut!

Learn how to make sauerkraut: <https://extension.purdue.edu/extmedia/HHS/HHS-817-W.pdf>

**Food Preservation Methods:** <https://www.extension.purdue.edu/extmedia/FS/FS-15-W.pdf>

**Preserving and Storing Foods:** <https://www.extension.purdue.edu/extmedia/>

(Continued on page 3)

## STORE HOURS

Monday-Saturday 9am-7pm

Sunday 12pm-6pm

**No Special Orders**

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

As this unusual time in the calendar continues to move on our usual events and offerings are still suspended or will be in a different format. Here are some updates:

**Case/Special Orders:** The supply chain is still not quite right. Long term out-of-stocks still remain on things like beans, rice, soups, etc. Our grocery team is on top of these, replacing with new brands as we are able. Our bulk items like dried beans and flours seem to be consistent (for now) but just when we think we've reached consistent stock something else becomes unavailable again or for the first time. Other brands are coming back in stock. (Yay! Lundberg Rices are back!) Trust that we are trying weekly (even if items say they are out of stock) to get your favorite items back in stock. You may notice as you shop in larger chain stores that there are empty shelves. As we don't rely on an automated process to order we can swap brands sizes, etc. and have something similar on shelf. FYI-if items come back in stock prices may be higher.

All that to say, we are still not allowing special orders as we cannot guarantee that we can get an item in for you. Please do talk with a buyer about adding an additional case to our order. If we receive that extra case you are welcome to purchase a full case of something. These cases will not receive the owner 10% case order discount. We were hoping for September but we can't make it happen just yet.

**Annual Owner Appreciation Event:** October is our birthday and our annual owner appreciation event is normally on a Sunday. We're not quite sure what that will look like this year. We may have goodie bags for owners to pick up, an online update (live or perhaps recorded) may be shared, or perhaps something we haven't thought of will take place. We are hoping to have Board of Directors voting online as well. Watch this space in October as well as the info board at the front of the store for any updates.

**Shopper Survey:** We survey our shoppers every few years to take the pulse of how you think we are doing and you love and wish was better/different. This is for all shoppers but and we will take a peek at owner data separately and together with all shoppers. Its been since 2012 and we're past due for a new survey. We're finalizing the details now and will get out an electronic link on social media, email, in store, and via a postcard to owners. The more responses we get the better a view of shopper needs and desires we can create. (We'll have a few incentives that might sweeten the request, too!)

As apple season sets in you'll find a variety of heirloom apples in our Produce Department. Fingers crossed for apple cider!

Lots of you will be missing Johnny Appleseed Festival (canceled due to COVID) —we're hoping to fill some of your hankerings with some special apple treats and displays.

## CINNAMON APPLE CHIPS WITH PEANUT BUTTER DIP

### Ingredients

4 large **Apples**  
2 tsp **Cinnamon**  
1 T **Sugar**  
2 tsp **Coconut Oil**  
¼ c **Creamy Peanut Butter**  
¼ c **Greek Yogurt**  
2 T **Honey**

### Preparation

Heat oven to 200°F. Cut apples in half. Remove seeds, stems and bottoms. Use a sharp knife to make thin crosswise slices. Place the half-rounds in a large bowl, and sprinkle with cinnamon and sugar. Toss to coat. Drizzle two sheet pans with oil, then spread the apple slices on the pans. Bake for 2 1/2 hours. Place on racks to cool. While apple chips cool, combine peanut butter, yogurt and honey in a small bowl and stir. Place apple chips on a plate with the bowl of dip in the center and serve. (Can be stored for 4 days.)

## Hot Bar Service

Friday-Tuesday 11:30-6

Sunday, 12-6

(Closed Wed/Thurs)

4-6 options daily (vegan and gluten free available).

Heat-and-Eat options are available in the Deli cooler.

**coop**<sup>TM</sup>  
**deals**

**Cycle A Sales:**  
**September 1-15**

**Cycle B Sales:**  
**September 16-29**

*No Special Orders*

## Own It!

Interested in how being a co-op owner works? Ask a cashier how to become invested in the local economy. You can get started with just \$37.

