

Nov
2016

The Co-Op Chronicle

News from the Mountains

Welcome New Members!

During the month of October we gained twelve new members!

- Linda Albuquerque
- David Cain
- Myrna Gifford
- Jackie Godfrey
- Jodie Grunau
- George Jacobs
- Roger Johnson
- Kamryn Long
- Andy McIntyre
- Judy Polak
- Courtney & Tim Ricks
- Mara Williams

A big thank you to all new and current members. We are a community owned grocery store, so your support is what keeps us going. The money from your membership helps us buy supplies for the store and allows us to run comfortably.



A Month in Review: October 2016

We purchased some new display shelves around the beginning of October. These shelves help to keep back-stock of things like mason jars for the bulk section neat and tidy. We also have some beautiful local pottery on display, made by local artist Ken Lu (Mr. L Pottery).

We have also taken the added space as an opportunity to expand our line of ultrasonic essential oil diffusers. We now have three plug into the wall diffusers, as well as USB and car diffusers. We have plans to also expand our line of Now Essential Oils over the next few months.

As the weather has begun to turn Venerable Bean Bakery is once again offering soup on a daily basis. Though all of these soups are 100% vegan, not all are gluten free. As with all of Venerable Bean's products a full list of ingredients is listed on their individual signs.

We hosted a "coffee pour over" event in conjunction with Firsthand Cooperative on October 28th to introduce a new coffee to our store—Malawi. It is a medium roast coffee with flavor notes of peach, orange, and lemon. Now available for sale in our bulk coffee section. We will be doing these events more often in the future, so be sure to check out our Facebook page for details.

With the coming cool weather, we have had a demand for more meat products. We have recently added beef liver, beef tongue, chicken wings, and chicken quarters from Possum Tail Farm in Terra Alta. Possum Tail Farm is a Certified Naturally Grown farm.

The end of local produce is approaching quickly. We still have winter squash: pumpkins, butternut, and acorn from Arnettsville, WV.

Venerable Bean Bakery

The Venerable Bean will be offering 8" pumpkin and chocolate truffle pies this holiday season! To order a pie please contact Aaron at thevenerablebean@gmail.com.

He will be offering a Gluten Free option for the pumpkin pie, and the chocolate truffle is Gluten Free originally. All Venerable Bean products are Vegan.

Introducing Meal Kits!

We are very excited to announce that we are now offering pre-measured meal kits! Our goal is to make simple, affordable one pot meals. We will be changing the recipes from time to time, and every recipe has been tested by someone on the staff—so we know its good! These are great for date nights, and simple delicious meals.

Our current kit is for One Pot Berbere Stew, and is less than \$10 for 4 servings.



VEGETARIAN BLACK BEAN CHILI

- 1 ½ cups frozen corn
- 4 stalks celery
- 1 yellow onion
- 4 large carrots
- 2-15oz cans of kidney beans
- 2-15oz cans of black beans
- 2-28oz cans crushed tomatoes
- 1 ½ Tsp ground cumin
- 2 Tsp chili powder
- ½ Tsp black pepper
- 1 Tsp granulated garlic
- 1 Tsp salt
- 1 pinch of cayenne
- 2 Tsp Canola Oil

Instructions

Drain and rinse kidney beans, and black beans. Sauté the celery, onion, and carrots in the canola oil until slightly tender. add remaining ingredients, and simmer for about one hour. Adjust seasoning to taste.

Tips

Serve over brown rice and top with cilantro or avocado cream.

Optional

To make this dish fat-free, place the vegetable stock to cover them, and simmer until tender

Recipe taken from the “Mountain People’s Kitchen Cookbook” written and compiled by Erin Hartman.

November Member Sales!

Every week we select 10 items from different departments in the store. Those items are 15% off for one week-- Sunday to Sunday. To identify these items in our store there are small yellow signs with the discounted price listed.

Week of the 6th

Apple Cider, 64oz
Cinnamon Flavoring, 2oz
Caramel Crunch Chocolate Bar
Italian Herb Pasta Sauce, 26oz
Roast Red Pepper Tomato Soup, 18oz
Canned Pumpkin
Ginger Tea, 16 bags
Celestial Tea Infuser
Unscented Witch Hazel with Aloe
Bamboo Vegetable Brush

Week of the 20th

Mint Chocolate Bar
Chile Con Queso Dip, 16oz
Chicken Gravy Mix Packet
Spicy Brown Mustard, 11oz
Sprouted Vegetable Fried Rice, 6oz
Garden Vegetable Soup
Dehydrated Pomegranate
Dive Immunity Blend Tea
Honey&Black Seed Lotion, 13oz
Orange Scented Citrawood

Week of the 13th

Milk Chocolate Bar
Hazelnut Flour, 14oz
Canned Sweet Potato Puree
Jellied Cranberry Sauce, 14oz
Grated Parmesan Cheese
Calm Buddha Blend Tea
Rescue Pastilles
Peaceful Sleep Essential Oil
Cocoa Butter, 7oz
Citrus Scented All Purpose Cleaner

Week of the 27th

Apple Butter, 17oz
Ginger Snap Cookies
Mango Hot Sauce, 5oz
All Vegetable Shortening, 24oz
Southwest Taco Mix Packet
Chai Rooibos Tea, 16 bags
Sweet Almond Oil, 4floc
Bergamot Essential Oil
Clear Chest, Bronchial Support
Dishwasher Gel

Don't Forget to Order a Local Turkey for Your Holiday Meal!



We are now taking pre-orders for local turkeys from Gardner Farm in Waverly, WV. We will NOT have any extra birds in the store, so if you want one please make sure you order!

Average weights 15-20lbs

You may request a smaller or larger bird, but on a first come first serve basis. We cannot guarantee a specific weight.

The last day to order will be Monday, November 14th.

They will be available to pick up from November 18-20th.

\$4.49/lb

A deposit of \$35.00 must be placed at time of order.

Orders can be placed in the store at checkout.