

## EUCALYPTUS CHEST RUB

*Alaena Diamon, Lake Superior Herbalist Guild*

- 2 c Olive Oil
- 1-1/2 oz Beeswax
- 1 T Eucalyptus Essential Oil
- 1 t Camphor Essential Oil
- 1 t Wintergreen Essential Oil
- 1 t Peppermint Essential Oil
- 1 t Vitamin E Oil

Melt the beeswax in the olive oil over low heat. Remove from heat, cool slightly and add the essential oils and Vitamin E oil. Stir well and pour into salve containers. Cap and label. Relieves respiratory congestion. Safer for children than petroleum products.

## LIP BALM

*Alaena Diamon, Lake Superior Herbalist Guild*

- 2 oz Olive, Grapeseed, Sweet Almond, Jojoba or Wheat Germ Oil (your choice)
- 1/2 oz Beeswax
- 1/2 oz Shea, Cocoa, or Mango Butter (your choice)
- 1/2 t Honey

On low heat, gently melt Beeswax and Butter in oil. Remove from heat and let cool until it begins to harden.

Return to heat and melt again, stirring constantly. This step is important to incorporate the honey. When just melted, add:

- 1 t Flavoring Oil (your choice)
- 1/2 t Vitamin E Oil

Stir well. Pour into lip balm tubes, tins or small jars. May add a few drops of essential oil, if desired. Cool, cap and label.

## SINUS STEAM

*Cheryl Archer, Lake Superior Herbalist Guild*

- 1-1/2 c Epsom salt
- 1-1/2 c Sea Salt (I use a combo of fine and coarse)
- 1/4 c dried Peppermint leaf
- 25 drops Peppermint Essential Oil
- 45 drops Eucalyptus Essential Oil
- 20 drops Spearmint Essential Oil
- 8 drops Thyme Essential Oil (optional)

Grind mint, add salts. Add Essential Oils (I add about 1/2 the amount, mix, then add the remainder) and mix well. Store, sealed (I use a quart canning jar) for 24 hours. To use: Put 3/4 cup in boiled water and stir. Inhale. I make a tent with a towel to capture as much steam as possible and am rarely able to inhale for longer than a couple of minutes before my sinuses start running. Note: This also makes a great foot soak!

## CHEESE RICE BURGERS

*The Dwelling in the Woods*

- 1 c cooked Brown Rice
- 1/2 c ground Sunflower Seeds
- 1 c Colby Cheese, shredded
- 1/4 c Onion, minced
- 2 Eggs
- 1 t Garlic Salt

Mix all ingredients. Make into patties. In a greased skillet, cook on each side about 5 mins. until done. Serve on whole wheat buns with all the trimmings (cheese, tomatoes, lettuce, onion, mayo, etc.) Makes 4 burgers.

OR make into 1" balls and bake at 350 degrees until nicely browned. Serve in whole wheat pita bread with all the

trimmings and top with plain yogurt.

## EGGPLANT WITH MOZZARELLA & SPINACH

*Celia Rupp, Stocker*

- 2 Eggplants
- 1 log Fresh Mozzarella
- 1 bunch Spinach, trimmed & rinsed
- 1 small bunch Basil
- 1 Yellow Onion
- 5 Tomatoes
- 1 bag or box Bread Crumbs

NOTE: this recipe can be made by frying the eggplant before baking or by leaving the eggplant raw until the baking. If you choose the “frying” option, you will also need the following items:

- 2 eggs, beaten
- Canola Oil
- Salt & Pepper to taste



Celia's Eggplant with Mozzarella & Spinach

Preheat oven to 375 degrees. Pour boiling water over tomatoes to get the skins to split. Peel the tomatoes. Slice eggplant vertically in 1/4" – 1/2" slices. If frying, dip the eggplant in the eggs then bread crumbs to coat. Fry in canola oil until crisp on both sides. Drain on paper towel. Dice tomatoes with the basil and line the bottom of 2 small baking dishes or one large dish. Roll spinach leaves and a slice of mozzarella in the slices of eggplant and secure with a toothpick if necessary to stay intact while baking. Bake 10 – 20 mins. until golden brown on top and cheese is melted.



Christina says, “Homemade Vanilla Extract makes a great Christmas gift!”

## VANILLA EXTRACT

*Christina Cotruvo, Financial Manager*

- For each 10 oz liquid sterilized bottle with stopper (cork or otherwise):
- 8 oz Vodka
- 2 –3 whole Vanilla Bean Pods (Mexican is wonderful!)
- Pinch of sugar

Set the vanilla bean strands into bottle so they stand upright. Pour vodka into bottle covering vanilla beans almost all the way to their tops. Add the pinch of sugar into bottle. Put stopper on and store for 6 weeks to naturally steep. Then it is ready for all of your baking and soy milk shakes! Lasts over a year — keep the vanilla beans in the bottle or add them to other recipes.

*I love my dog. She's a little rowdy and she sheds and she won't stay off the bed, but she's my pal. Molly T. D. (The Dog) loves peanut butter. She also likes snacks, but I hesitate to buy them from the pet store because they often have stuff I wouldn't consider giving her as ingredients in them and many actually make her sick, even if she likes them. So I cobbled together this dog treat recipe from several I've seen. I use the bone-shaped cookie cutter & my pretty girl loves them. And yes, humans can eat them, too, so you don't have to worry about little kids getting into the dog treats.*

## MOLLY'S SNACKS

*Shannon Szymkowiak, Marketing & Member Services Manager*

- 1/2 c Wheat Germ or ground Flax Seed
- 2 Eggs
- 1/2 c Peanut Butter
- 1/2 c Honey
- 1 c Rolled Oats
- 1/2 c Whole Wheat Flour

Mix well. Drop as cookies & squish down to 1/2" thickness or use additional flour to roll out to 1/2" thickness and cut out with a cookie cutter. Place on a lightly greased cookie sheet and bake at 200F for 1 hour then turn up the heat to 300F for another 30 mins. Check often in the last 30 mins. for desired dryness/doneness. Cool on rack. Makes approx. 7 – 5" bone shaped cookies or 16 drops.

*Necessity is mother of invention, and like many recipes, this was necessary. I generally don't use a lot of packaged products, so I often end up with a bit of this and a bit of that in my vegetable crisper. Also, because I work in the grocery business, I also end up with samples and extras of items I wouldn't normally buy. That's how this recipe came about. I ended up with the noodle soup packets after a co-worker heard that I really like Thai food. The buyer was considering bringing them in and wanted me to be the guinea pig. Tried alone, it was edible, but not thrilling, so I jazzed it up with refrigerator tidbits. This recipe is cheap and despite the seemingly long directions, it only takes about 15 minutes to prepare. Also, if you aren't usually an adventurous cook, this is a low-guilt way to experiment. If you mess it up (I have yet to hear of anyone doing this), you've lost under \$4 and less than a half hour of your time. So play and experiment! You know what you like, you know if you like spicy food or mild, so prepare it accordingly. Take your lessons to the next recipe you try and you'll find you'll have a lot more fun in the kitchen.*

## CHEAP & EASY THAI DISH

*Shannon Szymkowiak, Marketing & Member Services Manager*

This recipe serves 2, but multiply it to serve as many as you like.

- 2 packages Thai Kitchen Instant Rice Noodle Soup — any flavor (I like to use 1 Lemongrass-Chili with 1 Bangkok Curry)
- 1 – 4 spoonfuls Thai Kitchen Roasted Red Curry Paste
- 1 – 3 cloves Garlic, finely minced OR 3 t pre-chopped from the jar — doesn't matter
- 1 lg can Coconut Milk — light or regular
- 2 c Vegetable or Chicken broth (the Pacific Vegetable Broth in the shelf stable carton is arguably the best pre-made broth I have ever tried)

A variety of vegetables, chopped or cut to bite sized pieces (shiitake mushrooms, carrots, bok choy, green onions, water chestnuts, baby corn, broccoli, bamboo shoots & cauliflower are all good choices) Optional: additional rice noodles (if you really like a lot noodles), hot sauce or chili flakes (if you like it really spicy)

Start a 2-1/2 qt saucepan with boiling water going on one burner. Start a very large sauté or fry pan simmering with the coconut milk and broth. Open the noodle packages and separate the noodles from the oil and spice packets. Empty the oil and spice packets into the coconut milk mixture and blend well. Take a spoonful (or in my case 2 or 3 generous spoonfuls) of the curry paste and stir that in. Also add whatever form of garlic you'd like. By now, your water should be boiling. Most fresh vegetables benefit from blanching, so doing one variety at a time, blanch your hard vegetables such as carrots, broccoli and the stem part of the bok choy. KEEP YOUR WATER BOILING! Place the drained, blanched veggies into the simmering sauce as you finish them. Soft or canned vegetables such as mushrooms, the green part of the bok choy, water chestnuts, etc. should be cut into bite sized pieces and/or drained before adding to the coconut mixture. Simmer your coconut milk mixture for as long as you'd like based on how soft you like your vegetables or how thick you'd like your sauce. Now is the time to add additional seasonings, broth or anything else you'd like. Using your veg-flavored water from the blanching, cook your noodles. If you haven't cooked rice noodles before, use great diligence. It only takes a couple of minutes and it would benefit you to drain them just a little bit before you think they're ready, because they do cook for a little bit after they are drained.

