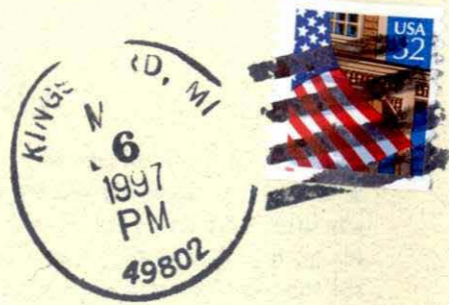


Northwind Natural Foods Co-op
 210 South Suffolk Street
 Ironwood, Mi. 49938
 906-932-3547



LARRY SANDS 797
 RT 1 BOX 185
 HURLEY WI 54534

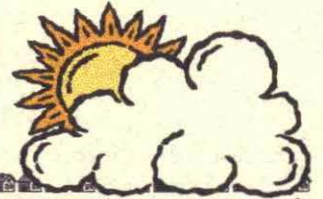
Store Hours

Monday thru Friday 9:00 to 5:30
 Thursday 9:00 to 7:00
 Saturday 9:00 to 4:30
 Sunday Closed

March Sale Items

| | | | |
|-------------------------------------|-----------|--|---------|
| DR. BRONNERS | | | |
| Pure Castille Soap 4 varieties 16oz | Reg 5.55 | | \$ 4.20 |
| NATURE'S GATE | | | |
| Natural Jojoba Shampoo 8oz | Reg 4.95 | | \$3.95 |
| Natural Jojoba Conditioner 8oz | Reg 4.75 | | \$3.80 |
| CO-OP | | | |
| French Milled Gardenia Bar Soap | Reg 1.09 | | \$.89 |
| CLAIR BIDDISCOMBE FACE CARE | | | |
| MAX A | Reg 9.75 | | \$ 7.79 |
| MAX G | Reg 14.39 | | \$11.49 |
| MAX Aloe | Reg 14.39 | | \$11.49 |
| CAMO CARE | | | |
| Facial Therapy | Reg 19.95 | | \$15.95 |
| AURORA | | | |
| Warm Skin Weather Guard | | | |
| 25oz tube | Reg 4.19 | | \$3.35 |
| 16oz tube | Reg 10.89 | | \$8.75 |

North Winds



Cabin Fever Days

With a rough, harsh winter upon us, it seems the terms "Cabin Fever" and "Shack Happy" may apply to many locals (and at least one Co-op employee).

We are very well stocked with things to get you through the longest days of a very stubborn winter natural, herbal, homeopathic remedies for those winter bugs, and vitamins to help ward off the next round good, wholesome comfort foods that are good for you ... books and magazines ... weight loss aids ... and FEDCO Organic Seed Catalogs to plan ahead for spring!

President's Notes

How's this for a pleasant surprise: Norm Stone is back on the Board of Directors! That's right. Northwind long-timer, and several times Board member, Norm Stone is now filling the director's chair vacated by Terry Dunham. In addition to a great sense of humor, Norm brings to the Board his refined sense of rational fairness that helps us get to the core of issues pronto. Welcome aboard Norm .

The Board continues to develop short range (1 to 2 years) and longer range business plans that deal with everything from advertising and community awareness, policies on store products, increasing membership and member participation to expanding the store product lines, updating store equipment, and on and on. Most all our preliminary work on the Plan is complete as we now proceed with writing it all down and then

(Continued on page 3)

IDEAS OF MARCH

The Co-op is having a big sale during March (see ad in this issue) and is featuring a members only Shopping Sunday on the 9th of March from 12 noon to 3 P.M. with product samples and special sales prices a day ahead of the rest of the world. FEDCO Seed Orders will be taken at that time, as well. Mark it on your calendar, folks, and join us at "The Co-op" on Sunday for *Sociability and Savings!*

Special thanks go out to member Joe Kravetz for all of his assistance this winter with keeping our sidewalk and doorway clear and free of ice and snow and also for showing up to help unload the trucks. Thanks Joe! I also would like to thank member Jeanne Matchefts for all of her help with bagging at the store. Jeanne has also agreed to become the recording secre-

(Continued on page 2)

