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Holiday Cooking with Our Board!
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GREETINGS FROM THE GENERAL MANAGER

Happy Healthy Holidays!

By Lori Rosenberg
General Manager

The holiday season is upon us once again. It is the time to give thanks and the opportunity to celebrate with our family and friends sharing great food, enjoying each other’s stories and toasting in the New Year. Our staff has a lot of fun ordering all the unique specialty gift items, food and wine to add to your holiday sharing. We do hope that you enjoy them, too!

In the New Year, we are excited to offer a great array of educational classes and in addition a kids’ store tour. All of the classes and events are always posted on our website www.ukiahcoop.com, so see what inspires you and I hope that you can attend a class or two. They are fun and informative.

“Give Back to Schools Week” October 7th through October 13th was a successful event for our local schools. We had 25 schools participate this year. The Co-op donated 5% of the week’s sales based on the shoppers’ preferences. Thanks to all who shopped during “Back to Schools Week” contributing much needed money to support the schools in our community. The results are in this newsletter edition and on our website.

Do we have your correct address on file? As we prepare to send out our first Patronage Dividend (PD) checks this spring it is more important than ever we have your correct information on file. All PD checks will be sent to the address of record. If you’ve moved recently -- or are planning on moving -- you can use the address change form printed on page five! Just fill it out and drop it off at Customer Service!

Your continued support of our great co-op is what sets us apart from other businesses. Every little bit we do in our community will continue to help build better sustainability now and in the future. Together we have built the foundation of this trusted cooperative marketplace that provides for our diverse community. We are stronger together!

Happy Holidays,
Lori Rosenberg
General Manager

Vision: We envision Ukiah Natural Foods Co-op to be the foundation of a trusted, cooperative marketplace of goods and services that provide for the needs of our diverse community.

Purpose: The purpose of Ukiah Natural Foods Co-op is to be a vital, thriving, and growing community center that will:

• Provide and promote organically grown, sustainably produced food, goods, and services that are locally and regionally sourced whenever possible.
• Promote the health and wellness of our community by providing facilities, resources, and information and by offering effective, positive community education and services.
• Embody and model sustainable, humane, equitable, green ways of working and living, creating and maintaining an ideal workplace.
• Add to the enjoyment and enrichment of our greater community ventures and networks.
• Have fun doing it!
What’s Coming up at the Co-op?

SALE
10% Off all Wine & Cheese
Tuesday, November 20th

Holiday entertaining made easy!

10% Off Our Entire Store!
Stock up on your holiday baking, entertaining & gift-giving needs!

Vegan Thanksgiving Co-op Class with Kai Bravo
Tuesday, November 6, 6-7:30 p.m.
Delicious, creative holiday dishes that are meat, dairy and egg free!
Please RSVP 462-4778: $10 Owners & $15 Non-Owners

SALE
Now taking orders!

Thanksgiving Turkeys
Sonoma County Willie Bird Turkeys
• Order in 2 lb increments from 14-30 lbs (no guarantee of exact size)
• Free range, no antibiotics, no hormones
• Deep Chilled $3.49

Fresh, Certified Organic Diestel Heidi Hens
• Available in 12-16 lbs or 16-20 lbs (No guarantee of exact size)
• Price to be announced

More class listings on page 8!
New Year is Packed with Classes!

Jessica Jedel
Marketing and Outreach Coordinator

Wow, we have been picking up momentum lately! Our classes are turning out to be full, full, full. A big thank you goes out to those of you who have been so willing to learn lately – young and old alike! In case you haven’t noticed, the Co-op has been offering classes that are appealing to all crowds recently. Beginning with our ‘Why Raw?’ class in March we have been moving at the speed of light to bring our amazing owners and customers everything that they want! From hormone balances in women to baby-food making as well as classes for kids. YOUR Co-op is making an educational impact in our community.

The most exciting announcement to date is that we will be able to offer online registration beginning January 1st, 2013! Please be looking for online registration through our e-newsletter, Facebook and website where we will provide links directly to the registration page for our classes. We are looking forward to offering this convenience to our class attendees! We truly believe this will be a great way for people to sign up quickly and easily. Please note, we will still be offering in-store registration as well for those of you who prefer to visit our customer service desk!

