

# OUR PEOPLE FOOD COOP NEWS

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

## LETTER FROM THE PRESIDENT OF THE BOARD:

Hello Everyone,

I assume everyone has heard that I'm staying this winter. There's a long story behind the reason why.

I hope everyone has seen our new window display. The fantastic window decor was made by Ann Marie DeCarlo. Many thanks to her for taking responsibility for the window area. Many exciting displays are yet to come, no doubt.

The Board is investigating the possibility of getting a freezer. We'll keep you posted when something definite turns up.

We've also been discussing the financing of the coop. More will be said on this in a future newsletter.

Leigh Taylor, President

## COOP NOTES

We want to thank all our members that voluntarily gave up their discounts during October. It did help our cash flow problem and we appreciate all of you for the sacrifice you made. Thanks much!

For more information on SWAC (see enclosed article) and related literature, see the brochure rack at the co-op. This is an important issue. Keep informed!

## CHRISTMAS SHOPPING

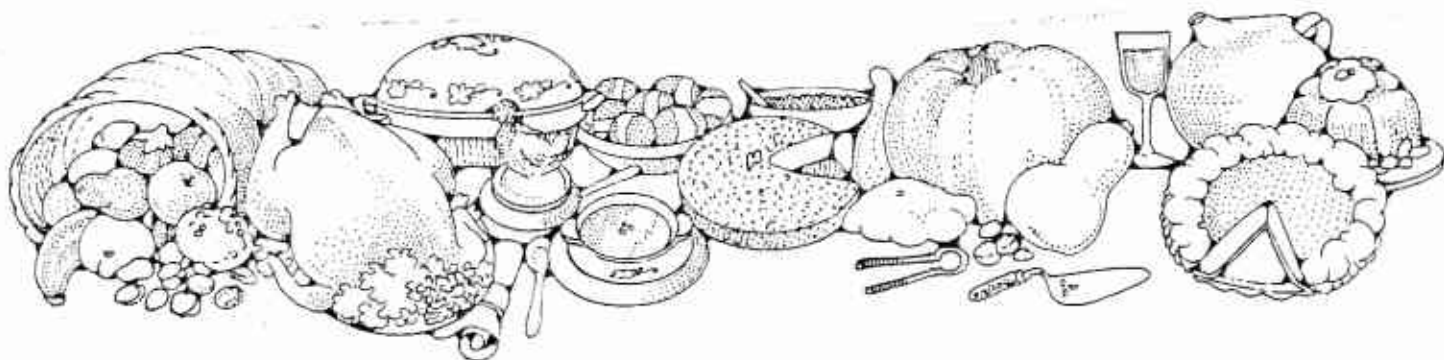
When shopping for Christmas presents this year remember to stop in at the Co-op. We have unique Christmas gifts you won't be able to find anywhere else. For a special Christmas present, shop at the Co-op!

HOURS HOURS HOURS HOURS HOURS

Monday-Friday 10:00am-5:00pm

Saturday 10:00am-4:00pm

## MERRY CHRISTMAS AND HAPPY NEW YEAR





**THANKSGIVING**  
SALE NOV 18 - DEC 2

**Merry CHRISTMAS**  
SALE DEC 4 - 23

- Diced Walnuts \$2.79#
- Real Vanilla .69oz
- Baking Yeast \$2.25#
- Cinnamon .25oz
- Pumpkin .89ea
- Currants \$1.99#
- Chopped & Pitted Dates \$1.99#
- POULTRY**
- Seasoning .69oz
- Poppy Seed .25oz
- Saffron \$3.99gram

- Deluxe Nut Mix \$5.50#
- Apricots \$3.29#
- Walnuts \$3.29#
- Cardamon Seed .89oz
- Cinnamon Stix .39oz
- Cloves Ground or Whole .89oz

**Festive Feasting!**

**WISHING ALL  
OUR FRIENDS A  
HAPPY THANKSGIVING**



**Cinnamon Christmas Ornaments**

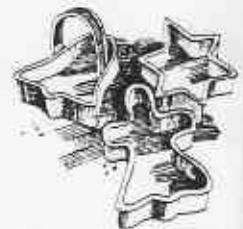
*Williston Basin Consumer Co-op, Williston, ND*

10 Tbsp. cinnamon

6 Tbsp. applesauce

Mix above ingredients together. Roll out with a rolling pin between sheets of waxed paper. Use cookie cutters to cut desired shapes. Bake at 200 degrees until dried. (Be sure to make a hole if you are planning to hang them up!)

