



3 Rivers Food Coop

November 2015

Currents



More ways to save with Co+op Basics!

Looking to stretch your grocery budget? So are we! That's why we're pleased to introduce our new Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery pantry basics from Field Day. From peanut butter to spaghetti you'll find low prices on organics that you won't be able to beat!

Don't worry, we aren't paying our farmers or employees any less. We're simply committed to improving our selection so that everyone can find more value when shopping the co-op. You'll find more than 35 Co+op Basics items in the store. Just look for the purple Co+op Basics image on the sign--not a sale, an every day low price!

Included are organic items from many grocery categories:

Canned Beans for \$1.49: Black, Garbanzo, Pinto, Kidney, Baked in Maple & Onion or Vegetarian, Refried in Pinto or Black

Canned Veggies for \$1.69: Green Sweet Peas, Cut Green Beans, and Super Sweet Corn

Chips & Cookies: Chocolate Chip Cookies (\$2.99), Crackers in Golden Round or Stoneground (\$2.69), Tortilla Chips in Sweet Potato (\$2.49) or Blue Corn (\$2.79)

Pasta & Sauce: Spaghetti, Elbows, or boxed Mild Cheddar Macaroni & Cheese (1.99) and Tomato Sauce in Garden Vegetable, Italian Herb, Marinara, Portabella Mushroom, Roasted Garlic, Tomato Basil (\$2.99/26 oz)

Olives: Pitted Green (\$2.39), Sliced Black (\$1.79) or Pitted Black (\$2.19), Raisin Bran Cereal (\$2.99)

Peanut Butter: Regular or Crunchy (\$4.99/18 oz)

Odds & Ends: Apple Cider Vinegar (\$4.49/32 oz), Mediterranean Sea Salt (\$1.99/26.5 oz), Apple Juice (\$9.99/gallon, \$5.99/64 oz), Extra Virgin Olive Oil (\$6.99/500 ml), Toilet Paper (\$6.69/12 rolls)

As with all items, owners are able to special order cases of Co+op Basics for an extra 10% discount. Don't forget that all shoppers can take advantage of all the other great ways to save when shopping the co-op:

Co+op Deals – our biweekly flyer focused on grocery & wellness items

Fresh Deals – our weekly flyer focused on fresh produce & deli

Owner Deals – month long sales just for owners

Bulk – save when buying just what you need; buy a pinch or a pound

You'll find these fliers in store, on our newly redesigned website (www.3riversfood.coop), and available via our mobile app (in your app store under Three Rivers Natural Grocery). Watch for a Facebook Giveaway of Co+op Basics in November.



The Word on the Bird

Frozen turkeys should be in stock by November 1st. We will have organic turkeys from Organic Prairie and Plainville at \$3.99/lb. They will range from 10-16 pounds each. Non-organic Plainville turkeys will range from 12-20 pounds and will be \$2.39/lb. These are first come first served.

Gunthrop fresh and local turkeys will again be available for PRE-ORDER ONLY. These turkeys range between 15 and 18 pounds and are \$3.75/lb. Orders are due Wednesday, November 18 and will be available for pick up Tuesday afternoon (11/27) & Wednesday (11/28). We will also have several non-meat options for purchase including the new Gardein Holiday Roast (on sale November 4-17), Quorn and Tofurky roasts (on sale beginning November 18), and the Field Roast Celebration & Hazelnut Encrusted (on sale all month). Shop early for the best selection.



Our annual Owner Event was October 4th. Attendees got a store update, soup, drink, and dessert, a chance to chat with old (or new) friends, and some musical entertainment. It looked like everyone had fun!



stronger together

Co+op Deals News

Cycle A Sales:

November 4-17

Special orders due November 14

Cycle B Sales:

November 18-December 1

Special orders due November 28

***All special orders must be purchased by the last day of the sale as noted above*

Hey, owners—want to be the first to know? Download our mobile app or get on our weekly email blast to receive the **Owner Bonus Buys**, bi-weekly **Co+op Deals**, the **Weekly Fresh Deals**, deli menu, and news from the store. Tell a cashier or email news@3riversfood.coop.

Monthly
Owner Bonus Buys

Weekly
Fresh Deals

The holiday season is quickly moving in and this month's sales flyers are all about the ingredients you'll need for dishes to share at your home or someone else's.

