

Mushroom Mania • E Pluribus Unum • Spring Foraging • Plant-Powered Recipes

MORSEL

neighborhood.coop

April - June 2023



FREE



MORSEL

A QUARTERLY PUBLICATION FROM NEIGHBORHOOD CO-OP GROCERY

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Generally, meetings are held in the Co-op Community Room once a month. Contact the Board at: 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.

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.

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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Owner #1 has left the building...

Gary Martin (center) recently left Carbondale for the Chicago area. Gary was the Co-op's board chair from 1999 to 2004 and helped lead the Co-op through many important changes, including the conversion from a not-for-profit to a true cooperative in 2003. At the annual members meeting at which co-op members approved the reorganization, Gary was ready with a \$100 check to buy the first share. Gary exemplified his favorite quote, from Goethe, and led others to believe it as well, "Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it."

Sales & Events

at the Neighborhood Co-op

APRIL

National Earth Month *Focus on the Earth and Eco-friendly practices*

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						

- 5** **Wellness Wednesday**
10% off all wellness items
- 14** **Feed Your Neighbor 5K**
6pm-9pm at Turley Park
- 29** **OwnerFest**
5pm-9pm at The Warehouse in Murphysboro
- 2, 9, 16, 23, 30** **Saluki Sundays**
All students with college ID get 10% off their purchase

MAY

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	31			

- 3** **Wellness Wednesday**
10% off all wellness items
- 6** **Plant and Planter Sale**
10am-1pm at the Co-op
- 7, 14, 21, 28** **Saluki Sundays**
All students with college ID get 10% off their purchase

JUNE

National Fresh Fruit & Vegetable Month *Enjoy fresh local produce*

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	

- 7** **Wellness Wednesday**
10% off all wellness items
- All Month** **Link Match**
Double your money on local fruits and vegetables
- 4, 12, 18, 25** **Saluki Sundays**
All students with college ID get 10% off their purchase

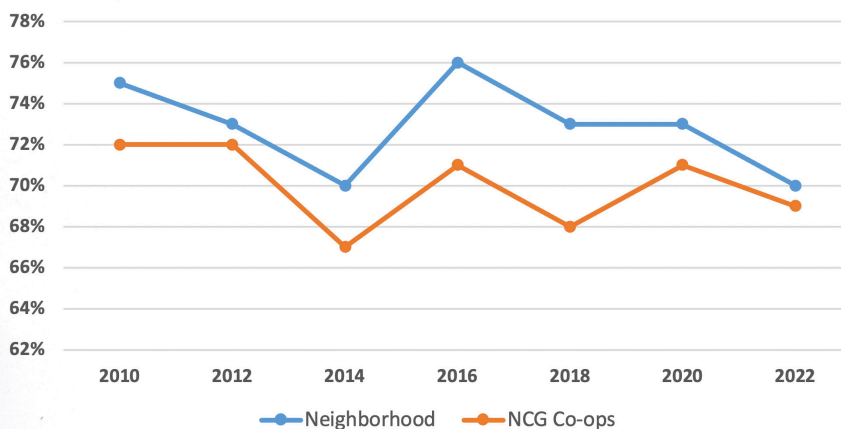
For our most up-to-date events and sales, follow us on social media or visit neighborhood.coop/events

Customer Satisfaction

Since late 2008, National Co+op Grocers (NCG) co-ops have been collecting customer satisfaction data using a standardized questionnaire developed by NCG, the Survey Research Center at the University of Wisconsin at River Falls and Columinate, a national consulting cooperative. Neighborhood Co-op has conducted this survey biannually since 2010 with the latest survey data collected from late 2022 to early this year. This most recent online survey had about 320 respondents of which approximately 65% were owners. The survey always yields a wealth of information that is helpful to the Co-op's management; this article will highlight some of the survey results.

