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CO-OP

DULUTH, MINNESOTA

GARBANZO

NOV/DEC 2008

GAZETTE



## Annual Recipe Issue!

It's time once again for the Garbanzo Gazette Annual Recipe issue. It is a newsletter anxiously anticipated, coveted and hoarded by many and I'm happy to say that this year's recipes are better than ever. Gluten Free, Vegetarian, Meat, Desserts, we have something for everyone. And all ingredients, except alcohol, are available here at your Co-op. Every year, there seems to be and abundance of one category of recipes. This year, it's soup. With the chilly weather just ramping up, the timing of these economical, hearty and warming dishes couldn't be better. If you can invest in a crock-pot, they are tremendous time savers as well.

As always, I recommend organic ingredients for best flavor. And after the Locavore Challenge (see page 13), I can recommend local ingredients for a whole host of great reasons, too. Invite some of your non-co-op friends over for a delicious co-op meal, built from the ground up. Show them what you've been raving about all of these years. And don't forget to take some time to slow down and enjoy the festive holiday season. Cheers!

— Shannon



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## Garbanzo Gazette

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**STORE HOURS:**  
7 am – 9 pm Everyday

Membership Investment:  
\$100 per voting membership

Further membership information is  
available at the Whole Foods Co-op.

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**MOVING?** Pursuant to WFC Bylaws, Article I, Section 6. Current Address. *Each Member agrees to provide to the cooperative his or her current address and to keep the cooperative informed of any changes in address. This obligation shall continue even after a membership has been terminated as long as the Member has any interest in the cooperative.* In an effort to remind our Member Owners 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 Member Owners are not eligible for membership benefits and will not receive the newsletter.



**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 Member-Owners.

*Laura says, "For those who have forgotten — or never learned — their biology, the term basidiocarp refers to mushrooms."*

### Basidiocarp Soup

— Laura Irving, Produce Assistant

Prep: 45 minutes

8 T Butter  
1/2 Onion, chopped  
2 cloves Garlic, crushed  
1 Red Bell Pepper, sliced  
3 Carrots, sliced  
2 cans Vegetable Broth  
1 c Red Wine  
3 large Potatoes, cut in large wedges  
6 T Flour  
3 T Tomato Paste  
1/2 lb Crimini Mushrooms, sliced  
Olive Oil  
Spices (Rosemary, Marjoram, Salt, Pepper, etc.)

Melt 2 T butter in saucepan. Sauté onion. When tender, add garlic, red pepper and carrots. Sauté, then add vegetable broth, wine, potatoes, and spices. Cover and let simmer.

In another pot, add 6 T butter and 6 T flour. Cook until thick and nutty smelling. Add 2 cups of liquid from soup pot and the tomato paste. Stir until mixed and add to soup pot.

In another pan, sauté mushrooms in olive oil until tender. Add to soup and let simmer until potatoes are tender (about 10 minutes).

*The zucchini makes a very moist cake that adapts well to substituting gluten-free flour. I have also used Bob's Red Mill gluten-free baking mix with success.*

### Chocolate Zucchini Cake

— Laura Irving, Produce Assistant

Prep: 20 minutes

Cake:

1 1/2 c Vegetable Oil  
2 c Sugar  
4 Eggs  
3/4 c Dutch-processed Cocoa Powder  
2 t Baking Soda  
1 t Baking Powder  
2 c Flour  
3 med Zucchini, grated  
1 t Cinnamon (optional)

Frosting:

3/4 c Chocolate Chips  
1 1/2 T Butter  
3/4 c Powdered Sugar  
3 T Milk  
1/4 t Vanilla

Grease and flour 9 x 13 pan. Preheat oven to 350 degrees. In large bowl,

mix vegetable oil, sugar, and eggs. Add cocoa (and cinnamon, if desired). Stir flour in with baking soda and powder just until mixed. Fold in zucchini. Bake 50 – 60 minutes, or until toothpick comes out clean. Do not over bake.

For frosting: melt chocolate chips and butter on stovetop. Stir in powdered sugar, milk and vanilla.

### Nice Rice!

— Sharon Murphy, General Manager

4 T Butter  
4 T Raw Cashew Pieces  
1 c Sesame Seeds  
1/2 to 1 t Cayenne Pepper (or to taste)  
1 Bay Leaf  
1 t salt  
4 c hot, cooked Rice (any variety but, preferably, whole grain)  
Juice of 1/2 Lime (or to taste)

Sauté cashews in 1–2 T butter, stirring frequently to keep from burning. In another pan, sauté sesame seeds and spices in remaining butter until slightly brown.

Add nuts and seeds to rice and mix with lime juice before serving. Garnish with sliced limes.

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*This recipe is Gluten Free. Batter mix could be a thick cornbread, or even a real wheat piecrust if desired. The objective is to make a pie, the specific components of the filling are not as important. Depending on ingredients, more tapioca flour may be needed. This thickens the sauce within the pie. Experiment!*

Sabbath Crock-Pot Pie

— Michael Karsh,  
Produce Manager

This recipe is intended to be made in a Pyrex insert, the size to fill your crock-pot. Since this recipe is for a 5-quart pot, you may need to adjust the exact volume of filling and batter to your particular crock. The objective is to provide a hearty meal, while not consuming your day to prepare it. However you might choose to take a day off, this recipe makes sure that the dinner table is not neglected.

- Batter:
- 1-1/2 c Brown Rice Flour
  - 1-1/2 c Masa Flour
  - 1/2 t Salt
  - 1/4 c Oil
  - 2+ c Water
  - 1 large Egg

Filling:

Whatever proportion of vegetables/meat that comes to 4 cups total. I like to use this is a Mulligan stew-type situation using up leftovers and/or vegetables on their last legs. Some potentials: potatoes, carrots, rutabaga, celery, bell peppers, cabbage, turnips, parsnips, onions, sausage, chopped meat, bacon, etc...

Care must be taken to chop the denser roots into smaller pieces, leaving the peppers somewhat larger so they are done at the same time.

- Also for the filling:
- 1/4 c warm water with 1-1/2 tsp Better than Bullion or comparable broth mix dissolved
  - 2 T Tapioca Flour

Preheat your oven to 400 degrees. Butter the crock-pot insert. Mix up the batter by combining dry ingredients, then cut in oil. Add 1 cup water and egg. Then, add water until you achieve a spreadable frosting-like texture. Using a spatula, spread the batter around the sides and bottom to the rim. Be sure to save some for topping! 1/8–1/4 thick is plenty, tapering to the bowl edge, but thicker on the bottom. Place crock in oven for 10 minutes to allow bottom crust to form.

Cut vegetables and combine with meat or other ingredients in a large bowl. Sprinkle with tapioca flour, and stir well. Combine with broth mixture, and stir well. Once crust is ready to come out of the oven, pull it and set it on the stovetop for 10 minutes. Place

in crock. Add filling ingredients. Thin out batter with additional water to a THICK waffle batter consistency. Pour over top of pie. Place cover on top, and cook on high for 4 hours. You can leave it on warm until dinner. For a crusty top, broil before serving as you would to crisp up a pizza.

*The small amount of Parmesan cheese & brown butter used are so flavorful that they satisfy like a much richer dish such as Alfredo. Meanwhile the walnuts, currants & Swiss chard provide iron, fiber, Omega-3s, B vitamins... Serve with warm, crusty bread and you're set.*

Fettuccine With Swiss Chard, Currants, Walnuts & Brown Butter

— Jahn Hibbs,  
Asst. Produce Manager

- 1 bunch Chard, any color
- 1 T dried Currants
- 2 T Golden Raisins
- 1 T Olive Oil
- 1 Onion, thinly sliced
- 2 cloves Garlic, finely chopped
- 1/2 lb fresh Fettuccine (OR 3/4 lb equivalent dry fettuccine)
- 1/3 c Walnut Pieces, lightly toasted
- 1/3 c Brown Butter (instructions below)
- Fresh Parmesan Cheese, grated or thinly sliced

Make the brown butter and keep it warm over very low heat. Set a large pot of water on the stove to boil. Plump the currants and golden raisins in a small bowl with enough hot water to cover them. Trim the stems from the chard and slice across the leaves to make 2-inch wide ribbons. Heat the olive oil in a large sauté pan; add the onion, 1/4 t salt, and a few pinches of pepper. Sauté over medium heat for about 5 minutes, until the onion softens and begins to release its juices. Add garlic, chard, and another 1/4 t salt. Sauté for 4–5 minutes until the chard is just barely tender, then reduce the heat to low. Add the fettuccine to the boiling salted water, timing it to finish cooking with the chard. (The chard should be very tender but not overcooked when the pasta is done.) When the pasta is just tender, drain it immediately in a colander, shake off excess water, and add it to the onions and chard along with the plumped fruit, walnuts, and brown butter. Toss together and season with salt and pepper to taste. Serve with freshly grated Parmesan. (I prefer it cut into curls with a cheese slicer — it has a more substantial texture.)

Brown Butter: Melt 1/2 pound (2 sticks) butter in a small saucepan over low heat. As the butter gently simmers, the butterfat and milk solids will separate from each other. The solids will settle to the bottom of the pan, coloring the butter as it cooks. When it turns a rich amber color (about 8–10 minutes) remove from the heat. Line a fine-mesh strainer with paper towel or cheesecloth and pour the butter through it, straining out the solids. The butter can be used right away or cooled & refrigerated in a sealed container. Yields about 3/4 cup.

Dean's Report

by Anni Friesen, Member Services Coordinator

This September I felt like a school child as WFC-U started its new school year; I eagerly anticipated the school year after a break and was excited about all of the new people I would meet and the things all of us would learn. As the school year neared, new equipment was purchased (including two spiffy mirrors that hang near the stove for better viewing!) and classes were scheduled.

Though classes didn't go exactly as I had planned (just as when I was a child), I still learned some important lessons that may not have started out as the main objectives. This year we started a new series called "Five Ways." The first class, "Apple Five Ways" was a learning experience for both Produce Assistant Jahn Hibbs and me. But, despite running a bit over, the class was a hit! The food was delicious and the class participants were delightful. Unfortunately, the "Pumpkin Five Ways" class was lacking enough participants to take place, but that won't stop us from trying with two new "Five Ways" classes in November and December. (Make sure to look for Cranberries in November, and Wild Rice in December!)