Complete your holiday table with these items on sale all month: Stuffing mix from Arrowhead Mills, Glutino (GF), or Olivia's; Imagine ready-to-use gravy, Woodstock cranberry sauce, and Farmer's canned pumpkin. For your pie if you'd rather not labor over the crust, buy a mix or readymade from Midel, Arrowhead Mills, Wholly Wholesome, or Immaculate Baking.

Current Co-op Membership

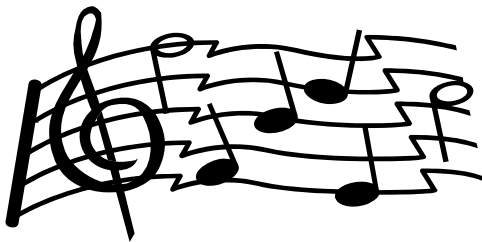
Total Owner Households-1,733

Total Fully Invested Households-659

New Households-5 (September 16-October 15)

**These numbers include Active & Inactive Owners*

3 Rivers Natural Grocery: Mine. Yours. Ours.



Music in the Café

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

November 7 & 21, 1-3:30

1st and 3rd Saturdays

Southern Appalachian Fiddle Music Jam (NOT bluegrass)

November 28, 1-3:30

4th Saturdays

Traditional Irish music Jam

To drink? Knudsen sparkling juice in new flavors Caramel Apple or Pumpkin Spice and Equal Exchange coffees (\$7.99/lb) including new-to-us flavors Black Silk Espresso and Uganda Full City.

Don't forget—ordering your favorite items in bulk (by the case) pays—owners save 10%! See our newly redesigned website, blog, Facebook page, or mobile app for the full sale fliers.

Join us for
DINNER & A MOVIE

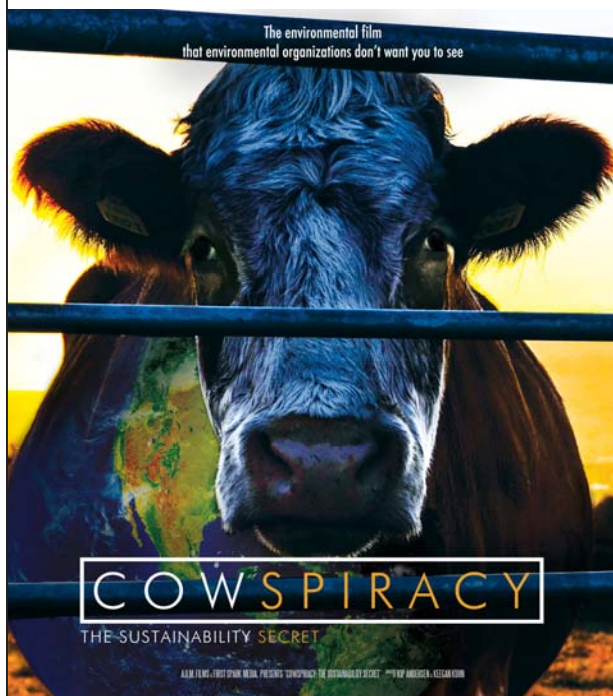
Featuring the documentary
Cowspiracy

FRIDAY, NOVEMBER 20, 7 PM

Follow the shocking, yet humorous, journey of an aspiring environmentalist, as he daringly seeks to find the real solution to the most pressing environmental issues and true path to sustainability. **COWSPIRACY: The Sustainability Secret** is a groundbreaking feature-length environmental documentary following an intrepid filmmaker as he uncovers the most destructive industry facing the planet today – and investigates why the world's leading environmental organizations are too afraid to talk about it. This documentary reveals the absolutely devastating environmental impact large-scale factory farming has on our planet.

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

Co-Hosted by The Veg Academy



WWW.COWSPIRACY.COM

Balance | Peace | Joy

Mondays
11:00am-1:30pm

10 minute \$10

Chair Massage Mondays
November at Three Rivers Food Co-op

Lisa M. Borton | LMB Massage & Wellness
www.lmbmassagewellness.com

*Every Monday in November EXCEPT 23rd



Holiday Stress Busters

with Dr. Caitlin Hernandez!

Sunday, November 15, 4:00 pm in the Café

Does the stress of the holiday season already have you twitching? Learn how to keep you and your family happy and healthy through the holiday season. Get tips on how to keep your stress low, your immune system strong, and how to prepare delicious holiday favorites in a healthy way!

