

Financial Outlook • What's Eating Your Kids • Fall into the Great Outdoors • Slow Cooker Recipes for Fall

# MORSEL

neighborhood.coop

Oct. - Dec. 2023



**FREE**





# MORSEL

A QUARTERLY PUBLICATION FROM NEIGHBORHOOD CO-OP GROCERY

## CONTRIBUTORS

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Co-op Board Member **SAGE BANKS**  
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## BOARD OF DIRECTORS

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Generally, meetings are held in the Co-op Community Room once a month. Contact the Board at: [boardlink@neighborhood.coop](mailto:boardlink@neighborhood.coop)

## EDITORIAL POLICY

Morsel is a quarterly magazine produced by Neighborhood Co-op as a means to share news from the Co-op, promote local food, celebrate the seasons, and inspire our owners and patrons to enjoy a healthy lifestyle full of delicious and nutritious food. The views expressed in Morsel are the authors' and do not necessarily reflect those of the Co-op's directors, staff, or ownership. Health and nutrition articles are for informational purposes only and do not constitute medical advice.

## SUBMISSION POLICY

Morsel accepts submissions on an ongoing basis. Letters, articles, artwork and ideas are all welcome! We reserve the right to edit content for brevity and clarity. Please send inquiries and submissions to [info@neighborhood.coop](mailto:info@neighborhood.coop).

## OUR STORE

**1815 W Main Street, Carbondale, IL 62901**

Neighborhood Co-op is a cooperative grocery store owned by members of our very own community. Most of our staff are even owners! We are a founding member of the National Cooperative Grocers, a network of more than 200 cooperative grocery stores all across America. We combine our buying power to bring you the best food at the best value while staying locally governed. We work hard to support our community and improve our local food system.

## OUR MISSION

Neighborhood Co-op Grocery aims to serve the needs of its owners and patrons by providing wholesome foods, economically, in the cooperative tradition and in ways that best promote the health of the individual, the community and the earth.

## QUESTIONS/ADVERTISING

Contact us at 618.529.3533 or [info@neighborhood.coop](mailto:info@neighborhood.coop).

## ECO PRINTING

This magazine was printed by ModernLitho. They are certified to the Sustainable Forestry Initiative® (SFI®) and by the Forestry Stewardship Council® (FSC®) for their efforts in utilizing papers originating from a sustainable, ecological source and for maintaining rigorous processes, procedures and training to ensure their standards of excellence and environmental responsibility.



Co-op Throwback

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The owner loan program was a key component of the financing plan in the Co-op's relocation to the current store in 2005-2006. Approximately \$350,000 out of the \$1.5 million in sources for the project came from this program. This approach allowed the Co-op to diversify its funding sources and engage the community in its growth and success.

Owner loans have remained an important part of the Co-op's capital structure since that time. The Co-op has been profitable for the last 14 years and had record profits in 2020-2021. Our cash position has been improving steadily to the point where we have the ability to repay owner loans. After this year, the Co-op will only owe \$75,000 in owner loans with plans to retire the remainder in the next few years.

# Sales & Events

at the Neighborhood Co-op

## OCTOBER

**National Co-op Month** Celebrate co-ops and fair trade this month

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

4

### Wellness Wednesday

10% off all wellness items

14

### Empty Bowls Fundraiser, 11am-1pm

SIU students sell handmade ceramic bowls at the Co-op

All Month

### Link Match

Double your money on local fruits and vegetables

1, 8, 15, 22, 29

### Saluki Sundays

All students with college ID get 10% off their purchase

## NOVEMBER

**Owner Appreciation Month** 10% off coupon for any one transaction

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

1

### Wellness Wednesday

10% off all wellness items

4-10

### Stock Up Sale

Join us for our Fall sale. Stock up and save on staple items!