The reason our co-op exists is to meet the needs of our owners and customers, so special attention is always paid to the results of the question: "How well does Neighborhood Co-op Grocery meet your needs overall?" The graph below shows that 70% of the respondents in the most recent survey gave ratings in the two highest categories among six rating options. Moreover, our co-op has tended to score higher on this question than the other NCG member food co-op surveys:

Percent Shoppers Saying Co-op Meets Needs Well or Very Well



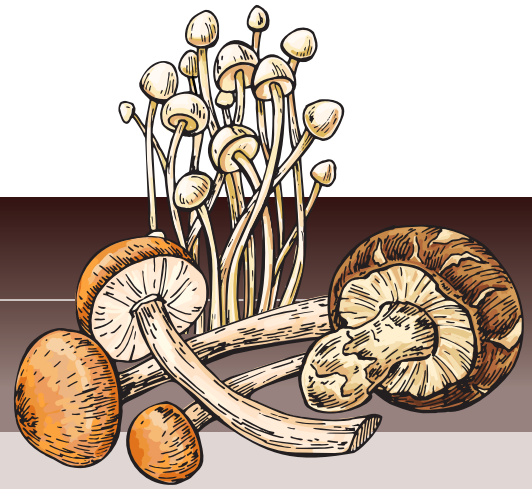
The store characteristics that did particularly well, scoring in the two highest categories, were: cleanliness of store (96%); atmosphere/ambiance of store (94%); friendly/courteous staff (91%); and knowledgeable staff (89%). Two of the store's departments stood out for meeting customer needs well or very well: Produce (77%) and Bulk (73%).

Starting with the 2020 survey, a new question asked respondents, "Overall, how welcome do you feel when you shop at Neighborhood Co-op?" In the most recent survey approximately 91% of respondents said that they feel very welcomed (61%) or welcomed (30%). In a related question, "How likely

is it that you would recommend Neighborhood Co-op Grocery to a friend or colleague?" 92% of respondents selected very likely (69%) or likely (23%).

So, who were the survey respondents? Virtually all the respondents at least somewhat agreed that they are proactive about their health and about four-in-five say that they read publications about health and wellness. Around six-in-ten say that they currently use alternative health care services (e.g., nutritionists, chiropractors, or naturopaths), are satisfied with them, and will use more of their services in the future. The typical respondent, as in years past, is an older (52% were more than 50 years old), well-educated (75% have at least a bachelor's degree), white (82%) female (72%).

I want to thank everyone who took the time to respond to our survey. It goes without saying that the last few years have been especially challenging so your feedback is particularly appreciated now. Co-op management is carefully reviewing the survey results in order to identify areas for improvement and I hope to see even higher levels of satisfaction with the Co-op in the future.



STORE SPOTLIGHT

Mushroom Mania!

Mushrooms and mushroom products can be found all around the Co-op, and not just in the produce department! Mushrooms are what many would consider a "super food," offering a variety of health benefits (not to mention delicious):

- Immune system support
- Anti-inflammatory effects
- Promoting heart health
- Rich in antioxidants
- Nutrient-dense

Read more at bit.ly/mushroomhealth on the benefits of mushrooms and consumable mushroom products.



Eat the Change
Mushroom Jerky



Annie's Organic
Shiitake Sesame Vinaigrette
Salad Dressing

Host Defense
MycoShield Spray Immune
Support, Peppermint



Big Mountain
Lion's Mane
Mushroom Crumble

Rebbl
Reishi Chocolate
Immunity Elixir



Four Sigmatic
Mushroom Cacao
Mix with Cordyceps



“E Pluribus Unum” at the Co-op

by *Barbara James*

Diversity is a “hot topic” in the grocery business today, but is it just a recent popular trend? One that is likely to subside? Actually, trainings for Diversity, Equity, and Inclusion (DEI) work have been happening for decades and are increasing nationally for cooperatives and large corporations. While understandably the training focus has been on marginalized groups, the most effective programs today encourage us all to act on behalf of our entire communities.

In August of 2020, the Co-op Board began formal efforts to work on DEI issues in southern Illinois. Board members and management team members have been attending diversity training sessions provided by Columinate, our national consulting cooperative. These sessions have helped us focus our attention on three vital areas: our intercultural understandings, our business practices, and our community interactions.