Serve sauce over noodles. If you have any, leftovers are great over rice or alone as a soup.



Jean Marie thinks we all need a little diablo in our day

## JEAN MARIE'S HUEVOS DEL DIABLO

*Jean Marie Johnson, Coordinator*

- 6 Eggs (I like Larry Schultz's best)
- 1-1/2 c Mrs. Clark's Mayonnaise
- 3 T organic Yellow Mustard
- 1/2 t organic Chives
- Sugar to taste
- Paprika or Chili Powder for topping

Hard boil eggs and cool. Slice eggs in half lengthwise and scoop yolks into a bowl. Set whites aside. Mix yolks, mustard, mayo and chives until creamy. Add sugar to taste. Portion yolk mixture evenly into the egg white halves. Sprinkle with paprika or chili powder for Diablo style!

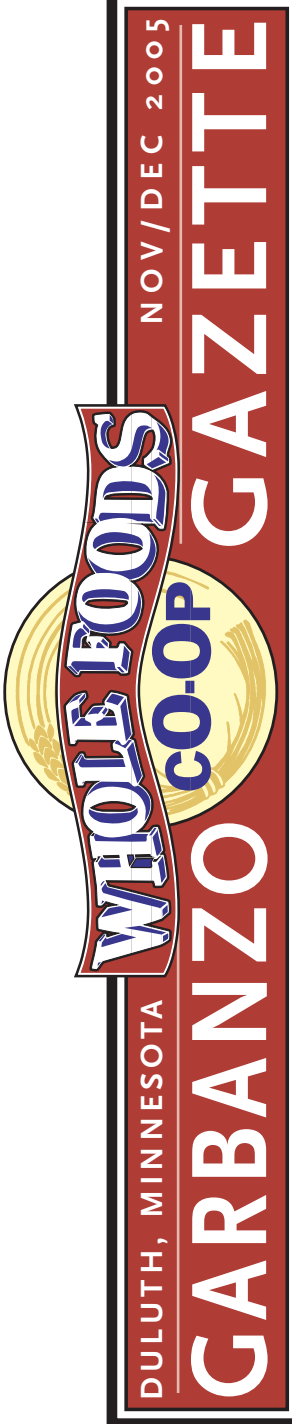




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In this issue 🍴  
**Recipes!**

In an article in the Sept/Oct Garbanzo Gazette entitled Healthcare Food, it stated that St. Luke's is the only hospital participating in the WLSDD food waste program. Miller Dwan Medical Center, an affiliate of SMDCC, participated in the program, but no longer participates. St. Mary's Medical Center is unable to participate because of the significant physical limitations of the building.

**Thanks!**

Thanks to our customers, we collected \$270.70 in donations to which the Co-op will add \$270.70 resulting in a total donation of \$541.40. Checks have been issued to Second Harvest Food Bank and to the Cooperative Development Fund's Katrina Relief Fund.

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## Simon & Garfunkel Thanksgiving Stuffing

*Note: I know it goes without saying that these ingredients should be organic, locally grown when possible, and found at the Co-op. But I'm going to say it anyway: stick to those guidelines and you will have bread stuffing by which all other bread stuffings are judged.*

### Ingredients:

2 loaves Positively Third Street Bakery wild rice bread  
1 loaf Positively Third Street Bakery gold-n-white bread  
2-3 large yellow or white onions  
1 whole stalk celery  
30 fresh sage leaves  
10 sprigs fresh thyme  
2 bunches fresh Italian (flat-leaf) parsley  
3 sticks unsalted butter  
1 quart turkey stock  
1-2 cups cooked wild rice (optional)  
2 jumbo eggs, beaten  
sea salt and black pepper to taste

**Tuesday.** Go to co-op; pick up turkey from local grower's truck in parking lot. Estimate turkey's size as approximately that of a 3-year-old child. Wonder how you are going to get it home. Realize that the front seat of your small Toyota is the only option. Enter co-op and buy all the stuff you need, minus one item which you will have to go back for later. Run into 65 or 70 people you haven't seen in a while. End each conversation by claiming that you have a turkey the size of a 3-year-old child in the front seat of your car and can't stay another minute. Check out. Think to yourself, hey, it sure is busy in here. *Don't these people know it's two days before Thanksgiving? What were they thinking? Oh wait. Never mind.* Schlep groceries to car and put in trunk. Fasten passenger safety belt securely around turkey.

At home, unpack groceries. Dry bread slices overnight on oven racks or other area inaccessible to pets. Thank your lucky stars you live in a climate where unheated back porch = walk-in cooler, because there's no way you're going to fit that bird in the refrigerator. Prepare turkey as desired — brine, dry rub, lay on a bed of amethyst crystals, sing turkey songs you learned in kindergarten — or simply do nothing but keep it cold, because as your local turkey grower will tell you, it's perfect just the way it is.

**Wednesday.** Wonder why your house

smells like rosemary. Open oven; see dried bread on racks and remember. Rip dried bread into diverse shapes 1 – 2" in length. Put in large container. No, not a mixing bowl, it's not big enough. Go for the 16-quart stockpot, the canning kettle, or even a well-scrubbed and sanitized plastic storage tote. Chop onion and celery ribs coarsely; process in food processor until finely chopped. Set aside. Strip thyme and parsley leaves from stems; put in food processor with sage leaves and pulse 2 – 3 times or until finely chopped.

Put herb mixture and celery-onion mixture in separate containers and refrigerate. Do the same with celery leaves, onion ends, thyme branches and parsley stems (use them as aromatics in the turkey cavity tomorrow). Wash food processor so you can use it for pie crust. Sweep up bread, vegetable and herb crumbs. Give yourself a pat on the back for getting all the messy stuffing prep work out of the way so all you have to do tomorrow is assemble it. Resolve to find more ways to be organized and relaxed on major holidays. Realize that your self-improvement plans will probably go to hell like they always do, but at least you don't have celery strings on your kitchen floor; be present in the moment.

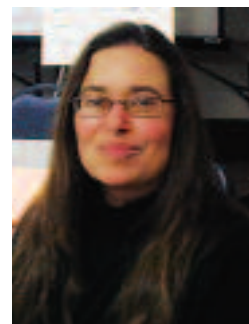
**Thursday.** Remove spare parts from turkey cavity; place in saucepan, cover with 1 quart water, and simmer. Allow turkey to temper; insert aromatics (an apple is a nice addition) and begin roasting. Observe that, even with your turkey on the lowest available oven rack, you cannot fit another rack in the upper-most slot and that is where you were going to bake the stuffing. Panic. Go about your Thanksgiving preparations. Listen to Lynn Rosetto Kasper's Thanksgiving Day hotline on MPR. Shake head in pity for the hapless individuals whose still-frozen raised-God-knows-how turkeys will be served alongside stuffing from a box. A BOX.

Peek in oven; observe that turkey has shrunk a bit, as it is supposed to do. Since it is now the size of a mere 2-1/2 year old child, the top rack fits in the oven. Cease panicking. As turkey roasts, siphon out some juice here and there and add it to the simmering

stock. An hour before turkey is done, melt 1 stick butter in heavy saucepot until it foams; add onion-celery mixture, sauté 5 minutes and remove from heat. Remove spare parts from turkey stock and measure liquid to 1 quart. Add remaining 2 sticks butter and melt gently into stock; liquid should be warm but not boiling. Butter a large roasting pan, or whatever will hold your stuffing and is oven-safe. A 13" x 9" cake pan does not qualify as a "large roasting pan" and will be woefully inadequate for this task.

*Wait. Did I say "stuffing"? Technically I meant "dressing." You can stuff the bird with it if you want to, but cooking it outside the turkey has many advantages. It has more structural integrity, you can make part of it ovo-lacto-vegetarian by substituting vegetable stock, your bird cooking time will be faster, you won't worry about getting a food-borne illness from undercooked stuffing, and its assembly is not turkey-dependent.*

Get out the giant container of bread pieces and other stuffing components. Think to self, *parsley ... sage ... rosemary ... thyme ... heh heh, I get it.* Pour melted butter and stock over bread. Add cel-



Jean Sramek, your Board President


ery, onions, herbs, wild rice, eggs, salt and pepper. Mix thoroughly using both hands. Turn into pan(s), cover, and slide onto the top oven rack. Assuming an oven temperature of 350 degrees, bake 30 minutes, remove

cover(s) and bake another 30 minutes or until top is slightly browned.