23

### Thanksgiving Day

Co-op is closed in observance of the holiday

5, 12, 19, 26

### Saluki Sundays

All students with college ID get 10% off their purchase

## DECEMBER

**Warm Up the Season** Find your favorite seasonal comforts at the Co-op

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

6

### Wellness Wednesday

10% off all wellness items

25

### Christmas Day

Co-op is closed in observance of the holiday

All Month

### Link Match (last chance to use 2023 vouchers)

Double your money on local fruits and vegetables

3, 10, 17, 24, 31

### Saluki Sundays

All students with college ID get 10% off their purchase

For our most up-to-date events and sales, follow us on social media or visit [neighborhood.coop/events](https://neighborhood.coop/events)

# 2023 Financial Outlook

I'm excited to share the progress and changes that the Co-op has experienced over the past couple of years. There has been a significant shift in the Co-op's financial performance from 2022 to the present year. Sales growth in 2022 was low, at 1.1%. Net income for 2022 was \$7,900, which was only 0.15% of sales. This was well below the budgeted net income of approximately \$65,000 or 1.23% of sales. The poor financial performance in 2022 can be attributed to the failure to adjust prices in response to cost increases for products, leading to a loss in margin. The gross profit margin is what pays for all of our expenses and anything left is our net income.

In contrast to 2022, the Co-op had record profits in 2020 and 2021. This allowed the Co-op's board of directors to declare patronage dividends in the subsequent years (2021 and 2022). Patronage dividends offer significant tax benefits to the Co-op and its owners. These dividends are deductible to the Co-op, and owners don't include the allocation in their taxable income. However, in 2022, net income was so small that the tax consequences were minimal. Also, the size of individual dividends would not justify the administrative effort of issuing them, so the Co-op board has decided not to issue patronage dividends this year based on 2022 net income.

In 2023, the Co-op is experiencing a positive shift in financial performance. Sales have grown 7.6% compared to the same period last year. The gross profit margin is the highest it has been in nearly 10 years. Net income as of June 30 was nearly \$70,000, a significant improvement from the net loss of \$23,000 at the same point last year. This turnaround

can be attributed to improved methods of updating costs and retail prices and an influx of new shoppers. We have seen improving sales growth for six consecutive quarters.

The Co-op's financial statements are reviewed or audited annually by a CPA firm that specializes in co-ops. The independent auditor's report from June 26, 2023 states the financial statements "present fairly, in all material aspects, the financial position of Neighborhood Co-op as of December 31, 2022, and the results of operations and its cash flows for the year then ended in accordance with accounting principles generally accepted in the United States of America." The only concern raised in the qualified opinion was the lack of observation of physical inventories. It was not a concern for the auditors (or for the Co-op board) that we have not had a CPA observe the inventory process, which was the sole basis for the qualified opinion.

Overall, it seems that the Co-op has undergone a positive transformation from a challenging year in 2022 to a much-improved financial position in 2023. The implementation of more sophisticated methods for pricing, along with attracting new shoppers, has been key to this turnaround. Additionally, the annual audit or review ensures transparency and accountability in the Co-op's financial reporting.

Your continued support has allowed the Co-op to increase its profitability and improves the chances that a year from now we will once again be in a position to return a portion of that profit to the owners. Thank you for shopping at your co-op!







# Community CONNECTIONS

## Wooden Nickels Donation Program

*Featured non-profit organizations October 1 - December 31*

### Cauldron and Fire Cultural Development Center

[www.thecauldroncenternfp.org](http://www.thecauldroncenternfp.org)

We are an education based non-profit focused on cultural diversity. We enrich and encourage kids and families to come together through creative arts programs including, but not limited to, art classes with Mrs. Dhana, a 30 year art teacher.

We also provide music instruction including voice, guitar, piano, cello and drums. We work to bring together art exhibits that provide a local outlet to artist and photographers. We provide a listening room for hosting events. We hope to continue as we have just completed our first year of service to the community.

