



3 Rivers Food Coop

March 2016

Currents

Eat More Plants



by Robin Asbell, Co+op, Stronger Together

We've all heard Michael Pollan's advice to eat more plants. It's the most basic way to live lightly on the Earth, stay healthy, and even save money. While Pollan didn't advocate going all the way and adopting a vegan lifestyle, plenty of people have taken his statement to this conclusion: Eat Only Plants.

This time of year eating less meat is closer to the forefront for a subgroup of Americans--those who have given up or reduced consumption of meat for the religious season of Lent. Meatless Monday may be a practice others follow--36% of the U.S. population eats a meatless meal at least once a week. For another segment of the population eating meat is a way of life. A survey by the Vegetarian Resource Group in 2011 found that about 5% of the U.S. population is vegan or vegetarian. That's about 16 million people! Eating vegan — whether you're up for a single meal or going all the way — has been made easier by all the vegans in our midst

*"If it came from a plant, eat it; if it was made in a plant, don't."
--Michael Pollan*

raising consciousness about the plant-based way of living. And it doesn't hurt that celebrities including Adele, Miley Cyrus, Arianna Grande, Jared Leto, Ellen DeGeneres, Beyonce, and Bill Clinton are eating vegetarian or vegan.

For me, it was a book. In the mid-eighties, John Robbins' authoritative text, "Diet for a New America" came out, and I got a copy from a friend. The book is divided into three sections, describing the nutritional, environmental, and spiritual reasons to opt out of foods made by and from animals. I went vegan, and stayed strictly vegan for six years or so. Then, like a lot of people, I got a little wobbly on the ban on cheese. Working as a chef and food writer, I found myself cooking and tasting animal foods, and I figured that as long as I make my living this way, I have to have some flexibility.

In the years since, I've been much more vegan than most people, and have found that more and more people are opting for being as vegan as they want to be, too. It's very personal. My own experience is that you can make a vegan diet as healthy or unhealthy as you want to —just like any other eating style. If you want to feel energetic and light, eat lots of real veggies, fruits, whole grains, beans, nuts and seeds, etc. Falling into eating too many vegan cupcakes, processed foods and snacks can make it hard to see the benefits of being vegan.

If the whole plant-based thing is foreign to you, you're not alone. The first question people ask is, "Where do you get your protein?" Well, it turns out that protein is really easy to get. The myth of complete protein (from animal foods) being superior to the collections of amino acids found in plants has been debunked. Every plant has a little bit of protein, and it all contributes to the total that you eat each day. It's not hard at all to include

some plant-based protein foods, like beans, tofu, seitan, nuts and seeds, or even quinoa (12 grams of protein per half-cup uncooked) into each meal.

And what about missing all those favorite foods? Well, believe it or not, after a period of vegan eating, your palate will likely change. Instead of expecting food to have strong flavors from meat or cheese, you may start to notice how delicious your roasted squash with garlicky kale really tastes. It also pays to learn how to make use of creamy nut milks, meaty-tasting mushrooms, and flavor-enhancing cooking methods like caramelization and roasting to give your veggies more oomph.

The main thing about adjusting to eating vegan is to give it time and be ready to make adjustments. If you're often feeling hungry, add more heft to your meals, with whole grains, nuts, and avocados. If you want to lose weight but aren't, cut back on the richer vegan foods, and skip the desserts. Eat a balanced diet with lots of leafy greens, colorful veggies, and whole, real foods, and it will be good for you.

Having a growing vegan presence in our midst means that good vegan options in your co-op and in restaurants are becoming easier and easier to find. A big spread of hummus, baba ganoush, tabbouleh and stuffed grape leaves with some whole wheat pita from the grab-and-go section is a great plant-based meal most everyone can enjoy.

Holiday HOURS

SUNDAY, MARCH 27

CLOSING EARLY 10 AM-6 PM

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

NEWS FROM THE BOARD

by Scott Kammerer, Board President

In early February Janelle (GM) and I spent the day educating our two newest Directors on the history of our Co-op, reporting methods, and frequency. We spent some time discussing how to read the balance sheets and other financials so they could be better prepared for the upcoming meetings. It was great to see the transition the Co-op has made over the years from the first property on Broadway to where we are now.