March Sale Items

BULK

| | | |
|----------------------------|----------|---------|
| Brown Basmati Rice | Reg 1.35 | \$ 1.25 |
| Black Turtle Beans | Reg 1.05 | \$.95 |
| Green Split Peas | Reg .65 | \$.59 |
| Yellow Whole or Split Peas | Reg .65 | \$.59 |
| Pinto Beans | Reg .75 | \$.69 |
| Great Northern Beans | Reg .99 | \$.89 |
| Wheat Flakes | Reg .95 | \$.85 |
| Deluxe Nut Mix | Reg 6.99 | \$ 6.29 |
| Walnuts | Reg 4.59 | \$ 4.15 |
| Figs | Reg 4.45 | \$ 3.99 |

Grocery

| | | |
|--------------------------------|----------|---------|
| CO-OP | | |
| Unfiltered Apple Juice 64oz | Reg 3.19 | \$ 2.75 |
| 128oz | Reg 5.95 | \$ 5.05 |
| Beets 15oz can | Reg .79 | \$.69 |
| Pineapple Slices 20oz | Reg 1.09 | \$.95 |
| CROFTERS | | |
| Organic Juices 5 Flavors | Reg 2.79 | \$2.39 |
| FANTASTIC FOODS | | |
| Hot Cereal Cup 4 Flavors | Reg .99 | \$.85 |
| FRONTIER | | |
| Organic Coffee Vienesse w/Cinn | Was 7.99 | \$6.79 |
| DEBOLE'S | | |
| Spaghetti | Reg 1.25 | \$1.05 |
| Angel Hair all Varieties | Reg 1.25 | \$1.05 |
| Rigatoni all Varieties | Reg 1.39 | \$1.19 |
| ANDERSONS | | |
| Pure Maple Syrup 16oz | Reg 6.35 | \$5.39 |



BOARD of DIRECTORS

| | |
|---------------------------|----------|
| Larry Sands, President | 561-2880 |
| Kay Clark, Vice President | 932-0866 |
| Zona Wick, Secretary | 561-3009 |
| Russ Dawson, Treasurer | 932-1487 |
| Jeanne Santini | 932-0276 |
| Norm Stone | 932-5087 |

Truck Schedule

March

| | |
|------|------------------|
| 7th | North Farm |
| 21st | North Farm |
| 27th | Blomming Prairie |

April

| | |
|------|------------------|
| 4th | North Farm |
| 18th | North Farm |
| 24th | Blooming Prairie |

May

| | |
|------|------------------|
| 9th | North Farm |
| 21st | Blooming Prairie |
| 27th | North Farm |

Orders are due at the Co-op 1 week prior to delivery date. This schedule is apt to change from time to time without notice.



Ideas of March

(Continued from page 1)
tary at the BOD meetings, we welcome her assistance.

That's it for this time. Looking forward to seeing all of you at the Co-op on Sunday 3/2/97 between noon and 3 P.M.

LINDA

ABC's Of Making Tea

An herbal tea is an easy and inexpensive way to try bulk herbs. They can be brewed individually or blended to create a range of aromas and flavors. You can drink herbal teas hot or iced, or combine them with juice or other beverages. Make herbal tea by the cup or in larger quantities. A pot made in the morning, for example, can be left on the stove for easy reheating, drinking at room temperature, or drinking iced later in the day.

The recommended proportion of herbs to water is 1 teaspoon of dried herb or 2 tablespoons of fresh herb to 1 cup of water. If you're making a larger quantity of tea, the recommended proportion of herbs is 2-3 tablespoons of herbs per quart of water.

Best methods for making tea -
Infusion and decoctions --and they differ according to the part of the plant being used.

Infusions: Used to prepare the more fragile parts of the plant--leaves, fruits, seeds, and flowers.
Method 1) Put the herbs in a pot and pour boiling water over them. Quickly cover the pot with a tight fitting lid. Allow it to steep for 10 to 20 minutes.
Method 2) To create a stronger medicinal infusion, place the herbs in a pan with cold water and cover with a tight fitting lid. Bring the water to the boiling point slowly over very low heat. Take the brew off the heat just before it begins to boil.

Decoctions: Used for brewing roots, barks, nuts and non-aromatic seeds.
Method 1) Bring water to a boil, add herbs, and simmer over low heat for 15 to 20 minutes. To prevent the escape of steam and important nutrients, keep a tight fitting lid on at all times. Remove from heat, strain and drink.
Method 2) Put the herbs in a pan of cold water. Cover the pan and slowly bring the water to a boil over low heat. Simmer for 15 to 20 minutes. Remove from the heat, strain and drink.