### Family Advocacy Services

[www.familyadvocacyservices.org](http://www.familyadvocacyservices.org)

We have been serving low-income families and their children in Carbondale for over 15 years. Our mission is to empower families to overcome the challenges they face, such as poverty, family violence, and low academic achievement. We do this by providing a variety of services, including counseling, financial assistance, and educational support.

We aim to expand the Fresh Start Restorative Justice Program and to launch a new after-school program for at-risk youth. The after-school program will provide a safe and supportive environment for youth to engage in positive activities, receive academic support, and develop life skills.

Our Fresh Start Restorative Justice Program works with first-time youth offenders to help them understand the impact of their actions and make amends with their victims. The program is facilitated by trained professionals and is based on the principles of restorative justice, which emphasizes accountability, healing, and community. This program has been incredibly successful in helping youth offenders turn their lives around.

## WORK WITH A LOCAL NON-PROFIT?

*Apply for our 2024 Wooden Nickels program online at [www.neighborhood.coop/community](http://www.neighborhood.coop/community)*



# What's Eating Your Kids?

by Sage Banks

A trip to the grocery store can seem overwhelming, especially for busy parents. We often have difficulty balancing what is healthy with what is quick and what our children will eat. Despite some of our best efforts, most kids can recognize fast food signs and junk food logos long before they can even read. It doesn't help that some of the meals our kids are exposed to at school can hardly be considered healthy.

These days, we also hear more kids are struggling with behavior problems such as inattentiveness, hyperactivity, or even aggression at school and at home. Some parents, and other experts on children, are wondering what is in the food our kids are eating and whether those ingredients are to blame for common behavioral challenges.

Let's look at a couple of food components that are often associated with undesired behavior in children.

## Food Dyes

Artificial food dyes have been linked with hyperactivity in studies of both children and animal subjects. Although the Food and Drug Administration (FDA) has determined "safe" amounts of food dyes in our food, these levels are often geared toward the average adult. Children typically consume more food dye than adults. Children who already suffer from hyperactivity, such as kids with attention deficit hyperactivity disorder (ADHD), seem to be the most susceptible to side effects of food dyes. It helps to take note of how each individual child's behavior changes after eating certain foods.

We tend to associate artificial food dyes with unhealthy food, such as candy and soft drinks; however, some of the foods many parents provide as healthier options also contain artificial dyes. Foods





such as juices, fruit snacks, sports drinks, chewable vitamins, and gelatin normally contain food dye. Natural alternatives include products without any dye at all or foods and drinks that have been colored with natural ingredients, such as beets or turmeric.



matter how hard we try to manage their diets, most of our kids are still going to gorge on goodies at birthday parties and rake in a barrage of candy while trick or treating. When we curb the habit of giving in to the colorful whirlwind of sugary goodness on the daily, we reinforce the notion that certain foods should be eaten sparingly, as a special treat. So, as they say, “let them eat cake”, but just not every day!

### Sugars

We all know that too much sugar is bad for our health. Sugar (and ingredients that are essentially sugar -such as corn syrup, high-fructose corn syrup, etc.) can have a negative impact on our kids in many ways, including obesity, tooth decay, and behavioral problems. While low-income children and those who live in “food deserts” often lack access to healthier food choices, all children are at risk due to the constant barrage of sugary foods that are convenient and often preferred by our children over healthy food.

Refined sugars, such as those in processed foods, cause an initial blood sugar spike followed by a crash and a desire for more sugar. This wave can cause trouble concentrating, irritability, and other behavioral challenges in children. While adults talk about having high or low blood sugar, we don’t always consider the effect of blood sugar fluctuations in our kids. Adding fiber to our children’s diets, by including foods such as fruits and whole grains, can help with blood sugar fluctuations and even their behavior out.

### Food for Thought

Inviting children to help choose naturally colorful and minimally processed food ensures we are prioritizing healthy options for them and modeling good food choices. Avoiding using food as a reward system can also help children think about food differently and stop the vicious cycle of fueling the bad behavior that can present itself after the ingestion of some of those “reward” foods.

