



## ANNUAL MEMBER MEETING

It's time for our annual member meeting! This is your chance to join the board in formal decision-making. We'll vote on important matters, such as our new by-laws and our new name, as well as store matters such as what produce to stock over the winter! Don't miss it!

We'll also enjoy delicious snacks, hear exciting updates (guess how soon we'll be accepting food stamps!), and get to know other owner/members.

**When: Sunday, Nov. 14 at 4pm**

**Where: the Co-op**

**Who: All Co-op owner/members!**

You are an owner of a cooperative business—this is the time to share your voice and use your vote!

## USE FRESH PUMPKIN

Do you want to use local, organic pumpkin in your pies and soups this year? It won't be quite as simple as opening a can, but it will be much healthier for your body and the planet, and even more delicious!

Wash the outside of your pumpkin. Cut it in half with a large knife. Scrape out the seeds (save them to roast!).

You can cook pumpkin in the **microwave** (in a bowl with a few inches of water) for 15-30 minutes. To bake pumpkin, set your **oven** to 350°. The pumpkin will cook more quickly if you have a lid on the pan. Again, use a few inches of water. You can also cook pumpkin on the **stove** in a pan, again, with water.

# Clear Creek

Food Cooperative

710 East Main Street  
Richmond, IN 47374  
765.939.4390

Once the pumpkin is soft, drain it well and let it cool. Then puree with a blender, hand blender or food processor.

Freeze extra pumpkin in 2 c. bags for future use.

## HOLIDAY FARE at the CO-OP

Pumpkin pie, mashed potatoes, turkey/tofurky and gravy...what are you going to eat this holiday season?

Whatever you're craving, you can find what you need at the Co-op! We have

- Local, pasture-raised turkeys (deposit required, limited number available)
- Baking supplies—local and gluten-free flours, spices (*come to the pie crust cooking class and use this local flour with finesse!*)
- Vegan pumpkin pies, tofurky roasts
- Local potatoes and sweet potatoes
- Local, fresh and canned pumpkin

If you don't see what you're looking for, remember that we can special order anything that we don't currently carry, including organic hams and turkey. Visit the store for details.

## COOKING CLASSES

All are welcome to attend the Co-op's exciting and relevant series of cooking classes, including:

**Healthy & Sugar-free Cooking  
with Bob Hunter**

**Saturday, Nov 6, 2pm**

**Pie Crust & Biscuits with Dan &  
Jan Sims**

**Saturday, Nov. 20, 2pm**

Classes are held in the lovely kitchen at the Richmond Church of the Brethren at 1 SW 17th St. A small fee covers supplies and sends you home with food! Co-op members get a discounted rate.

## Store Hours

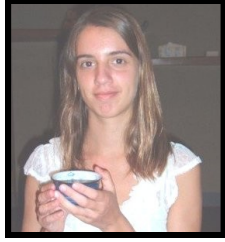
Monday - Saturday

10 am - 7 pm



## MEET THE STAFF

An Earlham graduate, Aleks Knuepfer is delighted to be working at and supporting the expanding co-op. She is passionate about sustainable agriculture and living, and enjoys hobbies such as cooking, foreign languages, hiking and various arts and crafts.



Clear Creek  
Co-op Board  
of Directors

Kent Baxter  
Chris Craig  
Jen Ferrell

Anna Lisa Gross  
Tory Medinger  
Natalie Richert-Sumner

# Clear Creek

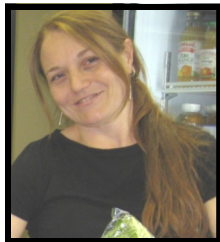
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Megan Potter grew up going to farmers markets and natural food stores in Nashville TN, and is excited to now be a staff member at the Co-op. She recently graduated from Earlham College and is enjoying becoming involved in the Richmond community.

Kiersten Aubre-Howard continues as our skilled and tireless manager. She served as manager of Clear Creek Co-op 1998-2000, and two years as manager of Greenstar, a large co-op in Ithaca, NY. Kiersten and her family have been rooted in Richmond for generations.



## HOLIDAY BAZAAR

Join us for our 7th annual holiday bazaar! Our regular supply of local produce, grains and beans will be joined by artisan foods and crafts. Hand-knit items, specialty jams, organic soaps, unique jewelry and so much more will be for sale for two days only!

On **Friday, Dec. 3 7-9pm** enjoy the festive bazaar party with hot drinks during up-town Richmond's Christmas parade!

On **Saturday, Dec. 5, 10am-7pm** come in for all your holiday shopping.

Artists and craftspeople: Contact the Co-op by November 23 to participate.



## On-the-go

Healthy, simple recipe!

**Breakfast Bars** *A basic, breakfast or anytime granola bar - very adaptable to tailoring to your own taste.*

Mix brown sugar, peanut butter, honey, water, and vanilla until well blended.

Stir in oats, flour, wheat germ, sunflower seeds, sesame seeds, chips, fruit and coconut.

Press mixture in a greased 13 x 9 pan. Bake at 350\* for 15 to 20 minutes, or until lightly browned. Cut into 24 bars while still warm. Cool completely before removing from pan.

*From Recipes from the Old Mill, Baking with Whole Grains by Sarah E.*

1/3 c brown sugar  
2/3 c crunchy peanut butter  
3/4 c honey  
2 T hot water  
2 t vanilla  
2 1/2 c rolled oats  
1 c whole wheat flour  
1/4 c wheat germ  
1/2 c sunflower seeds or nuts  
1 T sesame seeds  
1 c mini chocolate chips  
1/2 c raisins, or other finely chopped dried fruit  
1/2 c coconut (optional)  
*(Get all of these ingredients at the Co-op! All are available in bulk to save money and packaging!)*



Myers and Mary Beth  
Lind.