### Current Co-op Membership

Total Owner Households-**2097**

Total Fully Invested Households-**882**

Current Active Households-**890**

New Households-**8** (8-1-8/28)

*\*These numbers include Active & Inactive Owners*

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

**General Manager**  
Janelle Young

**Produce Manager**  
Alisha Dunkleberger

**BOARD OF DIRECTORS**  
**President**

Scott Kammerer

**Vice President**

Lindsay Koler

**Secretary/Treasurer**

James Ringswald

Sarah Hyndman

Kristen Macy

Robert Novak

Kelly Vandemark

Daniel Whiteley

Owners may contact the  
board thru email:  
[board@3riversfood.coop](mailto:board@3riversfood.coop)

**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/)

## Food Preservation

[food\\_preservation\\_color\\_pubs.pdf](#)

Not sure what the best method is to preserve a fruit or vegetable you have in abundance? Purdue University's **FoodLink** is an excellent resource that provides a guide (with recipes) for produce of all kinds: <https://extension.purdue.edu/foodlink>.

Happy preserving!

### OVEN DRIED TOMATOES

*The rich, sweet, tomato flavor concentrates in these little jewels. Store them away for winter if you can wait that long! Enjoy the tomatoes dried, or rehydrate in hot water for plump, juicy tomatoes in your winter sauces and soups.*

Ingredients

**Olive Oil** or **Parchment Paper**  
**Fresh Tomatoes** (Roma or paste tomatoes are best)  
**Sea Salt**

Preparation

Set your oven dial to its lowest setting (140–150°F is ideal). Line a baking sheet with parchment paper or lightly brush with olive oil. Prepare tomatoes by slicing in half lengthwise and scooping out most or all of the seeds. Place cut-side up on the baking sheet and lightly sprinkle with sea salt. Place sheet in oven and leave oven door slightly ajar to encourage air flow. Dehydrate in the oven for 6–10 hours or until leathery, but not brittle. Cool completely, then store in a transparent air-tight container. Shake container daily for 7 to 10 days to evenly distribute any residual moisture. If condensation develops on the container, open and return tomatoes to the oven for more drying.

© Liz McMann,

Co+op, welcome to the table

For a simple **BRUSCHETTA** toast up sliced GK Baguette (delivered Tuesdays!), add a bit of fresh mozzarella and toast again. Add a bit of fresh garlic and a sprig of basil. Drizzle with olive oil and black pepper. So beautiful!

### SPINACH PARSLEY PESTO

*If you crunch the numbers, parsley is much cheaper than fresh basil, and spinach is, too. Pumpkin seeds, which impart a nutty, creamy flavor, are less than half the cost of nuts like pine nuts or walnuts. This pesto has half the oil that pesto usually has, so when you serve, you can stir in some extra virgin olive oil for flavor, if desired.*

Ingredients

1 c **Fresh Parsley**  
3 c **Fresh Spinach**  
2 cloves **Garlic**  
½ c **Pumpkin Seeds**  
½ cup **Parmesan Cheese**, coarsely shredded  
¼ c **Oil**  
½ tsp **Salt**

Preparation

Put parsley, spinach, garlic, pumpkin seeds, Parmesan and salt in a food processor. Process until they are finely ground. Drizzle in olive oil gradually, to make a smooth paste. If not using right away, cover the surface of the pesto with plastic wrap and refrigerate for up to a week. Or freeze pesto in ice cube trays, then transfer to zip-top freezer bags (keeps, frozen, for about 3 months), then use the cubes to stir into soups, pastas, spread on sandwiches, top pizza, and use in veggie sauces.

©Robin Asbell, Co+op, welcome to the table

### EASY QUICK PICKLED BEETS

Ingredients

1 lb **Beets**, 2½" diameter  
1 small **White Onion**, slivered  
½ c **Vinegar**  
1 tsp **Salt**  
¼ c **Sugar**  
½ c **Water**  
2 1-quart **Canning Jars with Lids**  
1 tsp each **Whole Cloves**, **Whole Allspice**, a couple of **Bay Leaves**, optional

Preparation

Scrub the beets and place in a large pot, cover with water, and bring to a boil. Boil the beets until they are tender when pierced with a paring knife, about 25 minutes. Drain, and run cold water over each beet, slipping the skins off and paring off the tops and root tips. Let the beets stand until cool enough to slice. Thinly slice beets, then pack into the two 1-quart canning jars, alternating with sliced onions.

In a 1-quart non-reactive pot, combine the vinegar, salt, sugar and water. Add optional spices, if desired. Bring to a boil over high heat, then pour the liquid over the beets in the jars. Screw the lids on the jars tightly, then refrigerate for 4-7 days before serving.

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(260) 424-8812

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# NATURAL GROCERY



1612 Sherman Blvd Fort Wayne IN 46808

Hours: Sundays 12 am-6 pm, Mon-Sat 9 am-7 pm

[www.3riversfood.coop](http://www.3riversfood.coop)

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

WE WILL BE **OPEN**

**Labor Day**

10am-6pm

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