Parenting is a difficult job, especially when our kids are begging for foods we might regret giving them. No

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A dark blue banner with the text "Jump on Board!" in large white font. The word "Board" is partially obscured by a circular logo for "The Co-op" which features a green leaf. Below the banner is a yellow box with blue text that reads "Join the 2024 Co-op Board of Directors! APPLY BY DEC. 3". Underneath this, in smaller black text, it says "To be eligible, you must be a Co-op owner with an account in good standing. For more information on running for the board or to apply online, visit: www.neighborhood.coop/run-for-board".

# FALL IN LOVE

## *with the Great Outdoors*

By **Allison Hyland**

*Picture yourself stepping outdoors, enveloped in a kaleidoscope of reds, oranges, and yellows as the trees prepare for the months ahead. The crunch of leaves beneath your boots as you walk on a trail through the woods creates a rhythmic soundtrack, echoing the tranquility of the surroundings. The sunlight filters through the canopy, casting a warm and golden glow dappled on the path ahead.*

*You approach a scenic overlook and the landscape unfolds in front of you, painted with the hues of autumn. Views in the distance wear a quilt of reds and golds, and nature's foliage is blanketed in a patchwork of color. The world seems to slow down, even if just for a moment, allowing you to savor the beauty of the season.*

*The temperature is just right – cool enough to be refreshing, yet not too warm to wrap up in your favorite sweater. You hear traces of wildlife, rustling leaves, and preparations for the winter ahead. Squirrels scurry about, busily collecting nuts, and birds chirp in the distance.*

*The slight fall breeze carries a hint of anticipation, and the earthy aroma of freshly crushed leaves and damp ground fills your senses as this chapter of your outdoor adventure begins.*

It's true, you can find beauty in things around you every day, but there is nothing quite like the feeling of the outdoors as the hot, humid summer weather fades away in favor of crisp, cool fall air. Trails throughout our region offer a variety of challenges where nearly everyone, regardless of age or athletic ability, can find a hike that fits their skill level. With the Shawnee National Forest, numerous state parks, nature preserves, arboretums, and lakeside walks, there are no shortage of options for getting outdoors and choosing a great trail to hike.

My husband and I treasure the time we spend together on hikes each year, creating lasting memories since we took a hike together in the fall over a decade ago for our first date. Since then, we have added three kids and one of our family's favorite activities is being outdoors together (4 out of 5 of us, at least). Autumn is our favorite time of year to enjoy it!

Nature beckons us to step outside to embrace the magic of the season year after year, as the vibrant hues of foliage paint the landscape and the crisp air fills our lungs during our hikes. Fall transforms ordinary hiking trails into vibrant tapestries of red, gold, and orange. The crunch of fallen leaves beneath our boots provides a calming backdrop to the kids expending (some of) their energy through the woods. Many of our fall hikes also often culminate in cozy family moments together— a trailside picnic/snack, exploring rock formations, or absorbing the serenity of the natural surroundings. We also sometimes end our hiking adventures with the comforts of home enjoying warm cider or hot chocolate and wrapping up in blankets on the couch.



Hiking during this season engages multiple senses. The uneven terrain challenges your balance, strengthening core muscles and improving stability. The inclines and declines offer an excellent cardiovascular workout, boosting heart health and stamina.

The combination of physical exertion and natural beauty makes fall hiking a holistic approach to fitness and mental wellness. Hiking also can give you the benefits of exercise without actually feeling like exercise for most people. Even taking the same trail throughout the year can give you different views as wildlife emerges, plants grow, and seasons change.

For those seeking a more exhilarating cardio workout, you can also explore new ways to exercise. Trail running engages not only the cardiovascular system but also strengthens the muscles in your legs, core, and lower back. The soft cushioning of fallen leaves reduces impact on joints, while the varied terrain challenges different muscle groups.

Whether you prefer rugged trails or roadside routes, fall cycling allows you to immerse yourself in the breathtaking scenery around us. The low-impact nature of cycling promotes joint health, enhances leg strength, and is an excellent way to maintain a healthy weight.