If possible, coordinate cooking times so that stuffing's midpoint is also the turkey's endpoint. Transfer stuffing to a more conventional oven location, such as the coveted center rack, if desired. During last 30 minutes, finish baking stuffing, allow turkey to temper for carving, boil and mash potatoes to perfection, carve turkey and arrange on platter, put all side dishes in the good serving bowls, and call everyone to the table with a little silver bell. *Note: this will never happen. Your calculations will be completely off. But unlike the toddler-sized turkey and the fussy potatoes, this stuffing is flexible and forgiving. Keep it warm in the oven, and dish it up when you're good and ready; it'll be fine.* GG


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Here's a recipe I've already shared with one customer, since this Indian "cottage cheese" does not seem to be available in this area.



Mike Marble shows off his Gumby Award

## PANEER

(Homemade Indian "cottage cheese")

Mike Marble, Storekeeper

1 quart Milk (whole milk yields the most cheese)  
Juice of 1 lemon  
Cheesecloth

In a large pan, pour in one quart milk. Heat to a gentle boil, then remove from heat for approximately 15 minutes. Return to stove and bring to a

gentle boil again. Add juice of one lemon. Milk will separate into white curds and translucent whey. More lemon juice can be added if needed to aid the separation process.

Over the sink, strain the curds and whey through the cheesecloth. If you wish, you may catch the whey in a pan and use it as a base for sauces (works especially well in matar paneer, i.e., peas and paneer in a curry sauce). Once you have captured the cheese in the cheesecloth, draw up the corners of the cloth and tie them together. Suspend the bundle from a faucet over the sink (you may gently squeeze the bundle to express some of the residual whey). Allow to drain for a minimum of 1 hour; I leave it there overnight myself.

Once the whey has drained away, form the cheese into a block. Place on a plate, then put another plate over it to further press the cheese (you may put a book or other object on top of the second plate for weight). Allow to sit for approximately 30 minutes. (This part is exactly like working with tofu.)

Finally, cut the cheese into cubes. If desired, lightly fry the cubes in the oil of your choice until they are ever so slightly golden colored (this increases their firmness).

Paneer may be used in a variety of Indian dishes, including Matar Paneer, Saag Paneer (spinach and paneer), etc. Please note that the Whole Foods Coop has a fine selection of Indian simmering sauces and other related edibles that would work perfectly with your fresh Paneer.



Jim gives a big thumbs up for the Mushroom Sandwich

## GRILLED PORTABELLA MUSHROOM SANDWICH

Jim Richardson, Bulk Buyer

1 largish organic Portabella Mushroom Cap  
Some Athenos Natural Gorgonzola Cheese crumbles  
1 organic Red Onion  
Handful organic Salad Greens  
2 slices French Meadow Bakery Healthy Hemp Sprouted Bread  
Vegenaise  
Spectrum organic Olive Oil

Slice onion. Mushroom may be sliced or whole as you desire. Sauté mushroom and a couple of onion slices on low-medium heat in olive oil (avoid high-heat cooking with olive oil). Toast hemp bread (world's best bread), slather with Vegenaise (world's best sandwich spread). Place mushroom and onions on bread, top with cheese crumbles and salad greens, consume with side of Bearitos brand organic corn chips. Warning: mushroom will become very juicy so bring a napkin. Makes one sandwich.

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**BEFORE RECYCLING THIS COPY** of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. This can help save a bit on paper costs and reduce waste. Also, it's a good way to introduce folks to WFC who aren't current customers or members.

**MOVING?** Pursuant to WFC Bylaws, Article I, Membership, Section 7: "Each member agrees to provide the association his, her or its current address and to keep the association informed of any changes in address." In an effort to remind our members to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making a member temporarily inactive when there is no current address on file. Inactive members are not eligible for membership benefits and will not receive the newsletter.

# savor the season

I thought it was a brilliant idea. How wonderful it would be to share our collective expertise with our customers. To give our members and other Gazette readers a mini-cookbook right before the holidays. Best of all, to save me time before we open our new store. The rules I set were simple. All of the ingredients for submitted recipes (with the exception of alcohol) had to come from the Co-op. Stories to go along with each recipe and pictures were encouraged as well. These recipes represent every department in the store. Newer as well as seasoned employees.

But surprise, surprise. Recipes came in — wonderful, tasty recipes of all kinds. Everything from appetizers to dog biscuits. On disk, via email, as attachments to emails, on the backs of scratch paper, you name it. In some, a tablespoon was abbreviated with a T, some with a TBS and some with Tbsp. All of the formats were different, illustrating who of my coworkers were right brain thinkers and who lived in the left brain. Some were comfort food or holiday favorites. Some were born of economy. There are vegan, vegetarian, wheat free, dairy free and full fat recipes. Despite most of our Staff being at least sometime meat eaters, there were very few recipes including meat. Most of the recipes specified

using organic ingredients and some even included the PLU numbers for items found in bulk lest you think you're going to purchase your ingredients elsewhere. Let's just call the collection I received a glimpse into the world of the Co-op Staffer. Not as easy (or possibly as brilliant) as I thought.

One thing all of the recipes had in common, though, was a love of cooking. Of using whole ingredients to create something loving, nutritious and delicious. With this issue, we're sharing our love with you. Cook, enjoy, and share a meal with a friend. We feel honored to be a part of your kitchen.

Bon Appetit!

*CHUM colleagues Cully Pederson and Maxine Proetz caught the spirit of the first annual Rhubarb Festival and began experimenting about how to meld "south of the border" cuisine with rhubarb from the Northland. Cully who is married to a person of Mexican heritage, has developed an appreciation for Mexican cuisine over the years, and often shares his cooking with colleagues. After Max coined the term rhubanero, the culinary team spent the better part of a month enticing colleagues with different rhubarb-habanero salsa blends (mango, peaches, pineapple, cilantro). Hands down, the combination of rhubarb, habaneros and cilantro emerged as the palate pleaser among CHUM staff members.*

## Tex-Mex Rhubaneño

Cully Pederson &  
Maxine Proetz,  
CHUM Rhubarb Fest

1 c Rhubarb, chopped  
3 c of Roma Tomatoes, diced  
3 T Red Onions, diced  
3 cloves Garlic, diced  
1 t Black Pepper  
1 Habanero Pepper with seeds removed  
1 Serrano Pepper, chopped  
Juice of 1/2 lemon

Place all the items into a blender and grate for a short time. Add chopped cilantro to taste. Serve with corn chips or as a garnish.

*The Hillside Board of Directors decided it would be fun to support the first CHUM Rhubarb Fest by baking an item and sponsoring a T-shirt tie-dye activity for the kids. David Clanaugh identified a Rhubarb recipe from Theresa Millang's The Joy of Rhubarb (Adventure Publications, Inc. 2004) as a starting point, but took his typical approach of substituting whole grain items when he bakes. Wendi Carlson suggested substituting Sucanat to complement the whole wheat and rolled oats and there were also increased amounts of cornstarch, cinnamon and vanilla. Whole Foods Co-op donated many of the ingredients and the Hillside crew multiplied this recipe by 12 times when they gathered at the Peace United Church of Christ kitchen for a combined baking and business meeting. Editor Toni Morse and guest Dale Armstrong were also part of this project.*

## Whole Foods Rhubarb Crunch

**Crust & Topping:**  
1/2 c Whole Wheat Flour  
1/2 c unbleached White Flour  
3/4 c Rolled Oats  
1/2 c Brown Sugar, packed  
1-1/2 t Ground Cinnamon  
1/2 c Butter, melted

**Fruit** (well, we know it's a vegetable, but...):  
4 c fresh Rhubarb, chopped

**Filling:**  
1 c Sucanat  
1-1/2 T Cornstarch  
1 c Water  
2 t pure Vanilla Extract

Preheat oven to 350F

Mix flours, oats, brown sugar and cinnamon in a bowl; stir in butter. Press half the mixture into an ungreased 9-inch square baking pan. Top with rhubarb.

Mix Sucanat and cornstarch in a medium saucepan. Stir in water and vanilla until blended. Cook and stir over medium heat until thickened. Carefully pour over rhubarb. Sprinkle evenly with remaining crumb mixture. Bake 1 hour. Serve warm or cold. Refrigerate leftovers. Makes 9 servings.

## Whole roasted Yams with Maple-Allspice Butter

Lynn Fena, Board Member

1 c Butter (2 sticks), room temperature  
1/4 c pure Maple Syrup  
1/2 t Salt  
1/2 t Allspice  
1/2 t ground Black Pepper  
8 small Yams

Mix the first 5 ingredients in medium bowl. Preheat oven to 375F. Lightly pierce yams all over with a fork. Set yams directly on oven rack; bake until tender when pierced with a skewer, about 1 hour. Cut cross in top of each yam. Using oven mitts to protect hands, squeeze yams gently together, forcing the crosses to open. Spoon 1 T butter into each yam. Serve, passing remaining butter separately. Makes 8 servings.



