

NORTHWIND NEWS

Since 1977

Northwind Natural Foods Cooperative

November, 1995

"Ironwood's Healthy Shopping Experience"

932-3547

Now Open Thursdays Until 7:00 p.m.

General Membership Meeting Minutes Condensed

Approximately 30 people attended the Northwind Natural Foods Co-op annual GMM which was held September 24 at the Ironwood Senior Citizen's Center and started with a delicious pot luck dinner.

The meetings was called to order by President of the Board of Directors, Terry Dunham, who welcomed everyone and then thanked numerous volunteers, helpers, and friends for all the dedicated help and service to the co-op throughout the past year.

Terry went on to say that the membership had reason to celebrate today since it was a year of change, growth, challenge and success.

1. The co-op moved to a larger, brighter store last November.

2. Sales, volume, and advertising are all up.

3. A product policy committee was started, chaired by Larry Sands.

4. Jody DeCarlo was hired recently due to increased sales, volume and work in the store.

Terry then asked Larry Sands, BoD VP, to say a few words. He discussed the possibility of buying the building that the co-op is currently occupying. The philosophy and goals of the Product Policy Committee were shared, and finally Larry requested some assistance with creating the newsletter including: submitting articles, typing, editing, advertising, or other aspects of the newsletter.

Roger Margason then gave his Store Manager's report. He feels the co-op is now a "different co-op," not better or worse. He requested more input on how

to make the co-op better. Since we are growing and improving he pleaded with the membership to, "please, please consider getting on the Board."

Tim Feldt, Treasurer, gave his financial report. A hand-out reviewed and compared the co-op's assets, liabilities, and stock holder's equity. With this year's profit, the co-op may look at purchasing a new cooler, freezer, computer, or scale and printer. In summary, the co-op is doing very well financially.

Board elections were held with Debi Toth and Jeanean Santini elected to two year terms.

There were ten proposed changes to our Bylaws considered by the membership. Four of the changes were approved, with the most notable being an increase in the "to join" fee to \$10.00. (The annual renewal fee, at \$5.00, remains the same as in the past.)

The meeting was adjourned at 3:30 pm.

—Zona Wick, Secretary

Northwind Calendar

Nov 15	BoD workshop 5:30 pm
Nov 19	WorkBee, 10:00 am ----
	Holiday decorating session
Nov 24	Northwind Open House
Dec 1	Parade of Lights
Dec 6	December Board Meeting
Dec 20	Newsletter copy deadline ---
	January issue
Dec 22	Winter Walk '95
Jan 3	January Board Meeting
Jan 21	WorkBee, 10:00 am

No WorkBee in December.

Subject to change; confirm all dates and times with the store.

Happy Thanksgiving

NORTHWIND NEWS is published by Northwind Natural Foods Cooperative, Inc. for its membership. Letters to the Editor and other contributions are encouraged. Typed copy is much appreciated. Please include your name and telephone number. Deliver or mail submittals to the store. Please notify us if you change your mailing address. This issue's editor: Larry I. Sands



'Tis The Season . . .

And it seems to always come as a surprise that it's arrived so soon. Actually it's a lot of seasons: the season to renew your membership if you've not already done so (we need your support now more than ever); the hunting season, the Thanksgiving season, the Winter season and, of course, the Christmas season.

We're doing our best this year to help make things easier (and a little less expensive) for you and your family; there are lots of general sale items throughout the store as well as some great Members Only specials that save you 20% over the regular price. The full line of Brush Dance Christmas cards, for example, is available to members at 20% off. There are also great buys on spices, saffron, and grocery items. We've got some special gift ideas for you, too. Come in and see for yourself.

Over the past few years, your co-op has been taking an increasing interest in actively participating in community affairs, and we'll be an integral part of downtown Ironwood's holiday events. You're invited to come and be part of the celebration. (And don't forget that the store needs volunteers for a wide range of projects, many of which can be easily arranged around your busy schedule. Why not make an early New Year's resolution to become more actively involved in the operation of your co-op? You do own the place, you know.)

Northwind is continuing to grow, to change, and to seek new ways to serve the needs of its members. Come be part of it.

--Roger Margason, Store Manager



Board of Directors

Terry Dunham, president	932-6014
Tim Feldt, Treasurer	932-3547
Larry I. Sands, vice president	561-2880
Jeanne Santini	932-0276
Debi Toth	932-0988
Zona Wick, secretary	561-3009



Regular monthly Board meetings are generally held the first Wednesday of each month. The next monthly meeting of the Board of Directors will be Wednesday, June 7, at 6:00 pm at the store.