Speaking of feeling like a child, our kids cooking class was off to a great start in October. Make sure to look for two more classes in November and December. Don't worry; even if you didn't sign your children up for the first class, you can still sign them up for these next two...and I would highly recommend it!

We also had an exciting time when the Indian Cooking class was filled to capacity almost immediately. This has led me to believe that many of your are most interested in learning about ethnic cooking, which I hope to bring you more of starting in January.

Though November and December can be hectic, I urge you to check out our cooking classes, and relax and eat as you learn some great new recipes and tips. As one of our recent class

attendees said, "I didn't realize it, but these classes are so much more than just the recipes!" Come and get some new ideas and skills to wow your family and friends with over the holidays...especially the soup class! (I'm not biased, I swear!) GG

*This is my version of one of my favorite foods growing up. In my opinion, bacon makes everything better, but if you're not of the meat eating persuasion, you can substitute butter or canola oil for the bacon grease and add veggie bacon at the end!*

Hot German Potato Salad

— Anni Friesen,  
MMS Coordinator

- 3 medium to large Red Potatoes, sliced
- 4 slices Bacon, chopped
- 1 T Flour
- 1 T Brown Sugar
- Water
- 1/4 c White Vinegar
- 1/2 Yellow Onion, chopped
- 1 t Celery Seed

Slice potatoes into bite sized slices and boil until firm, yet tender. Remove from heat, drain, and reserve 1 cup of the potato water. Return the potatoes to the pot and cover. This will soften the potatoes a bit more, but not so much that they fall apart. Fry bacon in pan until crisp. Remove bacon, but save the grease. Add onion to the hot bacon grease and sauté until translucent. Combine flour, sugar, and celery seed in a bowl. Then add to onion and bacon grease mixture. Whisk the mixture over a medium-low heat until it bubbles. Remove from heat, add vinegar and stir. Return to heat and slowly add the reserved potato water. You will most likely not need the entire cup. Get the mixture to the consistency of heavy gravy and then slowly stir in the potatoes and bacon. Add salt and pepper to taste and serve warm.

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## Interested In How the Board Works?

*Meetings of the Board of Directors, except for closed sessions, are open to WFC Member-Owners. If you have an item for discussion at the Board meeting, please submit your item in writing by the first Friday of the month in which you request the Board's consideration. Such agenda items will be subject to time constraints at the Board meeting. Board meetings are on the 4th Monday of every month beginning at 5:30 PM subject to change due to holidays.*

# board report

bread in the oven

by Lynn Fena, Board President

This is the time of year when I think about making bread. Is it the aroma or the warmth? The texture or the butter? It's definitely not what I think about doing on a Saturday morning in April, May, June or July. But come November, the holidays and the blizzards, I pull out my bread recipes, old and new. Maybe it is as simple as the weather.

Weather could not be to blame for the low voter turn-out for the uncontested Board of Directors election. We did hit our quorum with 103 votes, only three extra! In response to Member concerns about paper ballots, we tried out an online voting process. It worked slick according to those of us who tried it. We think it is the way to go, but certainly need to convince most of you of that before our next election so please let us know your thoughts. Welcome to our new Board Member, Linda Magni.

Since this is the year of the Locavore Challenge, I am submitting one of my all-time favorite bread recipes. Delicious, of course. But also beautiful to behold: Wild Rice Bread Sticks. They are really fun to make with kids because you have to roll them out into long skinny snakes and

then snip the ends with a scissors to resemble wild rice stalks as they grow in the water. You can show them off standing up in a crock-pot or lay them in a long basket. I found this recipe 20 years ago in *Wild Rice, Star of the North*, a cook book promoted by Lola Perpich, the Governor's wife.



Lynn Fena, Board President.

## Wild Rice Bread Sticks

1 c Wild Rice, cooked  
1-1/2 c warm Water (105 to 115 F)  
1 package active dry Yeast  
1 T Minnesota Honey  
2 t Salt  
1/4 c Sunflower Oil  
1/2 c Dark Rye or Pumpnickel Rye Flour  
3-1/2 to 4 c Bread Flour  
1 free-range local Egg White, beaten  
1 T Water  
Coarse Salt

Combine cooked wild rice, water, yeast, honey and 2 teaspoons salt in bowl. Stir to blend; let stand 5 minutes until yeast foams. Stir in oil and

rye flower; stir in bread flour 1 cup at a time until mixture is stiff. Let rest 15 minutes. Heat oven to 375° F. Turn mixture onto lightly floured surface; divide into quarters, then divide each quarter into 4 parts so that you have 16 pieces. Roll each piece of dough to make a rope 16 to 20 inches long, depending on the

length of the cookie sheet. Place ropes on well oiled cookie sheets, spacing them well apart. Roll sticks on sheet a bit to coat lightly with oil. With scissors, snip 1/4 to 1/3 inch into the dough along one end of each stick, 1/3 of the length. Snip on both sides to resemble the grain on a stalk. I usually make my snips parallel down the sides, then cut snips down the center just above or below the side points. Beat egg white with 1 tablespoon water; brush on stalks. Sprinkle with coarse salt. The "stalks" may be bent for a particular effect. Bake 20 to 30 minutes until browned and crisp. Remove from cookie sheet. Cool on wire rack. **GG**

# Gonzo Gourmand

by Jim Richardson, Bulk Buyer

Here's an update on my progress of going more local in the bulk foods aisle. Some products have changed and it is largely so that they can be sourced from closer to home. Prices generally rise when this happens too, because workers in Pakistan (for instance) aren't making the same as workers in the U.S. But we can feel good about paying for a smaller carbon footprint, among other things. Let me say that when I began the country-of-origin labeling project in the bulk aisle, I was happy to discover that we had more American products than I thought. It is always going to be hard to find certain things from the US (like cashews, dried tropical fruit, etc etc), but overall we're doing pretty well. As I redoubled my efforts to source closer to home, our main supplier, United Natural Foods, helped out a lot by offering many American alternatives to the Chinese organics that had swamped the market. Sourcing ever-closer to home is a process, and it will not always be possible to find some things that it seems like we should be able to. So patience, my locavores, please know that I am working on it, and that your ideas and tips are welcome.

**Organic Apricots:** In addition to the Turkish, we now have Californian. The California apricots are not as soft but have a more tangy taste that I prefer.

**Organic Buckwheat Groats:** Used to be Chinese, now I am ordering them direct from Bob's Red Mill, who sources from USA/Canada.

**Organic Pitted Dates:** Used to be from Pakistan, now from California like our other dates.

## Organic Raw Pumpkin Seeds:

Used to be Chinese, now Austrian. "What?" you say, "Can't you find a source for raw pumpkin seeds from the United States, or any local raw pumpkin seeds?" Short answer: no. The only source I know of for Midwestern raw pumpkin seeds has dried up, so if anyone can find any, let me know. Barring a local supply, the food policy directs me to source organically, and right now the only organic pumpkin seeds I can find on the market are from either China or Austria. When possible we try to steer clear of Chinese organics if there is another alternative, on account of lingering questions about the integrity of the organic certification process in China. So we are going with the Austrian ones, and yes they are more expensive. But too – and I say this with all sincerity – they are the best pumpkin seeds I have ever tasted. The quality is unbelievable on these.

**Organic Beans:** We had some organic beans that were grown in China but most of those have been replaced with American grown. Right now the only Chinese one I have found no alternative to are the organic mung beans. And you may see some substitutions made if the American sources go out-of-stock for some reason — for instance while American organic Navy beans were between seasons, I substituted the only other Navy beans I could find, which were Chinese. But as a rule our beans are American. Some examples: black beans, great northerns, and kidney beans are all from the North Dakota region, and garbanzos are sourced from the Midwest (Washington too).

## Gonzo Food Facts

**Organic Yellow Popcorn:** Used to be from Nebraska, but starting in December they will be from Wisconsin. The farmer advises me that he will only have enough stock for us for a few months until next season, so after that I will source from Nebraska again for the next few months. But after that, Mr. Wisconsin Farmer will become our permanent supplier of organic yellow popcorn, and at a great price too.

**Organic rye flour, organic cornmeal, organic Gold-n-White flour:** all are Minnesota owned (Whole Grain Milling of Welcome, Minnesota), and grown within the region.

**Great River Milling products:** There has been an upsurge of interest in products from this Fountain City, Wisconsin business. They won't ship direct to us but happily it turns out United Natural Foods carries all of their products, so special orders may be made anytime. Great River Milling products that are already in the bulk aisle are: Organic whole wheat pastry flour, organic barley flour, organic buckwheat flour, organic whole spelt flour, and organic wheat berries. In addition, I have recently replaced our longstanding organic Guisto's whole wheat flour (California owned, Utah grown) with its Great River equivalent (Minnesota owned, regionally grown). I know some of you bakers are very particular about your flours so if you prefer the Guisto's it may still be special ordered. Thanks all. **GG**

**Jim Richardson** is a 12-year veteran of the natural foods industry including 10 years here at the Co-op as a Buyer.



# Small Farmers. Big Change.

by Scott Patterson, Equal Exchange

Full offers a perfect moment to celebrate some of the successes that co-op members, your stores, and partnerships with worker-owned cooperatives like Equal Exchange have achieved over the last 22 years. Together we have created supply chains that respect small-scale farmers and the environment while growing grocery stores that are community owned and governed; a very unique and powerful model indeed. The fact that coffee roasters like Equal Exchange and others have brought the term Fair Trade into mainstream consciousness is a testament to our success.

At the same time we need to recognize that our work is just beginning. We recently launched a new line of teas and the story of the farmers who grow one of these offerings, the Wild Rooibos, is particularly representative of both the power of our network and the challenges ahead.

The Khoisan farmers of South Africa formed a rooibos cooperative of 16 members in 1998, the Wupperthal Tea Association. North of this region, a group of 14 farmers independently founded the Heiveld Co-operative in 2000. Although the sixth cooperative principle was probably not formally in mind, the spirit of “cooperation among cooperatives” was naturally at work. The Heiveld farmers visited the Wupperthal and together they envisioned new possibilities for the future. Today over 100 small-scale farmers are exporting rooibos.