Beyond the breathtaking visuals, there's a multitude of health benefits awaiting those who venture into the great outdoors. Studies have shown that exercising in natural environments is associated with improved mental well-being. The combination of physical exertion and the beauty of autumn creates a powerful synergy that uplifts both body and spirit.

From invigorating hikes to the simply breathing in the fresh air, autumn offers a perfect backdrop for nurturing both mental and physical well-being. Being in nature promotes a sense of calm. "Forest Bathing," which is

the Japanese practice of *shinrin-yoku*, encourages a slow enjoyment of nature and research has shown it produces measurable physical changes. Being in nature reduces cortisol levels (a stress hormone in your blood) and has beneficial effects on blood pressure and potentially blood sugar levels.

Autumn air has a distinct freshness that rejuvenates both body and mind. The cooler temperatures make breathing easier and more refreshing. The increased oxygen intake during outdoor activities helps improve lung capacity and enhances overall respiratory function. Deep, mindful breaths fill your lungs with crisp air, delivering an oxygen boost to your brain that can enhance focus and mental clarity.

Slower activities like yoga and meditation can deepen a connection with nature as well. Find a quiet spot amidst the fallen leaves, lay down a mat, and immerse yourself in a yoga session surrounded by the beauty around you. The gentle stretches and controlled breathing promote flexibility, balance, and relaxation.





# STORE SPOTLIGHT

Gather 'round with friends and family to fuel yourself with plant-based, non-gmo, and fair trade foods from the Co-op, great for fall or any time of the year.



**Dandies**  
Vegan Marshmallows



**Lily's**  
Chocolate Bars



**Kinnikinnick**  
S'moreables Graham Style Crackers



**Quinn Pretzel Bites**  
Plant-based,  
multiple flavors



**Upton's**  
Vegan Hot Dogs



**Nature's Bakery**  
Oatmeal Crumble Bars



**Equal Exchange**  
Organic Dark Hot  
Chocolate Mix

*... and don't forget the Co-op Deli for those quick trips out!*

Meditating outdoors during fall provides a sensory-rich environment. The rustling leaves, the cool breeze, and the earthy scent create a tranquil ambiance that enhances mindfulness and reduces stress. Nature becomes a partner in your practice, grounding you in the present.


Spending time outdoors also exposes you to natural light, a key factor in regulating the body's circadian rhythm. A well-regulated circadian rhythm contributes to better sleep quality, improved mood, and a more robust immune system. Artificial light, like the blue light emitted by electronic devices, can disrupt the circadian rhythm, particularly in the evening, suppressing the production of melatonin, a hormone that regulates sleep.

Outdoor activities like camping can have a significant positive impact on our circadian rhythm. As the sun sets, campers may go to bed earlier, and as the sun rises, they wake up with the natural light, promoting a more natural sleep-wake cycle.

While admittedly, my camping adventures "in the wild" are less frequent now than years past, our family will often grab our tent and set it up for easy campouts in our front yard each year after the heat of summer begins to fade. It is an easy, free, and spontaneous activity for us to do together outdoors that (hopefully) helps to provide our kids with lasting memories.

I pull the tent, ground tarp, and stakes from the garage and haul them out to the yard to start the campsite assembly, while my husband chops wood, and the kids spend time gathering their collection of sleeping bags, blankets, pillows, and an entirely too large pile of stuffed animals. After the tent is assembled, the kids fill their side in its entirety, it seems. They barely have enough room to sit, let alone sleep, but somehow, they make it work every time.



A teal and blue tent is pitched in a grassy field. The tent is the central focus, with its entrance partially open. The background is filled with trees with yellow and orange autumn foliage, creating a warm, natural setting. The lighting is soft, suggesting late afternoon or early morning.