To gain better understandings, Co-op personnel have been reading about cultural competence, participating in individual intercultural development inventories, learning about work being done at other co-ops, and studying reports on local ethnicity. Board members and staff have on-going opportunities to continue their education, for example by registering for DEI trainings available in 2023 for such topics as unconscious bias and equitable and safe work environments. In short, there has been a lot of local thinking about diversity.

“The Co-op’s belief in the value of DEI work is specified in the Board’s recent Specific Statement of intentions, which includes the commitment for “...seeking perspectives throughout our community to find and remedy the gaps that leave some residents out.”

So how do we act on what we say we believe about the value of DEI work? Our commitment is evident in our business practices and our community activities.

Much of the Co-op’s current DEI work focuses on our business practices. We are making exciting progress highlighting products from businesses owned by diverse groups. Products from businesses owned by women include:

- *Cado*
- *Caulipower*
- *Chickaepa*
- *Citra Solv*
- *Good Clean Love*
- *Himala Salt*
- *Jack & Annie’s*
- *Kirks*
- *Lunchskins*
- *Mamma Chia*
- *Purely Elizabeth*
- *Rebel Green*
- *South of France*
- *SuperSeedz*
- *Teraswhey*
- *That’s It*
- *The Grandpa Soap Co.*
- *Tosi*



We also feature products of minority-owned businesses, specifically:

- *Allafia*
- *Ecos*
- *Goddess Good Food*
- *Natural Renewals*
- *Ocean’s Promise*
- *The Jay Effect*
- *The Honey Pot*
- *Urban Healing*

Our owner education series provides business owners opportunities to speak about their expertise and products at scheduled events in the store, and we are always interested in soliciting Co-op owners’ opinions on products and procedures.

To reach out to lower-income families, we are promoting Link cards and coupons as well as offering more items at good, better and best prices. To improve staff diversity, we can reach out more to student groups, financial aid offices (at SIU, JALC, and CCHS), religious groups, as well as organizations such as The Black Chamber of Commerce, the Center for Empowerment and Justice, and CCHS Rebound. There is significant DEI business work being done at the Co-op, and more to do.

In addition to our business practices, much of our DEI work is being done as we interact with diverse groups in our community. Each spring we host the Feed Your Neighbor 5K Race and donate all proceeds to Good Samaritan Ministries to help provide shelter and food to those in need. In May and October, the sale of SIU student art work in the store supports student activities. The annual Farm Crawl in the fall invites the public to visit local farms that provide products to the Co-op. Proceeds from the crawl go to Food Works, a local non-profit providing community outreach programs.

The Co-op is a drop-off location for Backpacks for Success in August. In December the Angel Tree project benefits residents of the Survivor Empowerment Center, the local domestic violence shelter. In 2021 and 2022 the Co-op participated in pop-up events sponsored by Community Connect, a local organization connecting people with positive resources. At those events, we donated gift baskets for raffles and distributed up-dated information about our robust Link Match program. A gift basket was donated in February 2023 at a Carbondale Community Dinner in celebration of Black History Month.

Local and regional groups also benefit from our year-round Wooden Nickels Program. Customers who provide their own shopping bags deposit these nickels in support of various groups. Some organizations serving at-risk populations have included Gum Drops, a local program providing week-end food packs for school children, Caritas Family Solutions, and the Carbondale Warming Center.

Owners of all backgrounds are encouraged to run for the Board and help fulfill the Co-op's mission to serve and include our entire community. Applications for the Board are available on the Co-op's website, as is more information about our projects and practices.

Community CONNECTIONS

WOODEN NICKELS PROGRAM

Featured non-profit organizations Apr. 1 - Jun. 30



Carbondale United

The mission of Carbondale United is to provide an avenue of healing and community safety through the following: awareness, education and activism. Their goals are to eliminate the reasons for gun violence and racism from our neighborhoods and to provide spaces plus events that are inclusive and diverse. Their Create Your Future program aims to eliminate the reasons for Gun Violence, provide positive avenues for those who believe that gun violence is the only solution to settling a dispute. They aim to stop retaliation and provide education, employment, and self-love. They want to bring back unity into the community. Carbondale United is currently putting together a parent committee and many more programs.

