

OUR PEOPLE FOOD COOP NEWS

March/April 1989 134 W. Aurora St. Ironwood, MI 49938
(906)932-3547

*****ATTENTION*****

Clean out your cupboards, your closets, your drawers.
Clean out your basements, your attics, your stores....
We are having a rummage sale April 28, 29, and May 1st.
We need your unwanted items, and help with the sale.
Drop all articles (please don't overload us with clothing) off at the coop
before April 26th and sign up to help set up, sell, and take down.

Remember one person's junk is another person's treasure.
All proceeds will go to help pay off the scale and printer.

NEW PRODUCTS

Health Valley Whole Wheat Lasagna	\$1.49/#
Spectrum Peanut Oil	\$3.95/pint
Bulk Peanut Oil	\$2.30/#
Ideal Bars-Tropical Fruit	\$1.85/6 oz
Whole nutmeg	\$1.45/oz
Celestial Seasonings Tea:	
Grandma's Tummy Mint	\$2.45
Spearmint	\$2.45

OTHER NOTES

*Coming soon--rice bran!!!

*The new brochures containing introductory information on the coop are back from the printer. If you'd like to display these in your place of business, let us know. We will provide you with as many as you need.

RECIPE CORNER

OAT BRAN MUFFINS

1 1/2 C oat bran
1 1/2 C wheat flour
1 1/2 t baking powder
3/4 t baking soda
1/4 t salt
4 egg whites beaten
1 C buttermilk
2 1/2 T oil
1/2 C honey
Preheat oven to 400°. Mix dry ingredients together. Mix egg whites, buttermilk, oil, & honey. Pour into dry ingredients and mix well. Pour into lightly greased muffin tins- 2/3 full. Bake 20-25 min. Makes 12.

OAT BRAN PIE CRUST

1 C ww pastry flour
1/2 C oat bran
3 T ice cold water
1/2 t salt (optional)
1/3 C butter
Combine first 3 ingredients. Rub in butter to resemble fine bread crumbs. Add water a little at a time, to hold mixture together. Form into ball, roll out on lightly floured board, line a 9" pie plate.

SUPPORT YOUR LOCAL COOP!!