As we look into the new year, we look forward to introducing our 2013 class schedule. Our vendors have been so happy with your interest in their classes that they are already on the schedule for the entire 2013 year. If you are looking for new information and alternatives for your overall health, look forward to at least one wellness class per month. New Chapter, Natural Health International, and Garden of Life have already filled up our schedule with great topics and solutions for you and your body! In addition to classes for adults, your children can also look forward to continued efforts on our part to provide cooking education for them. With such a great turnout at each of our children’s classes in 2012, we are providing a class a month for them in 2013. To kick off the year, the kids will be able to join us for a store tour in January! You can also look forward to continued cooking education, alternative health solutions and so much more for adults. In addition we’re adding regular Spanish-speaking classes in the new year, so be sure to tell your friends! 2013 is sure to be exciting and we can’t wait to see what our ‘classy’ future will hold!

Check out the pictures surrounding this article and see how much fun our classes have been! We had 18 children signed up for each of our Co-op Cooking Camps this summer, 40 people in attendance for our Hormone Balances in Women class and 14 moms (and moms-to-be) along with 8 babies in our Baby Food Making Class. Make sure you become a part of all of this! Visit page 3 of this newsletter to see what’s happening next. You can always check our online calendar and e-newsletter for the class schedule. And always remember to register for the classes -- that way we can make sure you don’t forget!

Please peruse our upcoming class schedule -- we have a lot planned for the coming months centered around the holidays! Do you have a great idea for a class, or even one you would like to teach? Please e-mail me at outreach2@ukiahcoop.com or call me and tell me what you think; together we can try to make it happen!

New Class Policies for 2013

We are introducing new policies which will take effect January 1st, 2013.

Due to the high interest in all of our classes, we believe these new policies will better serve our owners and customers in the future.

Cancellation policy: There will be no cash refunds. To receive a transferable credit for a future class, you must cancel at least 48 hours before your scheduled class.

If you cancel less than 48 hours before the class, or are a no show, you will forfeit the class fee.

Co-ops Donate to End Childhood Hunger

Did you know? Ukiah Natural Foods Co-op in conjunction with the 127 other co-ops in the National Cooperative Grocers Association raised $106,500 for hungry children. The funds have been donated to the national nonprofit Share Our Strength in support of the organization’s No Hungry Kid campaign.

“One in five kids struggle with hunger in the United States – that’s nearly 16 million children. Solving a problem of this magnitude can only happen if we work together,” said Robynn Shadrer, chief executive officer for NCGA. “We are humbled to be part of a passionate community of vendors, food co-ops and shoppers, a group that has contributed $106,500 to help end childhood hunger.”
Your Co-op in the Community

Critter Comfort Towel Drive!

by Joan Griswold
Outreach & Marketing Manager

Thank you to everyone who supported our Critter Comfort Towel Drive. Our community donated over 450 towels, far exceeding our expectations!

Towels came in every size and color: thick, plush and large to microfiber hand towels. Some were brand new; others well worn. Each had its own story; every one was given from the heart to help animals in need.

The three shelters that received the towels were: Inland Humane Society of Mendocino County; Mendocino County Animal Care and Control, and Bones Animal Shelter of Covelo. They were stunned by the outpouring of support, and so were we!

Pictured above: The Co-op received so many towels during the towel drive that the barrels (top left) were often full-to-overflowing. Mary and Kelly (top right) gratefully received towels during the drive. Middle left: organizing the donations. Middle right: on to the shelters! Bottom Left: Grocery buyer Josh with some of the thirty cases of pet food samples the Co-op received free of charge from pet food distributor, Animal Supply Logistics. The free product was distributed to the animal shelters.

Give Back to Schools Week

Thanks to all of our Co-op owners and shoppers who helped us raise over $13,000 for this year’s Give Back to Schools Week! By shopping with us October 7 - 13 you helped area schools in such an important way. Many, many thanks!

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<td>Brookside Elem.</td>
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Let us know when you move!

Now more than ever it’s important to let us know when you have a new address. It means we will have the correct address on file when it’s time to send this year’s patronage dividend check! So if you’ve moved (or are planning on moving) please fill this out and drop it off at Customer Service. Thank you!
From Our Board
to Your Table!