Connecting with Equal Exchange and the larger cooperative supply chain that all of us have helped to build has dramatically improved the farmers’ livelihoods. In her book, *Boiling Point*, Leonie Joubert describes the impact of this new market on the Heiveld Co-operative: “The community’s fortune is changing. All the co-operative members have their first bank accounts. One person had a set of dentures made; another took a family member to the hospital for treatment — both healthcare ‘luxuries’. These are quiet signals that a community, whose education often does not extend beyond grade four, is dipping its toe into a viable mainstream market.”

Unfortunately, just as the rooibos farmers have begun to imagine a brighter future for themselves, climate change and the fair trade labeling system itself is threatening their success. Severe droughts and higher temperatures have endangered the long-term production capacity of their land. Simultaneously, these farmers compete in a market where 98% of the rooibos industry is dominated by post-apartheid, large-scale white owned plantations. The tea grown by the Heiveld and Wupperthal farmers is the ONLY rooibos tea in the fair trade certification system that comes from indigenous small-scale farmers who own their land.

During Co-op Month (and every month), support small farmer cooperatives while recognizing your own power as a member of Whole Foods Co-op. If you aren’t a member you should become one, and actively participate in a chain that played a vital role in getting the Heiveld and Wupperthal farmers access to markets and one that can go so much further. Join us at [fairfoodfight.com](http://fairfoodfight.com) and [smallfarmersbigchange.coop](http://smallfarmersbigchange.coop) to learn more about how we can continue to build a just food system.

*This recipe was adapted by Equal Exchange from the “Moosewood Restaurant Book of Desserts”, published by Clarkson N. Potter Inc. 1997. Fair Trade ingredients replaced the traditional whenever possible. Rich and chocolaty, these may be the best brownies you’ve ever made!*

## Fair Trade Brownies

— Equal Exchange

2 1/2 sticks Butter, melted (10 ounces)  
1 c Equal Exchange Baking Cocoa  
1 lb Brown Sugar  
5 Eggs  
1 t Vanilla  
1 c unbleached White Flour

Preheat the oven to 350 degrees and oil a 9 X 12-inch baking pan. Beat the cocoa into the melted butter with an electric mixer until smooth. Add each of the remaining ingredients in turn,

beating after each addition until smooth. Pour the batter into the pan and bake for about 25 minutes, until the middle is set and the edges are pulling away from the sides of the pan. Yield: 12 generous brownies

*“Is it too late to turn in a recipe? Because I just made the BEST pancakes ever and I really, really want to put this recipe in!”  
OK Matt, you got your wish!*

## Apple Cider Cashew Pancakes

— Matt Wenger, Storekeeper

2-1/2 c Arrowhead Mills Buttermilk Pancake Mix  
2 c Pepin Heights Apple Cider  
4 T Cashew Butter  
4 T Ground Flaxseed/Flaxmeal  
1 T Agave Nectar

Preheat skillet. Mix all ingredients together in mixing bowl. Heat cashew butter for easier mixing. Cook on skillet. Top with butter/Earth Balance spread and your choice of syrup (I like pure maple syrup). Makes 8 6-inch pancakes.

## Lemon Ginger Yams

— Justin Hemming, Kitchen Manager

3 T Butter  
1/4 c Brown Sugar  
1" Piece Ginger, peeled & minced  
1 t Sea Salt  
1 Lemon, zested and juiced  
2 lb Yams, wedged, can leave peel on  
1/4 c Flour  
1 T Olive Oil

Preheat oven to 350 degrees. Cook the butter, sugar, ginger, salt, lemon zest, and lemon juice over low heat for 5 – 10 minutes. Place yams in a bowl and toss with the olive oil. Shake on the flour and toss that with the yams. Add and mix in the cooked sauce and place on a cookie sheet. Bake for 45 – 55 minutes until the yams are easily pierced with a fork. Serve warm.

*These cookies can be made vegan by using a vegetable based shortening and egg replacer.*

## Oatmeal Flax Cookies

— Kala Edwards, Baker

1/2 c Butter  
1/2 c Brown Sugar  
1/2 t Vanilla  
1/4 c Flaxseed, ground  
1/2 t Baking Powder  
1/4 c Soy Nuts  
1 c Chocolate Chips  
1/2 Evaporated Cane Juice  
1 Egg  
1 c Flour  
1/4 t Sea Salt  
1/2 t Baking Soda

Cream butter and sugars until light and fluffy. Add eggs and vanilla, beat well. Mix flour, oatmeal, flaxseed, salt, baking soda and baking powder together in a separate bowl and add all at once to the wet ingredients. Fold in soy nuts and chocolate chips. Form 1" balls and place on an ungreased cookie sheet. Bake at 350 degrees until set, about 10 minutes. Makes 3 dozen small cookies.

## Nutty Wild Rice Salad with Kiwifruit and Red Grapes

— Dwelling in the Woods

2 1/2 c Vegetable Broth  
4 Kiwis, peeled and diced  
1 c Wild Rice  
1/2 – 3/4 c seedless Red Grapes, halved  
4 T Lemon Juice  
1/4 c Pecans, toasted and chopped  
Salt and Pepper to taste  
1 T Olive Oil  
1 T Honey

Place broth in a medium saucepan, bring to boil. Add rice, reduce heat to low and simmer, covered, for 45 minutes or until tender. Drain excess liquid, cover and let cool. Whisk together lemon juice, oil, and honey in a small bowl until honey is dissolved. Season with salt and pepper. Place cooled rice in a salad bowl, along with kiwi, red grapes and pecans. Add dressing and gently toss. Makes 4–6 servings.

Options: Use chicken broth, walnuts or alternative fruit.

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*Editor's note: I first tasted this dish when Jahn taught a class a little over a year ago. At first glance, the cilantro seems like an odd choice. However, it is a marvelously surprising compliment to this bright, flavorful and addicting dish. It has become one of my favorites!*

*This is an easy recipe. The only trick is to take care to get the cabbage tender, but not to overcook so that the apples get mushy. Sweet, spicy & decadently colorful — a winter blues beater!*

## Sweet & Sour Red Cabbage With Apples & Cilantro

— Jahn Hibbs, Asst Produce Manager

adapted from “The Herbfarm Cookbook”, Jerry Traunfeld, 2000.

Prep time: 10 minutes

Cook time: 12 minutes

- 1 1/2 T Sugar (or alternative sweetener)
- 1/4 t Sea Salt
- 3 Green Onions, thinly sliced
- 1 c fresh Cilantro, coarsely chopped
- 1/2 medium head Red Cabbage
- 2 T Vegetable Oil
- 1/2 t Red Pepper Flakes
- 1 large or 2 small Apples, peeled & diced into 1/4" pieces (Pink Lady work great!)
- 1/4 c freshly squeezed Lime Juice

Quarter the cabbage & cut out the core. Cut the cabbage very thin (a mandoline or shredding disk of a food processor work best, but a sharp knife will do.) Heat the oil with the red pepper flakes in a large (12-inch) skillet or wide saucepan over medium heat. Add the apple and cook, stirring, for about 1 minute. Add the cabbage and toss with tongs to coat it with the hot oil. Add the lime juice, sugar and salt, cover the pan, and reduce heat to low. Cook until the cabbage is tender, 5–10 minutes. Add the green onions and cilantro and toss together with the tongs. Taste and season with additional salt or sugar if needed. 6 servings

*This is a wonderful recipe for a hot summer day when you don't feel like running a hot stove for a long time. The uncooked sauce retains the “just-picked” flavor of the tomatoes. It is warmed by the hot angel-hair pasta, which can be cooked up in just minutes.*

## Angel Hair Pasta with Fresh Tomato Sauce

— Jahn Hibbs, Assistant Produce Manager.

- 2 – 3 cloves Garlic
- 3 lb Tomatoes
- 2 T fresh Lemon Juice
- 1 t Salt
- 1 t Sugar (optional)
- 1/2 t Black Pepper
- 1 lb Capellini (angel-hair pasta)
- 1/2 c chopped fresh Basil

Mince garlic and mash to a paste with a pinch of salt using a large heavy knife. Core & coarsely chop two-thirds of the tomatoes. Halve remaining tomatoes and rub cut sides of tomatoes against large holes of a box grater set in a large bowl, reserving pulp and discarding skin. Toss pulp with chopped tomatoes, garlic paste, lemon juice, salt, optional sugar, and pepper. Let stand until ready to use, at least 10 minutes. Meanwhile, cook pasta in a 6- to 8-quart pot of boiling salted water, uncovered, 2 minutes or until al dente. Drain in a colander and immediately add to tomato mixture, tossing to combine. Sprinkle with basil, and fresh grated Parmesan if desired. Serves 4 – 6.

NOTE: For those of you, who are reluctant to add sugar to your tomato sauce, keep in mind that the small amount of sugar is not there for sweetening, but to balance the acidity of the tomatoes. Give it a try!

*Cold leftovers make a yummy lunch!*

## Nameless Deliciousness

— Charlotte Van Vactor, Merchandising Stocker

adapted from an America's Test Kitchen recipe

- 2 c cooked Rice (your favorite)
- 3 or more cloves Garlic
- 2 T fresh Ginger
- 1/2 c Soy Sauce
- 3 T Rice Vinegar (or whatever: Cider or Red Wine Vinegars work, too)
- 2 t Hot Sauce
- 3 T Sugar or Honey
- 2 T Toasted Sesame Oil (gotta be the “toasted” kind)
- 1/4 c Peanut Butter
- 1 bag Quorn Tenders

Combine all of the sauce ingredients in a small blender cup, food processor or bowl to blend. If you're mixing it by hand, you'll want to finely mince the garlic and ginger.

Place the Quorn Tenders in a big pot over low heat. Over that, pour the sauce you made and stir. Stir in the cooked rice. When the Quorn is heated through, it's ready to serve. Garnish with sliced scallions.

## Stuffed Green Bell Peppers

— Kala Edwards, Baker

- 4 large Green Bell Peppers
- 1 15 oz can Black Beans (or prepare from dry beans)
- 1-1/2 c Corn
- 1/2 c Onion, chopped
- 1/3 c long grain Rice
- 1 – 2 Jalapeno Peppers
- 1/8 t Sea Salt
- 2 T fresh Cilantro, snipped
- 3/4 c Monterey Jack Cheese
- Salsa
- Sour Cream

Remove tops from bell peppers and boil covered in salted water 4 – 5 minutes. In a saucepan, combine bell pepper tops (chopped), corn, beans, onion, uncooked rice, jalapenos, salt and 1 c Water. Bring to boil, reduce heat and simmer about 15 minutes, until rice is tender. Stir in cilantro and half of the cheese. Let stand 5 minutes or until the water is absorbed. Fill bell peppers with the rice mixture. Place them in a baking dish and sprinkle with remaining cheese. Bake uncovered at 400 degrees for about 15 minutes. Serve with salsa and sour cream.

