



NORTHWIND NEWS



Since 1977

Northwind Natural Foods Cooperative

December, 1994

"Ironwood's Healthy Shopping Experience"

932-3547

President's Message

Hello and Happy Holiday Season! As the new president of the Board of Directors for Northwind, I want to say hello to fellow co-op members and invite you to join the board in our efforts to really get things rolling at Northwind for 1995. As you know, we're working hard on our move to our new bigger brighter location. I'm really excited about the possibilities this new store will offer us- room for more products, more comfortable shopping, a great location. Now is the time to offer up your special talent to help your co-op become everything it can. If you are artistic, if you like to write, if you are a great cook and can share recipes, if you can spare a few hours to stock shelves- whatever you like to do, we'll find a spot for you! By volunteering a little of your time and talent, you can earn a 10% discount, and get to know your co-op better. Call Roger and let him know what you like to do!

--Terry Spangler Dunham, Board President

HOORAY FOR US!

WE'RE HERE! The Move to our new store (located at 210 South Suffolk Street, Ironwood, Michigan -- that's the old Ironwood Pharmacy building next to First of America Bank and across the street from the Towne House motel, for those of you who still might not know) went incredibly smoothly, thanks to the hard work of nearly two dozen member volunteers (and, in some cases, their whole families). We closed the old store at the end of the workday Saturday, November 12th, and were open for business Monday morning, the 14th! Sincere thanks go to each of the volunteers from yours truly and all members of your Board of Directors.

The new store is eagerly waiting to serve you, your family, friends, neighbors, passersby, and the community at large. It's bigger, brighter, with plenty of room for growth -- so your suggestions as to what additional items we should consider carrying will be more than welcome. Now more than ever we need your business -- and

especially any volunteer work time you might be able to spare. Your comments and suggestions are, as always, encouraged and will, as always, be given careful consideration.

If you've not been in yet, please come in soon. You'll find lots of new products, great holiday gifts and two new lines of greeting cards unlike anything anyone else has to offer locally. For our members, we'll be expanding our Members Only Specials program (which inadvertently was put on hold during the preparations for our move). To encourage increased traffic from downtown business people, we'll be featuring gourmet organic coffee to go. To be more active in the community at large, we're making one of our two display windows available at no charge to local civic organizations and groups -- if you know of any which might be interested in utilizing it for from two weeks to a month, have them contact me, please.

While there is a tendency for people to readily accept without question outlandish ideas (there's a water engine for cars, but the oil companies won't let it be produced; AIDS can be spread by a handshake; Elvis is alive and living in a retirement condo with JFK), reality is often ignored. The often repeated fact that Northwind Natural Foods Cooperative is your store, literally, just doesn't seem to have much impact on some of our members. Please believe it and act on it. Become involved; shop with us regularly and encourage everyone you know to do so. Our future prosperity depends on you.

--Roger Margason, Store Manager



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. Consider submitting articles on general areas of natural foods and healthy living or specific foods, nutrients, book reviews, recipes and the like. 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



BEANS! BEANS! BEANS! THE CO-OP IS FULL OF BEANS!!!

Beans are eminently nutritious, admirably ecological, low on the food chain, wonderfully versatile, dependably delicious very, very, cheap and most importantly, available in their organic state at our own Co-op!!

Garbanzo beans, also known as chickpeas, are versatile, tasty and full of protein. They are widely used in Mediterranean countries in stews, soups, salads, and spreads.

To cook garbanzos, place 1 cup of dried garbanzos in 5 - 6 cups of water, bring to a boil, then simmer about 3 hours. 1 cup of dried beans will yield 4 cups of ready to eat beans.

Here are a few recipes and the next time you shop ask Roger or Jean for the recipe sheet entitled **GREAT GARBANZOS!** Enjoy!

--Zona Wick, Board Secretary

Mexican Garbanzo Beans

A fast and easy dish which combines a co-op staple, beans, with the co-ops fresh and aromatic spices.

- 1 cup garbanzo beans
- 1 medium onion
- 2 cloves garlic, minced
- 1 stalk celery, chopped
- 1 green pepper, chopped
- 1 16oz can tomatoes
- 1 tsp. oregano
- 1 tsp. basil
- 1/2 tsp. cumin
- 1/8 tsp. chili powder
- salt to taste



In a large skillet, saute vegetables until tender. Add tomatoes. Combine with beans in a casserole dish. Season with spices and bake for 45 minutes to 1 hour at 350. Serve as a main dish, with the co-op's organic brown basmati rice, as a side dish, or this is a great dish to share at a potluck dinner.

Fettuccine Con Ceci (Pasta with chick peas)

- 4 cloves garlic, crushed
- 1/4 cup olive oil
- 2 T. chopped parsley
- 1/2 t. rosemary
- 1 1/2 cups cooked garbanzos (save cooking liquid)
- 1/8 t. red pepper flakes
- 1 jar roasted red peppers or 1 fresh roasted red pepper
- 12 pitted large ripe olives, quartered

- salt to taste
- 12 oz. fettuccine, cooked and drained

Saute garlic in oil about 5 minutes. Add parsley, rosemary, garbanzos, red peppers, and red pepper flakes; cook 5 minutes more. Stir in olives, salt and about 1/2 cup of garbanzo cooking liquid. Simmer 5 minutes. Toss with hot fettuccine.

Garbanzo Spread

Garbanzo Spread is an enduring favorite. Try it as an open-face sandwich with cucumber and tomato slices, or thin it with a little vegetable or bean stock and serve as a dip with whole wheat crackers.