Holiday recipes from Ukiah Natural Foods
Board of Directors

The November December Co-op News always brings up the same question: Where will we find healthy recipes for the holiday edition? The answer was clear: ask our Board of Directors! After all, their commitment to healthy, locally sourced food is so strong they volunteer their time to make it a reality in our community.

Six Board members submitted recipes and each one is a winner. From healthy appetizers to a sweet ending, the recipes are healthy and sure to please. We hope you will enjoy!

Butternut Squash and Roasted Apple Soup
Kathryn Quanbeck

Board Member Kathryn says it’s one of her favorite fall holiday recipes. It’s easy, flavorful and it can be made with almost entirely local ingredients! It makes a great Thanksgiving appetizer or just a nice lunch on fall day with fresh bread and cheese.

Ingredients:
- 2 butternut squashes, quartered, seeds removed
- 2 to 3 Granny Smith apples
- 1 to 2 tablespoons olive oil or vegetable oil
- Salt and freshly ground black pepper
- 3 cups apple cider
- 2 cups chicken or vegetable broth or water, more as needed
- 1 teaspoon ground cinnamon
- 1 pinch nutmeg, or to taste
- Juice of 1 lemon, or to taste
- Dried cranberries or dried cherries, toasted almond slivers and diced apples, for garnish, optional

Directions:
Preheat oven to 400°. Cut each squash quarter in half and place in a large bowl. Quarter and core apples and add to bowl. Add 1 or 2 tablespoons oil and a sprinkling of salt and pepper. Rub everything to coat well, and transfer to a large baking sheet. Cover tightly with foil.

Bake until apples are soft in center, about 30 minutes. Transfer apples to a plate to cool, and return squash to oven to bake until soft, another 15 to 30 minutes. When apples and squash are cool enough to handle, scoop out flesh into a large bowl; discard skins. Working in batches, purée squash and apples in a food processor or blender. If necessary, add some apple cider to each batch to help purée.

Transfer purée to a 4- to 6-quart soup pot. Add remaining cider and enough broth or water for desired consistency. Place over medium-low heat. Add cinnamon, nutmeg and lemon juice; as soup warms, flavors will emerge. Heat just until steaming, and adjust seasonings to taste. Ladle into warm bowls. If desired, garnish with dried cranberries or dried cherries, toasted almond slivers and diced apple.

Yield: About 3 quarts.

Yam Appetizers - Larry Mayfield

The options are endless for this easy-to-make harvest appetizer.

Cut peeled yams about 1/4 inch thick so they are about the diameter of half dollars. Place the yams in a preheated sauté pan with a good olive oil (1/8 inch deep) covering the bottom of the pan in a single layer.

Sauté for about a minute on each side until the yams are cooked but still firm. When yams are cool enough to touch place a single pecan on each piece then drizzle a few drops of maple syrup on each yam pecan combo.

Instead of pecans and maple syrup place a single basil leaf on the yam then top with a bit of ricotta cheese. Or place a small piece of turkey or ham on the yam then drip a little maple syrup or gravy on top.

Gluten Free Winter Squash Muffins
Joe Wildman

Healthy and delicious, this recipe will satisfy the sweet tooth without adding in gluten or guilt!

Ingredients:
- 1 spaghetti squash
- 1 delicata squash
- 4 eggs
- 2 tablespoons honey
- ¼ cup raw coconut flour (optional)

Bake spaghetti squash by cutting it in half lengthwise, scooping out the seeds and putting the halves cut-side-down in one half inch of water in a large baking dish. Bake in preheated oven at 350 degrees for 45 minutes. Run a knife through the “spaghetti strands” to cut them into pieces ¼ to ½ inch long. Scoop cut strands out of shell to measure ¾ cup squash.

Cut delicata squash in half and scoop out seeds and membranes; cut each half into 3 or 4 pieces and steam until soft. Scrape squash off skin, mash well, and measure ¾ c. (Reserve remaining spaghetti and delicata squash for other uses; discard skins.) Mix spaghetti squash, delicata squash and eggs well.

Warm honey to liquefy; drizzle into squash batter while stirring and mix well. Optional: For a firmer muffin, sprinkle coconut flour into batter while stirring vigorously. Line muffin tin with paper muffin cups. Spoon batter into cups. Batter will not rise, so mound batter to size you want finished muffins to be. Bake in preheated oven at 350° for 35 to 45 minutes or until firm. Makes 1 doz. muffins.