*Merry Christmas*





## WHAT TO DO WITH YOUR LEFTOVER HALLOWEEN PUMPKINS

This first recipe is taken from *The McDougall Health-supporting Cookbook*.

### PUMPKIN COOKIES OR BREAD

(Makes about 45 cookies or 1 pan of bread)

- 1/3 Cup hot water
- 1/3 Cup raisins
- 1/2 Cup honey (or other sweetener)
- 1/4 Cup applesauce
- 2 Cups cooked, mashed pumpkin
- 2 1/2 Cups whole wheat pastry flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves

In a small bowl, pour hot water over raisins and let sit for 5 minutes while preparing remaining ingredients. Combine honey, applesauce, and pumpkin, mixing well. In a large mixing bowl, combine flour, baking powder, cinnamon, ginger, and cloves, stirring well to mix. Then add raisins and water to the pumpkin mixture. Mix well. Add pumpkin mixture to the flour mixture, stirring to mix well. Drop by tablespoonfuls onto a non-stick baking sheet. Bake for 25 minutes at 350 degrees. OR -- Spoon into an 11 X 7 baking dish. Flatten with spoon. Bake for 60 minutes at 350 degrees.

Helpful hints: Canned pumpkin may be used if desired. Substitute one 16 ounce can for the fresh cooked pumpkin. This makes a moist, soft cookie or bread. Keeps well in an air tight container or in the refrigerator.



### Wild Rice Stuffing or Side Dish

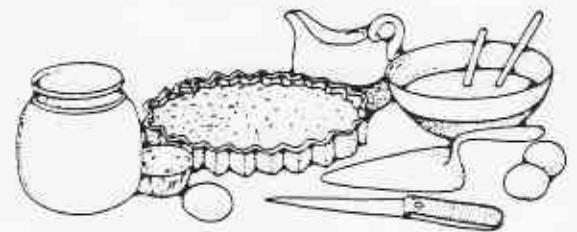
*Northwoods Whole Foods Co-op Cookbook, Ely, MN*

Cook 1 cup wild rice and 2 cups water in a pressure cooker for 30 minutes.

Mix with:

- |                                       |                          |
|---------------------------------------|--------------------------|
| Handful onion flakes                  | Finely chopped celery    |
| Lots of fresh mushrooms               | Salt and pepper to taste |
| Handful sliced almonds                | Dash of sage             |
| 1 C. orange juice                     | Parsley                  |
| Chicken leftovers or giblets, chopped |                          |

Mix all ingredients together with rice and heat in the oven, over burner, or use it to stuff a bird. Heat just long enough to cook onions and mushrooms, or until your bird is done. About 30 minutes on top of stove -- moisten with more stock if it gets dry. Serves 3 to 4.

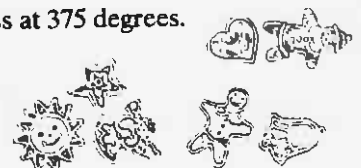


### Cashew Shortbread

*The Enchanted Broccoli Forest, Mollie Katzen*

- |                             |                        |
|-----------------------------|------------------------|
| 1 C. soft, sweet butter     | 2 C. unbleached flour  |
| 1/2 C. light brown sugar    | 1/4 Tsp. salt          |
| 1 C. finely-chopped cashews | 1/2 Tsp. baking powder |

1. Cream together butter and sugar. Add nuts; mix well.
2. Sift in dry ingredients. Work the dough into cohesiveness with your fingers. It will be crumbly. Do not refrigerate before rolling, unless you leave enough time to let it return to room temperature first.
3. Roll with patience and optimism. Keep rolling until the dough is about 1/4 inch thick.
4. Cut into subtle but imaginative shapes. Place on an ungreased cookie sheet.
5. Bake 8 to 10 minutes at 375 degrees.



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HAPPY NEW YEAR!**