



210 S Suffolk St
Ironwood, MI 49938
932 3547



**LET US HELP YOU WITH
ALL YOUR CHRISTMAS SHOPPING !**
Inside you'll find lots of great ideas for everyone on your list.
Below are some suggestions for gift baskets
We do the wrapping !

- ◆ Scented Soaps
- ◆ Bath Herbs
- ◆ Kiss My Face Lotion
- ◆ Loofa Sponge
- ◆ Frontier Organic Coffee
- ◆ Torani Flavoring syrups
- ◆ Black River Pottery Stoneware Mug
- ◆ The Complete Book of Massage by Clare Maxwell Hudson
- ◆ Massage Oil
- ◆ Lavender Essential Oil
- ◆ Organic Pasta Sauce
- ◆ Mrs. Leepers Garlic Pasta
- ◆ Fresh Parmesan or Romano Cheese

NORTHWIND NEWS

Holiday 1997 Edition

Northwind Natural Foods Co-op

Season's Greetings from the Northwind Natural Foods Co-op!
* May the spirit of the season brighten your winter days. *
* See inside for holiday specials and great gift ideas ! *

From the Manager

Dear Membership.
It is that time of year again! Undoubtedly, you will notice this issue of the Northwind wind New carries a good bit of advertising for products on special in the Co-op for your holiday comfort and joy. Please stop in and check out the specials and other new and interesting selections that we have gathered for your enjoyment.

Of course, the General Membership Meeting was held since our last issue was published, so our new Board of Directors is in place with new officers: Zona Wick, President; Larry Sands, Vice President; Jay Green, Treasurer; Jeanne Matchefts, Secretary; Jeanne Santini and Norman Stone. Welcome, all! We're looking forward to a productive year together!

Many thanks to the Board of Directors members who will not serve on the current board: Kay and Doug Clark, and Russ Dawson, who for the past year have worked diligently for the progress of this cooperative. Fare well, and stay in touch!
I've included our Holiday Sale, an extensive list of new products at Northwind, and a few recipes.

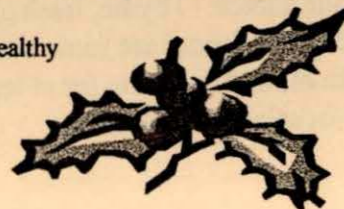
(Continued on page 2)

President's Message

Holiday Season Greetings! As the new president of the Board of Directors for Northwind Natural Foods Co-op, I want to invite you all to join the board in our efforts to continue to provide the community with organic, healthy food; natural vitamin and dietary supplements; herbs and spices; gourmet coffee; and earth friendly soaps, cleaners and body care products. We want to hear from you, our membership, so feel free to call us at the phone numbers listed in this publication or stop by the store (watch for our suggestion box to be installed soon). The new Board of Directors will continue to address community education; building, equipment and inventory expansion; a media advertising campaign; long range goals; store presentation and layout; job descriptions and personnel policies; product policies window displays; membership campaigns and an endless list of other projects that come up over the year. I look forward to a challenging and exciting year and hope that all of you will include, "to become an active volunteer of the co-op" as one of your New Year's resolutions.

Happy, healthy
1998!

Zona



More New Products Available at Northwind!



- Perky Nutty Corn and Perky's Nutty Wheat Breakfast Cereal
- Kashi Chocolate Pillows Cereal
- Belleweather Scottish Oat Scones
- Made in Nature Organic Unsulphured Apples
- After the Fall 24 Karrot Juice
- Dr. Bronner's Sal Suds Organic Cleaner
- Oregon Chai
- Hearty Life Instead of Yogurt Mixes
- Kahtsu Tibetan Hot Sauce, Nettle Sauce and Fire Sauce
- Cascadian Farm Organic Hash Browns, Oven Fries, and Spud Puppies
- Food for Life Wheat and Gluten Free Raisin Pecan Bread
- Kahtsu Tibetan Barbecue Sauce and Marinade

*Have you browsed our book section lately?
We have many new titles—books always
make great gifts !!*



- Complete Book of Massage by Clare Maxwell Hudson
- The Herb Bible by Earl Mindrell
- Soy! 75 Delicious Ways to Enjoy Nature's Miracle Food by Dana Jacobi
- The Yeast Connection and the Woman by William G. Crook, MD
- The Fragrant Mind by Valerie Ann Worwood
- The Yeast Connection Cookbook: A Guide to Good Nutrition and Better Health by William G. Crook, MD and Marjorie Hurt Jones, RN
- Breadtime Stories by Susan Jane Cheney
- The Natural Healing Cookbook by Bessie Jo Tillman, MD

**NEW PRODUCTS TO BRIGHTEN UP YOUR
HOLIDAY PARTIES !!**

- Terra Chips (3 Varieties)
- Stewart's Sodas (6 Varieties)
- Garden of Eatin' Red Chips
- Natural GH Shoestring Potato Sticks
- Sesmark Cajun Corn Sticks (Bulk)
- Peloponnese Mixed Country Olives
- Yves Veggie Pepperoni
- Positively 3rd Street Bakery
- Peloponnese Kalamata Olives
- Yves Veggie Canadian Bacon
- Casbah Baba Ganoush