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### Herbed Chicken and Wild Rice

— *Dwelling in the Woods*

- 2/3 c Wild Rice, uncooked
- 1/2 c Chicken Broth
- 1 small Onion, chopped
- 1/4 t Basil
- 1 clove Garlic, minced
- 1 T Parsley Flakes
- 2 T Olive Oil
- 1/2 t Sage
- 1 stalk Celery, chopped
- 1/8 t Pepper
- 1/2 c Green Pepper, chopped
- 1/2 c Water Chestnuts, sliced
- 1/2 c fresh Mushrooms, sliced
- 1/2 c slivered Almonds
- 2 Chicken Breasts, each cut in half
- 3 T Roasted Red Peppers
- 1/2 c to 1 c Sour Cream

Cook wild rice in 2 cups of water for 30–40 minutes or until done. In a heavy skillet, brown chicken in olive oil. Set aside. In the same pan (without washing), sauté onion and garlic 2 minutes. Add celery, green peppers, mushrooms, broth, basil, parsley, sage and pepper. Blend into the rice. Add remaining ingredients and stir. Put

mixture in 2 1/2 quart casserole dish. Lay the cooked chicken on top of the wild rice mixture. Cover and bake at 350 degrees for 45 minutes or until bubbly. Serves 4.

*What is a tomatillo? Tomatillos are a relative of the Cape Gooseberry and a member of the nightshade family. Their flavor is tart and acidic. Tomatillos freeze well by placing them in your favorite container. Just remember to thaw, de-husk and rinse the tomatillos prior to use.*

### Raw Green Salsa

— *Lupita Marchan, Grassroots Farm*

- 12 Tomatillos, husks removed, rinsed
- 1 clove Garlic
- 1/2 – 1 Hot Pepper (for mild salsa, remove seeds and inner ribs)
- 1 medium Onion
- 1/2 bunch Cilantro
- 1 Avocado
- 1 medium Tomato
- 1/2 c Canola or Olive Oil

Combine all ingredients in blender and blend to desired consistency. Dip or serve over beans, eggs or anything else that appeals to your taste buds!

### Tomatillo Pineapple Salsa

— *Lupita Marchan, Grassroots Farm*

- 12 fresh Tomatillos, de-husked, rinsed and diced
- 1/2 Pineapple, small dice
- 1/2 Red Bell Pepper, small dice
- 1/2 Green Bell Pepper, small dice
- 1 medium red Onion, small dice
- 2 T Hot Pepper, minced
- 1/2 c Cilantro, chopped
- 1 T Garlic, minced
- 1/4 c White Vinegar
- 6 T Lime Juice (about 3 Limes)
- Juice of 2 Oranges
- Salt
- Black Pepper, freshly cracked

Combine all ingredients into one bowl and stir well. Makes about 6 cups. For best flavor, prepare this salsa a few hours before serving. NOTE: items to be diced can also be chopped in a food processor.



*My recipe is a modified version of “Joy of Cooking’s” Gingersnap recipe. I added the whole wheat pastry flour and jacked up the spices and orange flavoring. You can use pure all-purpose flour if you want, but definitely only use fresh juice and zest. It really makes a huge difference.*

### Spiced Orange Ginger Cookies

— *Sonya Welter, Stocker*

- 1 c Gold-n-White or all-purpose flour
- 3/4 c Whole Wheat Pastry Flour
- 3/4 t Baking Powder
- 1/4 t Baking Soda
- 2 1/2 t ground Ginger
- 1 t ground Cinnamon
- 1/2 t ground Nutmeg
- 1/4 t ground Cloves
- 1/4 t ground Cardamom
- dash salt
- a few grinds of black pepper
- 6 T Butter
- 3/4 C organic, fair-trade Sugar
- 1 Egg
- scant 1/4 cup Blackstrap Molasses
- juice and zest of 1 Orange

Preheat oven to 350 degrees.

In a small bowl, whisk together flours, baking soda and powder, spices, and salt and pepper. In a medium sized bowl, cream together butter and sugar until fluffy. Add egg, molasses, and orange juice and zest and mix until well combined. Slowly add flour mixture. The dough should be the consistency of thick buttercream frosting.

Form dough into balls about 1 inch across and bake on a greased, lined, or nonstick cookie sheet for 10 to 12 minutes.

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Borscht

— Sonya Welter, Stocker

- 3 – 4 beets (about 1 1/2 to 2 pounds)
- 1 Potato
- 3 – 4 Carrots
- 1 Parsnip
- 1 Onion
- 2 – 10 cloves Garlic
- 4 – 5 c Vegetable Broth
- Juice of 1 lemon (approx. 2 T)
- Olive Oil
- Salt and Pepper
- Sour Cream and Dill for topping

Preheat oven to 350 degrees. Peel and roughly cut the beets, potato, carrots, and parsnip; coat with olive oil and roast in a Dutch oven for 25 minutes. Peel and roughly chop the onions and garlic, add them to the pot, and roast for another 25 minutes. Bring pot to stove top, cover vegetables with broth, and simmer until vegetables are very soft. Add lemon juice and season with salt and pepper. Blend well. Serve hot, with a dollop of sour cream and a sprinkle of dill in each bowl.

This recipe is great for topping steaks, pork tenderloin, or grilled portabella caps.

Demi Glaze

— Debbie Manhart, Store Manager

- 2 T Butter
- 2 T Flour
- 1/4 t Onion Powder
- 2 T Tomato Paste
- 1 qt Beef, Mushroom or Vegetable Stock

Melt butter, add flour. Cook until butter and flour have browned – do not burn. Add stock, onion powder, and tomato paste. Simmer for 45 minutes

for brown gravy, or 1 1/2 hours for demi glaze.

Italian Baguette

— Debbie Manhart, Store Manager

- 1 Baguette
- 1 1/3 lb Cream Cheese or Goat Cheese, room temperature
- 1/2 c Kalamata or Niciose Olives, chopped
- 3/4 c Sun Dried Tomatoes, rehydrated in hot water and finely chopped
- 4 T Capers
- 2 t Italian Seasoning
- Parsley, chopped

Slice baguette. Place slices flat on a sheet pan (cookie sheet) and bake at 350 degrees for about 5 minutes (until crisp). Combine the rest of the ingredients except the parsley. Spread a tablespoon or so of the cream cheese mixture on the baguette slices and put back into the oven to warm the cheese. Place on serving tray and sprinkle with parsley.

Creamy Pumpkin Soup

— Debbie Manhart, Store Manager

- 1 – 2 c Chicken or Veggie Stock
- 1 can Pumpkin
- 1 can Coconut Milk or you can substitute 1/2 and 1/2
- 1/8 – 1/4 t Chipotle Pepper
- 1/4 t Allspice
- 1/4 t Ginger
- Salt and Pepper to taste

Combine all ingredients, bring to a simmer, taste and adjust seasoning.

To serve, top with sour cream and toasted pumpkin seeds.

Fennel French Onion Soup

— Debbie Manhart, Store Manager

- Olive Oil
- 3 cloves Garlic, minced
- 1 head Fennel, sliced
- 1 large Yellow Onion, sliced
- 4 c Beef Broth
- 1 packet Beef Gravy mix
- Red Wine – optional
- Salt and pepper to taste

Drizzle olive oil in a hot pan. Add garlic, fennel and onions. Slow cook, stir-

ring occasionally until soft and brown. De-glaze bottom of pan with red wine. Add beef broth and gravy and bring to a simmer. Taste — add salt and/or pepper to your liking.

Top with a baguette crouton\*, crisped crumbled pancetta or prosciutto, and grated mozzarella, Swiss, and/or Parmesan

\*Baguette crouton — slice a baguette, butter one side, sprinkle with parsley and granulated garlic and bake until crispy.

Tomato Risotto (Al Pomodoro)

— Raelynn’s Mom

- 4 c Vegetable Stock
- 1/4 c Butter
- 1 T Olive Oil
- 8 Shallots, Finely Chopped
- 4 cloves Garlic, chopped
- 1 1/2 c Arborio Rice
- 1/3 c White Wine
- 8 Tomatoes, seeded and chopped
- 1 1/2 c Parmesan Cheese
- 1/2 c fresh Basil
- Sea Salt
- Black Pepper

Heat stock to almost boiling, then reduce heat until barely simmering to keep it hot. Heat butter and oil in a deep skillet over med heat. Add shallots and cook for 1 – 2 min. until soft, not brown. Add garlic. Add rice and stir until grains are well coated, about 1 minute. Pour in wine and stir until it has been completely absorbed. Add 1 ladle of hot stock and simmer, stirring until absorbed. Repeat. After 10 min, add tomatoes, continue to add stock at intervals until liquid has been absorbed and tomatoes and rice are tender but firm. Reserve last ladle of stock. Add reserved stock, Parmesan, basil, salt and pepper. Remove from heat and let rest 2 min. Sprinkle with additional Parmesan.

African Peanut Stew

— Amanda Belcher, Produce Assistant

- 1 T Olive Oil
- 1 medium Red Onion, finely chopped
- 1 medium Green Bell Pepper, finely chopped
- 2 medium Carrots, chopped

- 1 rib Celery, chopped
- 3 cloves Garlic, minced
- 2 T fresh Ginger, peeled and minced
- 1 T Curry Powder
- 1 14.5 oz can diced Tomatoes, drained
- 1 Bay Leaf
- 4 c Vegetable Broth
- 1 medium/large Sweet Potato, peeled and cut into 1/2 inch dice
- 1 1/2 c shelled Edamame
- 1/4 c natural Peanut Butter (creamy or crunchy) or Almond Butter
- 1/2 c fresh Cilantro
- 4 handfuls baby Spinach leaves, torn into bite size pieces
- 1/2 t Sea Salt
- 1/2 t coarsely ground Black Pepper

Heat olive oil in a 4-quart saucepan or Dutch oven over medium heat. Add onion, green pepper, carrot and celery. Sauté until soft and onion translucent (about 5 min). Add garlic, ginger, and curry powder. Sauté until fragrant (about 1 min). Do not brown garlic. Add tomatoes and bay leaf; cook, uncovered, until tomatoes are slightly reduced (about 3 min). Add broth and sweet potato and bring to a boil. Reduce heat to low and simmer (about 8 minutes). Stir in edamame and peanut butter until combined. Cook until heated (about 2 min). Stir in cilantro and spinach until spinach wilts. Season with salt and pepper. Serve over rice for a hearty dish!