Over the past few years the Board has discussed different voting options for our annual election. During our February meeting we reviewed a proposal that could possibly give us the opportunity to have online voting options. Would you be more likely to vote in an election if the voting was available online? Let us know by emailing Heather at news@3riversfood.coop with your answers to the following questions:

1. Have you voted in a Board election in the past 3 years?
2. Would you be more likely to vote if you had the option to vote online?
3. If it costs the co-op \$5 or more per vote to make voting available online does that feel like a good value?

We still have two open seats on the Board. If you are interested in receiving information, please either email us at Board@3riversfood.coop or pick up the information and application from the store.

Monthly
Owner Bonus Buys

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

Weekly
Fresh Deals

news@3riversfood.coop. You may also sign up at our website (3riversfood.coop).

Get 10% off groceries..
for a month!

VOLUNTEER

Fort4Fitness
Spring Cycle
May 21



Contact: Shawn at 260-424-8812
or email om@3riversfood.coop



stronger together

Co+op Deals News

Cycle A Sales:

March 2-15

Special orders due March 12

Cycle B Sales:

March 16-29

Special orders due March 26

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

We're edging into the season of eating light and beginning to shed our winter excess (and blues). And as our bodies reawaken we begin thinking about all that spring cleaning. Find products this month for both--many household products including one that may not come immediately to mind, tea tree oil! From a mildew/mold "buster" of a diluted tea tree oil (mix with vinegar or water) to a laundry booster (just add 1 teaspoon to the wash), tea tree oil has many household uses. Watch the blog on our website for an article detailing more uses.

A few new products that you can try on sale: Daiya Supreme Pizza, Nature's Path Chocolate Chip Waffles, Wellness Core 95 wet dog food in 6 oz cans, Sunshine Nut Cashews in no salt, salted, spiced, or herbed, and Alter Eco heirloom quinoa in pear or black.

Owners--don't forget to order your cases by the dates above for your extra 10% off.

Join us for

DINNER & A MOVIE

Featuring the documentary
PurePlant Nation

FRIDAY, MARCH 25, 7 PM

“Hungry for Change,” the latest “Food Matters” film, exposes shocking secrets the diet, weight loss and food industry don’t want you to know about. Deceptive strategies designed to keep you craving more and more. Could the foods we are eating actually be keeping us stuck in the diet trap?

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



Are you an owner? It's easy to become one and you'll own part of a local business. We are stronger together!
Here are our current statistics:

Current Co-op Membership

Total Owner Households-1,754

Total Fully Invested Households-688

New Households-6 (January 15-February 15)

**These numbers include Active & Inactive Owners*

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. Learning and fun are free! 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. We meet every third Sunday unless otherwise noted. Go Co-op!

Sunday, March 20, 2 pm

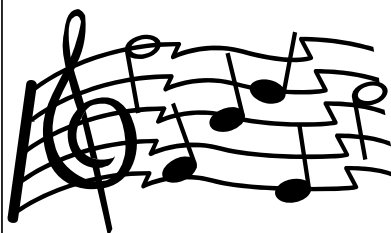
First Friday



Readings

March 4, 7:30 pm

Featuring readers Shannon Elward
Amy Jo Trier-Walker



Music in the Café

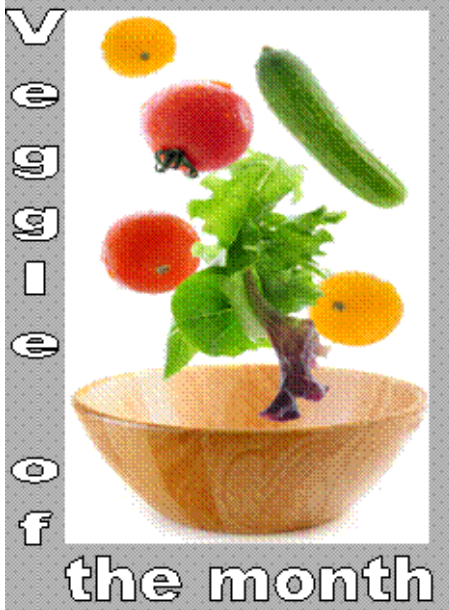
These jam sessions are open to the public. Novices welcome. Come play or just listen.