To learn more, visit www.carbondale-united.org



Carbondale New School

Carbondale New School is a progressive, independent, not-for-profit private school for students from PreK through eighth grade. We are not a new school; we have been here since 1974 when a small group of dedicated, determined, and visionary parents founded CNS.

We provide quality, student-centered education that inspires confidence and a lifelong love for learning. We respond to each student's unique abilities and learning style within an inclusive and supportive community that values the intelligence, worth and creativity of all children. We empower children with knowledge, skills, compassion and a sense of responsibility for self and others. These are values that CNS families take with them into the local community and beyond.

To learn more, visit www.carbondalenewschool.com



A FORAY INTO FORAGING

By *Allison Hyland*

While in Switzerland, the hills may be alive with music, the hills of the Shawnee are alive... with food for foraging! Unmatched seasonal culinary treasures can be found walking through woods or sometimes even in your own back yard.

For most mushroom enthusiasts, the thrill of finding the first morel of the season is an accomplishment beyond compare. Each year, weeks of anticipation fill fanatics of all ages on the hunt for mycological gold. The delicious, but sometimes elusive morel is a Southern Illinois delicacy. While many people in our region freely divulge information on their favorite restaurants, local stores, and hidden gems, there is one thing you will never hear them share- their favorite spot for mushrooms. That is sacred ground.

I remember going out as a kid and looking for mushrooms with family often, especially in the Spring. My Dad was into woodcarving at the time, and even made me a "lucky" walking stick out of a small piece of twisted sassafras with a morel mushroom carved right into the top. As a family, we would hike out to our secret spot in the woods, all with our mushroom-adorned walking sticks, searching for the first find of that day's morels.

My Dad will still tell you to this day that I was the best at finding mushrooms when I was little. Whether it was because I was closer to the ground, a genuine truth, or just his way of getting me out in the woods, it fueled my passion for the thrill of the hunt each Spring since I was young.

When we had the opportunity to purchase our home, along with 10 acres of land, we had hopes of successful foraging even before we had explored the lay of the land. We closed on the property in early December, with hopes that our small piece of forest would be a prime spot for morels as nature began to wake from her winter slumber in the Spring. I fondly remember our first mushroom hunt with our three kids bouncing around in the woods, all while I explained what we were looking for amongst the carpet of leaves on the forest floor. With a bit of

hunting, we were able to find morels, albeit only a few, right in our backyard. It was a heartwarming gift from the woods and the little homestead that still continues to provide for our family year after year.

Many people think foraging is just about harvesting from the land, but it is much more than that. It's about connecting with the land and our region. "Foraging is a big part of what we do because the woods surround us when we go to work every day," says Marika Josephson of Scratch Brewing Company. "We see the changes in the seasons up close and we feel that incorporating those ingredients into our beer helps to express what it means to live in Southern Illinois. It doesn't hurt that using locally sourced ingredients we harvest by hand a short walk from our brewery also cuts down on our carbon footprint and helps to create a product that is more sustainable for the earth."

MORELS

Morels always grow from the ground, and can be found in both urban and rural areas. They can pop up anywhere, seemingly without rhyme or reason, but there are a few factors that may increase your chances for a successful hunt.



Yes, looking for mushrooms typically involves looking down, but one way to stage a successful morel foray is to look up! Morels will be found emerging from the ground, but using certain trees to help identify prime locations (and hopefully large populations) of the fruiting bodies of *Morchella* species. It is helpful to learn colors and patterns of tree bark, but at the first hint of green on the branches of Tulip Poplars, morels can be found near their trunk base and roots. Searching near dead Elm trees and dead cottonwoods may also prove to be successful, as well as near old apple or other fruit trees.

OYSTERS

Oyster mushrooms go by several names, grow in various colors, and many times can be found year-round in our region. They are highly versatile and

can feed an entire family (and more) with a large harvest. They always grow on wood, both on dead wood or on living trees and usually on hardwoods. They most often grow in shelf-like clusters and can vary in color depending on the time of year.

CHICKEN MUSHROOMS

Chicken mushrooms are colorful and highly identifiable in the woodland landscape. Aptly named, these fungi have a flavor that is reminiscent of chicken. This hearty mushroom is worth a try if you are fortunate enough to find them. It is a filling addition for an array of cooked savory dishes.