Christmas Gift Ideas

- 13 bean soup mix
- Gamush
- Yogurt pretzels
- Hokey-Pokey (caramel corn)
- Coffees
- Teas, Herbal & Medicinal
- Books, Magazines
- Many varieties of rice (wild, brown, basmati, mixtures)
- Soaps, bath salts
- Yogurt or carob covered fruits and nuts
- Nuts
- Craisins
- Panda licorice

Just about everything in the store can be a thoughtful gift.

Rich color, pleasing texture and

great taste have given sweet potatoes, yams, and pumpkin their delicious reputation. These versatile vegetables are packed with fiber, vitamins, minerals, including vitamin A, vitamin C, calcium, iron, potassium, niacin, and beta carotene. The recipes below (next page) make a hearty, healthy dessert or accompaniment for any holiday meal and combine and abundant, seasonal vegetable with the co-op's fresh, pungent spices. For either of these recipes, you may substitute pumpkin, winter squash, sweet potatoes, or yams for the vegetable called for.

Enjoy!! --Zona



Native American Healing Herb

There are healing properties of herbs that are effective. Herbs are powerful for healing but must be used appropriately.

Echinacea is an immune booster that was introduced by the Native Americans of the Great Plains. They used echinacea for snake bites and other skin wounds and applied the root for toothaches and sore throats. It is said that echinacea will help fight bacterial and viral infections and also help to shorten the duration of colds and flu.

--Debi Toth

Tofu Yam Custard

2 Cup steamed, mashed yams
1 lb. tofu
3 T. orange juice concentrate
1/2 Cup butter
4 eggs
2 t. grated lemon rind
1 t. ground cinnamon
1/2 t. ground nutmeg
1/4 t. each allspice and cloves
1 t. vanilla
1/2 Cup milk

Combine yams with the other ingredients in a blender or food processor until smooth. Turn into a 2 quart casserole and bake at 350 for 1 hour, or until set. Chill before serving.

Pumpkin Pie

9" pie crust, unbaked
2 Cup cooked, mashed pumpkin
2 eggs, beaten
1/4 to 1/3 cup honey
2 T. molasses
1 t. ground cinnamon
1/2 1/2 t. ground ginger
1/4 t. ground cloves

(2 t. pumpkin pie spice can be used for cinnamon, ginger & cloves)

1 Cup yogurt
1/2 t. Vanilla

Blend filling ingredients with beater or blender. Pour into pie crust. Bake at 400 for 45 to 55 minutes, or until knife inserted halfway between center and edge crust comes out clean. Cool on rack.

Newsletter Ads

To help cover newsletter expenses we are accepting a limited number of small business ads for the newsletter. We hope there will be support for the newsletter from co-op members who have their own businesses or professional services. The cost is very low at only \$10 for a business card size ad. Contact Larry Sands to place your ad.

MAINTENANCE-REMODELING-REPAIR
PAINTING-WALLPAPERING-DECORATING
JANITORIAL SERVICES-CARPET DRY CLEANING

AMERICAN BUILDING SERVICES

"SINCERE QUALITY WORK"

RESIDENTIAL-COMMERCIAL

MICHIGAN LICENSED CONTRACTOR

LARRY I. SANDS
715-561-2880

RT. 1, BOX 185
HURLEY, WI 54534



Black River Pottery

Monday - Friday: 7 am - 3 pm

Saturday, Sunday and evenings: by appointment

Nancy Ramsay, Potter

(906) 932-4038 or 932-1093

Be an integral part of your own food chain. Get involved with your Co-op!

Christmas Gift Ideas for Limited Budgets

Loose or bulk teas, herbs, or spices in a mason or other recycled jar, tied with a ribbon, make simple, practical, and inexpensive gifts.

Or how about the cute wicker baskets collecting in your closets? Fill them with dried grains, beans, rices, flours, pastas, soaps, or any variety of products for a usable, edible Christmas gift.

Oh, and don't forget: the co-op has gift certificates available in any amount for all gift giving occasions.

Treasurer's Report

Thanks to Betty Barnard, Jody DeCarlo, Felicia Santini, Jeanean Santini, and Larry Sands for their assistance on inventory. Where were the rest of you?

--Tim Feldt, Treasurer



Curry Powder

Many people are surprised to find out that curry is not a spice but a combination of many different spices. Whether it is hot or mild depends on how many chilies are added to the mix; its color comes from the turmeric.

The following blend can be used in any recipe calling for curry powder. Make a large batch and package it in small jars or bags to give to friends at Christmas. All ingredients are available at Northwind.