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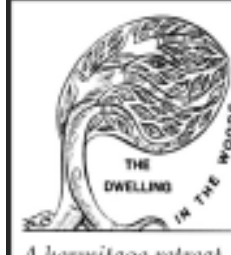


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*This recipe comes from my aunt Suraiya Karim of Montreal, Canada, who received a big bunch of rhubarb from a friend several years ago. After making some desserts with the rhubarb, she still had some rhubarb left over and threw it into some dal (red lentils) that she had been cooking that day. The dal was a big hit with family members and she has been making it ever since. In the Indian subcontinent, lime or lemon juice is often added to dals as the flavor really complements Indian food. This dal recipe is a very common way for red lentils to be cooked. Lime or lemon juice can be added in place of the rhubarb, or left out entirely. Enjoy with rice and a curry of meat and/or vegetables.*

## Masoor Dal (red lentils) with Rhubarb

Suraiya Karim

- 1 c Red Lentils (masoor dal)
- 1/2 medium Onion, thinly sliced (about 1/2 cup)
- 1/2 t Turmeric
- 1 t Garlic, finely chopped or Garlic Paste
- 1 t Ginger, finely chopped or Ginger Paste
- 1/4 t Cayenne Pepper
- Salt to taste
- 1 1/2 – 2 c Rhubarb, sliced
- 4 c Water
- 2 T Oil
- 1/2 t Cumin Seed
- 1 clove Garlic, thinly sliced
- 2 whole dried Red Chili Peppers
- 1 – 2 T fresh Cilantro, chopped

Wash red lentils well and soak in warm water for about 30 min and drain water. In a deep pan add lentils, water, onion, turmeric, ginger, garlic and cayenne pepper. Let it come to a boil and then turn down the heat to medium. Let it simmer for 15 – 20 minutes, till the lentils are cooked and soft (lentils should be soft when pressed between thumb and index finger). Remove foam on top of the lentils as it cooks. When lentils are cooked, blend in a blender till smooth. Return to heat, add rhubarb and salt (to taste). When rhubarb is cooked, break up rhubarb pieces with a spoon. Turn off heat. In a small fry pan, heat oil, add the dried chili peppers and garlic. Sauté for a minute, then add cumin seed, cook a minute until garlic is lightly browned. Pour this hot oil mixture into hot lentils and stir. Top with cilantro and serve with hot rice.

## CREAMY CUCUMBER DIP

*adapted from The Peaceful Palette*

*Susan Stone, Coffee, General Merchandise, Bulk Herb & Spices Buyer*

- 2 Cucumbers
- 1/4 c Red Onion, finely sliced
- 1 lb. Firm Tofu
- 3-1/2 T Lemon Juice
- 2 Garlic Cloves, peeled
- 1/2 t Salt
- 1/4 t Coriander
- 1/4 t Cumin
- Pinch Cayenne

Peel, seed and grate cucumber. Let stand 10 minutes, and then squeeze out excess liquid. Place in a bowl with the red onion. Place remaining ingredients in a blender and blend until smooth. Pour over cucumber mixture and mix well. Chill 2 to 3 hours before serving with pita bread or chips.

## TASTY! STUFFED DATES

Jill Holmen, Training Coordinator

### To Be Stuffed:

A select amount of choice, fresh, Medjool Dates

### That Which Is The Stuffing:

1. Adequate Amount of Cheese: Sheep Milk Feta is nice; otherwise wither a goat cheese or bleu-family cheese.
2. Chopped Nuts: You choose the variety, but not too many. Toasted is nice.
3. Fresh, Minced Garlic: At least two cloves.
4. Fresh Lemon Juice or Zest: I happen to love more than less.
5. Maple Syrup to taste
6. Fresh Ground Black Pepper to taste
7. Sea Salt to taste: not much

### Assembly:

1. Cut the dates open lengthwise
2. Remove innards
3. Stuff sufficient “stuffing” into the date
4. Close up shop
5. Eat!

Note: A quick trip to the oven sure is nice here, but be careful so they don't dry out.



Susan by her spices.

## SPICY BULGUR PILAF

*adapted from The Peaceful Palette*

*Susan Stone, Coffee, General Merchandise, Bulk Herb & Spices Buyer*

- 1 Medium Onion
- 2 t Olive Oil
- 2 Garlic Cloves, minced
- 1 c uncooked Bulgur
- 2 t Chili Powder
- 1 t Ground Cumin
- 1/8 t Celery Seeds
- 1/2 Red Bell Pepper, diced
- 1/2 t Salt
- 1-3/4 c boiling Water or Vegetable Stock

Sauté onion in olive oil for 5 mins. Stir in bulgur, chili powder and celery seeds. Cook 3 more mins. Add bell pepper and salt then pour in boiling water or vegetable broth. Cover tightly and let stand until all liquid is absorbed, about 20 mins.

*Here's a super easy way to give your favorite salad a little more substance. In fact, you can turn it into a meal.*

## ROASTED GARLIC SOUP

*for garlic lovers!*

*Michael Olker, Assistant Front End Manager*

- 15 large Garlic cloves, peeled
- Olive Oil (for brushing cloves)
- 4-1/2 c Vegetable Broth
- 1-1/2 c Water
- 1/2 c Orzo
- 1 T chopped fresh Thyme OR 1 t dried Thyme
- 1/2 c fresh or thawed frozen Peas
- Salt and fresh ground Pepper to taste

Preheat oven to 450F. Lightly oil baking sheet, brush garlic cloves w/ oil and put on sheet. Bake for 10 – 15 minutes (until soft and browned around the edges. Remove each piece as it's done. Check often and don't let them burn, as that will turn the soup bitter). When cloves are done, blend with 1 c of the stock until you have a smooth puree. Bring the rest of the stock (3-1/2 c) and the water to a boil. Lower heat slightly. Add orzo and cook uncovered until tender (7 – 10 minutes). Add thyme, garlic puree and peas. Cook covered until the peas are done (3 – 5 minutes if frozen thawed, 7 – 9 minutes if fresh) and soup is heated through. Season to taste with salt and pepper. If desired, allow to stand and thicken.

## TEMPEH TOPPERS

*Michael Olker, Assistant Front End Manager*

- 1 package any variety Tempeh (my favorite is five grain)
- 2 T (or as needed to prevent sticking) Canola Oil
- Tamari (to taste)

Cut the tempeh in half (long ways) and then cut each half into 1/2" slices. Steam tempeh strips for 15 minutes. Combine canola oil and tamari in skillet. Heat pan and stir contents. There will be some popping and spattering as the oil and tamari mixes, so be

careful. At this point, add the steamed tempeh and sauté in the oil/tamari mixture. Sauté until most/all oil is absorbed and tempeh begins to brown. Remove from pan and cool.

Top on your prepared salad and enjoy this healthy deliciousness.

## CHEESY TOMATO PASTA

*Adapted from “Chef in Your Backpack”*

*Michael Olker, Assistant Front End Manager*

*This has become a favorite canoe/winter camping dish for my wife and I. All of the prep work can be done at home making cooking at camp a snap. It is one of the meals that we bring with that we want to eat the first night out, but we know that if we wait it will taste even better. Such a hard choice! For camping, keep the sauce separate until the night you decide to eat it. Then cook the pasta and add the sauce from there. Don't get me wrong, this is not just a camp quality food, we prepare it at home quite often!*

- 1 qt Stewed Tomatoes OR equivalent fresh (about 8-10 medium tomatoes)
- 1-1/2 c Brie, cubed
- 2 cloves Garlic (more if you want)
- 5 T fresh Basil, finely chopped
- 2 T Olive Oil
- 2 t Red Wine Vinegar
- 1/2 t dried Rosemary (optional)
- 1/2 t Salt
- 1/2 t ground Black Pepper
- 1 lb shell pasta (or your favorite)
- 1 T Parmesan Cheese, grated

In a large bowl, combine the tomatoes, Brie cheese, garlic, basil, oil, vinegar, rosemary, salt, and pepper. Mix well. If time allows, this sauce can marinate together in the fridge all day and even overnight. It gains degrees of yuminess the longer it sits. Boil pasta till al dente and drain. Add sauce to pasta and heat together, stirring constantly until the Brie melts and the tomatoes become soft. Sprinkle with Parmesan cheese and enjoy!

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# staff news

Congratulations to our talented gaggle of gummy award winners!!!!

## Receiving and sharing gummy #1:

Jim, Karl, and Mike Marble for good-naturedly shoveling and cleaning up the gargantuan salad dressing spill in the basement. “Good gallant men, these three.”

## Receiving and sharing gummy #2:

Front Enders Julie, Rain, Eriq, and Candace for their consistent goodness and for filling in a ton of short-shifts without so much as a grumble.

Can you believe all of the new Staffers just waiting to serve you? You'll be seeing old faces in new places as well. Make sure you say “hi” to a terrific crew...