Maple Baked Root Vegetables

Continued on page 8.
The Holidays are here in our grocery department and they have lots of things they would love for you to know about their holiday offerings! Here are some things you should know when you shop the Co-op for your holiday entertaining needs.

Number one, turkey orders! Do you always call in one day too late to order your organic Heidi Hen or that Willie Bird you can't wait to cook every year? Be sure to get your order in early for this year's Thanksgiving dinner. We start taking orders on November 1st for those tasty birds, and you don't want to miss your chance! The Co-op offers a limited supply and selection of both Heidi Hens and Willie Birds so call early for the best selection. This year we will have Organic Heidi Hens in two sizes; 12 – 16 lbs and 16 – 20 lbs. We are also offering Willie Birds in two pound increments from 14 to 30 pounds. As always, it is best to plan on 1 to 1.5 pounds of turkey per person. It is all turkeys all the time for the month of November, so don't miss out!

Number two, we have the BEST stocking stuffers! Be on the look-out for our holiday candy coming in December. In addition to that our everyday items make perfect gifts. Specialty cookies, chocolates, candies and teas all fit perfectly inside a gift bag or Christmas stocking. (Psssst – you can always visit the Housewares Department for additional gifts that are great for holiday gift exchanges.) Don't know what to get for the person who has everything? Grab them a Chocolove Sea Salt & Almond bar (a staff and shopper favorite) and top it with a Co-op gift card – gifting made easy!

Number three, shop bulk for your holiday baking and cooking! Cutting out your favorite sugar cookies? Whipping up your best pie? Making your family’s favorite holiday dinner dish? Be sure to shop our bulk grocery department and bulk herbs and spices to save some money during this holiday season.

1. Zhena’s Gypsy Tea, Fire Light Chai
   With a little coconut milk, it’s a perfect non caffeinated morning drink.

2. Eden Garbanzo Beans
   I eat it with a little olive oil, salt and curry powder roasted in the oven. So Good.

3. Earth Balance Buttery Spread
   Um, I don’t think I could live without it.

4. Rising Moon Butternut Squash Ravioli
   It makes for a decadent weekend dinner - with zero effort.

5. Wildwood Tofu, Super Firm
   It’s my favorite tofu, and for a vegan that says a lot. So firm, you don’t even have to press it to achieve awesome texture.

6. Reed’s Original Ginger Beer
   It’s bubbly and just the right amount of spicy (very!)

7. Amy’s Pot Pies, Vegetable Non-Dairy
   It enables me to be a really lazy vegan. Also, it is really hearty and yummy, too.

8. Burt’s Bees Super Glossy Lip Shine
   Love it. Non-sticky, moisturizes and smells amazing. (Note: not strictly vegan as it contains beeswax.)

9. Bragg’s Liquid Aminos
   It’s better than soy sauce. Yeah, I said it.

Expanded Hours for Senior Discount!

Beginning November 1, 2012 the Co-op will expand the times seniors can receive an additional 2% discount. The new hours are Monday - Saturday from 8 a.m. - 12 p.m. and all day Sunday.

The change, said General Manager Lori Rosenberg, came after a senior owner mentioned the senior bus doesn't run on Sundays. Formerly the Senior Discount was offered only on Sundays. “We decided we should offer the discount during the times the bus runs to make sure as many senior owners as possible can take advantage of the extra savings,” said Lori.

"In this economy every little bit helps. Senior owners 65 and older receive a 2% discount whenever they shop. If they shop on Senior Mornings or Sundays they will receive an additional 2% discount.

Bus transportation for Seniors is provided by the Ukiah Senior Center at a low cost to those 55 and older or any disabled person. Hours of service are Monday - Friday, 9:30 to 4:45. For information call 462-4343 or go to ukiahseniorcenter.org and follow the links.

Sonora's Top 9

Scan Clerk Sonora describes her eating style as "garden-variety vegan!"
December Co-op Classes!

Saturday, December 1

Holiday Cook and Craft Class

Parents, please bring your children ranging in age from 2 to 5 to join us for a holiday craft and cook class. We’ll make a yummy holiday treat and enjoy creating a great holiday craft using recycled materials! Parents can team up with their children to bring out their creativity and enjoy a Saturday morning together during the busiest season of the year!