March 5 & 19, 1-3:30

1st and 3rd Saturdays
Southern Appalachian
Fiddle Music Jam
(NOT bluegrass)

March 26, 1-3:30

4th Saturdays
Traditional Irish music
Jam



Potatoes



When it comes to comfort food, potatoes lead the vegetable pack. They're also the number one vegetable crop in the United States, according to the USDA, so it may not be surprising that the average American consumes almost 125 pounds of spuds each year.

Despite a little bad press—it was once thought poisonous and to cause leprosy—the potato has long been an important food staple. The Peruvian Incas were the earliest cultivators; they grew potatoes beginning around 2,000 BC. And the Irish suffered so tragically from the Potato Famine—in which a blight ruined most of the potato crop in 1845—because the potato had become such a staple food source.

The main potato producers today are Russia, Poland, India, China, and the United States. In the U.S., the top growers are Idaho, Washington, Wisconsin, North Dakota, Colorado, Minnesota, Oregon, Maine, California and Michigan.

Satisfying and budget-friendly, potatoes are also nutritious. They're high in fiber

and a very good source of vitamin C and potassium; in fact, they have more potassium per serving than bananas. They're a good source of vitamin B6, and they provide minerals such as thiamine, riboflavin, folate, magnesium, phosphorus, iron and zinc. They also contain a variety of phytonutrients, such as carotenoids and flavonoids. Much of a potato's nutrition is contained in the skin, so consider eating potatoes "with their jackets on."

There are about 100 varieties of potatoes of various sizes, shapes, colors, starch content and flavor. Here are the main categories:

- Russet or Idaho potatoes are high in starch and low in moisture. They're also called baking potatoes, and they're the most widely used potato in the United States. Their hardy skin is light to medium brown, and the mild flesh is white to pale yellow. They make perfect baked potatoes and fluffy mashed potatoes. Examples include Burbank, Norkotah, Ranger, Shepody, Utamilla, Ranger Russet and German Butterball.
- Red potatoes have a low starch content and hold their shape well after cooking. Smallish and round or a little oblong, these have a waxy red skin and white flesh. They're slightly sweet and are excellent roasted, boiled, steamed, and served in casseroles, soups and salads. Chieftain, Dakota Rose, La Rouge, Norland, Red La Soda Cranberry Red, Ida Rose, Red Bliss, Cal Red, Klondike Rose, Mountain Rose and Red Pontiac are examples.
- White potatoes are similar to russets but with a smaller, rounder shape, less starch and thinner skin. They hold their shape well after cooking, so they're good for grilling and potato salads. They can be boiled, steamed or roasted, and they make good mashed and au gratin potatoes. Examples include Atlantic, Katahdin, Norwis, Reba and Superior. Long white potatoes are oval-shaped whites. These include Kennebec, White Rose, Cascade and Cal White.
- Yellow potatoes are considered an "all-purpose" potato. They're a little smaller than russet potatoes with a lower starch content. They're light tan to golden skinned with a yellowish flesh. Rich and buttery, they can be mashed, steamed, boiled, baked, roasted or fried. Yukon Gold, German Butterball, Sierra Gold and Yellow Finn are examples.
- Purple/blue potatoes are perfect for visual appeal in a salad or side dish. Small to medium size, these oblong potatoes are purple or reddish/blue with

blue, pink, lavender or white flesh. They have an earthy, nutty flavor. With a medium starch content, they can be successfully steamed, baked, boiled or mashed. Purple Peruvian, All Blue, Russian Blue and Purple Majesty are examples.

- Fingerling potatoes are small (about two to three inches long) and finger shaped. They're available with different colored skin and flesh (red, yellow, purple, white). Their nutty taste is delicious baked, boiled or roasted and served in salads or as a side dish. Examples include French Fingerling, Russian Banana and Austrian Crescent.
- New potatoes are simply small, immature potatoes. They tend to have very thin skins and are sweeter than larger potatoes. They're typically served boiled and buttered.

