

NORTHWIND NEWS

Since 1977

Northwind Natural Foods Cooperative

January, 1996

"Ironwood's Healthy Shopping Experience"

932-3547

Now Open Thursdays Until 7:00 p.m.

Special Purchase!!
We Bought A Half Ton of Oats!!

Rolled Oats

Regular & Quick
55¢ per pound
for month of January

Lowest price anywhere around! By far!!

We need some new helpers at the monthly WorkBees. Generally the same dedicated folks show up month after month to help with the WorkBees but they're beginning to become discouraged without your help. Please help before we have to spend money by hiring more help to get the work done.

Northwind Calendar

Jan 21	WorkBee, 10:00 am
Feb 7	BoD Meeting, 5:00 pm
Feb 18	WorkBee, 10:00 am
Feb 26	Newsletter copy deadline
Mar 6	BoD Meeting, 5:00 pm
Mar 17	WorkBee, 10:00 am

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

Garden Seeds

The co-op has received garden seed catalogs from FEDCO SEEDS. Fedco is a cooperatively owned seed company from Waterville, Maine. They encourage buying clubs, offer seeds in large packets, and have very good prices on their seeds. Anyone interested should pick up a catalog soon at the store. We will be placing an order for seeds by mid-February in order to get the best prices. We need individual members to consider their garden seed requirements and attend a brief meeting at the store so we can prepare our collective order for FEDCO. The meeting will be Thursday, February 1 at 6:00 pm at the store. Have your own order figured out before the meeting. If you can't make the meeting get your order to Tim Feldt at the store by Feb. 1. These are great seeds at fantastic prices!

Members Only Specials

Remember to check all the orange tag specials throughout the store. There are many tagged items with special savings, *just for co-op members, of 20% off the regular price.*

In store special:
Rice Dream
by the case \$17.65
Original, Vanilla, Carob

Mix & match flavors for case price, okay.
Lowest price you'll see all year. Long shelf life.

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

New Products:

Amazin Raisins --Flavored raisins in pineapple, orange, lemon, peach, banana, & strawberry flavors. Great snacks for kids & adults!

Yogurt fruit nut clusters

Come in and buy
some of this stuff!

Bearitos organic white corn tortilla chips

Little Bear --Chili & Cheese corn chips (organic)

King Arthur Flours in 5# bags --white unbleached and 100% whole wheat

Arrowhead Mills --Bear Mush, hot cereal

Healthy Ovens Quick Cakes --cake mixes in chocolate or lemon flavors (bake with applesauce instead of butter)

Muir Glen Organic Tomato Products: whole, peeled, diced, crushed, Italian diced, & no salt sauce

North Farm cheeses: --part-skim Farmer, aged cheddar, Havarti, Pepper Jack, String Mozzarella

Madison Bagel Company --bagels in onion, whole wheat, & cinnamon/raisin

Wednesdays: Fresh bread from Great Harvest Bread Company: --onion rye, 9-Grain, Sprouted whole wheat, Sunflower whole wheat, Chocolate chip cookies, Cinnamon/raisin rolls, muffins

Tom's Natural Deodorant Soaps --Calendula, Unscented, Lavandin

Annie's Raspberry Hot Mustard

Pamela's Shortbread Cookies

Northwind Natural Foods Cooperative, Inc.

210 South Suffolk Street
Ironwood, Michigan 49938
906-932-3547

STORE HOURS

Monday thru Friday
9:00 to 5:30

Thursday: Open til 7:00 pm

Saturday: 9:00 to 4:30

Sunday: closed

"Good Things For You . . . Naturally"