These can be typically be found in our region starting in April and are always found on wood of both living and dead trees. They are most often distinguishable by their bright orange and yellow color. Some people have a sensitivity to types of chicken mushrooms, so be aware of that when preparing and always cook (any mushrooms) thoroughly before consuming.

CHANTERELLES

Chanterelles are identifiable in our region with their trumpet shape and their yellowish-orange to yellowish-gold color. They are the quintessential "wild" mushroom: delicate in flavor, and a beauty amongst the leaves. There are assorted types in our area, but the brightly colored, trumpet-shaped varieties are easy to spot growing from the forest floor. They are typically found starting in May and can be harvested as late as September if conditions are favorable, especially after a Spring or Summer rain.



LOCAL SPOTLIGHT: MUSHROOMS

Not up for a foray in foraging? Not to worry, you may also pick up local mushroom finds at the Co-op from a few local producers.

Scratch Brewing Company, Ava, IL

www.scratchbeer.com

Scratch Brewing Company is a local brewery that specializes in collecting and brewing with locally foraged ingredients. They will be bottling the Chanterelle Biere de Garde and Black Trumpet Biere de Garde this year. These local beers are made with mushrooms harvested directly from the woods near the brewery and are as local as you can get.

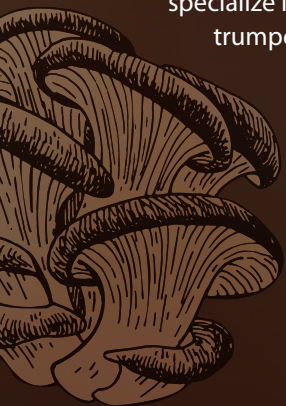
"Mushrooms are some of our favorite ingredients to brew with because they are so abundant in the woods around our brewery," says Marika Josephson of Scratch Brewing Company. "The chanterelles in particular, grow like crazy in the late summer. If we get the right conditions, we can harvest over 100 pounds from within a short walk of the brewery. The Chanterelle Biere de Garde tastes exactly like the aroma of a basket of those freshly picked mushrooms: earthy and apricot-y. It's the first beer we bottled and one of the beers we love the most."

Flyway Family Farm, Makanda, IL

www.flywayfamilyfarm.com

Flyway Family Farm is a small family farm specializing in organically grown, fresh gourmet mushrooms in an indoor, climate-controlled facility. They specialize in shiitake, oyster, lions mane, king trumpet, and chestnut mushrooms.

Flyway Farm also produces an assortment of bottled mushroom extracts to put into beverages, soft foods (like soups, sauces, or salad dressings), or simply drop directly under your tongue.



DANDELIONS

One of the most abundant, unmistakable plants for easy foraging are dandelions. While some may find them bothersome as they pop up in the Spring, they are actually quite versatile in their use.

Pick the tender green toothed leaves in early Spring (before flowers emerge) and again when the weather cools in the Fall to use in a salad mix. While they can be bitter, this flavor can be offset by using a squirt of citrus or a lemon vinaigrette.

The roots of the plant are most commonly dried and roasted to use for foraged teas. After roasting, the root takes on a nutty flavor and enhances its natural sweetness.

As the bright yellow flowers emerge, gather them to use for baked goods, teas, jelly, or even to make a dandelion wine.

At the start of the pandemic a few years ago, like many people, we were hunting for experiences at home. One of these searches ended with gathering dandelion flowers which we later turned into dandelion jelly (also known as dandelion honey).

If you haven't ever tried dandelion jelly, it is worth the effort! After steeping the plucked petals in water to make a dandelion tea, add some lemon juice, sugar, and pectin to turn it into a delicious, rich spread that tastes like honey. It is a great alternative for vegan eaters and is a special treat on freshly made sourdough bread.



GARLIC MUSTARD

Garlic Mustard is a non-native wildly invasive plant, originally brought from Europe as an edible. It is most commonly found along roadsides, creeks, and forest edges but can also be found in open forests. For

foraging, it is best harvested when it is young and less bitter. The stems can be eaten raw or sautéed and have a flavor profile similar to a mix of a snap pea and mild garlic. The leaves and flower buds have a bit more bitterness and taste like a mix of mustard greens and garlic (hence, it's name). Garlic mustard is great to utilize in both pesto and hummus.