The versatile potato can serve as an appetizer, a main dish or a side and in soups, stews and salads. We even devote entire bars to topping it. (Be sure to include the topping in this recipe for Patatas Bravas with Lemon Alioli in your next spread.)

Potato salad is the proverbial picnic side, of course. Shake yours up a bit by using red skinned potatoes and a pesto dressing, as in Roasted Potato Salad with Lemon Pesto Vinaigrette. Or combine them with an unexpected vegetable, as in Rosemary Roasted Potatoes with Artichokes or an unexpected legume, in a Potato and Chickpea Salad.

Potatoes have been incorporated in to cuisines around the world. Saag Aloo is a popular Indian dish highlighting potatoes and spinach. How about Masala Potato Appetizers consisting of Indian spiced spuds on a baguette. Or the addition of shredded cabbage and onions transforms simple mashed potatoes into a main dish in Irish Bangers and Mash.

For an elegant potato main, be sure to try the Potato Kale Tart, which pairs potatoes with the robust flavors of kale and *Gruyère*. The addition of potatoes to soup makes it hearty, comforting fare by definition. Two examples: Potato Leek Soup with *Gruyère* and Baked Potato Soup with Bacon. (The baked potato soup recipe includes directions for broiling the potato skins as a garnish—directions that might come in handy anytime you have potato peelings on hand.)

One cooking note: Avoid cooking your potatoes in aluminum or iron pots; these can cause the potatoes to discolor.

While the ever-popular russets are harvested August through October, other potato varieties are harvested at other times, so you'll find potatoes year round in the produce section.

Choose firm, relatively smooth potatoes that are free of decay. There should be no moisture or dry rot and no sprouting. (Especially look for signs of moisture if you're buying potatoes in plastic bags instead of individually.) Avoid potatoes with any green coloration; this signals that the potato contains solanine, a toxic compound naturally produced by potatoes

to defend against insects, disease and predators. Eating green potatoes can cause digestive discomfort.

If you plan to cook whole potatoes together (baking, for example), choose potatoes that are about the same size, so they'll be ready at the same time. Store potatoes in a cool, dry, dark cabinet with some air flow. Potatoes will sprout at higher temperatures. Don't store them near onions (the gases each emit will degrade the other), and don't put them in the refrigerator, or the starch will turn to sugar, changing the taste.

When ready to use, rinse potatoes well, scrub to remove dirt (but try not to break the skin) and cut off any sprouts.

Want to grow your own potatoes? If you're following Irish tradition, St. Patrick's Day is day to plant potatoes (and snow peas) in your garden. This will result in "early" potatoes producing just before the official start of summer.

- For the additional recipes mentioned above, visit the Co+op, Stronger Together website at <http://strongertogether.coop/fresh-from-the-source/potatoes/>

Saag Aloo

Ingredients

- 2 T Butter
- 2 T Oil
- 1 lb Russet Potatoes
- 1 c Yellow Onion, diced
- 1 ½ tsp Fresh Jalapeño Pepper, minced
- ½ tsp Ground Turmeric
- ½ tsp Ground Cumin
- ½ tsp Garam Masala
- ½ tsp Salt
- 2 tsp Ground Coriander
- 2 T Lemon Juice
- 3 T Water
- 12 oz Fresh Spinach, roughly chopped

Preparation

In a medium-sized pot, bring 2 quarts of salted water to a boil. Peel and cut the potatoes into bite-sized chunks, add them to the boiling water and cook for about 7 minutes. Remove them from the heat, drain and set aside.

Heat the butter and oil in a large skillet over medium-high heat. Fry the parboiled potatoes for about 8–12 minutes they begin to brown; remove them from the pan and set aside. Turn down the heat; add the onions and pepper and sauté for a few minutes until limp. Add the spices and sauté for 2 minutes, then add the lemon juice and water and simmer for a few minutes more. Add the spinach and cook, stirring frequently, until the spinach is fully wilted. Add the potatoes to the skillet and mix well. Serve hot.