Ingredients:
- 2 to 3 tablespoons maple syrup
- 1/2 cup olive oil
- 6 shallots halved
- 1/4 oz. “Ocean Harvest” dry kombu cut into bite-sized pieces
- 1/2 cup shelled pistachios -- crushed to a fine powder
- 2-4 tablespoons maple syrup
- 1/2 cup cooked chickpeas

Directions:
1. Preheat the oven to 400 degrees. Place the cut root vegetables in a single layer on one or two large lightly oiled baking sheets.
2. Stir together the oil, maple syrup and shallots and drizzle over the vegetables. Stir to coat. Sprinkle with salt and pepper to taste.
3. Bake for about 1 hour, stirring every 20 minutes, until the vegetables are done and a little caramelized from the syrup. Serve and enjoy.

Maple Baked Root Vegetables

Cliff Paulin

Delicious root vegetables deserve a place on any holiday table. This recipe from our Board President is sure to please!

Ingredients:
- 1/2 cup olive oil
- 2 tables map syrup
- 1/2 cup shelled Pistachio -- crushed to a fine powder
- 1/4 oz. “Ocean Harvest” dry kombu cut into bite-sized pieces

Directions:
1. Preheat the oven to 200 degrees. Place oven method: Preheat oven to 200 degrees. Place kombu kisses on a baking sheet and place sheet on a rack in the oven. Turn oven off.
2. Dehydrate for at least 20 minutes or until you start to smell the maple cooking. Kisses are done when they are crunchy. Enjoy as a treat anytime! Can keep in a cookie jar.

Kombu Kisses - Terry d’Selkie

Sweet and healthy candy for the holidays!

Ingredients:
- 1 1/4 oz. “Ocean Harvest” dry kombu cut into bite-sized pieces
- 2-4 tablespoons maple syrup
- 1/2 cup shelled pistachios -- crushed to a fine powder

Directions:
1. Dehydrate kombu for one minute in a bowl of water until leathery then dry with a towel. Kombu should feel bendable but not very slimy.
2. Coat kombu on both sides with maple syrup. Dip each piece of maple-kombu into finely crushed pistachio nuts. Dehydrate in a food dehydrator at 120 degrees. Do not dehydrate in an oven.
3. Dehydrate for at least 20 minutes or until you start to smell the maple cooking. Kisses are done when they are crunchy. Enjoy as a treat anytime! Can keep in a cookie jar.

Makes 20-30 pieces

Continued from page 6.

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Directions:
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Wednesday, December 5th

Co-op Kids Class:
Gifts from the Kitchen!

Turn your children into elves this holiday season with our Co-op Kids Class - Gifts from the Kitchen. The kids will learn to prepare gifts for friends, family, teachers, neighbors and more using everyday items in the kitchen. Our kids classes fill up fast, so be sure to sign up today!

Almond Hummus

Yes, chickpeas already have a nutty taste, but the addition of almonds gives this dip a deliciously different spin. Chips and breads are good dippers for hummus. And of course it makes a tasty sandwich spread.

Ingredients
- 1 cup cooked chickpeas
- 1/3 cup tahini (ground sesame seeds w/ olive oil)
- 1/4 cup ground almonds
- 2 tablespoons olive oil
- 1 teaspoon garlic granules
- 1/4 cup water
- 1 tablespoon parsley leaf flakes
- 1/8 teaspoon cayenne
- salt to taste

Directions
Combine all ingredients in a food processor or blender until smooth. Serve at room temperature or cool.

- Courtesy of Frontier Foods

What to Dip With?
An assortment of veggies is always fun, but be sure to vary the color. Why not offer kohlrabi or artichoke hearts alongside the classic carrots and cauliflower or papaya and kiwi with those apples? Vary your chip assortment, too. Offer something your guests may not have tried lately, like sweet potato, blue corn, or hot sesame chips. A variety of breads (including breadsticks, crackers and pretzels) and cheese cubes make for substantial dipping.

Make It Your Way
Start with any good base (sour cream, yogurt, cream cheese, mayo, mashed beans or veggies, for example). Add a squirt or two of lemon juice, lime juice, or balsamic or wine vinegar, or, for a sweet dip, honey. Then make your dip unique with your own spice combos--savory, garlic and cumin in the bean dip; thyme, basil and chives for the seafood; and mint, cinnamon, and nutmeg for the fruit, for example. Add a few surprises, like sundried tomatoes or chili peppers.