Frank Von Poppen, Kitchen Supervisor  
Wolfgang Littlewolf, Counter Supervisor

Avy Jackson, Cook  
Jackie Bradley, Cook  
Bambi Cerys, Cook  
Vicky Carper, Cook  
Chad Terch, Cook  
Dolores Meidl, Cook  
Moriah Brooks, Cook  
Christie Culliton, Cook  
Kathy Thomas, Cook  
Mark Winans, Cook  
Kim Grinde, Counter  
Laura Jensen, Counter  
Heather Telschow, Counter  
Jason Kokal, Deli Counter  
Ingrid Larsen, Deli Counter  
Emily Demmer, Deli Counter  
Aubrey Lodahl, Deli Counter  
Katie Pokela, Deli Counter  
Travis Erickson, Dish/Prep  
Mike Colvin, Dish/Washer-Prep  
Chris LaGraves, Shift Leader  
Maria Hickey, Shift Leader  
Steve Perry, Shift Leader  
Jay Newkirk, Shift Leader  
Andrew Carbonneau, Store Keeper  
Christina Cotruvo, Finance Manager  
Colleen Kelly, Human Resources Manager  
Julia Unulock, Administrative Assistant  
Rae Lynn Monahan, Assistant Merchandising Manager  
Jill Hall, HBC Buyer.  
Steven Pohl, Front End Coordinator  
Shelly Baer, FE Assistant  
Jeremy Francisco, FE Assistant  
Aaron Hoffmeister, FE Assistant  
Colleen Hoppe, FE Assistant  
Jonathan Kresha, FE Assistant  
Karen Salisbury, FE Assistant  
Stephanie Blohm, FE Assistant  
Necia Cochlin, FE Assistant  
Maria Johnson, FE Assistant  
Jeremiah Peterson, FE Assistant  
Carol Kari, FE Assistant  
Vikki Swenson, FE Assistant

Semblesque, a Duluth-based dance and performance company, will be presenting a re-vamped version of last year's show, “Do Your Own Research,” at the Hibbing Community College Friday and Saturday, November 18th & 19th at 7:30pm. Performers include some of your familiar co-op faces: Jill Hall, HBC Buyer, Jill Holmen, Training Coordinator, Wolfgang Littlewolf, Deli Counter Mgr., Jay Newkirk, Shift Leader, David Everett, Produce Asst. & Jim Richardson, your Bulk Buyer and Gonzo Science writer. Tickets are available at The Howard Street Booksellers, or call the box office at 218/262-7377 for reservations.

These recipes are few of my favorites frequently made in my kitchen. I hope you enjoy them as much as I do. Remember the spices and seasonings listed per recipe can be adjusted to accommodate your taste buds. I tend to use the quantity as a guideline and add a bit more...

## PUMPKIN BREAD

Lupita Marchan, Front End Assistant

- 1-1/2 c Sugar OR 1 c Honey
- 1/2 cup Vegetable Oil
- 2 Eggs
- 1-2/3 c Flour
- 1/4 t Baking Powder
- 1 t Baking Soda
- 3/4 t Salt
- 1/4 t Cinnamon
- 1/2 t Cloves
- 1/2 t Nutmeg
- 1 c strained canned pumpkin (16 oz)  
OR baked Butternut Squash
- 1/2 c chopped Nuts
- 1 c Raisin

Thoroughly mix together the first 3 ingredients. Sift together the dry ingredients and add to the sugar mixture. Mix well. Add pumpkin, nuts, and raisins. Pour into greased bread pan and bake at 350F for 45 minutes.

## SPICED RICE PUDDING (INDIA)

Cynthia Peacock, “Extending the Table...A World Community Cookbook”  
Lupita Marchan, Front End Assistant

Place in saucepan:

- 1/2 c Long Grain Rice
- 1 c Water

Bring to boil, cover and simmer 10 minutes. Add:

- 3 c Milk or Soy Milk
- 1/3 c Brown Sugar, packed
- 2 Bay Leaves
- 2 Cardamom Pods
- 1-inch Stick Cinnamon
- 2 whole Cloves or ground Cloves
- pinch of Salt
- 1/4 c Raisins
- 2 T Unsalted Cashews, chopped (optional)

Return to a boil. Cover and simmer over low heat 30-45 minutes, stirring occasionally so mixture does not stick to bottom of pan. When mixture is thickened, remove from heat and stir in:

- 1 t Vanilla

Chill and serve as dessert, snack, or breakfast food.

## CURRIED PEAS AND POTATOES (INDIA)

Recipe borrowed from “Extending the Table...A World Community Cookbook” by Nancy Kinsinger Halder  
Lupita Marchan, Front End Assistant

In medium saucepan, heat:

- 2 T Oil
- Add and sauté:  
2-1/2 t Ginger Root, grated
- 2-1/2 t Garlic, chopped
- 1 cup onion, chopped
- 1 tsp. salt

When onions are brown, add:

- 1 T ground Cumin
- 1/2 t ground Turmeric
- 1 t ground Red Pepper

Stir in:

- 3 medium Tomatoes, chopped
- 1-1/2 T Cilantro, chopped OR ground coriander

Cook 5 minutes, until liquid evaporates. Add:

- 1 large Potato, cubed
- 3/4 c Water

Stir well. Bring to boil. Simmer, covered, 10 minutes. Add:

- 3 c frozen Peas

Simmer 5 minutes, or until potatoes and peas are tender. Garnish with 1 T. cilantro, chopped. Serve over rice as a main dish, or as side dish with curry meal.

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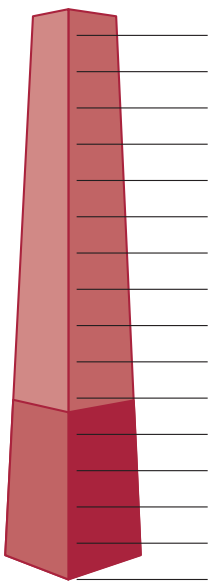
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# welcome, new members!

## Spread the good word!



We have set a goal of 750 new members before July 1, 2006. The graph shows where we are so far as of September, 2005. We have a long way to go, but with the encouragement of current members, new members are just a stone's throw away.

Judith Bowman  
Barb Hanson  
John Gould  
Lisa Stock  
Jesse Gardner-Drubin  
Erin Sather  
Lori Ann Pykkonen  
Ann Marie Moen  
Angela Koskela  
Bruce Lupfer  
Cathryn Andberg  
Karen Keenan  
Lucas Thorne  
Anna Cook  
Stephanie Devine  
Tobi Mackey  
Scherrie Foster  
Blake Carolyn

Alice Wien  
Katie Schmitz  
Mary Jo Brown  
Sarah Leininger  
Lauren Quigley  
Kristy Meidenreich  
Samya Peterson  
Wilma Knutson  
Marisa  
Hoogenakker  
Kate Kulas  
Carroll Nygarrrd  
Melanie Dubla  
Barbara Soder  
Elizabeth Metzen  
Lucy Pooler  
Jill Torres  
Cynthia Grindy

Vicki Sue Sauville  
Cameron Hubley  
Vickie J Carlson  
Mary Ellen Owens  
Emily Gaarder  
Aaron Bastien  
Melissa Winkler-Korte  
Laurie Occhino  
Mahtab Loudis  
Devin Nielsen  
George Hovland  
Jame Henneman  
Angela Schweiberger  
Christopher Barker  
Catherine Nachbar  
Elizabeth Holliday  
David Linder  
Maggie Fink  
Linda Riesland  
Joanne Elliott  
Judith Karon  
Sandra Peterson  
Marshall Hampton  
Judy Boots  
Pamela Lee Lake  
Jonathan Kresha  
Bozidar Djuranovic  
Melanie Lundell  
Jeffrey Kunns  
Debra Anderson  
Naomi Yaeger  
Kathleen Safe  
Kate Gabler  
Beverly Miller  
Megan Saari  
Margaret Seely  
Kathryn Maki

Shannon Solberg  
Joan Henrik  
Cody Chamberlain  
Jane Herbert  
Martin Maclean  
Linda Sandahl  
Helen Makela  
Suzanne Keithley-Myers  
Jill Douville Schulze  
Ann Sudoh  
Tina Mayer  
Cassandra Vora  
Elizabeth Homola  
Megan O'Hern  
Amy Lewis  
Candace Haagensen  
Greta Hagg  
Barbara Bensen  
Elaine Peyton  
Claire Hanlon  
Max Mogren  
Julia Unulock  
Erik Hahn  
Wanda Budnick  
Bruce Pettit  
Nicholas Zlonis  
Joseph Lofgren  
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Tammi Litwin  
Olaf Kuhlke  
Portia Johnson  
Deb Bugge  
Charlie Boschor II

Jacqueline Knudsen  
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Brad Person  
Stacia Donovan  
Cynthia Seiler  
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John Talbert  
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Charlotte Fields  
Kevin Heaslip  
Tom Davidson  
Sally Saylor  
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Thomas Ferrian  
Susan Magnuson  
Alison Welsh  
Michele Stetson  
Betty Klasnya  
Robert Nelson  
Rachelle Bakke  
Brett Rasmussen  
Sidney Walsh  
Marilyn Sweetnam  
Jeremy Francisco  
Susan Skytta  
Catherine Wright  
David Leland  
Sandra Scharnott  
Cheli Ruud  
Michael Pfau  
Shelly Baer  
Patricia Streitz  
Todd Campbell  
Carol Pearson  
Elizabeth Nelson

## MEXICAN CHOCOLATE PUDDING

From "Your Organic Kitchen"  
by Jesse Ziff Cool

(This was the cookbook reviewed in the Sept/Oct Gazette)

- 2 c Whole Milk
- 5 oz. Unsweetened Chocolate, grated
- 3/4 c Sugar
- 1 Cinnamon Stick, broken in half
- 6 Egg Yolks
- 1 t vanilla extract

In a small saucepan over medium heat, warm the milk, chocolate, sugar and cinnamon stick. Cook, stirring often, for 5 mins. or until the chocolate melts. Set aside for 15 mins.