Serving Suggestion

This popular Indian dish goes well with red lentil dal or mulligatawny soup and naan bread, or serve it as a side dish with roasted chicken. For a quicker version, use frozen cooked potato wedges in place of the raw potatoes.

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Patatas Bravas with Lemon Alioli

Ingredients:

- 1 lb New Potatoes
- 3 T Tomato Paste
- 3 T Red Wine Vinegar
- 2 T Extra Virgin Olive Oil
- 2 cloves Garlic, chopped
- ½ tsp Red Pepper Flakes
- 1 tsp Sweet Paprika
- 1 tsp Smoked Paprika
- 1 tsp Salt
- Alioli**
- ½ c Mayonnaise (or vegan alternative)
- 1 tsp Fresh Lemon Zest
- 1 T Fresh Lemon Juice
- 1 T Extra Virgin Olive Oil
- 2 cloves Garlic, pressed
- 2 Scallions, chopped

Directions:

Put the potatoes in a large pot with enough water to cover by an inch. Over high heat, bring water to a boil and reduce to a vigorous simmer. Cook the potatoes until they are tender when

pierced with a paring knife, about 10 minutes, depending on the size of the potatoes. Drain and let cool. Cut the potatoes in half.

In a cup, stir the tomato paste and red wine vinegar and reserve.

In a large sauté pan, heat the olive oil, and add the garlic. Stir over medium heat until fragrant, then add the pepper flakes, paprika, smoked paprika and stir. Cook for a few seconds, then stir in the tomato paste mixture and salt. Add the potatoes to the pan and stir to coat, cook over medium heat until the potatoes are heated through and coated with sauce.

For the Alioli: Stir the ingredients together and keep chilled until time to serve.

Serve each diner about a cup of potatoes with 2 tablespoons of alioli over the top, sprinkled with scallions.

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Irish Bangers & Mash

Ingredients:

- 1 lb Potatoes, peeled and cubed
- 2 c Cabbage, chopped or shredded
- 2 ½ c onion, chopped
- ¼ c Milk
- 2 T Butter, unsalted
- Salt and Pepper to taste
- 8 links Pork Sausage
- 2 c Beef Broth
- 1 T Cornstarch

Directions:

In a medium saucepan, cover the potatoes with water. Bring to a boil and simmer 15 minutes, or until tender.

As the potatoes are cooking, melt 1 tablespoon butter in a large skillet over low heat. Add cabbage and 1/2 cup

onion and sauté until soft but not brown. Remove from heat and reserve.

Drain the cooked potatoes and mash by hand. Incorporate the milk and butter into the potatoes until well mixed, and fold in the cooked cabbage and onions. Season to taste.

Fry sausage in another skillet over medium-high heat, until browned. Remove the sausage from the pan.

In the pan juices, sauté 2 cups chopped onion until lightly browned. Add beef broth, bring to a boil, and simmer 5 minutes. Thicken with cornstarch.

Place one scoop of potatoes in the center of a serving plate, top with two sausages, and cover with gravy.

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Coconut Caramel Pumpkin Bread

Ingredients

- 3 large **Eggs**
- 1 c **Water**
- 3 T **Coconut Oil**, melted and slightly cooled
- 1 box **Simple Mills Pumpkin Muffin Mix**
- $\frac{2}{3}$ c **Dang Coconut Chips**
- 1 T **Coconut Sugar**
- $\frac{1}{2}$ **Ground Cinnamon**
- 2 T **Pepitas (Pumpkin Seeds)** for garnish

Instructions:

Prepare Simple Mills Pumpkin Muffin mix according to instructions on box. Fold in the coconut chips. Pour the batter into the prepared pan and smooth into an even layer. In a small bowl, whisk together the coconut sugar and cinnamon. Sprinkle the cinnamon-sugar mixture evenly over the top of the loaf. Sprinkle additional coconut chips and the pepitas over the cinnamon and sugar. Bake for 40-45 minutes until the coconut garnish is golden brown and a tester comes out clean. Allow to cool in the pan for 10-15 minutes before turning out onto a wire rack to cool completely. Serve immediately.

