

NORTHWIND NEWS

Since 1977

Northwind Natural Foods Cooperative

March 1996

"Eat Healthy. . . Be Healthy. . . Live Longer"

932-3547

Each month, in the store, there will be a sample package containing a variety of products to be given away to one of our members. These products come from one of our major grocery suppliers, Blooming Prairie and may or may not be carried in our store but all would be available thru our suppliers. Just sign up at the store during next trip in and we'll let you know if you're a winner.

NEW PRODUCTS:

Matts Chocolate Chip and Matts Oatmeal Raisin cookies. The package hype proclaims, "For that great just baked taste, place cookies on a microwave-safe plate & cook for 10 to 15 seconds. Family and friends will agree Matt's Cookies are the nearest to homemade without the mess." (They really are very good!) \$2.99/16 oz.

Rainforest Farms dried pineapple. No sugar. No sulfur. Delicious! \$2.49/4 oz.

Vegetable bouillon cubes from the Organic Gourmet \$3.69.

Meyenberg Goat Milk. Powdered, 14 oz for \$10.95; Aseptic carton, 32 oz for \$3.75.

Good Earth Original Tea. Both caffeine and caffeine free varieties. (The good cinnamon stuff!)

Chequamegon Farms organic salsas, mustards, relish and apple butter. Support a local organic producer. "The ingredients for our products are grown by sustainable organic farmers and contain no chemical residues from insecticides or herbicides." Chequamegon Farms is a Cooperative of organic farmers in Northern Wisconsin. We carry Chequamegon Farms Apple Butter, Relish, Hot

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

Salsa, Green Salsa, Salsa, Northwoods Mustard, and Honey Mustard.

Northwind Calendar

March 30/31	Inventory, 4pm & 8am, respectively
April 3	April Board Meeting
April 11	Product Policy Committee Meeting - 7:00?pm
April 21	WorkBee, 10:00 am
May 1	May Board Meeting
May 8	Newsletter copy deadline --- May issue
May 9	Product Policy Committee
May 19	WorkBee, 10:00 am
June 5	June Board Meeting

Usually---

Board of Directors meetings are the first Wednesday of the month at 5:00 pm. Product Policy Committee meets the second Thursday of the month at 7:00 pm. WorkBees are the third Sunday of the month beginning at 10:00 am. Subject to change; confirm all dates and times with the store.

ATTENTION BREAD MACHINE BREAD MAKERS

We have a growing selection of flour for you to experiment with in your bread machines. Just look at this list!

Bread flours: White, Whole Wheat, or Seven Grain (all in 5# bags or bulk), plus Vital Wheat Gluten. Regular flours: Amaranth, Buckwheat, Barley, Graham, Oat, Potato, Brown Rice, Pasta (semolina), All Purpose White, All Purpose Whole Wheat, Quinoa, Soy, Whole Wheat Pastry, Spelt. Whew!!

Don't forget we also carry most of the other ingredients you'll need for your bread making: yeast, dry milk, honey, rolled oats, wheat germ, wheat bran, oat bran, rice bran, salt, raisins, & other dried fruits, spices and whole grains.

Co-op INVENTORY begins
March 30th at 4:00 pm until we get tired.
Inventory continues March 31st at 8:00 am
until we're done. Get your working credit
hours by counting things. What could be
easier?!!

**GARDEN SEEDS ARE
IN!!! Supply Limited!**

Bulk Prices:

Beans \$6.99#
Snap Peas \$6.99#
Peas \$5.99#
Sweet Corn \$10.99#

Packet Prices:

50¢ pkt -- Spinach, Melons, Carrots,
Lettuce, Cabbage, Kohlrabi
45¢ pkt -- Cukes, Zukes, Pumpkins,
Peppers, Tomatoes
40¢ pkt -- Beets, Radishes, Onions,
Chard, Parsley
75¢ pkt -- Broccoli, Cauliflower,
Oregano
60¢ pkt -- Basil, Dill, Sage, Thyme, All
Flower Seeds

*Support Co-ops: Buy FEDCO Seed
from Northwind!*

If you're teething, or know of someone who
is, try this all time favorite from the OPFC
Archives. . .

TEETHING BISCUITS

Mix together:

3/4 cup Whole Wheat flour
1 Tb soy flour
1 Tb wheat germ
1 1/2 Tb nonfat dry milk powder

Mix thoroughly & blend with above mixture and knead
until smooth:

1 beaten egg yolk
2 Tb honey
2Tb molasses
2Tb oil & 1 tsp vanilla

Roll out dough to 1/2" thickness; cut into baby-finger length
rectangles. Bake at 350 on ungreased cookie sheet for 15
minutes. Remove from cookie sheet & cool thoroughly.
Store in tightly covered container.

*Your co-op needs your shopping
support and your volunteer help.*

--MEMBERS ONLY COUPON--

20% Off all CONCERN Garden Supplies

Plant Food, Insect Killer, Compost
BioActivator, Insect Killing Soap, etc.

Member Name _____

Member Number _____

Coupon expires July 1, 1996

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

"Ironwood's Healthy Shopping Experience"