Even when they are somewhat reluctant, it is easy to convince them to gather sticks from the yard to build a fire and at least roast some marshmallows for s'mores. If we are feeling adventurous, we will upgrade to "fancy" s'mores with caramel, pretzels, and peanut butter, or a combination of those ingredients. For my son, who is not a fan of regular chocolate, we tried a white chocolate and strawberry combination, which was pretty amazing, so get creative!

To close out our evening, we reconvene around the firepit to share stories and games without a screen in sight (except maybe a camera to capture a few moments). Just beyond the crackling fire, we peer up to the star-studded skies and settle into our outdoor sanctuary for the night.

Backyard camping truly is a simple way to do something spontaneous with our kids and is really low stress, which if you are a fellow parent, you know, can be incredibly valuable. We have found it is easy to have the comforts of home close by, but enjoy camping all at the same time.

It is a great time of the year to get outdoors and enjoy time with the ones you love. Soak up the sun and savor the moments of fall. So don't take too much time to plan- just get out and take it all in! Grab your hiking boots, hop on your bike, or gather around a fire to enjoy what the season has to offer you, right here at home.

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# Slow and Easy

When convenience counts, turn to your slow cooker for flavorful meals that are low effort, high reward and worth the wait.



## Slow Cooker Orange Chipotle Beef Tacos

Serves 6. Prep time: 4 to 8 hours; 20 minutes active.

- 1½ pounds beef chuck roast
- 2 tablespoons tomato paste
- 1 teaspoon chipotle powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon salt
- 4 cloves garlic, peeled
- 2 large seedless oranges, quartered
- 12 taco shells or corn tortillas
- 3 cups shredded lettuce
- 3 medium tomatoes, chopped
- 1½ cups shredded Monterey Jack cheese

1. Place the beef in a slow cooker. Stir together the tomato paste, chipotle, cumin, oregano and salt in a small bowl, then rub the mixture over the beef. Place garlic cloves and oranges on top of the meat and cover the pot. Turn temperature to high and cook for 4 hours, or on low for 7 to 8 hours. When the meat shreds when pressed with a fork, turn off the cooker and take out the insert to cool. Use tongs to transfer the meat to a bowl to cool, and shred the beef.
2. Place a strainer over a small pot and strain the liquids from the cooker into the pot. Squeeze the oranges over the strainer. Bring the juices to a boil and cook for about 10 minutes, until reduced to a syrupy consistency. Pour over the shredded beef and toss to coat. Taste for seasoning; add salt or more chipotle, if desired.
3. Serve with taco shells or warm corn tortillas, lettuce, chopped tomato and shredded cheese. Pair these tacos with tortilla chips and homemade guacamole or your favorite salsa. The meat can also be folded into larger tortillas with leftover cooked rice to make tasty burritos.

## HELPFUL TIP

A slow cooker transforms affordable cuts of meat like chuck roast, pork shoulder and chicken legs into tender, juicy main dishes.



## Slow Cooker Chicken Cacciatore

Serves 6. Prep time: 8 hours; 1 hour active.

- 14 ounces diced canned tomatoes
  - 1 large onion, chopped
  - 1 medium green pepper, chopped
  - 1 medium zucchini, sliced
  - 2 ribs celery, chopped
  - 3 cloves garlic, chopped
  - 1 teaspoon dried basil
  - 1 teaspoon dried oregano
  - ½ teaspoon salt
  - ½ cup dry red wine
  - ½ cup chicken stock
  - 4 ounces tomato paste
  - 6 chicken legs, skinless
  - 2 cups brown rice
1. In a large slow cooker, combine the tomatoes, onion, green pepper, zucchini, celery, garlic, basil, oregano, salt, red wine, chicken stock and tomato paste. Stir to mix, then add the chicken legs and press down to cover them with the vegetable and spice mixture as much as possible. Set the cooker on low and cook for 7 hours.
  2. Start cooking the rice about 45 minutes before the chicken is finished cooking.
  3. When chicken cooking is completed, taste and add salt and pepper as needed. Serve a cup of cooked brown rice in a wide bowl or pasta plate, with a chicken leg and vegetable sauce.