Creating your own tea -
Remember the amount of herb can be varied according to taste, so don't be afraid to try different proportions.

Roots high in volatile oils such as Valerian and Goldenseal should always be infused.

Norwegian Star

Custom Knit Clothing
by
Grace Strong



E4635 Lake Rd Ironwood, MI 49938 906.932.0049

Nigheanag Croft



Sherri Schwenke & Russ Dawson
Breeders of Scottish Highland Cattle

E4991 Lake Road
Ironwood, MI 49938

Phone: 906-932-1487
dawsone@op.lib.mi.us

March Sale Items

Frozen Foods

| | | | |
|--|----------|--|--------|
| RUTHIES | | | |
| Adzuki Beans & Rice | Reg 3.25 | | \$2.75 |
| CASCADIAN FARMS | | | |
| Organic Harvest Berries 10oz | Reg 3.45 | | \$2.95 |
| Organic Country Style Potatoes | Reg 2.35 | | \$2.15 |
| VEGETARIAN REQUEST | | | |
| Penne' Pasta Bolognese 12oz | Reg 4.05 | | \$3.45 |
| French Country Stew 12oz | Reg 2.99 | | \$2.55 |
| RENAISSANCE FARM | | | |
| Sweet Basil Pesto 4oz | Reg 3.79 | | \$3.25 |
| AMY'S | | | |
| Country Dinner 11oz | Reg 3.79 | | \$3.19 |
| HEARTY & NATURAL | | | |
| Ground Soyburger 16oz | Reg 2.89 | | \$2.45 |
| MANITOWOC OVENS | | | |
| Blueberry, Cranberry or Pumpkin Muffins 10oz | Reg 3.59 | | \$3.05 |

Recipe Corner

Black Bean Burritos

Buy refrigerated flour tortillas. In the center of each, place several spoonfuls of rinsed, drained, canned black beans. Add chopped red onion and light shredded mozzarella or asiago cheese. Roll up, place in a greased baking dish (seam side down), and spoon on salsa. Bake at 350' for about 10 minutes, until heated through.



Veggie Burgers

Sauté a Boca, Harvest, Garden or other meatless burger in a touch of oil. Serve with onion, lettuce tomato, and mustard on a whole grain roll or pita bread.

Curried Chickpeas

Heat one teaspoon of curry powder and 1 clove of chopped garlic in a tablespoon of olive oil. Add chopped onion, tomato, & red pepper (1 each). Add a can of drained, rinsed chickpeas and sauté for about 10 minutes on medium heat. Serve over Basmati rice. For extra zip, add to the oil: ground cumin, coriander, and a shake of cayenne.



Presidents Notes Continued

begin implementation.

Don't forget: if you want to have a fun Thursday evening some month put Northwind's monthly Board of Directors meeting on your calendar. Thought provoking but nobody hits. (Board meetings have changed from Wednesday to the first Thursday of the month at 5:00 PM.)

Now that the snow is only three feet deep can Spring be far behind? If you're going to take advantage of the bargain prices on FEDCO Co-op garden seeds better get your order in soon. The store has catalogs to peruse. FEDCO has the best seeds anywhere and by ordering NOW with Northwind's bulk order you'll save an amazing amount over the price of those thin packets you always get at the gas station or hardware store! Don't risk your harvest with crummy seeds. Next time you're in the store spend a few extra minutes and relax a bit. Northwind provides a different atmosphere than regular stores. Get a cup a coffee or tea, have a seat, flip through a magazine or book, browse through an area of

merchandise you seldom notice. Read a few labels or product flyers, ask some questions, offer some answers. Get serious about your health.

I want to encourage (or beg) you to help your co.-op with your shopping dollars, especially NOW. Sales have been down and most of our costs are fixed so we're skating a little closer to the edge than we'd like. Your increased shopping effort will help a lot, Please.

Oops! Seems there's a few members out there that haven't paid their annual renewal fee for 1997. NOW would be a good time to take care of that. And if you're new to Northwind, a hardy healthy welcome to you and yours and an invitation to become a card carrying Northwinder yourself. You'll get a discount on everything you buy, the cost to join is pitifully low, and you get this darling newsletter mailed to your very door! Convinced?