Italian Omelet

Ingredients

- 3 **VeganEggs** (6 level Tbsp VeganEgg™ + 1 $\frac{1}{2}$ cups ice cold water)
- 1 tsp **Vegan Butter**
- 3 leaves **Fresh Basil**, roughly chopped
- 4 **Cherry Tomatoes**, sliced in half
- $\frac{1}{4}$ c **Follow Your Heart Vegan Cheese**, shredded (recipe tested with Garden Herb)
- Salt** and **Pepper** to taste

Instructions:

Whisk or blend VeganEgg™ with ice cold water until smooth. Let sit for 1 minute. Melt vegan butter in a pre-heated medium-sized skillet set to medium-high heat. Pour mixture into skillet ("egg" should sizzle in pan), and gently pull "egg" mixture toward the center with spatula so that uncooked "eggs" can reach the hot pan surface. Let sit for 2-3 minutes, then add "cheese", tomatoes, basil, salt and pepper to one side of omelet (the half farthest from you will make folding easier later on). When omelet starts to dry around the sides, use spatula to gently scrape and loosen omelet edges from skillet. You can carefully peek under with the spatula to see if browning has started, and reduce heat if necessary. When surface of omelet looks dry and underneath is golden brown, carefully flip empty side of omelet onto the "cheese", basil and tomatoes side. This takes practice, but consider yourself an omelet master if you can do it in one go.

© Follow Your Heart, find this and other VeganEgg recipes at www.followyourheart.com/veganegg

This Just In!:

New & By Special Request



Simple Mills Pumpkin Muffin Almond Flour Mix is naturally gluten-free and Paleo friendly! Not only are they gluten free but they are also dairy-free, low-glycemic, soy-free, and non-GMO! The mix makes 12 grain-free pumpkin muffins using an almond flour base. Each muffin is rich in magnesium and vitamins A and E. Simple ingredients and a simple recipe (add eggs, oil, and water and bake for 30-35 minutes) will have you buying more than one box! The recipe to the left is taken from the Simple Mills website where there are eight additional recipes that use this Pumpkin Muffin Mix as the base (<http://www.simplemills.com/pages/recipes>) including cupcakes, pound cake, bread, casserole and cookies!

Did you know that production of 1 egg uses 52 gallons of water? We've had a few requests for Follow Your Heart's **VeganEgg**. It comes in this cute little cardboard "egg" container. Each 4 oz package is the equivalent of a dozen eggs. While egg replacer has been on the market for many years, VeganEgg can be used not only in baking but as a substitute for stovetop egg dishes like scrambled eggs and omelets! 2 Tablespoons of VeganEgg + $\frac{1}{2}$ cup ice cold water = 1 egg! Give this recipe for an Italian Omelet a go.



Wellness Core 95 Grain Free Dog Food will be a welcome addition to our pet food line-up if you have a small dog as these cans come in a 6-oz size! We will be carrying three flavors: Turkey with Spinach, Chicken with Broccoli, and Beef with Carrots. This 95% protein meat based wet food makes a antioxidant rich superfood topper for the dry food you likely already feed your dog. It is grain free and gluten free as well. Rather than lots of filler, you'll find these cans full of ingredients you'll recognize: meat, veggies, flaxseed, and lots of supplementary vitamins. You'll be able to try these at a sale price during the first round of March sales (2nd-15th).

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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. Send an email to news@3riversfood.coop!



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

Moriah McQuay has childhood memories of both **Jain's** and **Mountain Ocean Coconut Skin Trip**, saying "My mom used it ever since I was a baby!" She has memories of helping Jain gather herbs and watching her make the salve. She says, "it works on just about everything!" Go local!



Michael Shifflett's discerning palate chooses our co-op made **Carrot Cake** often in his rotation of desserts, stating "the icing is dense and creamy!" He chose his other pick for its smell. **Dr. Bronner's Patchouli Lime Lotion** "works pretty well too."



**GARDENING
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ARRIVE IN MARCH!**





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March 2016

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