I heard Lynne Rossetto Kasper talk about this dish and winged it based on her listing a few ingredients. It’s a dish with a lot of flavor.

Marakesh Cabbage

— Justin Hemming, Kitchen Manager

- 1/2 c Canola Oil
- 1 large head Green Cabbage, shredded
- 2 Yellow Onions, diced
- 2 Carrots, diced
- 2 Tomatoes, chopped
- 1 T Cumin, ground
- 1 T Coriander
- 1" piece of Ginger, peeled & minced
- 1/2 t Paprika
- 1 t Cinnamon
- 1 t Sea Salt
- 1/2 c Water
- 1 1/2 t Red Crushed Pepper

Sauté onion and carrot in oil for a few minutes on medium heat. Add cabbage and cook about 10 minutes longer stirring often. Add remaining ingredients and cook on low heat for another 10 minutes until all the vegetables are just done.

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## FOG CITY DELI HOT BAR MENU

The weekly menu is also available in our store and at [www.wholefoods.coop](http://www.wholefoods.coop)

Breakfast is served beginning at 7:30 am each day.  
Saturday and Sunday menus are Chef's Choice.

All menus include meat, vegetarian and vegan options.

### NOVEMBER 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 3-7	JAVANESE TOFU	TURKEY SLOPPY JOES	AU GRATIN POTATOES	ORANGE BAKED PORK CHOPS	ROASTED POTATO TRIO
NOVEMBER 10-14	TURKEY BURGERS	MUSTARD CRUSTED TOFU W/ KALE & SWEET POTATOES	ENCHILADAS	MEATLOAF	CREAMY DILL TROUT
NOVEMBER 17-21	CARRIBEAN BLACK BEANS	DUBLIN CODDLE W/ IRISH SODA BREAD	SWEET & SOUR CHICKEN	WILD RICE SUCCOTASH	TROUT ALMONDINE
NOVEMBER 24-28	HONEY CURRY CHICKEN	APPLE ROASTED TOFU W/ROASTED VEGGIES	THANKSGIVING MEAL	HOT BAR CLOSED FOR THANKSGIVING	ZUCCHINI AU GRATINS

### DECEMBER 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 1-5	ROSEMARY CHICKEN	TACOS	CHICKEN & DUMPLING	ZUCCHINI CHEESE TRIANGLES	BRAISED FENNEL & ROASTED TOMATO
DECEMBER 8-12	THAI TOFU QUINOA	CUBAN BARBACAO PORK	TOFU PECAN PATTIES	LEEK ROASTED CARROT W/ SAUTED TEMPEH	MARINATED VEGETABLES & TOFU
DECEMBER 15-19	CHICKEN DIJONAISE	MONGOLIAN BBQ TOFU	COWBOY BEANS	LASAGNA	MANGO CHUTNEY FISH
DECEMBER 22-26	QUINOA W/ SWEET POTATOES AND MUSHROOMS	ENCHILADAS	SWEET & SOUR CHICKEN	CLOSED FOR CHRISTMAS	ORANGE SESAME SEITAN
DECEMBER 29- JAN 2	CHICKEN GARCIA	CALICO BEANS	SWEDISH MEATBALLS	CLOSED FOR NEW YEARS	BAKED GARLIC TOFU

You asked and your wish is granted. The Fog City Deli is giving up two of their most popular recipes. They make a lot, but this is just in time for the big gatherings at this time of year. Happy Holidays!

### Li'l Cheddar Meat Loaf — Whole Foods Co-op Fog City Deli

5 Eggs  
3 3/4 c Milk  
5 c Cheddar Cheese, shredded  
2 1/2 c Quick Cooking Oats  
2 1/2 c Onion, finely chopped  
4 t Salt  
5 lbs Ground Beef

Topping:

3 1/3 c Ketchup  
2 1/2 c Brown Sugar, packed  
7 1/2 t Mustard

In a bowl, beat the egg and milk. Stir in cheese, oats, onion and salt. Add beef and mix well. Shape into 1 lb loaves and place loaves onto lined baking pans or into greased individual 1 lb pans. Combine ketchup, brown sugar and mustard. Spread over the top of each loaf. Bake, uncovered, at 350 degrees until meat reaches an internal temp of 165 degrees, approximately 1 hour.

### Smoked Mozzarella Pasta Salad

5 lb Penne Pasta  
1 lb fresh Spinach, chopped  
2 qt Roasted Red Pepper, julienne  
3 3/4 lb Smoked Mozzarella, small dice

4 c Parmesan Cheese, shredded  
2 bunches fresh Parsley, chopped

Dressing:

1/2 gal Mayonnaise  
2 c White Wine Vinegar  
1/4 c Garlic, minced  
2 t Cayenne  
Salt and Pepper to taste

Cook pasta, rinse in cold water and drain. Toss with vegetables, cheese and parsley. Whisk together dressing ingredients and mix with pasta. Taste and adjust seasoning if needed.

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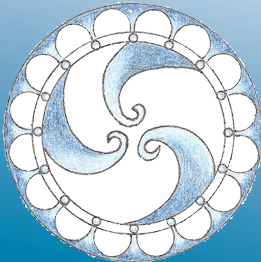
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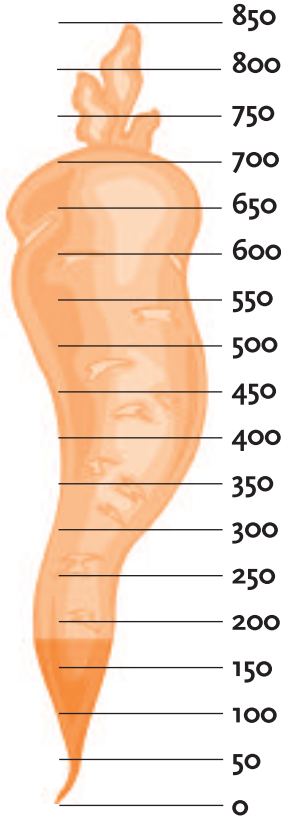
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From August 1 – September 30, WFC gained a whopping 132 new Member Owners for a total of 178 since July 1. We are proud that our community supports the sustainable cooperative business model by becoming a part of our (your!) store. If you're thinking about becoming a Member Owner, talk to a WFC staff member or another Member Owner. We're happy to answer any questions you may have.

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When potatoes are boiled and mashed the texture can have too much of the water from boiling. Instead, try this highly nutritious twist on mashed potatoes. It can make a greens lover out of a picky child, or at least it has for me.

### Best Mashed Potatoes

— Michael Karsh,  
Produce Manager

- 6 medium Potatoes washed and quartered
- 1/2 bunch Kale, preferably Lacinato, coarsely chopped
- 4 T Oil or Butter
- Milk or Water to your desired texture
- Salt & Pepper to taste

Place a strainer basket in the bottom of a medium-sized pot. Put in water to reach the bottom of the basket. Pile in potatoes with kale on top. Cover and bring water to a boil. Reduce heat and steam for 10 minutes, or until potatoes are tender. Put oil into a large bowl, and mash potatoes and kale together, adding salt and liquid of choice to reach your desired texture. For ultimate mashed potatoes, put the spuds through a ricer after cooking but before recombining with kale! This is excellent with crumbled bacon.

Note: This is a great pressure cooker recipe, even better is pouring 1/3 c milk in the bottom of the cooker, dispensing with the steamer basket, but including kale. The potatoes soak up all that wonderful creaminess with no contamination by water.

I made this for lunch today, and it was purdy so I took some pictures and wrote up the “recipe.” This is a quick and easy meal. You can substitute crimini or portabella mushrooms for the shiitake.

### Broccoli Shiitake Stir Fry

— Sonya Welter, Stocker

- 1 8 oz pkg Udon, Soba, or Somen Noodles
- 1 3.5 oz pkg Shiitake Mushrooms, thinly sliced
- small head of Broccoli, cut into florets
- 4 oz Tofu, cubed
- 3 to 5 cloves Garlic, thinly sliced
- Sesame Oil
- Tamari
- Red Pepper Flakes



Cook noodles according to instructions; drain and set aside. While the noodles are cooking, prep the veggies and tofu, then fry mushrooms, broccoli, and

sesame oil, tamari and red pepper flakes until the mushrooms start to release their juice and the broccoli turns bright green. Add garlic and fry another minute, then add cooked noodles and fry one more minute, stirring often to prevent clumping or sticking. Serves 2–3.

*This recipe is a solid carb for cool or warm weather, and like its cousin grits it can be made either sweet or savory. This is a favorite when camping...*

### Prairie Cornmeal Cereal

— Michael Karsh,  
Produce Manager

- 4 c Water (divided)
- 1 c Cornmeal
- 4 t Salt

Optional: Brown sugar, raisins, and blueberries — you name it. OR you can go savory with pepper, more salt, even some crumbled bacon!

Heat 3 cups water with salt to boiling. Mix cornmeal and remaining cold water. Once the 3-cups are boiling, pour in cornmeal and water mixture and other optional ingredients. Bring to a boil again, then simmer covered for 10 minutes. You need to stir this periodically. Makes 4 servings.

Enjoy, okay?!

### Appetite For Destruction

— Eric G. Nied,  
Front End Assistant

- 6 C Root Vegetables (beet, rutabaga, potato, yam, parsnip, carrot)
- 1 large Onion
- 1 c Sour Cream
- 1 c Cottage Cheese
- 1 c Cheddar Cheese, shredded
- 1/2 c Corn Flakes, crushed
- 1 t Salt
- 1 t Basil
- Pepper

Peel, slice and cube all root veggies. Mix sour cream, cottage cheese and half of the cheddar. Add basil and salt. Combine with roots and sliced onion.