Call 424-8812 or email news@3riversfood.coop to reserve a spot!

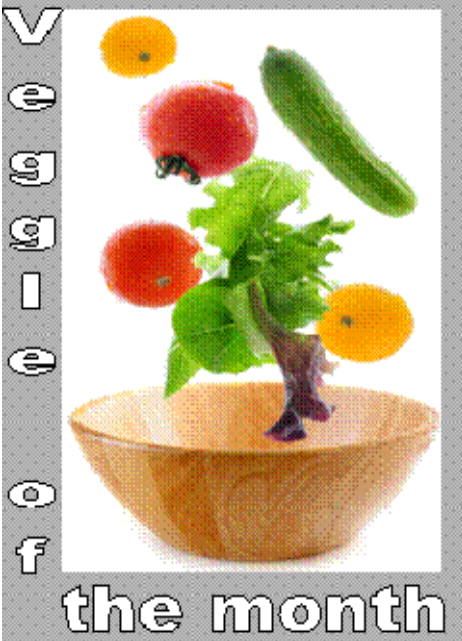
Shop with the Doc

Monthly tour with Dr. Caitlin Hernandez!

Sunday, November 15, 3:00 pm

View the store through a whole new lens as you walk the aisle with chiropractor, Dr. Caitlin Hernandez. She will share information and direct you to the best choices you can make to become your healthiest self! (Meet at front doors.)

Call 424-8812 or email news@3riversfood.coop to reserve a spot!



Butternut Squash

From Co+op, Stronger Together



This pear-shaped squash is one of the most popular varieties of winter squash—undoubtedly because of the nutty, sweet, nutritious taste treat butternut squash offers. And, the fact that there are so many delicious ways to prepare it! Grill it, bake it, broil or roast it as a side dish. (Add a bit of sweetener, spice, or cheese to enhance, if you like.) Purée it as the basis for soups, custards, soufflés, breads, muffins and pies. Add it to lasagna, risotto or casseroles. It even makes an excellent vessel when baked and stuffed with dressing or sautéed mushrooms and root vegetables.

Flavor Profile

- Sweet, nutty, moist
- Similar to pumpkin/sweet potato

How to Choose a Good One

- Choose squash that's firm and smooth, with blemish-free skin
- Should be heavy for its size
- The skin should not be easily nicked or scraped with a fingernail
- The outside should be even colored and dull, not glossy skinned
- Avoid squash with soft spots or dull or wrinkled skin
- Older, large varieties are considered most flavorful
- Store in a cool, dark place for up to three months
- Once cut, wrap in plastic and refrigerate up to five days

Peak Season

- August through March, though highest quality September through November
- Available year-round
- Nutritional Highlights
- Excellent source of dietary fiber, vitamin E, thiamin, niacin, vitamin B6, folate, calcium and magnesium

- Very good source of vitamin A, vitamin C, potassium and manganese

General Use

- Baked, roasted, grilled, boiled, pureed
- Soups
- Casseroles, like lasagna
- Side dishes
- Breads, muffins
- Pies
- Stuffed
- Soufflés
- Risotto and other grain dishes
- Lasagna
- Custards and puddings
- Can be used in place of pumpkin
- Can be stuffed

Complements

- Cinnamon, nutmeg, curry, sage, rosemary, chives
- Butter, olive oil
- Maple syrup, brown sugar, honey
- Spinach, chili peppers, celery root and other root vegetables, mushrooms
- Apples, oranges, cranberries
- Cheddar, feta, Parmesan cheeses
- Pecans, walnuts
- Sherry

Butternut Squash Sun-Dried Tomato Soup

Ingredients

- 1 **Yellow Onion**, peeled and chopped
- 5-6 cloves **Garlic**, peeled and chopped
- 4-6 **Cremini Mushrooms**, sliced
- 2 T **Olive Oil** or **Butter**
- 4-6 pieces **Sun Dried Tomato**, soaked in 1 cup water for 20 minutes
- 1 2-3 lb **Butternut Squash**, peeled and cubed in ½"-1 cubes (optional: save seeds for roasting, see Tips & Notes)
- 1 **Red** or **Yellow Potato**, cut into chunks (peeled or unpeeled)
- Water** or **Broth** to cover the vegetables
- Salt** and **Pepper** to taste
- ½ c **Parmesan** or **Pecorino Romano Cheese**, grated

Preparation

- In a soup pot, sauté onions and garlic in olive oil or melted butter until onions are transparent. Add mushrooms and continue to sauté until mushrooms soften and release their juices.
- Add the soaked tomatoes, squash and potato and just enough water or broth to submerge vegetables. Bring soup to a gentle boil and simmer gently, uncovered, for 30-40 minutes. Stir occasionally, adding more water or broth as necessary to keep vegetables covered with liquid. Cook

until squash falls apart easily.

