



116 South Suffolk Street  
 Ironwood MI 49938  
 906-932-3547  
 Monday-Wednesday 9am-6pm  
 Thursday & Friday 9am-7pm  
 Saturday 9am-6pm

**We're online!**  
 @  
**northwindcoop.org**  
 &

**facebook**

**Remember to "like" our Facebook fan page and visit often for recipe ideas, news updates and more!**

**MISSION STATEMENT**

To provide a marketing and purchasing outlet for primarily natural, organic, unprocessed foods and related items at a minimum price, on a nonprofit basis.

To educate and promote to the community healthy lifestyles, wellness and a whole foods diet emphasizing natural, organic, and unprocessed foods.

To educate the community to the benefits and potentials of our cooperative and cooperatives in general and to cooperate with other cooperatives.

Staff Information:

Eva Smith-Furgason - Manager.....evannfc@sbcglobal.net  
 Lori DeCarlo - Accounting.....lori.nnfc@gmail.com  
 Joan Nieminen - Lead Stock Clerk                      Gracie Tadlock - Cashier

Board Contact Information:

Leah Gramitt - President.....leahgramitt@gmail.com  
 Brenda Harville - Vice President.....sophocles90@hotmail.com  
 Terri Davis - Secretary.....davis@hurley.k12.wi.us  
 Karl Jensen - Treasurer.....knjensen@gmail.com

NORTHWIND NATURAL FOODS COOPERATIVE

# NORTHWIND NEWS

FALL 2012

## WHAT'S HAPPENING THIS FALL:

### The General Membership Meeting

November 17th 2012 we will hold our annual general membership meeting. This year it will be at 104 S.Lowell (Gogebic Area Thrift) at 10am. As always we'll have a pot-luck brunch so bring a dish to share! Hot topics for this years meeting will include the new Member Volunteer Service Program, our customer survey results, annual financial figures etc. We're hoping to see lots of members at the meeting!

### Make Your Own Household Cleaners...and live to tell about it!

This fall Eva Smith-Furgason will host a class featuring recipes for all-natural cleaners. This hands-on, one and a half hour workshop will focus on safe and effective cleaning methods that are easy on the pocketbook, effective against dirt and safe for the planet and for your family. We will make a number of cleaners and you will leave the class with an all purpose cleaner, a safe scrubbing solution, recipes and more. The cost for this class is \$5 for materials. The class will take place at the Co-op November 1st starting at 6pm. Please register as space is limited!

### CHIP IN & SAVE SOME CASH!

The new member volunteer program has lots of openings!

We need help with:

Desktop publishing (making coupons, flyers, newsletters)

Community outreach (handing out coupons, samples, manning booths at events)

Educational classes (cooking, health & wellness, etc!)

And lots more!

Just 3 hours of donated time to the co-op gets you 5% off on your purchases!

Donate 6 hours and get 10% off!

Serve as a board member and get 10% off!

It's a great way to get involved and save!

To volunteer or learn more about the program contact Eva at

evannfc@sbcglobal.net

Visit northwindcoop.org for a full rundown of the new program.

### **November** Member Specials!

Imagine Free Range Chicken Broth

SALE 2 for \$6.00 - Reg. \$4.79

Ecover Lemon & Aloe Dish Soap

SALE \$2.79 -Reg. \$5.49 ea

Cascadian Farm Organic Cut Green Beans

SALE \$2.19 - Reg. \$3.89

Spectrum Org Extra Virgin Olive Oil 25.4 oz.

SALE \$11.99 -Reg. \$19.99

Spectrum Organic Vegetable Shortening

SALE \$5.49 - Reg. \$7.99

Terra Sweet Potato Chips

SALE \$2.79 - Reg. \$4.29

Organic Sweetened Cranberries (bulk)

SALE \$5.89 / lb

Calms Forte Sleep Aid

SALE \$6.99 (100 tab) - Reg. \$12.29

Bob's Red Mill Organic Unbleached White Flour

SALE \$4.99 (5 Lbs) - Reg. \$8.49

Natural Dentist Peppermint Healthy Gums Daily Rinse

SALE \$6.59 - Reg. \$9.99

# Letter from the Manager

I've always seen myself as a pretty good writer, so when it comes down to writing a few paragraphs in the newsletter, you'd think it would be a piece of cake for me. It's not. I sit there agonizing over each sentence and wondering if what I have to convey is relevant. I tend to wax poetic in the newsletters about the change of seasons, the cyclic nature of Co-op merchandise, the philosophical meanings of Cooperatives and such. This time however, I'd like to turn my attention to something bigger.