Return the saucepan to medium heat and bring the mixture to a simmer, whisking occasionally. Remove from the heat. Remove and discard the cinnamon stick.

Place the egg yolks in a medium bowl and beat lightly. Gradually whisk in

half of the milk mixture. Add the vanilla extract.

Return the saucepan to medium heat and cook for 3 mins. or until simmering and the pudding coats the back of a spoon.

Pour into 6 custard cups. Cover each with plastic wrap and refrigerate at least 2 hours.

Makes 6 servings.

## MEMBER FEATURE

# the seasonal table

by Bonnie Williams Ambrosi, member

"I'd like to eat tofu, but I don't know what to do with it." Have you heard this from parents or other newcomers to the health food scene? Or does your family complain about the bland white chunks you try to serve them? Or perhaps your kids are hankering to take over the kitchen and make some meals. Here's an easy way to prepare tofu that will appeal to all!

Be sure to use firm tofu for this. Many people who are unfamiliar with tofu don't realize that there are two very different styles of tofu available. Firm Chinese-style tofu is the one we prefer for stir-fries and sandwiches. Soft or silken Japanese-style tofu, such as Mori-Nu, is ideal for blended dips, puddings and desserts. Furthermore, firm tofu can be frozen and then thawed out for a completely different texture—more chewy and crumbly—very useful in some dishes.

The Co-op also stocks several delicious varieties of baked tofu, which is already marinated and ready to slice into sandwiches, salads, grain dishes, etc. The following recipe is along the same lines but softer and, being homemade, it's a little cheaper and you can adjust it to suit your own taste. It's a good recipe for kids in the kitchen. (Our 8-year-old daughter Anna made barbecued tofu for our family for supper one night.)

In Ayurvedic terms, tofu is a sattvic (balanced) food, fairly easy to digest for all constitutions, particularly when it is cooked. It is somewhat sweet and astringent with a cooling energy, making it especially appropriate for fiery Pitta. It's a great protein food, of course.

### BARBECUED TOFU

Carefully slice one block of firm tofu into six small rectangles, as though you were slicing a loaf of bread. Arrange the slices in an oiled baking pan.

Stir together in a bowl:

- 2 tbsp. ketchup
- 2 tbsp. prepared mustard
- 2 tsp. maple syrup
- 2 tsp. sesame oil

(Notice that the first two measurements are TABLEspoons, the second two are TEASpoons)

Spread half of this mixture over the tofu slices.


Bake at 350 degrees for 15 minutes.

Carefully remove the pan from the oven and use a pancake turner to gently turn the slices over. Spread on the rest of the barbecue sauce and return the tofu to the oven for another 10 minutes.

Serve hot over rice. Or let it cool a bit and eat in a sandwich.

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## mission statement

The Whole Foods Co-op is committed to the Cooperative Principles, to providing its members, patrons and community the highest quality nutritious whole foods, and to the products and practices which make positive changes in the life of its community, employees and environment.

## co-operative principles

1. Voluntary and open membership.
2. Democratic member control.
3. Member economic participation
4. Autonomy and independence.
5. Education, training and information.
6. Cooperation among co-ops.
7. Concern for community

Even novice cooks spend time in the kitchen working on recipes for the holidays. Often with a foray into the culinary arts comes the uncomfortable meeting with an unfamiliar ingredient. One such group is fresh culinary herbs. You see them in the store in small packages or bunches, and usually you walk past them because you know little about them. You're not alone; even many accomplished cooks are a little shy around them. So what are they and why use them? They are a good way to change basic foods into a special or favorite dish. Think of them as secondary seasonings whose job is to complement and enrich the taste of your raw ingredients. Here are some basic rules that apply to virtually all herbs:

1. Fresh herbs have both more and less flavor than dried ones;
2. Substitute fresh herbs for dried using a 3-to-1 fresh to dry ratio;
3. Fresh herbs have subtle and delicate flavors. Prolonged cooking causes them to lose their fragrance and their flavor;
4. Add fresh herbs near the end of the cooking time. Fresh herb flavors develop very quickly so to get the most from them, they shouldn't cook in liquids for more than about an hour; and
5. Dried herbs have some of their flavor concentrated, which makes them seem stronger. Drying them, however, causes some of the fresh herb's subtle tastes or flavors to be lost or diminished.

Let's look at some of the more popular herbs that can bring the most pleasure once you understand how to use them.

**Bay leaves** — are used in soups, stews, meat and vegetable dishes. Bay leaves are pungent and have a sharp and bitter yet unique taste. Add fresh bay leaves early in the cooking process to release the most flavor; unlike most herbs, they can be boiled for hours. Remove them at the end before service.

**Chives** — most everyone has tried these on potatoes or seen them as an attractive garnish on dishes. With their mild onion flavor, chives won't overpower the flavor of fish, eggs or

soup. Add chives at the last moment to hot foods, since heat diminishes its flavor.

**Dill** — comes in two ways. Mature dill with its seeds has flavor reminiscent of caraway and is a must for making pickles. The feathery dill weed has a mellower yet fresher flavor and is a great companion with eggs, cream sauces, fish or poultry, or homemade dressings.

**Sorrel** — is very popular in French cooking. Sorrel has a lightly tart flavor that balances the fat content of many foods such as cream soups, sauces and rich egg dishes. It enlivens fish or even a basic burrito.

**Sweet marjoram** — is versatile culinary herb with an aroma similar to its cousin oregano. Though similar in flavor, marjoram has a more delicate

**Sage** — an aromatic herb with dusty green leaves enhances the flavors of other strongly flavored foods. Use in dressings, sausage, salted herb mixes, sauces and tea. Add to beans, chili and other hearty soups and stews near the end of cooking.

**French tarragon** — has a slight bittersweet flavor and an aroma similar to anise. Commonly known as a vinegar flavoring, its distinctive flavor is also found in pickles, relishes, prepared mustards, and sauces. It goes well with fish, meat, soups and stews, and is often used in tomato and egg dishes.

**Thyme** — has a subtle, dry aroma and a bright flavor that is often found in poultry or stuffing seasonings, fish sauces, chowders and soups. It goes well with lamb, in eggs or custards and is often is combined with tomatoes.

# fresh perspectives

## culinary herbs elevate everyday dishes

taste, a sweeter smell, and a soft soapy feel to the leaves. Popular in Asian and the Mediterranean cuisines, it's good in everything from sausages to baking bread, or to intensify the richness of onion soup. Add near the end of the cooking time to avoid loss of that delicate flavor.

**Lemongrass** — is prized for its lemon flavor and aroma that adds a sparkle making many dishes and soups more refreshing. Its greenish brown stalks can be used whole in a soup or stew or can be slightly crushed or chopped into small pieces to help release its juices for stir-frying.

**Oregano** — Intensely flavored and a heavy aroma make this herb great for Italian cooking, egg, or cheese-based foods. Though strong it is still not overwhelming to other herbs. Chop or crush oregano leaves to release its flavor for tomato sauces, vegetables or meat dishes.

**Rosemary** — has deep green leaves resembling pine needles, a slightly resinous taste and very distinctive aroma that you won't forget. This versatile herb is wonderful in bread, lamb, pork, and chicken, and added to potato cooking water.

## Blending In

Now that you know what to do with fresh herbs you may be wondering what fresh herbs work well together for different foods. Try these combinations and suggestions from Shenandoah Growers, Inc.:


**Seafood blend** — chives, dill and lemongrass, all used in seafood cookery because of their strong, sympathetic flavors.

**Poultry blend** — marjoram, sage and thyme are a natural for chicken, turkey, duck, Cornish hens, and game birds.

**Pasta blend** — basil, marjoram and oregano. This combination is favored for making Italian-style tomato sauces.

**Soup blend** — oregano, rosemary and thyme is an important herb combination for minestrone and other hearty soups. **GG**

References this issue: Univ. of Illinois at Urbana-Champaign, College of Agriculture, Cooperative Extension Service, Circular 1227, [www.ag.uiuc.edu/~vista/html\\_pubs/DRYING/dryfood.html#herbs](http://www.ag.uiuc.edu/~vista/html_pubs/DRYING/dryfood.html#herbs), [www.freshherbs.com](http://www.freshherbs.com), Shenandoah Growers, Inc.