Pat down into greased baking dish. Sprinkle corn flakes and rest of cheddar on top. Add a little salt and pepper on top. Bake at 375 degrees for 1 hour.

If you wish, use non-fat/low fat sour cream and cottage cheese.

*While this may seem a springtime dish, it is a great accompaniment to heavier foods that tend to be eaten this time of year.*

### Minted Green Peas

— Justin Hemming,  
Kitchen Manager

- 2 T Butter
- 1 T Olive Oil
- 1 Yellow Onion, chopped
- 1 t fresh Spearmint, chopped
- 1 lb Green Peas, frozen
- 1 t Sea Salt (optional)
- 2 T Parsley, chopped
- 1 t Sugar
- 1 clove Garlic, minced
- 1 Carrot, minced
- 2 t Lime Juice

Cook the onions and carrots in the butter and oil over medium heat until the onions are translucent.

Add the remaining ingredients and cook over low heat another 5–10 minutes until the peas are hot enough to serve.

*This soup can be “dressed up” with sherry, sautéed and shredded chicken breasts, and a lovely home-baked loaf of bread.*

### Cream of Veggie Soup

— Raelynn Monahan, Assistant  
Merchandising Manager

- 1 small Onion
- As many cloves of Garlic you like
- 1 stalk of Broccoli, stem included
- 1 Carrot
- 2 Red Potatoes
- 1 1/2 c Chicken Stock
- 1 c Milk
- 1 Bay Leaf
- 2 T Butter
- 1 T Flour
- 1T Canola Oil
- Dash Thyme
- Dash Rosemary
- Dash Basil
- Dash White or Cayenne Pepper

Cut all vegetables into wedges or similar sized pieces, sauté onions and garlic in canola oil, add other veggies and cover. Stir till tender. Add chicken stock and herbs to veggies, let simmer. Remove bay leaf, then transfer into blender.

To make roux: In another pan melt butter then add flour. Stir in milk, bring ALMOST to boil, turn down heat to lowest setting. Add veggies from blender and salt to taste.



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# Savor the Season

a lesson in local

— Shannon Szymkowiak, MMS Manager

For years, the plight of the family farm has presented itself to me. I would read about the disappearance of the family farm and disturbing discourse about the subsidy trap. I am aware of the ongoing battle for seed control by multi-national corporations. I've watched farmland from my mother's childhood home being gradually rented out and sold because it was more profitable than farming it as it was. I saw my cousin's husband's family farm being forced out of what is now downtown Woodbury. It may sound dim, but even knowing all of this on an intellectual level, it wasn't until relatively recently that I equated these things with my actions in any given store at any given time. When I lived in Minneapolis, buying local seemed like an abstract concept. Even hometown companies like General Mills and 3M seemed more remote and international than "Minnesota Grown", even though I drove past one of the General Mills facilities every day on my way to work.

When I moved to Duluth six years ago, at first my buying habits stayed largely the same. I was still commuting to St. Paul for work and I continued to do my shopping there before heading back home every Thursday. I knew who had my favorite items. It was just easier than relearning who sold what and where. Then I had a big wake up.

Duluth was just realizing the problem it had on its hands with the Retiree Health Care issue. I'd lived here a couple of years and already this new homeowner got a big slap in the taxes. Whoa! What's going on here? I realized that I'd better start to LIVE here and try to make a difference where and when I could. After all, this was my home now and it's my duty to defend the home turf, so to speak, right?

Since then, I have written about buying locally, supporting your Co-op and looking for that farmer information so you know where your food is coming from. I've taken a little heat from a couple of people who think I'm putting them down for shopping at our competitors, but many, many more customers and Member Owners tell me that I gave them something to think about. I take that as a high compliment, whatever the resulting decision came to be for that individual. For the record, the "think about it" is what I was going for — I've never intended to put anyone down. To get someone to think... that's powerful stuff. It's good to know that people are giving their actions more thought than I used to, whether it is voting in the polls or voting with their pocketbook.

This past August/September, WFC had its first Locavore Challenge and I felt like I had to put my money where my mouth (or pen) was. So I signed up to eat local food only with three exceptions — chocolate, peaches, and balsamic vinegar — from August 15 – September 15.

So how did it go? Well, it was hard and it was not hard. I found myself missing a few items sorely. Things like nuts and nut butters of every kind (which I normally eat a lot of), pasta (!),

and a few tropicals that I'm fond of like fresh pineapple for the grill and our bulk dried papaya. And don't forget my beloved French wine! I found myself staring longingly at the fresh figs, thinking about the guy in Michigan who has six trees that he actually buries each winter so he can grow his own fresh figs each summer, and wondered if I was willing to do that just so I could have local figs.

The not hard part was trying all kinds of things I'd never tried before. I surprised myself because I like to believe that I regularly choose local food anyway. And I do, as far as produce goes. The surprising part was looking at the shelves to find local prepared foods and local substitutions for items I usually buy. I was especially pleased with the tortilla chips from Welcome, Minnesota, the Pripp's Sugar Bush Maple Sugar, and some meat cuts I'd never tried before. I also found myself trying and re-trying locally owned restaurants because eating this way at home sometimes took more planning than I was able to do, given the sheer number of events we had during this time frame.

Clearly, I wasn't 100% pure. I broke down and went through a fast food drive-thru on a particularly hectic day — something that is abnormal even without the Challenge. I didn't turn down the non-local beer and nachos that a friend and I had out on her deck one balmy evening. So no, I'm not perfect and I don't expect everyone to be perfect, either. We do the best we can with the information and resources at hand. I found out just how large a 3-lb bag of basil is and how much pesto you can get from it (answer: a lot). I wondered how many homemade frozen pies I could fit in my tiny freezer. I caught myself thinking about the mushrooms in my yard and almost walked up to Louis Jenkins' house to ask him if I could dry them for later eating or if I was trying to make myself sick by even considering it. I even reconsidered the trees I'm going to plant to replace the two I had to remove in order to replace my dilapidated garage. The final answer: black walnut and crabapple, for starters.

I'd like to do this Challenge again this winter; maybe for a week or two rather than a month. I have some ideas already about what I can eat, including some of the items I recently canned. I hope some of you will join me in the glories of preserved goods and root vegetables when the cold wind is blowing outside. I'm sure we can find a few other tasty items to work in.

Just think about it, OK?

*During the Locavore Challenge, I began to get excited about cooking again and these are two of the recipes I came up with during that time. Enjoy!*

*"Like Velvet!", says Mary, my next door neighbor.*

## Roasted Squash Soup

1 Butternut Squash, halved and seeds removed  
1 small Onion, diced  
1 stalk Celery, diced  
1 clove Garlic, minced  
Butter or Oil for sautéing  
3 – 4 c Vegetable or Chicken Stock  
a bouquet garni of Thyme, Sage, and Parsley  
1 or 2 heaping T Apricot or Peach Preserves  
1 jar Pam's Salsa — choose your heat  
Sea Salt & Freshly Cracked Pepper to taste

Heat oven to 350 degrees. Place the squash halves, cut side down, on a baking sheet and bake until fork tender. Remove from oven. While the squash cools, sauté the onion, celery and garlic in a bit of oil or butter until tender. Scoop the squash out of the peel into the sauté mixture (or peel the squash and dice it before you add it) and sauté for about 2 minutes on medium heat. Deglaze the pan with about a cup of the stock and scrape up all of the tasty bits from the bottom of the pan into the soupy mix. Add 2 more cups of stock and the bouquet garni (yeah, look that up — it's a handy thing to know). Simmer for about 15–20 minutes or until all of the veggies are nice and soft and falling apart a little. Remove the garni. Take your stick blender (best \$15 you'll spend in the kitchen — trust me) and blend it smooth in the pan or pour it into a regular blender to blend smooth. Return to low heat and add salsa (start with 1/4 jar and add to your taste), preserves, salt and pepper to taste. If it's too thick, add the remaining stock. Blend again and adjust your seasonings. Heat to eating temp and eat up!

Fancy version: swirl a little sour cream on top of the soup with a sprinkle of chopped chives and/or cilantro.

## Crispy Eggs

adapted from Lynne Rossetto Kasper's Weeknight Kitchen

For each serving:

2 Eggs

Milk, Milk Substitute or Water

1/4 – 1/2 Green Pepper, diced

1/4 medium Onion, diced (or)

1/2 Shallot, diced

1/2 roasted Red Pepper, sliced

1/4 c Cheese (co-jack, cheddar or similar cheeses work well)

Leftover Black Beans or Taco Meat

minced Hot Peppers to taste or canned green Chiles

handful of Tortilla Chips, large crumbles

Sea Salt and Freshly Cracked Pepper to taste

Garnish options:

Cilantro, Lime juice, Sour Cream, Avocado, Hot Sauce, crumbled chips

Whisk together your eggs and milk/milk substitute with salt and pepper. Set aside. Over medium heat, sauté the green pepper and onion until the onion is translucent. Toss in the roasted red pepper, beans/meat, hot peppers or canned chiles and sauté until just warm. Set aside while you toss the chips into the pan to warm them slightly. Then, surround the edge of the pan with the chips and pour the egg mixture into the center filling the well. Sprinkle your sautéed vegetables and cheese on top. Let it cook on medium to medium low heat until the eggs are mostly set, then gently move aside the eggs so the uncooked egg mixture can flow to the pan and cook. Basically, you are making scrambled eggs with large sized "scrambles". When the egg is just done, move to a plate and add any garnishes you like.

**Shannon** has been reinspired by the Locavore Challenge to get into the kitchen and rattle those pots and pans.

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# the buzz wfc staff news

— Jill Holmen, HR Coordinator

**Alisha, Front End Assistant**, says she recently discovered that she's related to **Steve, also a Front End Assistant, as well as Zak, a Deli Counter Assistant** here at the Co-op. Their great-grandpa is her grandpa's brother! Small world!

**Brianne of the Front End** recently adopted a kitten from Animal Allies. "As of now, she is 10 weeks old. She is an orange and white tabby with short hair and is full of energy! I named her Marble!" says the new mommy.

**Charlotte, Merchandising Stocker**, is excited to finish her AA (with honors) at LSC in December. Then it is on to UMD in January to finish a Bachelor's degree before pharmacy school. Best of luck, Charlotte!

**Luna Dawn**, the most recent addition to our Co-op family, was born Saturday, Sept. 6th to Jessica, our fabulous MOD mama. Congrats to Jessica and Larry on their newest little bundle of hair.