- 1/2 onion, chopped
- 1 clove, garlic
- 1 tablespoon oil
- dash cumin
- 1 teaspoon basil
- 1/2 teaspoon oregano
- (1/2 bunch parsley, chopped fine)
- juice of 1 lemon
- 3 cups cooked garbanzo beans, mashed
- (2/3 cup toasted sesame seeds, ground)

Saute onion and garlic in oil until onion is transparent. Add cumin and cook until fragrant. Crush garlic with a fork. Add herbs (and parsley) at the last minute, cooking just enough to soften parsley. Mix with the lemon and mashed beans (and sesame), stirring together thoroughly. Makes about three cups.

Recipe for Hummus

- 1 1/2 Cup Dry garbanzo beans (co-op)
- 5 cloves garlic, pressed or diced
- 1 Cup Tahini (co-op)
- 2/3 Cup cold water
- 1/2 Cup lemon juice
- 3 teaspoons salt
- Dash cayenne pepper

Boil garbanzo beans until soft -- approximately 45 minutes. Drain and let cool. Mash beans with fork, masher, strong blender, or food processor. Add remaining ingredients. Experiment until you find the consistency & flavor you prefer. Serve with bagel chips, pita bread, or on a salad.

--submitted by Julie Buckles



Long-Time Members kindly respond

Wanted: Long time members of Northwind Co-op, founding members of Our People Food Co-op. Some of us are trying to collect data, recollections, anecdotes and tall tales from the co-op's past in preparation to writing an exhaustive history of what today is known as Northwind Natural Foods Co-op. I'd like to have some telephone chats with some of the old timers that first got the buying club organized and running, those that were movers and shakers in the first storefront in Bessemer, and those with the many fun stories since the store moved to Ironwood. Give me some names, some leads to those that might know, jot down your recollections, remember some dates, give me a call.... Anyway you could help in steering me in the right direction would be appreciated. Larry Sands, 715 561-2880.



Board of Directors

Terry Dunham, president	932-6014
Irene Hewitt	932-5242
Karl Overholt, treasurer	561-3120
Larry I. Sands, vice president	561-2880
Tim Feldt	
Zona Wick, Secretary	561-3009



The next regular monthly meeting of the Board of Directors will be Wednesday, January 4 at 6:00 pm at the store. All members are encouraged to attend board meetings. The regular monthly BOD meetings are generally held the first Wednesday of each month. It's best to check the newspaper listing or call the store to confirm the actual date and time.

foodforethought

Here We Grow Again! Congratulations, Northwind! Sunday, November 6 was a very busy time at Northwind because once again it was movin' day at the co-op!

We had good weather and a very good turnout of members to help with moving all of our equipment, shelving, merchandise, and Northwind's other material possessions. Seems like we just did this about six years ago, but this time the job took all day, and that's with lots of hands helping.

Everyone that helped with the move had a good time enjoying the



Newsletter Ads

To help cover newsletter expenses we are accepting a limited number of small business ads for the newsletter. We hope there will be support for the newsletter from co-op members who have their own businesses or professional services. The cost is very low at only \$12 for a business card size ad. However, the audience you reach is on the cutting edge of society's development, namely the members of Northwind! Contact Larry Sands to place your ad.

MAINTENANCE-REMODELING-REPAIR
PAINTING-WALLPAPERING-DECORATING
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AMERICAN BUILDING SERVICES

"SINCERE QUALITY WORK"

RESIDENTIAL-COMMERCIAL
MICHIGAN LICENSED CONTRACTOR

LARRY I. SANDS
715-561-2880


RT. 1, Box 185
HURLEY, MI 54534



Black River Pottery

Monday - Friday: 7 am - 3 pm
Saturday, Sunday and evenings: by appointment

Nancy Ramsay, Potter
(906) 932-4038 or 932-1093

 cooperative spirit first hand. Since the main move on the 6th there have been a number of additional pickup truck loads that have been moved. At this writing there are some more fixtures to move and much cleaning and sorting and arranging that needs to be done in our new location. If you have time to help in setting things up at the store just call or stop by.

The Board is in the process of forming several long-needed committees. We have a couple of members who have volunteered for committee work but we could still use more help. The first committee(s) will focus on product line-up for the store as well as aspects of marketing, advertising and community outreach. If you have talents and interest in these areas please contact any board member or come to the next board meeting.

Think of Northwind as a service to the community much the same way public broadcasting serves anyone who cares to listen. However at Northwind we don't have periodic fund raisers asking for donations. We do have a small annual fee to maintain a membership in good standing. This \$5 fee is easily paid back by the 2% off members receive at the checkout. Members in good standing also receive an additional 5% discount on "bulk orders" of full case lots.

Northwind Natural Foods Cooperative, Inc.
210 South Suffolk Street
Ironwood, Michigan 49938
(906) 932- 3547

<p>STORE HOURS Monday thru Friday 9:00 to 5:30 Saturday: 10:00 to 4:00 Sunday: closed</p>
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Members who can spare 6 hours a month (3 hours for seniors) helping in the store or serving on committees receive 10% off all discountable merchandise at the checkout. Households that shop regularly at the co-op can save a sizeable amount on their grocery bill by volunteering less than an hour and a half a week!

Encourage people you know who appreciate top quality, natural foods to become part of the Northwind family.

-Larry Sands, Editor

Season's
Greetings

"Good Things For You . . . Naturally"