Puree with immersion blender or potato masher and season to taste with salt and pepper. Soup should be the consistency of a medium-thick split pea soup. (See Tips and Notes for using a blender or food processor.) Sprinkle with grated Parmesan or pecorino Romano cheese and serve.

Tips & Notes

Blending Note: A blender or food processor may also be used to puree the soup, however, be sure to puree until just blended as overblending potatoes gives them an undesirable gummy texture.

Roasting Seeds: To roast the seeds, soak in water overnight and rinse in a metal sieve to remove sticky pulp. Salt lightly, coat with a little olive oil (optional) and roast on a parchment or foil covered cookie sheet in a 300° oven for 15 minutes or so. Seeds will start to pop when they are crispy and done. Enjoy as you would roasted pumpkin seeds.

Storage Tip: This soup freezes well. Leave an inch or two of empty space at the top of the container to allow for expansion.

© Co+op, Stronger Together



Drink Up!

The empty glass or mug becomes a fun vessel when you have extra time to sit and chat with friends and family or don't have to rush out the door on the way to work or school. Our shelves will feature drinks, to be served hot or cold, just for the holiday season. Get them while you can!



There's a little something for everyone's tastes and dietary needs in our seasonal drink selections. We have our traditional Celestial Seasonings bagged teas in with fall and winter flavors in Sweet Harvest Pumpkin, Cranberry Vanilla Wonderland, Sugar Plum Spice, Sugar Cookie Sleigh Ride, Gingerbread Spice, Candy Cane Lane, and Nutcracker Sweet--look for the big display near Bulk.

Not only do you have to decide on whether you'd like these drinks hot or cold but from the many flavors including Calafia Pumpkin Spice Almond Milk Cold Brew Coffee, Lifeway Eggnog Kefir, Silk Nog or Almond Nog, Rice Dream Rice Nog, Westsoy Chocolate Peppermint Stick, and So Delicious Coconut Milk in Nog or Chocolate Mint.

Looking for some sparkle? Try the new sparkling drinks--Zevia sugar-free Apple or Pear and Carmel Apple or Pumpkin Spice from Knudsen. We also have Ginger Beer in the alcoholic (Hollows & Fentimans, 1 pt) and non-alcoholic (Fentiman's) versions and Kentucky Pumpkin Barrel Ale.



Holiday Deli Treats:

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



We are CLOSED Thanksgiving Day

Music in the Café featuring Small Voice

Saturday, November 21, 6:30-8:30

Yes, you read that correctly! Look for music from our house band, Small Voice, once every 6 weeks or so. You'll want to take in the tight harmonies, guitar, and percussion of trio Duane Eby, Rich Lysaght, and Bob VanAnda. Grab a drink and dinner and hang out for the night!

coop explorers Kid's Cooking Club

Each month we feature a fruit or vegetable to taste and a hands-on cooking/food preparation activity for kids. Children preschool-4th grade are invited to participate and parents are welcome to shop while kids learn about produce and fresh flavors. Register your child at the sign up sheet near the front of the store or by sending an email to news@3riversfood.coop. Go Co-op!

Sunday, November 15, 2 pm

First Friday

November 6,
7:30 pm



Readings

Tom Sabel & Sarah Sandman

This Just In!:

New & By Special Request



By customer request: **Turmeric Tea!** You've been asking for it and we got it! Numi is the best--tea that is organic and fair-trade certified and a company that is eco-responsible and certified as a B Corporation. Turmeric is an ancient root related to the ginger family native to Southeast Asia. It is most often used for its bright yellow color and is present in curries and mustards. Recent studies boast of turmeric's anti-inflammatory and anti-cancer effects as well as its link to a reduced rate of Alzheimer's disease. You'll find the tea in both flavors--Fields of Gold (with chamomile & lemon myrtle) and Three Roots (with ginger, licorice & rose)--in aisle 4 with the other boxed teas.