What’s In the Dip?
“Thanks to your way with spices, that’s what guests will be asking as they wonder why your dips so delicious and distinctive. And homemade dips can be a lot healthier than store-bought dips, which are often high in fat, sodium and calories.

“Make It Your Way”

Start with any good base (sour cream, yogurt, cream cheese, mayo, mashed beans or veggies, for example). Add a squirt or two of lemon juice, lime juice, or balsamic or wine vinegar, or, for a sweet dip, honey. Then make your dip unique with your own spice combos—savory, garlic and cumin in the bean dip; thyme, basil and chives for the seafood; and mint, cinnamon, and nutmeg for the fruit, for example. Add a few surprises, like sundried tomatoes or chili peppers.

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I mentioned in the last newsletter that my wife and I spent three weeks in July in our hometown in northern Minnesota. It doesn’t get dark until almost 11:00 P.M. in July and I enjoyed numerous after midnight walks in the wilderness. The magic of a Minnesota summer night is indescribable. I heard wolves howling, loons crying in the night near the lake and was mesmerized by the high winds roaring through the trees. The state bird (the mosquito) wasn’t too bad but the deer flies were atrocious. They are a small triangle-shaped creature that incessantly tortures anything in the woods. It was disappointing that it was a poor wild blueberry year but maybe next year will be better.

We spent lots of time on or nearby Rainy Lake which is simply a touch of nirvana. Rainy Lake is part of a watershed of glacial lakes that includes Crane, Namakan and Kabetogama (all Ojibwa Indian names). The latter three drain into Rainy which is the largest with over a thousand miles of shoreline and 1600 islands. The French-Canadian voyagers that canoed from Montreal and Toronto in the 1700’s to trap this region which was rich in fur traveled this chain of lakes.

We now carry Himalayan Crystal Salt in our store. Table salt contains two minerals – sodium and chloride. Sea salt contains around eighteen minerals. Himalayan salt contains 84 minerals that exist in an ionic (electrolyte) form. These minerals have been shown to alkalize the body and balance blood pressure. Table salt is bleached to a bright white and at times so is sea salt. Before the Himalayas were born from tectonic activity the region was covered by a primordial ocean. This sea absorbed the sun’s energy for millennia and gradually evaporated leaving the original salts. These salts have various uses. They can be utilized in the diet, in Neti Pots for allergy issues, in salt inhalers for pollen, asthmatic, flu and other respiratory conditions. The larger crystal stones can be used to create a sole (soli) to reinvigorate your body with those minerals that were sweated out. Just add a teaspoon of your sole to eight ounces of your drinking water. The Dr. Oz program has mentioned the use of salt inhalers and Neti Pots for relief of allergy, bronchial and respiratory issues. The packaging for the salt should say product of Pakistan and contain the Royal Seal of the Region to assure receiving the benefits of this Original Salt! Please stop by the Wellness Department with any questions.

Values in Action Everyday

We are proud to be part of a movement that proves respecting people is good for business. Millions of consumers around the globe have joined cooperatives for many reasons, including finding that they fill a need for housing, electricity, food, insurance and financial services… the list is endless. What attracts people to cooperation is that their co-ops operate on their behalf with honesty, fairness and transparency—they are based on values not unlike those people aspire to for themselves: self-responsibility, democracy, equality, and social responsibility (www.ica.coop). In the United States, 30,000 co-ops provide two million jobs, and one of every four people is a member of a cooperative.

This year, co-ops are celebrating with us the United Nations declaration of 2012 as the International Year of Cooperatives. We are thrilled by the international recognition of co-ops’ fundamental values: that making people and communities our top priority is good business.
These Co-op owners offer discounts to other owners! Our Co-op Owner-to-Owner list is growing.
Due to space limitations we are rotating the highlighted businesses each issue.
For a complete list please go to ukiahcoop.com. If you’d like to include your business in the directory, contact Marketing at the Co-op at 462-4778 ext 115.
Note: a listing in the owner-to-owner directory does not imply a Co-op endorsement.