**Eric, Deli Counter Manager**, says, "One of my bands, "The Rez" will be featured on a compilation CD assembled by Pachyderm Records (where Nirvana recorded their last album). There will be at least 3 CD release concerts, one of which is expected to be in Duluth. Dates are yet to be announced, but the Duluth show will probably be in November or early December. Stay tuned!

**Front End staffers Alisha and Tawnya** were surprised to find an injured bat here at the Co-op. With a little help from Wildlife Rescue, a group of folks that run the rescue operation out of there home (and also happen to be Co-op Members!), the bat has recovered and is back in its natural habitat. If you are ever looking for a volunteer opportunity, these folks can always use extra help. Thanks, Wildlife Rescue!

**Merchandising Stocker and soon-to-be new mama Emily** announces the opening of her acupuncture practice. Rooted Folks Community Acupuncture is located at 10 E. Superior Street, open Tuesdays and Thursday from 1:30–6:30 pm or by appointment. Congratulations, Emily!

**Front End Assistant Jennifer Graupmann** is currently singing her way through the graduate music program of vocal performance at UMD. She is a member of the Lake Effect vocal jazz ensemble and the newly created Voyageurs program. She will be performing in UMD's Opera Scenes on November 22 & 23 and will be singing the role of Nannetta in UMD's winter opera production of Verdi's Falstaff on February 27 & 28, 2009. Sing on, Jenny... Sing on.

## NOVEMBER ANNIVERSARIES:

<b>Jacob McMiller</b>	<b>2 years</b>
<b>Erik Pavelka</b>	<b>2 years</b>
<b>Jason Kokal</b>	<b>4 years</b>
<b>Jordan Schreiber</b>	<b>1 year</b>
<b>Nichole Hissa</b>	<b>2 years</b>
<b>Eric Bong</b>	<b>3 years</b>
<b>Anni Friesen</b>	<b>3 years</b>
<b>Wendy Sjoblom</b>	<b>3 years</b>
<b>Lynette Chesney</b>	<b>3 years</b>
<b>John Freedline</b>	<b>3 years</b>
<b>Justin Petite</b>	<b>2 years</b>
<b>Eric Neid</b>	<b>1 year</b>

## DECEMBER ANNIVERSARIES:

<b>Sonya Welter</b>	<b>6 years</b>
<b>Charlotte Van Vactor</b>	<b>4 years</b>

*Dolores Meidl aka Dottie, one of our kitchen magicians in the Fog City Deli, had a scare a while back when her husband had a heart attack. Since then, they have been improving their diets by reducing salt, eating more whole grains and in general just paying better attention to what they've been eating. They've both lost weight and feel better. Dottie submitted the following two recipes that she makes at home on a regular basis.*

## Chicken Noodle Soup with Vegetables

— St. Mary's Duluth Clinic Heart Center

- 1 Onions, chopped
- 2 c Carrots, sliced
- 2 c Celery, sliced
- 10 oz pkg frozen Peas, optional
- 1/4 t Salt
- 1/4 t Black Pepper
- 1/2 t dried Basil
- 1/4 t dried Thyme
- 3 T dry Parsley Flakes
- 4 c Water
- 2 1/2 – 3 lb Chicken, cut up
- 1 c uncooked thin Noodles

Place all ingredients in slow cooker, except chicken and noodles. Remove skin and any fat from chicken pieces. Then place chicken in cooker on top of the rest of the ingredients. Cover and cook on high 4 to 6 hours. One hour before serving, remove chicken. Cool slightly. Cut meat from bones.

Return meat to cooker. Add noodles. Cover and cook on high for one hour. Makes 6 servings.

## Mushroom Barley Soup

— St. Mary's Duluth Clinic Heart Center

- 1-1/2 lb boneless Beef (such as top round), 3/4" cubes
- 1 T Vegetable Oil
- 2 c Onion, finely chopped
- 1 c Carrots, diced
- 1/2 c Celery, sliced
- 1 lb fresh Mushrooms, sliced
- 2 cloves Garlic, minced
- 1/2 t dried Thyme
- 1 14.5 oz can reduced sodium Beef Broth
- 1 14.5 oz can reduced sodium Chicken Broth
- 2 c Water
- 1/2 c medium pearl Barley
- 1/2 t Pepper
- 3 T fresh Parsley, chopped

In a Dutch oven or soup kettle, brown meat in oil. Remove meat with a slotted spoon and set aside. Sauté onion, carrots and celery in drippings over medium heat until tender, about 5 mins. Add mushrooms, garlic and thyme; cook and stir for 3 mins. Add broths, water, barley, salt if desired and pepper. Return meat to pan; bring to a boil. Reduce heat; cover and simmer for 1-1/2 to 2 hours or until barley and meat are tender. Add parsley. Makes 11 one-cup servings.



**Customer Service Award winner for September:**  
**Tawnya Skinner,**  
**FEA/CSC**



**Customer Service Award winner for October:**  
**Leigh Ann Sywassink,**  
**Deli Counter**



**Gumby Award Winner:**  
**Brianne Vollmar,**  
**FEA/CSC**



**Gumby Award Winners:**  
**Anton Lepak, Deli Dish**  
**& Annette Hofslund,**  
**FEA/CSC**



## Eating well for less • Values on good nutrition for trying times

Check out the end cap of value-priced bulk dried beans, brown rice, oatmeal, and whole wheat flour along with cooking directions and recipe suggestions. Spice them up, add your favorite fruits and vegetables, or enjoy them simple and hearty.



## UPCOMING WORKSHOPS

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### THAI COUPLES MASSAGE

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All of the following juice recipes are from Dylan Tusher of the Produce department with a nod to our Juicing Guru Emily Montgomery who regularly teaches juicing classes for the masses right here at the Co-op! Have fun juicing with these great recipes, separated by function.

## REFRESHING

### Neon Green Lemonade

— *courtesy of Emily Montgomery: teacher of the WFC juicing class*

one whole lemon  
8 whole Granny Smith apples

### Cool Carrot

4 to 6 medium carrots  
one med. cucumber

## INTENSE

(Note: these are shot glass juices; sipping not recommended)

### Ginger Cleanse

4 oz fresh ginger root  
one of your favorite apples  
(Honeycrisp, Braeburn, etc...)

### Fire Bomb

one hot pepper (jalapeño, habenero, etc...)  
one thumb-size piece of fresh ginger root  
one medium radish (or equivalent)  
one medium beet

## SUPERFOODS

### The Green Superman

one bunch kale (curly or Lacinato)  
one med. to large cucumber  
half a head of romaine lettuce  
one square (roughly 3X3inches) of fresh wheatgrass

### Harvest Rolls

— *Jill Holmen, HR Coordinator*

2 T Olive Oil  
2 c Onion, chopped  
1 T Garlic, minced  
1 or 2 re-hydrated Chipotle Peppers, seeded and minced.  
2 lb Butternut (or any kind of) Squash, peeled, seeded, cut into 1/4" cubes  
1 c Carrots, julienne  
1 c Cabbage, thinly sliced (red or green)  
1 c Corn  
1/2 c Cilantro  
1/2 t Sea Salt  
1/2 c Smoked Cheddar Cheese, grated  
1/2 t Ground Black Pepper  
8 sheets (approx) Phyllo Dough  
1/2 c Canola oil

Heat olive oil on medium heat. Add onion, garlic, and chipotle peppers. Sauté 5 minutes. Add squash and carrots, sauté another 25 minutes or so until soft. Add cabbage and corn, sautéing 3–4 minutes until just wilted and until the liquid evaporates. Pull from heat; add cilantro, salt and pepper. Stir in grated cheddar cheese (smoked is yummy, but any cheese will do).

Heat oven to 375 degrees. Line a baking sheet with parchment paper or a light layer of canola oil. Spread one sheet of phyllo dough on the counter and cut it cross-wise so that you have three approx. 4" sections. Fill with a scoop of squash mix, roll, and seal

with a dab of canola oil. Continue until the mix is used up. Lightly brush the tops of the rolls with canola oil before baking — approx. 25 minutes until lightly browned. Enjoy warm or cold!



Your Marketing and Member Services Team and Desi Arnaz in the WFC Cuban-inspired booth at the United Way Chili Cook-Off. We thank everyone who stopped by to try our fantastic chili and support this great event. See you next year!

*Tom Linderholm, Executive Chef at Ledge Rock Grille is also a proponent of using local foods whenever possible. We have been honored to partner with him this year with our Locavore Dinner and to have him also teach a class during the Locavore Challenge. The following recipes were presented during this class. If they look delicious, you're right!*

### Blueberry and Wild Rice Pancakes

— *Tom Linderholm, Executive Chef, Ledge Rock Grille*

Mix & sift:  
4 c Flour  
1/4 c Baking Powder  
1/8 c Sugar  
Pinch of Salt

Whisk together:  
4 eggs  
1 Quart Buttermilk  
1 t Vanilla

Small pinch Nutmeg  
1 stick Butter

Take above ingredients and combine together beating till smooth. Add the following:

2 c Blueberries  
2 c Wild Rice, cooked

Cook on a skillet or in a pan at approximately 350 degrees.

Finish off with the finest syrup you can find.

### Chicken & Wild Rice Soup

— *Tom Linderholm, Executive Chef, Ledge Rock Grille*

1 qt heavy Whipping Cream  
1 pt Chicken Broth  
1 medium Onion, chopped  
1/2 stalk Celery, chopped  
1 medium Carrot, chopped  
1/8 c Thyme Leaves, preferably fresh  
1 T fresh Garlic, minced  
2 Bay Leaves  
2 c Chicken Breasts, cooked & chopped  
2 c Wild Rice, cooked  
Cornstarch

Salt & pepper to taste

Sauté garlic, onion, celery, & carrots till tender then add remaining solid ingredients and continue to cook for and additional 5 minutes. Add your broth and your cream and bring to a boil. Simmer for an additional 15 minutes then use cornstarch to thicken. Season to taste with salt and pepper.

*Eco Wood makes the Shoops cedar plank all ready to go for this recipe and it's a local company to boot! Check them out in our Produce area.*

### Cedar Planked Lake Superior Lake Trout

— *Tom Linderholm, Executive Chef, Ledge Rock Grille*

2 lbs Lake Trout cut into 8 oz portions- preferably Red Fin  
4 Cedar Planks

Soak cedar planks for a minimum of 6 hours in water accented with a touch of lemon juice, allow planks to soak thoroughly.