1/2 cup coriander seed or powder
1 to 15 dry red chili pods
1 1/2 tsp. cumin seeds
1 1/2 tsp. mustard seed
1 1/2 tsp. fenugreek seed
1 1/2 tsp. black peppercorns
3 Tbl. turmeric powder

Mix the whole spices in a blender or spice mill & grind to a fine powder. Stir in the turmeric.

For a Sweet Curry seasoning use this same recipe but add:

1 1/2 tsp. ground cinnamon
3/4 tsp. ground cloves

--*Jeanean Santini*



Foodforethought

>>>>Did you know that Northwind has the largest selection of the freshest, purest, lowest priced spices you'll find anywhere around? Believe it! And if you know any hunters that process their own venison there's no better source than Northwind for all the right sausage spices at rock bottom, bulk prices.

>>>>Help Wanted: we need someone to get our flood lights working for the front building sign. Stop by and take a look. Also, anybody handy with lighting -- our freezer lights need fixin'.

SPACE AVAILABLE

Your informative article, recipe, helpful hint or advertisement should be in this space!!

Contact the editor

>>>>Try to come to the November WorkBee on the 19th for our annual holiday decorating bash. Laughs and giggles galore.

>>>>A special thanks to the faithful for their continued help at the monthly WorkBees.

>>>>Rumor has it that there's soon to be a new shipment of gorgeous mugs arriving in the store: Nancy Ramsay Originals. These are the large sized earthenware mugs that really help you get a grip on your beverage. And, conveniently, just in time for the Holidays!

>>>>It's a little soon to tell for certain but it's beginning to seem that there will be another part time paid position in the store within the next month or two. Watch for notices in the store if you have an interest in employment with the co-op.

>>>>Wow! The co-op's having an Open House at the store November 24. If you can spare a little time to help prepare for it or to help with the food dishes & samples call Roger right away. It'll be a fun time and will be part of the holiday festivities in downtown Ironwood.

>>>>The downtown merchants and professional businesses are promoting festive events throughout the

continued on last page



Take advantage of Northwind's
Special Holiday Savings ... Naturally

Holiday Sale runs from
November 8th thru December 24th

Saffron	\$2.99	gram
Baking Yeast	1.99	pound (13¢/oz)
Pure Vanilla	.59	ounce
Cardamom Seed	.99	ounce
Chopped Dates	1.99	pound
Dried Currants	1.75	pound
Dried Apricots	2.59	pound
Dried Mixed Fruit	3.75	pound
Wild Rice	4.99	pound
Deluxe Mixed Nuts (R & S)	4.99	pound
Walnuts	3.59	pound

Here's some Extra Specials for Thanksgiving
Prices good thru November 22nd

Cinnamon	.39	ounce
Nutmeg	.59	ounce
Pumpkin Pie Spice	.59	ounce
Poultry Seasoning	.59	ounce

No other discounts apply. Prices good while supplies last!



holiday season. Come join Northwind's participation December 1 in the "Parade of Lights," and Friday December 22 for "Winterwalk 95." Watch for further details in the store and the local papers.

>>>Mark your calendars for the American Legion's big **Craft Fair** to be held this year at Our Lady of Peace church, November 19 from 10:00 to 4:00.

>>>Have you noticed how everybody is really busy; not a moment to spare? Well, Northwind is trying to ease the time crunch in your life with expanded store hours. **We're now open Thursdays until 7:00 p.m. and on Saturdays from 9:00 a.m. until 4:30 p.m.**

>>>The Product Policy Committee will begin its Winter Session in the near future. The Chair will be contacting committee members regarding the date and time for meetings. All members of the co-op may attend the meetings and are encouraged to join the committee if they have an interest in its important work.

>>>If your Wednesday nights have been a little dull of late, try this sure fire boredom banisher: attend a

Northwind Board Meeting! Attending even just one Board Meeting is enough to get you interested in the fascinating behind-the-scenes action at Northwind. It may even get your blood boiling!

>>>You've surely been noticing the many new products coming into the store in rapid fire succession. Try this. Next time you shop, go slow, take your time, take a closer look at the whole array of new products throughout the store. Of course, the next logical step would then be to buy them. Precisely.

---Larry Sands, Editor

<p>STORE HOURS Monday thru Friday 9:00 to 5:30 Thursday: Open til 7:00 pm Saturday: 9:00 to 4:30 Sunday: closed</p>

Seasons Greetings

Northwind Natural Foods Cooperative, Inc.
210 South Suffolk Street
Ironwood, Michigan 49938
906-932-3547



"Good Things For You . . . Naturally"