Limited Edition Sparkling Juice Blends from R.W. Knudsen! The Caramel Apple and Pumpkin Spice sparkling juices will add zing to your holiday table! Made with an apple juice (Caramel Apple) and apple/pumpkin (Pumpkin Spice) base, this non-alcoholic drink is a treat worthy of celebrating for even your youngest guest. Zevia zero calorie sparkling drinks in apple and pear will also be available through the holiday season.

A Pear-fect Addition to Fall Meals

Butternut Squash & Pear Sauté

Ingredients

- 3 T Olive Oil
- 1 large Yellow Onion, diced
- 1 T Garlic, minced
- 1½-1¾ lbs Butternut Squash, peeled, seeded, and cut into 1-in cubes
- ½ c Chicken or Vegetable Stock
- ¼ c White Wine
- 2 Anjou Pears, peeled, cored, and cut into 1-in cubes (about 2 c)
- 1½ T Fresh Sage, minced
- ¼ tsp Ground Nutmeg
- Salt and Pepper to taste
- ¼ c Pecans, chopped
- 4 oz Fresh Goat Cheese, crumbled

Preparation

In an extra-large skillet, heat the oil over medium-high heat. Sauté the onions and garlic for a few minutes until soft. Add squash and chicken stock and simmer, stirring occasionally, for 10-12 minutes until the squash is just tender. Add pears, white wine, nutmeg and sage, and cook for another 4-5 minutes until the pears are just tender and most of the liquid is absorbed. Season well with salt and pepper, and garnish with pecans and goat cheese.

Serve with pork or poultry. Add to leftover chorizo or turkey for a quick hash.

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Winter Greens with Pear & Chèvre

Ingredients

- ½ c White Wine Vinegar
- 1 tsp Mustard Seed, coarsely-ground
- 2 tsp Honey
- ½ c Extra Virgin Olive Oil
- 4-oz log Fresh Chèvre
- 1 c Bread Crumbs
- 1 T Butter
- 2 Pears (Anjou or Bartlett)
- 3 c Spinach Leaves
- 1 c Baby Arugula
- ½ c Dried Cranberries

Preparation

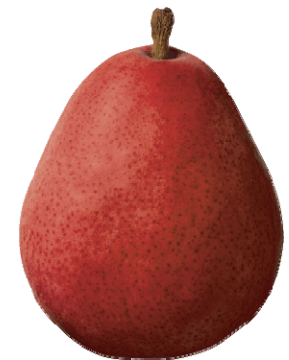
Make the dressing by combining the vinegar, mustard and honey in a small food processor or blender and slowly, with the motor running, add the oil to create an emulsion. Set aside when blended.

Slice or form the chevre into 8 medallions (discs) about ½-inch thick. Coat each disc completely with bread crumbs, firmly pressing crumbs onto the cheese. In a large non-stick skillet, melt butter over medium heat, then gently add the goat cheese and sauté until golden, about 2 minutes on each side. Remove and drain on paper towels.

Core and chop the pears into bite-sized pieces. Add the spinach, arugula, pears and cranberries to a large bowl and toss with half the dressing. Divide the lettuce mixture onto four serving plates and top each with 2 medallions of goat cheese. Serve with remaining dressing on the side.

Serving Top with crispy prosciutto or toasted walnuts or pine nuts. Use a combination of red and green pears to make a festive plate.

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

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Editor/Design & Layout
Heather Grady

Contributors

Anne Ott

Angie Quinn

Wendy Richardson

Want more? Owners can sign up for our owner only newsletter to get unadvertised specials, deli menus, fliers, and info about events. Send an email to news@3riversfood.coop!



HERB & LORRAINE WEIER are looking forward to trying the **SILK ALMOND NOG** this holiday season. Herb prefers almond over soy and they both seek out products that are low in fat, sodium, and sugar. This holiday only item fits their needs.

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

Impossible Pumpkin Pie is on the menu at the home of **MARY ANN BERKESCH** during the holiday season. The **FARMER'S CANNED PUMPKIN** and a gluten free baking mix make a fast, easy delicious pie that her family loves!



ORGANIC YUKON GOLD POTATOES are the pick of **JUDITH NASTALLY**. Their consistent texture make them the perfect base for mashed potatoes. The addition of cream cheese (organic, of course) might make her delicious potatoes the center of the meal.





(260) 424-8812

November 2015

NATURAL GROCERY

1612 Sherman Blvd Fort Wayne IN 46808
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www.3riversfood.coop

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