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VANILLA SOY DREAM  
WITH BLUEBERRY AND  
BROWN RICE SYRUP  
TOPPING

Jim Richardson, Bulk Buyer

You will need:

- Organic Vanilla Soy Dream frozen dessert
- Organic fresh blueberries (if out of season substitute thawed organic frozen blueberries)
- Organic Lundberg brand brown rice syrup

Scoop Soy Dream into a bowl, cover with blueberries, and drizzle to taste with brown rice syrup.

Consume. Report to Heaven.

TRINIDAD SWEET  
BREAD

Lyndon Ramrattan,  
Produce Assistant

A traditional coconut and fruit bread from the island of Trinidad in the Caribbean.

Original recipe yield:  
12 servings.

- 1/2 lb Butter, softened
- 4-1/2 c Sugar
- 4 Eggs, beaten
- 1 c Evaporated Milk
- 2 t Almond Extract
- 9 c All Purpose Flour
- 9 T Baking Powder
- 1 t ground Cinnamon
- 6 c shredded Coconut
- 1 c mixed Dried Fruit (figs, currants, papaya, mango, etc.), chopped OR use chopped fruit soaked for a week in cherry brandy or cheap wine
- 1 c Raisins

Preheat oven to 350 degrees F (175 degrees C). Grease two 5x9 inch loaf pans and set aside. Blend together the butter, sugar, eggs, evaporated milk and almond extract. Sift together the flour, baking powder and cinnamon. Add to wet ingredients and stir. Add coconut, coarsely mixed dry chopped fruit and raisins. Mix well and pour into prepared loaf tins.

Bake for 30 to 35 minutes or until a toothpick inserted in the center comes out clean. Remove from pans and cool on wire rack

COCONUT BREAD

Lyndon Ramrattan, Produce  
Assistant

- 3 c All Purpose Flour
- 1 Egg, well beaten
- 1 T Baking Powder
- 1 t Vanilla
- 1 c Evaporated Milk
- 1 t Salt
- 2 c finely grated Coconut
- 4 oz. Unsalted Butter, melted & cooled

Sift the flour, baking powder, and salt together. Mix in the sugar and coconut. Add the egg, milk, vanilla, and butter, mixing lightly but thoroughly. Divide the mixture between 2 greased 9-by-5-loaf pans. Fill each about 2/3 full. Sprinkle with sugar and bake in a 350-degree oven for about 55 minutes, or



Lyndon Ramrattan, Produce Assistant

until a cake tester comes out clean. Let loaves cool partially in pans. Then turn out on cake rack. Makes 2 9-inch loaves.

The term “cook-up” is a Caribbean expression that refers to a dish that incorporates the ingredients you have on-hand in the kitchen. In this version, we combine rice, beans and vegetables with a little coconut milk and curry powder for a zesty tropical flavor.

CARIBBEAN COOK-UP RICE

Lyndon Ramrattan, Produce  
Assistant

- 1 T Canola Oil
- 1 medium Yellow Onion, diced
- 1 medium Red Bell Pepper, seeded and diced
- 2 or 3 cloves Garlic, minced
- 1/2 Scotch Bonnet Pepper, seeded and minced (optional)
- 3-1/2 c Water
- 2 c uncooked Long-Grain White Rice

- 1 5-oz can Red Kidney Beans, rinsed and drained
- 1/2 c Coconut Milk
- 2 t Curry Powder
- 1/2 t dried Thyme
- 1/2 t freshly ground Black Pepper
- 1/2 t Salt

In large saucepan, heat oil over medium heat. Add onion, bell pepper, garlic and Scotch bonnet pepper and cook, stirring often, until vegetables begin to soften, about 5 minutes. Stir in water, rice, beans, coconut milk and seasonings and bring to a simmer. Reduce heat, cover arid until rice is tender and liquid is absorbed,

15 to 20 minutes. Fluff rice with fork and let stand, covered, 5 to 10 minutes. Spoon rice onto plates and serve hot. Serves 4.

In the southern islands of the Caribbean, matriarch East Indian women have evolved a very predictable hot and fiery kitchen culture, supposedly in an effort to “initiate” their newly wed daughter-in-laws. Out of the family kitchens, which are mostly inhabited by the ever-dominant mother-in-law, comes a recipe, which is thought to be a well fitting description of a typical East Indian mother-in-law. Hot and spicy, mixing and not minding your manners around this lady will surely bring a tear to your eyes!

Adding small amounts of other finely chopped vegetables such as carrots, bitter cucumbers, yellow onion, garlic, radish, daikon radish, or black radish, and cilantro can vary this recipe.

Have fun and keep your fingers out of your eyes!

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TRINIDAD PEPPER AKA  
“MOTHER-IN-LAW” SAUCE

Lyndon Ramrattan, Produce  
Assistant

\*\*Due to the generally spicy hot flavor of peppers, children and other pepper sensitive persons should not consume this condiment, unless they are intending to do so.

- 12 Habanero, Jalapeño or Scotch Bonnet Hot Peppers
- 1 c chopped Shallots or Scallions
- 10 garlic cloves, minced
- 1 c Lemon or Lime Juice
- 1/2 c Extra Virgin Olive Oil
- 1 c White Vinegar
- Salt and Black Pepper to taste

Add ingredients to a blender or food processor. Blend until chopped or to desired texture. Store in a glass jar or freeze extras in a plastic bowl in the refrigerator. Exercise extreme caution when handling, not fun to get in your eyes.

FRESH TOMATO  
SPAGHETTI SAUCE

Alaena Diamon, Lake Superior  
Herbalist Guild

- 2 T Olive Oil
- 3 or 4 cloves of garlic, chopped
- Fresh Herbs — Rosemary, Parsley, Marjoram, Thyme & Oregano
- 2 or 3 Sweet Banana Peppers, chopped
- 4 c fresh Tomatoes (red and yellow if you have them), wedged
- Salt and Pepper to taste
- Spaghetti
- Parmesan Cheese or non-dairy “sprinkling” Cheese

Pour olive oil in a large pan. Add garlic to the oil, along with a diced sprig each of the herbs, fresh from the

Garden if possible (or any combination of what is available). Sauté the garlic and herbs for just a minute until they release their aroma, then add the sweet banana peppers, seeds and all. Add tomato wedges (as much as you want, but at least 4 cups). Don't bother peeling them... the peelings are healthy fiber. Cook just until tomatoes are releasing their juices. Ladle it over your cooked spaghetti. Sprinkle with Parmesan cheese and enjoy!

Gary G. Kohls, M.D.

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Sharon is smiling at another tasty Cassata

CASSATA ALLA CO-OP

Sharon Murphy, General Manager

THE LOAF:

Sift 4 c Gold n' White Flour

Sift again with:

1 t Salt

2 t Baking Powder

1/2 t Mace

Cream very well 1-1/2 c Butter

Add 3 c Sugar and continue creaming until light

Add 8 Eggs, one at a time and continue beating well after each

Add flour mixture alternately with:

1 c Milk

2 t Vanilla

2 T Brandy or Marsala or Rum Flavoring

Stir only until well blended. Bake in greased 9" loaf pans for one hour at 325 degrees.

Makes 3 loaves.

THE FILLING:

1 lb Ricotta Cheese (15 oz container will do)

2-3 T Heavy Cream

1/4 c Sugar

3 T Orange Liqueur or Orange Flavoring

3 T Craisins (dried cranberries), coarsely chopped

2 oz Semisweet Chocolate, coarsely chopped

With a sharp, serrated knife slice off end crusts and level top of each loaf if it is rounded. Cut loaves horizontally into 1/2" to 3/4" slabs. Beat ricotta constantly, and then add the cream, sugar and liqueur. With a spatula, fold in craisins and chocolate. Divide filling into three portions. Center bottom slab of loaf on a flat cake plate and spread with part of one portion of filling. Carefully place another slab on

top, keeping sides and ends even, and spread with more filling — end with plain slice on top. Repeat process for each loaf. Gently press the loaf together to make it as compact as possible. Wrap in waxed paper and chill for two or more hours until filling is firm.

THE FROSTING:

12 oz Semisweet Chocolate, cut or break into small pieces

1/4 c Strong Black Coffee

1/2 lb Unsalted Butter, cut into 1/2" pieces and thoroughly chilled

Melt the chocolate with the coffee in a heavy saucepan over low heat OR in the top of a double boiler, stirring constantly until chocolate is completely smooth. Remove pan from heat and beat in chilled butter, one piece at a time. Continue beating until mixture is smooth. Then chill this frosting until it thickens to spreading consistency. With a small metal spatula or table knife, spread the frosting evenly over the top, sides and ends of each thoroughly chilled loaf, swirling it decoratively. Cover loosely with waxed paper and let the Cassata "ripen" in the refrigerator for 24 hours. Tightly double wrap the Cassata if you are freezing it.