The very reason the Co-op exists is to provide healthier food choices to the greater community and to educate people on the benefits of a wholesome diet. These two principals are the driving force behind our mission. As we have all seen recently thanks to increased media attention and consumer awareness - the food system in the US is broken. Processed, adulterated, calorie rich - nutrient poor, chemically laden foods are the norm and the "alternative" - the healthy, organic, unprocessed food each and every one of us should have easy access to is considered, well, "the alternative". If we add the heavy price of factory farms, monoculture, pesticide and herbicide use and GMO technologies - well, you have to wonder why "conventional" food is so cheap. What is it about dirty practices, lack of compassion, profit driven motives that make food cheap and put the health of consumers way down on the list of priorities? There have been a great number of excellent documentaries that expose some of this to the light of day; movies like "Fresh", "Food, Inc", "King Corn" "Food Matters" "Fat, Sick and Nearly Dead" "Supersize Me" - just to name a few - present a clear, undeniable answer to why our food system is broken, and while the answer is complex - the solution is up to us. "Us" as individuals and "us" as a Co-op. As a Co-op, we're keeping the integrity of the food we sell, buying more local when possible, choosing organic produce, carrying products with no artificial colors, flavors, high fructose corn syrup, hydrogenated oils, synthetic hormones, and in many cases minimally processed. But we need to go further. I welcome ideas from our members on how we can passionately engage people in this important "food fight." I look forward to your comments.



-Eva Smith-Furgason

## Northwind Co-op Holiday Silent Auction

The silent auction held in 2010 was very successful, raising more than \$1,500 for the Co-op - so we're doing it again! Starting mid-November look for great gift baskets and treasures up for bid at the Co-op. If you'd like to donate a handmade item for the auction, a service or help put the baskets together—let us know! The auction will run till Saturday December 15th.



## OUR ANNUAL SPICE SALE

Our Annual Spice Sale runs November 19th till December 24th

Cinnamon— the good stuff! .53 cents per ounce

Pumpkin Pie Spice .50 cents per ounce

Real Vanilla Extract in Bulk .99 per ounce (by weight—bring a jar to fill!)

Vanilla Beans .99 cents each (limit 6 per customer)

Saffron \$6.99 per gram

Cardamom \$2.25 per ounce

Specials on flour, spices and holiday potpourri too!

African Fair Trade Baskets are expected to arrive on November 15th—stop in early for the best selection. This year we will have two deliveries of the baskets— they will go quickly!

thinkThin™

Nutritional Bars

\$1.69 each

Regularly \$2.49/each

OCTOBER MEMBER SPECIAL!

## REMINDER!

The 15th of each month is member appreciation day. Co-op members will receive 10% off their purchases that day!\*

Thank you for supporting your local food cooperative!



\*Some restrictions apply.

## AFRICAN PEANUT STEW

\*GLUTEN FREE\*DAIRY FREE\*VEGAN\*EGG FREE\*

You may have had the chance to try this exotic stew at cafes and restaurants out of town. Now it's time to whip some up at home!

In a stockpot, sauté in 1 Tablespoon oil until fragrant:

- 1 onion chopped
- 1 red bell pepper chopped
- 2 cloves garlic minced
- 2 teaspoon fresh ginger minced
- 1 jalapeno chili chopped

- Add to stockpot and bring to a boil
- 2 cups water
- 2 cups tomato juice
- 1 can diced tomatoes

- 1 medium sweet potato diced
- 1 Tablespoon dried parsley
- 1 1/2 teaspoon dried thyme
- 1 1/2 teaspoon cumin
- 1/2 teaspoon salt

Reduce temperature and simmer until sweet potato is fully cooked, about 25 minutes.

- Add to stockpot and simmer until warm and wilted
- 2 cups spinach
- 1/2 cup chunky peanut butter

Serve with cooked brown rice.

## October deals on AWESOME gluten-free foods!

...a great time to try the gluten-free diet or stock up on your favorites!

Pamela's Gluten-Free Baking & Pancake Mix

SALE 6.29- Reg. 8.69

Glutino Pretzel Twists (Family Size!)

SALE 4.99 - Reg. 8.39

Bob's Red Mill Gluten-Free All Purpose Baking Mix

SALE 3.19 - Reg. 4.99

Udi's Gluten Free Whole Grain Bread

SALE 4.29 - Reg. 5.99