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<tr>
<th>Health &amp; Wellness</th>
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<td><strong>A Theta Mind – Scarlett Sky A’Hearn</strong>&lt;br&gt;theatahealingthetamind.com&lt;br&gt;895-9129 • 25% off 1st hour session or Buy 9 sessions &amp; Get One FREE</td>
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<td><strong>Acorn Whole Being Health</strong>&lt;br&gt;Alan Sunbeam, L.Ac.&lt;br&gt;ukiahacupuncture.com, 354-2665&lt;br&gt;25% off all services</td>
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<td><strong>Acupuncture &amp; Chinese Herbalist</strong>&lt;br&gt;Candice Romanow, Licensed Practitioner&lt;br&gt;healing-pathways.com, 480-9021&lt;br&gt;25% off first visit</td>
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<td><strong>Calm Spirit Acupuncture and Massage</strong>&lt;br&gt;Ellie Eich, LAc, CMT&lt;br&gt;(707) 485-1785&lt;br&gt;20% off first visit</td>
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<td><strong>Chiropractor, Low Intensive Laser Therapy</strong>&lt;br&gt;Christine Miller, D.C&lt;br&gt;cmillerchiropractic.com, 462-2230&lt;br&gt;10% off all services</td>
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<td><strong>Chiropractor</strong>&lt;br&gt;Vincent J Corcoran&lt;br&gt;463-1984&lt;br&gt;10% off all services when paid at time of service</td>
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<td><strong>Chiropractor</strong>&lt;br&gt;Angela M. Williams D.C.&lt;br&gt;<a href="mailto:angelawilliamsdc@gmail.com">angelawilliamsdc@gmail.com</a>, 463-1984&lt;br&gt;Free initial consultation</td>
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<td><strong>General Dentistry</strong>&lt;br&gt;J. Robert Ortega, D.D.S.&lt;br&gt;mendosmiles.com, 462-3875&lt;br&gt;10% off all services</td>
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<td><strong>Holistic Health Consultant</strong>&lt;br&gt;Luna Hart, HHC&lt;br&gt;hartohealth.com, 354-4731&lt;br&gt;10% off first visit</td>
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<th>Weight &amp; Wellness</th>
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<td><strong>Inner Harmony, Colon Hydrotherapy</strong>&lt;br&gt;Casey Eldredge&lt;br&gt;colontherapyukiah.com, 972-0692&lt;br&gt;10% off first visit</td>
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<td><strong>Meadows Physical Therapy</strong>&lt;br&gt;Herman Meadows, PT&lt;br&gt;meadowspht.com, 462-4996&lt;br&gt;10% off first visit</td>
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<td><strong>Natural Family Health Care</strong>&lt;br&gt;Drs. Amy Kelchner &amp; Kambra Phoebus&lt;br&gt;www.ukiahnturopathic.com, 707-462-8628&lt;br&gt;4% discount on all services</td>
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<td><strong>Nutrition Counseling, Weightloss &amp; Diabetes</strong>&lt;br&gt;Sharon Stewart&lt;br&gt;<a href="mailto:alpha0172@gmail.com">alpha0172@gmail.com</a>, 367-0172&lt;br&gt;10% off first visit</td>
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<td><strong>Philo School of Herbal Energetics</strong>&lt;br&gt;Mary Par Palmer, RH, AHG&lt;br&gt;herbalenergetics.com, 895-3007&lt;br&gt;10% off all services</td>
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<td><strong>Six Rivers Energy Services</strong>&lt;br&gt;Laptop computer sales and service&lt;br&gt;<a href="mailto:anandakrsna@hotmail.com">anandakrsna@hotmail.com</a>, 462-1310&lt;br&gt;Free Estimate</td>
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<td><strong>Six Rivers Optical</strong>&lt;br&gt;Aura Gross&lt;br&gt;<a href="mailto:anandakrsna@hotmail.com">anandakrsna@hotmail.com</a>, 462-1310</td>
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<th>Massage</th>
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<td><strong>Kate Nachtwey, CMT</strong>&lt;br&gt;Jin Shin Jyutsu/Massage Therapy/Pregnancy&lt;br&gt;jjsbodystory.com, 489-1064&lt;br&gt;10% off first visit</td>
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<td><strong>Mary-Margaret Mastin, AHMT</strong>&lt;br&gt;Holistic Bodywork &amp; Soundwave Therapy&lt;br&gt;621-1401&lt;br&gt;15% off first visit</td>
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<th>Therapy</th>
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<td><strong>Bonnie Barker</strong>&lt;br&gt;Reiki Energy Healing&lt;br&gt;707-413-7004&lt;br&gt;10% off Classes / Treatments</td>
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<td><strong>Doreen Blumenfeld</strong>, Clinical Hypnotherapist&lt;br&gt;Health concerns and emotional issues&lt;br&gt;<a href="mailto:relax@hearthill.com">relax@hearthill.com</a>, 459-8688&lt;br&gt;20% off first session</td>
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<td><strong>Brad Kammer, MFT</strong>&lt;br&gt;Mariage, Family Counseling&lt;br&gt;body-mindtherapy.com, 462-2133&lt;br&gt;Free consultation</td>
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<th>Misc. Services</th>
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<td><strong>Judith Phillips, SILL, PhD, Psychologist</strong>&lt;br&gt;515 S. School Street, Ukiah, 937-3000&lt;br&gt;Initial free consultation</td>
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<td><strong>Gail Shahbaghlian, MFT</strong>&lt;br&gt;518 S. School Street, Ukiah, 462-6575&lt;br&gt;Free consultation</td>
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<td><strong>Divora Stern, LCSW</strong>&lt;br&gt;Energy psychology, EFT, counseling, 354-9911&lt;br&gt;60% off first session</td>
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<td><strong>Alden Tech &amp; Design</strong>&lt;br&gt;Computer Consulting/Web Design&lt;br&gt;aldentd.com, 462-3446&lt;br&gt;5% off all labor</td>
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<td><strong>Alliance Auto Service</strong>&lt;br&gt;213 S. Main St., Ukiah, 462-4432&lt;br&gt;20% off labor</td>
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<td><strong>All Ears Computing, PC Service &amp; Repair</strong>&lt;br&gt;Marc Levine&lt;br&gt;<a href="mailto:marc@allearsaudio.com">marc@allearsaudio.com</a>, 463-1885&lt;br&gt;25% off first visit</td>
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<td><strong>Coldwell Banker Mendo Realty, Inc.</strong>&lt;br&gt;Tara Moratti, 367-0389&lt;br&gt;Free market analysis</td>
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<td><strong>Deborah Pruitt, Ph.D.</strong>&lt;br&gt;Group facilitation&lt;br&gt;groupalchemy.net, 456-0654&lt;br&gt;Free one hour consultation</td>
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<th>Graphic Design Services</th>
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<td><strong>Heidi Bazan Beltran</strong>&lt;br&gt;<a href="mailto:ydieh@hotmail.com">ydieh@hotmail.com</a>, 972-7130&lt;br&gt;15% discount to Co-op members</td>
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Paulownia Tree Company - 
Fast growing hard wood
ZoeAnna Thies
dragontrees.com, 485-6277
Buy six, receive six free