*This recipe is from my Aunt Margaret Halverson's collection. She worked at General Mills for over 40 years and came home with some very delicious recipes. This cake has been one of our family traditions for both Thanksgiving and Christmas.*

CRANBERRY CAKE WITH BUTTER SAUCE

Caroline Shallman, former HBC Buyer

Cranberry Cake:

1 c organic Florida Crystals Evaporated Cane Sugar (PLU 394)

2 c organic enriched, unbleached White Flour (PLU 422)

2 t Rumford Baking Powder

1 large organic Egg (I like Larry Schultz's best)

3 T organic Salted Butter, melted

2 c whole Raw Cranberries (rinsed and dried)

Mix in order given. Place in a round cake pan that has been greased and floured. Bake at 375F for about 35-40 minutes. Serve warm with Butter Sauce.

Butter Sauce:

1 c organic Florida Crystals Evaporated Cane Sugar (PLU 394)

1/2 c organic Salted Butter (1 stick)

3/4 c organic Heavy Whipping Cream

Cook for 10 minutes in a double boiler. Serve warm over Cranberry Cake.

*In 2003, Justin, Jill, and Debbie got together before the holidays and experimented with several different items to create the Deli's holiday menu. This is the bread stuffing recipe that we created.*

BREAD STUFFING W/ WILD RICE & APPLES

Justin Hemming, Assistant Produce Manager

Jill Holmen, Training Coordinator  
Debbie Manhart, Store Manager

3/4 c Wild Rice

2 c Water

1 loaf French Bread, small cubes

4 ribs organic Celery, chopped

1 organic Yellow Onions, chopped

1 organic Apple, cored and diced

1-2/3 c organic Vegetable Stock, Imagine brand

1/2 t Sage, ground, organic

1/2 t Marjoram, dry, organic

1/2 t Oregano, dry, organic

1/4 t Black Pepper, organic

2 t Sea Salt

1 T organic Olive Oil

Bring wild rice in the 2 cups of water to a boil, partially cover and cook for 35-45 minutes until rice is done. Cut French bread with crusts into small cubes and bake on a pan for approximately 5-7 minutes until dried out but not brown. Melt olive oil in a large pan and add celery and onion, cook until onion is translucent. Add herbs and diced apple and cook another minute or two. (Don't add stock just yet) Add dried bread cubes, stock and cooked wild rice (extra liquid is okay) to above mixture and stir to combine all. Place in a glass baking pan and cover with foil. Bake for about 20 minutes. Remove cover and bake 5 minutes uncovered.

*Caroline gave me a lid off of a deli container from another co-op with a list of ingredients and asked if I could re-create the salad. After about 6 months of it sitting in my in-box, I bought the ingredients and brought it home, where I then tried to re-create this salad. According to Caroline, I got it just right.*

MEDITERRANEAN PASTA SALAD

Debbie Manhart, Store Manager

1 package Bionature, organic

Chioccioline Pasta, cooked al dente, drained and cooled

1 c Dried Tomatoes, hydrated in 1/2 cup hot water, drained and chopped

1 c Kalamata olives, pitted (you can buy them pre-pitted) and chopped

1 c raw Pumpkin Seeds

DRESSING:

1/2 c organic Olive Oil

1/4 c organic Balsamic Vinegar

2 T organic Lemon Juice

1/4 c Romano Cheese, grated

1/4 c shredded Parmesan Cheese

1 bunch organic Green Onions, chopped

2 t Basil, dry, organic

1 t granulated Garlic, organic

1 t Sea Salt

Combine dressing ingredients. After pasta is cold, combine all ingredients.

HERBED NEW YEAR'S SOUP

Michael Karsh, Produce Manager

3 T Olive Oil

1 large Onion, chopped

5 cloves Garlic, minced

1 bunch Chard, stemmed

1 t dry Basil

1/2 t dry Oregano

1/2 t dry Thyme

1 T dry Sage

2 large Carrots, medium dice

1 large Sweet Potato, peeled & diced

6 c Water

1/2 c Barley

2-1/2 c Kidney Beans, cooked

Freshly ground Black Pepper to taste  
Mellow White Miso to taste

Heat oil in a large soup pot. Add onion and garlic and sauté 5 minutes, or until onion is transparent. Chop Chard stems crosswise into 1/4-inch thick ribs and add to onions along with dried herbs. Finely dice chard leaves and add to mixture. Sauté 5 minutes. Add carrots and sweet potatoes and sauté 2 minutes longer. Sprinkle with barley and add water. Bring to a boil; reduce heat and simmer 30-40 minutes, until veggies are tender. Add beans and bring back up to a boil. Remove from heat. Grind pepper over soup and let cool 15 minutes. Stir in miso to taste, about 1/3 - 1/2 cup. Serve with a nice, dense bread.

GARLICKY ALFREDO

Jessica Belich, Coordinator

2 T Butter (I like Organic Valley)

2 large cloves Garlic, minced

2 c Heavy Cream (again, I like Organic Valley)

2 T Parmesan Cheese, grated

1/8 t ground Nutmeg

Pinch Salt

Pinch black or white Pepper

1 pkg. Rising Moon Organics Ravioli

Melt butter in skillet over medium heat. Sauté minced garlic until lightly browned. Stir in heavy cream, Parmesan cheese, nutmeg, salt and pepper, stirring frequently. While continuing to stir, heat until little bubbles appear and sauce thickens.

Meanwhile, cook ravioli, following package directions.

When the ravioli is done, drain & combine with sauce. If desired, sprinkle additional Parmesan cheese.

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Briana Lowrie, salmon lover

## BRIANA'S FAVORITE SALMON TOPPINGS

Briana Lowrie, Front End Manager

NOTE: Recipe ingredients are measured to top one medium salmon filet prepared any way you like it.

### Sweet Blood Orange Sauce

2 c Blood Orange Juice (fresh squeezed is best, but if blood oranges are not in season, you may substitute with any variety of orange(s) or prepared orange juice)  
2 T White Cooking Wine

Combine juice and cooking wine in a shallow saucepan. Simmer, uncovered over medium heat. Stir occasionally. Reduce and pull from heat once it has become the consistency of maple syrup and has turned a ruby red color. Spoon over salmon portion to taste.

### Cucumber Yogurt Sauce

1 c Plain Yogurt  
1 clove Garlic (or amount to taste)  
1/2 Cucumber, seeded and grated  
1/2 t Dill  
2 T Cashew, finely chopped

Combine and mix together. Spoon over salmon portion to taste.

### Creamy Goddess Topping

1/4 c Annie's Naturals Goddess Salad Dressing  
1/2 c Mayonnaise  
1/4 c Sour Cream  
2 T Shallots, minced  
Optional:  
Green Onion, chopped  
Italian Parsley

Combine ingredients and mix. Garnish with onions and/or parsley if desired. Spoon over salmon portion to taste.

The following is a variation on my dad's banana bread recipe that I developed a few months ago when coconut milk was on sale at the Co-op.

## DECADENT BANANA BREAD

Sonya Welter, Stocker

1-1/3 c All Purpose Flour  
3/4 t Salt  
1/2 t Baking Soda  
1/4 t Baking Powder  
1 5.5 oz. can Coconut Milk  
2/3 c Sugar  
2 lg. Eggs  
1 c very ripe (sale!) Bananas  
1/2 Pecans, coarsely chopped  
1/2 c Pineapple, chopped (fresh is better)  
Dried Coconut

Have all ingredients at room temperature (68 – 70F). Position rack in lower third of oven; preheat to 350F. Grease an 8-1/2" x 4-1/2" (6 cup) loaf pan; set aside. Sift together the flour, salt, soda

and powder. In a large bowl, beat on high speed the coconut milk and sugar, and then gradually beat in the flour mixture until well blended. Beat in eggs. Mash the bananas in a separate bowl then fold in banana, pecans and pineapple until just combined. Pour the batter into the pan and spread evenly. Sprinkle the top with coconut. Bake until a toothpick comes out clean, 50 – 60 mins. Let cool in pan on a wire rack for 5 – 10 minutes before unmolding, then cool completely on the rack.

I was rifling through my fridge one night and cobbled together what I could find to make a soup. When I first tasted the result, I announced to the air, "This tastes happy!" Hence, a perfect soup for cold, gray, sad winter nights.

## HAPPY SOUP

Sonya Welter, Stocker

Olive Oil  
1 Onion, chopped  
4 – 5 cloves Garlic, minced  
4 – 5 Yukon Gold Potatoes  
2 Carrots (local carrots tend to be sweeter and better for this soup)  
2 Parsnips  
Handful of Spinach  
4 c Vegetable Broth  
Soy milk

1 Bay Leaf  
Ground Ginger  
Cumin  
Coriander  
Salt  
Pepper

Sauté the onions and garlic in oil in a large soup pot. Peel and dice the root vegetables. Put root vegetables, spices (to taste) and broth in the pot and cook until vegetables are nearly done. Meanwhile, clean and chop spinach. Add the spinach to the soup and cook until done. Fish out the bay leaf. Let cool slightly, then puree 2/3 of the soup with some soy milk. Return it to the pot and reheat. Serve with croutons or good bread.

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