

NORTHWIND NEWS

Since 1977

Northwind Natural Foods Cooperative

May 1996

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

932-3547

Store Now Open Thursday Evenings Until 7:00

AH . . . SPRING

As I look out my windows, the leaves on the trees in my yard are just leafing out, the grass, even on the North side of the house, is greening, and I'm beginning to feel that Spring is really here. On a drive to work this morning I saw a little snow yet on the side of US 2 even though the the temperature hit 81 yesterday. After 293" of snow, I'm ready for Spring!

Northwind is celebrating Spring with the hiring of our new store manager. Roger Margason, Northwind's manager for more than three years, decided in December to begin partial retirement from his work at Northwind, but to stay with us on a part-time basis. To fill Roger's former position, the board spent several months advertising for the job and interviewing candidates. Fortunately we had several very qualified persons to choose from and decided Linda Grawn from Hurley was the right person for the job.

Linda earned a bachelors degree in English with a Journalism minor from Northern Michigan University, and has worked at a variety of jobs before coming to us. She was Manager of the Pilot Training Facility for American Airlines in Negaunee, MI, and most recently worked at Don & GGs in Ironwood.

Linda's love of natural foods and cooking interested her in the manager's position, and one of her goals is to "make sure everyone in the area is aware of what Northwind has to offer." Linda has three daughters: one graduating from high school this year, one is in first grade, and her youngest who will begin kindergarten next year. Her husband is studying at GCC. If you haven't yet met Linda, do stop by and welcome her to the Co-op.

I'd like to extend a special thanks to Terry Davis and her children for their wonderful artwork that brightened our store windows this Spring. Any

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

other ideas for window displays are welcome. A late thank you, also, to Roger for the tasteful article he wrote about Northwind for the Daily Globe Progress Edition earlier this year.

Also, please watch for our summer billboards on US 2 Eastbound and 51 North. We felt that last year's two months of billboards brought in vacation traffic we would otherwise have missed. This year's boards will run June, July and August.

--Terry Dunham, Board President

Northwind Calendar

June 5	June Board Meeting, 5 pm
June 9	WorkBee, tentative, 10 am
July 3	July Board Meeting, 5 pm
July 14	WorkBee tentative, 10 am

Board of Directors meetings are the first Wednesday of the month at 5:00 pm.
Subject to change; confirm all dates and times with the store.

Greetings! It's been a pleasurable time getting acquainted with the store staff, Board of Directors, and some of you. I've been learning a lot about products and some of the problems associated with demand and availability in the Co-operative market.

We've had some fun in recent weeks slightly altering and streamlining product displays in the store. Among my favorite initial projects has been research and expansion of the organic coffee line. Since I began personal use of Frontier Coffee I must impart that the physical symptoms of "coffee jitters," headache, etc (that I had associated with caffeine use) are absent from my day.

Organically grown coffee is not missing caffeine, although we do stock decaf, but it is missing chemicals & pesticides. Draw your own conclusions, folks, but I am an avid aficionado of coffee who had blindly accepted adverse physical symptoms as a necessary evil. These days, I am just

GARDEN SEEDS GOING FAST!! 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

*Our high quality seeds are much lower priced
than those at for-profit stores.*

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

happily and painlessly enjoying Great Coffee. Try
some next time you shop -- the pot's always on.

Jody and Roger have been working diligently
ordering new and exciting food stuffs and
supplements, amid answering my 10,000 questions.
Jean has been hard at work stocking & bagging
every little thing, and is such a treasure in her ability
to brighten each day with her unflappable mirth.
This is a ready and talented team.

I have met several of you as volunteers in the
store. Carol, Marian, Quandy & girls, Donna,
Gloria, Suzi, & Norman: Thanks so much for the
time! Your efforts have been invaluable. For those
of you who may wonder what you can do or
contribute to your natural food store, here is a list of
possibilities:

- 1) Help unload truck. If you stay to check it
in & put away frozen & dairy an hour is all we need.
- 2) Bagging.
- 3) Dusting and straightening merchandise.
- 4) Window displays.
- 5) Store cleaning and painting

We have a fun time in the store and would
like to share this experience with as many of you as
possible.

My family enjoys this recipe which I found in
Moosewood Collective Cookbook. Paired with

Members' Only Specials

**Bearitos White Corn Tortilla
Chips**
**Lily of the Desert Aloe Vera Gel,
quart**
**Cloud Nine Espresso Bean
Crunch Candy**
Cinnamon Grins Cereal

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.* These specials change frequently so be
sure and check for them each week.

--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

Great Harvest Onion Rye Bread (available @
Northwind) and a salad, it is a meal par excellence.
Enjoy!

--Linda Grawn, Store Manager

Mushroom Barley Soup

1/2 C uncooked pearl barley
6 1/2 C water
1 to 2 Tbs butter
1 med onion, chopped (1 1/2 C)
2 med cloves garlic, minced
1 lb mushrooms, sliced
1/2 - 1 tsp salt
3 - 4 Tbs soy sauce
3 - 4 Tbs dry sherry
freshly ground black pepper

1. Place barley in 1 1/2 C water in lg saucepan.
Bring to boil, cover & simmer 20 - 30 min until
barley is tender.
2. Meanwhile > melt butter in skillet. Add onions &
saute' for about 5 min, over med. heat. Add garlic,
mushrooms, and 1/2 tsp salt, stirring occasionally
until everything is tender -- 10 - 12 minutes. Stir in
the soy sauce and sherry.

**New Bulk Tea Line from
UNI TEA HERBS**

**Price ranges from \$1.40 to \$1.95 per
oz depending on variety:**

Mental ClariTea, a cerebral stimulant
PuriTea, a delightful detox tea
LeviTea, to lift your spirits
SereniTea, to soothe your senses
LongeviTea, for the far sighted
ImmuniTea, strengthens your vitality
DigestabiliTea, a meal's most important course
ElectriciTea, for real energy
SensualiTea, a potent brew for lovers
FemininiTea, for the woman's life cycle
MaterniTea, for the mother to be
FestiviTea, just for fun

Victuals Via Tut

Legumes are by far the best plant source of protein. The three most common legumes that we eat as mature, dried seeds are beans, dried peas and lentils. Archaeological evidence shows that these legumes are among the oldest agricultural crops, dating back ten thousand years. They have been found on

Egyptian tombs and are frequently referred to in the Bible. Here's a lentil recipe that just delicious. Enjoy!

--Zona Wick, Board Secretary

Balsamic Lentils and Potatoes

4 cups water
1 1/4 cups red lentils, rinsed and drained
2 medium baking potatoes, cubed
1 tsp dried tarragon
1/4 tsp freshly ground black pepper
1 Tbs olive oil
1 cup chopped scallions
1 cup shredded zucchini
2 garlic cloves, minced
2 Tbs balsamic vinegar

In a 3 qt saucepan, combine the water, lentils, potatoes, tarragon, and pepper; bring to a boil. Cover and simmer for 15 to 20 minutes, or until the potatoes are just tender. Drain off any excess water.

Meanwhile, warm the oil in a large no-stick frying pan. Add the scallions, carrots, zucchini, and garlic. Cook, stirring frequently, for 8 to 10 minutes, or until the carrots are tender.

Reduce the heat to very low. Add the lentil mixture to the frying pan. Sprinkle with the vinegar and stir to mix well. Increase the heat slightly and cook for 2 minutes longer to blend the flavors.

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

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

LARRY SANDS 797
RT 1 BOX 185
HURLEY WI 54534

"Ironwood's Healthy Shopping Experience"