Happy Spring
Larry I. Sands, Board President

March Sale Items

Cheese

price per lb.

| | | | |
|--------------|--------|----------|--------|
| Muenster | \$2.45 | Colby | \$2.45 |
| Swiss | \$2.89 | Asiago | \$5.19 |
| Romano | \$4.09 | Parmesan | \$4.59 |
| Cream Cheese | \$3.09 | | |
| w/Relish | | | |

Zinc Fights Colds

Zinc gluconate lozenges may shorten colds, say researchers at the Cleveland Clinic Foundation.

Michael Macknin and co-workers studied 99 Clinic employees within 24 hours after their cold symptoms started. Half got a zinc gluconate lozenge (with 13.3 milligrams of zinc) every two hours while awake for as long as their symptoms lasted. The other half got a (lookalike-but-inactive) placebo.

The results: The zinc-takers' colds lasted about 4.4 days, compared to 7.6 days for the placebo-takers'. Zinc curbed sore throats, nasal congestion and drainage, coughing, headache, and hoarseness, but not fever, muscle ache, scratchy throat, or sneezing. However, 20 percent of the zinc-takers reported nausea and 80 percent complained of "bad taste."

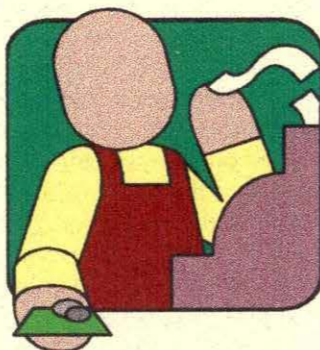
"Zinc gluconate shortens the duration of colds," says Macknin. "But you can't take a pill and expect your cold to go away." And don't assume that just any brand of zinc gluconate works. The formulation Macknin used is available in drug stores as "Cold-Eeze." Should you run out and buy some at the first snuffle?

"I think it's reasonable to try it," says Macknin. "There's a huge variation in how people perceive the taste." --Bonnie Liebmun

Annals of internal Medicine 125: 81, 199

Welcome New Members

Louis Lauzon
Peter Wisle
Sheila Hedberg
Joseph LeMieux
Pamela Carlson
Denise Engel



New Business Plan for Co-op

The Board of Directors has been working diligently over the last few months to develop a business plan for the Co-op to carry us through the next five years.

The main thrust of the draft plan has been to increase our sales so as to better serve our members and the public with a broader array of products that meet the co-op's natural part of our name.

Membership has also been a major part of the new plan. What we should do to increase membership and improve our service to the same has been high on our priorities.

Advertising and marketing are a major part of the growth of any business ei-

ther small or large. But how does a business with a small resource base of both people and money meet these needs?

Priorities are always a major part of any plan and much of our time has been spent on deciding when to attempt to do things. We are always struggling with the how. As a small board and with such a small pool of members many people have to wear more than one hat.

If you could spare an hour or two a month to assist us and serve on a committee, it would aid us and the Co-op greatly. Volunteers contact any of the BOD or plan to attend the open session of our next Board meeting at 6p.m. on the 13th of march at the store.

If you've ever been to Cedar Rapids, IA you're probably aware of Jenny's, a quaint cafe in the heart of Czech Village that features a mix of authentic European specialties and healthful vegetarian dishes. It's one of our favorite places so we asked our friend and owner Jenny Bronstorp to share a recipe with you. Here it is..

Vegetarian Pasta

- olive oil, enough to saute
- 1 teaspoon chopped garlic
- 1/4 cup chopped yellow squash
- 1/4 cup chopped zucchini
- red & green peppers for color, chopped
- 1/8 cup sliced red onion, cut in strips
- 4 snow peas, cut diagonally
- 2 teaspoons parsley
- 2 teaspoons oregano
- 2 teaspoons sweet basil
- salt & pepper
- 4 ounces grated fresh parmesan
- 1/4 cup cream
- 6 ounces pasta, cooked

Saute the first five ingredients in olive oil, until al dente. Add spices and cream. Add just enough cream to coat vegetables. Add half of the grated parmesan. Add cooked pasta. Heat, salt and pepper to taste. Garnish with snow peas and remaining parmesan.

FRONTIER

3021 78th Street, P.O. Box 299
Norway, IA 52318, 1 800 669 3275
<http://www.frontierherb.com>

Members Only Shopping

Sunday March 9th noon to 3:00 PM

Product Samples - Special Sale Prices

FEDCO Seed Orders will be taken at this time

MARK YOUR CALENDAR and please Join Us.