Preheat oven to 400 degrees.

Lay trout filets skin side down on cedar and place in oven.

Cook for approximately 12 – 15 minutes.

4 T Honey  
4 T Brown Sugar  
4 T Butter

Apply in the following manner, on the top of the fish drizzle honey over entire filets, then sprinkle brown sugar followed by topping the fish with a tablespoon of butter. Place back in oven to finish glaze. Once the butter, honey and brown sugar have melted together your trout is ready to serve.

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On October 1, the WFC Staff had their second Staff Celebration Potluck. From the first Potluck last year, it was obvious that people who sell food love to cook and EAT good food. Michael Olker, Assistant Front End Manager, brought the Tortilla Roll-Ups as a delicious compliment to our endless Taco Bar. He generously shared this tasty and easy-to-make recipe on the condition that his wife Jennifer got all of the credit. Too bad we couldn't weasel her truffle recipe out of her!



HR Coordinator, Jill Holmen and part of the endless taco bar.

Besides its ease, the nice thing about this recipe is how easy it is to customize to your taste. Make it hotter, milder, or even add olives! Whatever!

### Tortilla Roll-Ups

— Jennifer Olker

- 8 oz Cream Cheese (softened to room temperature)
- 1/2 c Sour Cream
- 1 can diced Green Chilies, drained (we like the hatch chilies, they are hotter)
- 1 clove Garlic, minced
- 6 – 8 Tortillas

Mix softened cream cheese and sour cream together until smooth. Mix in remaining ingredients. Spread mixture evenly onto each tortilla. Roll. Let rolled tortillas firm up over night in the fridge. Slice each roll into 1" thick slices.

*I made this recipe up to satisfy an intense craving I had from childhood for these Keebler cookies that unfortunately have a bunch of crap ingredients in them. But not these! No crap in these!*

### Oat Coconut Chocolate Chip Cookies

— Tawnya Skinner, Front End Assistant

- 1 c Butter, Softened
- 1 c Sugar
- 1 t Vanilla (or substitute Coconut extract if you have it on hand)
- 1 3/4 c Flour
- 1/2 t Salt
- 1 c Oats, processed in food processor until fairly fine
- 1 1/4 c Coconut Flakes, toasted
- 1 c Chocolate Chips

Preheat Oven To 275 degrees. Cream butter and sugar. Mix in vanilla. Sift together flour, salt and oats, then mix into butter mixture. Gently stir in coconut and chocolate chips. Press mixture Firmly Into 9 X 13 Pan. Score with knife to make 36 individual rectangle shaped cookies. Bake for 40 – 45 minutes. Cool slightly. Invert pan onto cutting board. Cut again over scored lines.

Good on burgers!

### Avocado Bleu Cheese Dip/Spread

— Tawnya Skinner, Front End Assistant

- 1-1/2 c Bleu Cheese (The Danish is really, really good — but I also like the local one from Wisconsin)
- 1/4 c Buttermilk
- 1/4 c Sour Cream
- 1/4 c Mayo
- Juice from 1 Lemon
- 2 T White Vinegar
- 1/2 t Sugar
- Garlic Powder To Taste
- Salt To Taste
- Pepper To Taste
- Crushed Red Pepper Flakes to taste
- 2 Avocados

Mash the bleu cheese with a fork a bit. Add the remaining ingredients except for the avocados. Mix together. Dice avocados and gently mix in, trying to leave the avocados in kind of chunkier pieces. Adjust salt and pepper for taste.

### Radish, Green Onion, and Herbed Goat Cheese Spread

— Briana Lowrie, Front End Manager

- 8 oz soft Goat Cheese
- 2 T Milk
- 1/2 c Radishes, chopped
- 1/2 c Green Onions, chopped
- 1/4 c fresh Italian parsley, chopped
- 1/8 t Salt

In a medium bowl, combine cheese and milk; mix until creamy. Stir in radishes, onions, parsley and salt. If needed, add additional milk for ease in spreading. Serve with crackers or raw vegetables.

### Fried Egg, Tomato and Avocado Sandwich

— Briana Lowrie, Front End Manager

- 1 T unsalted Butter
- 2 Eggs
- 1/4 t Salt
- 1/4 t freshly ground Pepper
- 4 slices of Bread, toasted
- 3 t Mayonnaise
- 2 t Dijon Mustard
- 1 medium Tomato, cut into 4 slices
- 1/2 Avocado, sliced
- 2 thin slices Red Onion

Melt butter in a non-stick skillet over medium heat. Add eggs, sprinkle with 1/8 tsp each of salt and pepper, and cook until set. Spread the toasted bread with mayo and mustard. Top the mayo spread slices with a layer of egg, tomato, avocado, and onion. Sprinkle remaining salt and pepper and cover with the mustard spread slices.

*Sometimes I shop at other grocery stores. I usually regret it. The perfect example of this is when I buy peanut butter and jelly fixings at a conventional store. It always turns out gross. Too much corn syrup and strange smelling bread. As I was making a good peanut butter and jelly sandwich*

*today it occurred to me that the very best PB and J ingredients come from the Co-op. Try a taste test and judge for yourself.*

### The Best Peanut Butter and Jelly

— Rain Elfvin, MOD

- 2 slices Rudl's Multigrain Oat Bread, lightly toasted (even the butt pieces will work)
- Maranatha Organic Crunchy Peanut Butter, a generous slathering
- Cascadian Farms Jelly, I like blackberry or apricot, but they all work well
- Chase it down with a cold glass of milk, or soymilk, and enjoy!

*For this year's Locavore Challenge, we received more recipes than we anticipated, but less than we hoped for. The winning recipes were featured in the last Gazette, but we don't want to deny you the pleasure of enjoying the rest of them. Several recipes list specific local products or suppliers. While this may be helpful, there may also be other local options that can be found at WFC. You may also notice that not every ingredient is available all year. That's OK. Many fresh ingredients can be substituted with frozen or your own home preserved items in the cooler months. Several items with no source listed are, in fact, available locally, so look for the "Locally Owned" and "Locally Grown" stickers around the store for more ideas!*

### APPLE KALE SALAD

— Stephen Rosen

- 1 bunch Green or Lacinato Kale
- 1 medium Red Onion
- 2 Apples (any local variety)
- 3/4 c Thompson Seedless Raisins
- 1/2 c raw Sunflower Seeds
- 1/4 c Apple Cider Vinegar
- 1/4 c Maple Syrup
- 1 t Cinnamon
- 1/4 t Ginger
- 3 cloves Garlic
- 1/4 t Sea Salt
- Red Pepper Flakes (to taste)
- 2 T Coconut Oil

Chop garlic, apples, and onion. Sauté in coconut oil until soft. Add raisins and remaining spices. Remove for heat and add apple cider vinegar and maple syrup. Add chopped kale and sunflower seeds. Refrigerate until chilled.

### CLASSIC FRESH MOZZ SAMMIES

— Eric Bong

- 1 slice Fresh Mozzarella (made here at WFC with non-local curd)
- 1 slice Fresh Roma Tomato (Food Farm)
- 1 leaf fresh Basil (Food Farm)
- 3/4" slice Baguette (New French Bakery)

Layer mozzarella, tomato, and basil on the baguette. Enjoy.

### CREAM OF THE LOCAL CROP

— Sharon Murphy

- Sauté in 2 – 3 Tablespoons Westby (Westby, WI) butter:
- 1 c Carrots, diced (Food Farm)
- 1 c Celery, chopped
- 1 c Onion, diced (Food Farm)

When above vegetables are tender, add and briefly sauté:

- 1 c Shitake Mushrooms, sliced (you can grow these on a log in your basement but my favorite sources are some current and former Board members who inherited pieces of Erik Hahn's log before Erik moved farther north)

Bring to a simmer in a soup pot: 6 – 8 c Chicken Broth\*

- Add:
- 1 – 2 c Wild Rice, cooked (hand-picked, wood parched from the White Earth Reservation, MN)
- 1 c Chicken\*, cooked and coarsely chopped
- Sautéed veggies

Simmer about 30 minutes, slowly add: 1 pint Whipping Cream (Organic Valley). Do not boil after adding cream. Season with salt and pepper to taste.

\* Simmer a whole Kadejan (Glenwood, MN) or Larry Schultz (Owatonna, MN) chicken in water to cover until the chicken falls off the bones. Strain and reserve 1 cup chicken and 6–8 cups broth for this recipe

### CARROT BEET SALAD WITH RASPBERRY VINAIGRETTE

— Heather Murphy

- 2 c Carrots, grated (3 – 4 medium sized carrots)
- 2 c Beets, grated (1 – 2 medium sized beets)
- 1/4 c organic Canola Oil
- 3 T organic Apple Cider Vinegar
- 1/2 c fresh Raspberries
- 1/4 t Sea Salt
- 1/2 – 1 T Honey (to taste)
- Garnish — Mint or Parsley

Use a food processor to grate carrots and beets (or grate by hand) until you have 2 cups of each. Mix them together in a medium bowl or dish and set aside. To make vinaigrette, add remaining ingredients to food processor or blender (or mix by hand): canola oil, cider vinegar, raspberries, salt, and honey. Add water if dressing is too thick. Mix vinaigrette with carrots and beets and garnish with fresh local mint or parsley. Salad is best if it's made a day ahead and allowed to marinate over-night. Enjoy!

### SUMMER PASTA

— Anni Friesen

- 1 Summer Squash, sliced
- 2 c Mushrooms, sliced
- 1 c Cherry or Grape Tomatoes
- 2 c Spinach, roughly chopped
- 1/2 box Angel Hair Pasta
- 3 T Dahl's Dairy Butter
- Juice from 1/2 Lemon
- Salt and Pepper to taste

Boil water and cook angel hair pasta al dente. While cooking the noodles, sauté squash and mushrooms in butter until softened. Add whole cherry or grape tomatoes and spinach. Drain noodles and add to pan. Add lemon juice and toss all ingredients to coat. Add salt and pepper to taste. Note: This pasta can be made using virtually any local vegetables. Try adding julienne carrots or replace spinach with mixed greens.