### Crockpot Calico Beans

Serves 10. Prep time: 5 hours, 15 minutes; 15 minutes active.

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1 15-ounce can pinto beans
- 1 15-ounce can butter or cannellini beans
- 1 15-ounce can kidney beans
- 1 15-ounce can crushed tomatoes
- ½ cup ketchup
- 3 tablespoons maple syrup
- 2 tablespoons tamari
- 1 tablespoon apple cider vinegar
- 2 teaspoons Worcestershire sauce
- Salt and pepper to taste

1. Rinse and drain the canned beans. Heat olive oil in a skillet over medium-high heat and sauté the onion, pepper and garlic for 5-10 minutes until tender.
2. Add the onions and peppers to a slow cooker along with the rest of the ingredients and stir well. Turn the slow cooker to low and cook for 5 hours. Taste for salt and pepper. Serve warm.



### Slow Cooker Teriyaki Beef Ribs

Serves 6. Prep time: 7 hours, 30 minutes; 30 minutes active.

- 4 pounds beef short ribs (about 4 inches long)
- ¾ cup teriyaki sauce
- 1 tablespoon Sriracha sauce
- 2 tablespoons sesame seeds
- 2 medium scallions, finely chopped
- Canola oil

1. In a large skillet, heat a tablespoon or so of canola oil over medium-high heat, and swirl to coat the surface with oil. When the pan is hot, place several ribs, meaty side down, in the hot oil. Cook for 1 to 2 minutes to sear and brown the surface. Transfer the ribs to a 4-quart slow cooker, and continue until all the ribs are browned, adding more oil as needed.
2. In a cup, mix the teriyaki sauce and Sriracha sauce and pour over the ribs, turning to coat. Cover the slow cooker and set to low. Cook for 7 hours.
3. Uncover the ribs and transfer them to a platter; cover to keep warm. Pour the liquids from the cooker into a small pan and bring to a boil over high heat. Reduce to a strong simmer and cook for about 10 minutes, to reduce and thicken the sauce. If desired, skim the fat from the sauce.
4. Pour the sauce over the ribs and sprinkle with sesame seeds and scallions. Serve warm.



## Citrus-Chile Pork with Herb Sauce

Serves 6. Prep time: 6 hours, 30 minutes; 30 minutes active.

6 cloves garlic, sliced  
2 large jalapeños, seeded  
2 tablespoons extra virgin olive oil, divided  
1 tablespoon ground cumin  
1 tablespoon dried oregano  
1 teaspoon salt  
3 ½ pounds pork butt or shoulder, bone-in  
1 large orange, quartered  
1 large lime, quartered  
2 large scallions, chopped  
½ cup fresh cilantro  
3 cups cooked brown rice

1. In a food processor or food chopper, mince the garlic and jalapeños; remove half to use later for the sauce. Add 1 tablespoon of the olive oil, cumin, oregano and salt and process to mix.
2. Trim extra fat layer from the roast. Place the roast in a 4- to 6-quart slow cooker. Rub the olive oil mixture all over the roast — make sure the whole roast is covered. Place the orange

and lime quarters on top of and around the roast, then cover tightly. Cook on low heat for 6 hours.

3. When the pork is tender, transfer to a cutting board, reserving the juices and the citrus quarters for the sauce. Let stand for 5 minutes before cutting; keep warm while you make the sauce.
4. To make the sauce, place the remaining tablespoon of olive oil in a small pot and place over medium-high heat. Add the reserved garlic and jalapeño mince and saute for about 1 minute. Squeeze the reserved orange and lime into the pot, using a strainer to catch any seeds. Pour in the reserved roast juices. Bring to a boil and cook for about 10 minutes to thicken slightly. Add the scallions and cilantro and simmer on low for 1 minute.
5. Remove the bone, then slice the pork and serve it on a bed of rice, drizzled with the citrus sauce.







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