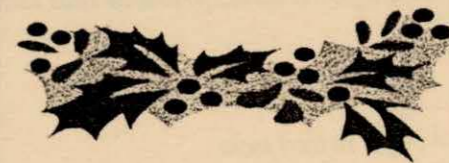


- Full Service Painting**
 • Staining • Varnishing • Refinishing •
 Wallpapering • Restorations
 Smoke & Water Damage
 Drywall Installation & Repairs
 Custom Wall and Ceiling Textures in Plaster & Paint
 Custom Ornamental & Decorative Painting
 Remodeling & Building Repairs
 Kitchen & Baths
 Ceramic Tile • Vinyl Floors
- Cabinets • Countertops • Doors • Windows
 Carpet Dry Cleaning (*We Clean Oriental Rugs!*)
 Commercial Janitorial Services
 Licensed and Insured
 Residential • Commercial

Since 1978!

Larry I. Sands Rte. 1, Box 185
 Owner Hurley, WI 54543
(715) 561-2880

**HOLIDAY
SPECIALS**



- Cheeses:**
 Muenster \$2.35/lb.
 Swiss \$2.95/lb.
 Colby \$2.35/lb.

- Spices:**
 Saffron \$2.99/oz.
 Yeast \$2.35/oz.
 Vanilla \$.59/oz.
 Cinnamon \$.39/oz.
 Cardamom Seed \$.99/oz.

- Non-Alcoholic Wines:**
 Sparkling apple Cider \$2.89
 Mimosa d'Amore \$2.89

- Groceries:**
 Craisins \$5.75/lb.
 Chopped Dates \$2.49/lb.
 Currants \$2.59/lb.
 Calmyrna Figs \$6.35/lb.
 Walnuts \$4.49/lb.
 Mixed Nuts \$5.89/lb.
 Wild Rice \$5.59/lb.

Prices good through 12/31/97

Looking for gift ideas?

Ever thought of making your own granola? It's easy, economical, makes a great gift and all of the ingredients are available at Northwind! Here's a recipe for a basic granola that can be adapted to suit your tastes.

Granola

4 cups rolled oats

1 cup pumpkin, sunflower or sesame seeds or a combination

1 cup walnuts, pecans, peanuts or almonds or a combination

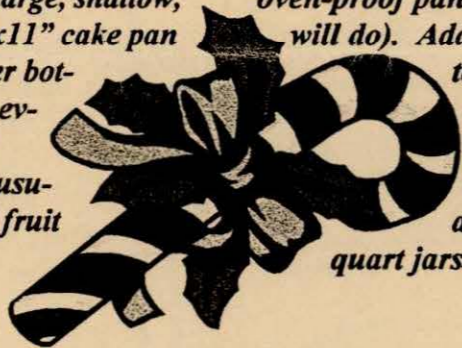
1/3 cup Little Girl's Point honey

1/3 cup sunflower oil

2 Tbsp. water

3/4 cup currants, raisins or dried cranberries.

Preheat oven to 300F. Mix honey, oil and water and set aside. Combine oats, seeds and nuts in a large, shallow, oven-proof pan (big cast-iron pan works great but a 9"x11" cake pan will do). Add honey mixture and mix well. Spread over bottom of pan and put in oven to roast. Stir every 10-15 minutes. Remove from oven and beginning to brown, usually about 30 minutes. Add dried fruit and cool. Makes enough to fill 2 quart jars.



Recipe adapted from the Horn of the Moon Cookbook.

BOARD of DIRECTORS

Zona Wick, President	932-0866	Jeanne Santini	932-0276
Larry Sands, Vice President	561-2880	Norm Stone	932-5087
Jay Green, Treasurer	932-4352		
Jeanne Matchefts, Secretary	476-2460		

Northwind Natural Foods Co-op Board of Directors Minutes Condensed Fall 1997

In September, store clerk Jim Kritz resigned to move out of the area. He has been replaced by Carol Zinsmaster.

Linda Ongie, Store Manager, attended the annual Blooming Prairie gathering in Minneapolis this fall. Networking with other managers and getting ideas on new product lines were the highlights.

Thirty-three Meeting on north Iron-cepted the



people attended the General Membership September 27, 1997 at Russ Dawson's farm wood. At that time the Board of Directors accepted the resignations of members Doug Clark, Kay Clark and Russ Dawson. New members Jay Green and Jeanne Matchefts were elected to two year terms. No bylaw changes were discussed or adopted.

The co-op's chest freezer is no longer functional. The store will be investigating and pricing new or used freezers.

Sales in October reached \$11,044.53 !

New Board of Director officers were elected at the November meeting:

Zona Wick, President

Larry Sands, Vice President

Jay Green, Treasurer

Jeanne Matchefts, Secretary (and newsletter writer/editor)

The next Board of Directors meeting is scheduled for Thursday, December 11, 1997 at 8:00 a.m. at the store. Monthly board meetings are posted on the bulletin board in the store.

HELP WANTED

A volunteer is needed with knowledge of refrigeration, for a small amount of consultation. Please stop at the store and talk with Linda, or talk to any member of the Board of Directors. Thanks!