Photography - Portraits, Weddings, Commercial
Ron Greystar
rongreystar.com, 456-9099
Free 11 x 14 with portrait session

Political Landscapers - Political Consulting
Joe Louis Wildman
joelouis@pacific.net, 367-0910
25% off consultation

Raw Food Chef - Christina Basor
Classes, Special occasion desserts & more!
489-3600
10% off classes

Real Estate Appraiser - John Rensen
jrensen@pacific.net, 743-1210
10% off appraisal

Redwood Home Inventory & Organizing
Sheila Leighton, 895-3735
5% off all services

Remax Full Spectrum Realtor - Howard Egan
hegan@sonic.net, 272-2500
Free market analysis

Salon 309 - Hair and Skin Care
Marlene and Cindi, 468-7979
10% off first visit

Sarah Koeppel
Bushwacker Mo's Salon
489.8585
$5.00 off each hair service

Shoefly & Sox
463-6933
10% off Earth brand and Vegan shoes

Smart Sharp
Knife and scissor sharpening
$45-1025, sharpsmart@gmail.com
10% off all sharpening services
Co-op Block Party on October 6th was a Huge Success!

Over six-hundred people came to help celebrate our connection to the community! We had fun events for kids, great music and treats! On hand to celebrate were over 15 community nonprofits we’ve helped sponsor. We were glad to highlight the great work they do to make our community a better place to live!