Because it is so plentiful, it is an excellent plant to forage while also giving the native plants in our region room to thrive. To help control the spread, be sure to harvest the entire plant, including the root. There have been efforts by local conservation groups in our region to control the spread of this invasive plant. Visit www.greenearthinc.org for more information on garlic mustard and plant management/removal for our region.



edible and have a slight lemon flavor. The leaves are perfect in salads or mixed into a smoothie. The colorful, delicate flowers can be used for making a purple tea or for making a lovely homemade jelly that in its finished state is an amazing shade of, you guessed it, violet.

Notes on laws, regulations, and safety

It's important to note that before foraging for wild foods, it should be done responsibly, with respect for the environment and a thorough knowledge of plant/fungi identification and safety. Foragers should never pick plants that are rare or endangered, and should always leave enough behind for other animals and for the plant(s) to continue growing, when applicable.

Additionally, be sure to respect personal property and property lines, making sure to get permission and check into local laws and regulations regarding removal of organic material from nature and protected lands.

Always be mindful of where you are foraging and avoid areas that have been treated with pesticides or other chemicals. Always speak with your health care professional about health benefits and risks associated with foraged foods prior to consumption.



VIOLETS

Wild and plentiful in April and May (and sometimes re-emerging in the Fall), violets can be found in many untreated yards or in dappled shade fields with disturbed soil. Both the leaves and flowers are



RESOURCES

For more information on mushrooms and mushroom safety, visit the Illinois Mycological Association at <https://illinoismyco.org/> or the University of Illinois extension office at <https://extension.illinois.edu/fjprw>.

Edible Wild Mushrooms of Illinois and Surrounding States, A Field-to-Kitchen Guide by Joe McFarland and Gregory M. Mueller. University of Illinois Press. 2009.

Midwest Foraging: 115 wild and flavorful edibles from burdock to wild peach by Lisa M. Rose. Timber Press. 2015.

<https://www.growforagecookferment.com/what-to-forage-in-spring/>
<https://www.fourseasonforaging.com/blog/2017/5/28/garlic-mustard-a-delicious-invasive>



Reprinted with permission from grocery.coop. Find recipes, plus information about your food and where it comes from at grocery.coop.



Fuel up with Plant Power!

Protein is the hidden superpower in an array of plant-based foods.

Plant-based eating emphasizes meals where meat is not the main attraction, and goes well beyond salads and veggie burgers. Along with fruits and vegetables, plant-based foods put the focus on whole grains, legumes, nuts and seeds.

Plant-based dishes can be a powerful source of protein, especially when the ingredients include beans, quinoa

or tofu, in addition to fiber, antioxidants, vitamins and minerals. And who couldn't use more vegetables in their diet?

Whether you're trying to reduce the amount of meat in your diet, exploring the "flexitarian" style of eating, or enthusiastically vegan, give these flavorful, protein-rich recipes a try.

Jerk Tofu with Pineapple

Serves: 4. Prep time: 1 hour.

1 pound extra firm tofu, pressed to remove water and cut into 1- to 2-inch cubes
1 pound fresh pineapple, cut into 1- to 2-inch cubes
½ cup diced red pepper

Jerk Sauce

¼ cup fresh lime juice
2 tablespoons red wine vinegar
2 tablespoons tamari
1 tablespoon brown sugar
1 tablespoon hot sauce or habañero sauce
2 tablespoon fresh chives, minced
(reserve 1 tablespoon for garnish)
1 tablespoon dried thyme
1 tablespoon Dijon mustard
1 teaspoon ground allspice
Pinch of salt and pepper

1. To press tofu: Wrap it in a clean, lint-free towel or place it between two plates, then add a 2 to 3 pound weight on top (a cookbook works well) and let it sit for 15 minutes or more to remove excess water.
2. In a medium-sized mixing bowl, combine the jerk sauce ingredients. Reserve 4 tablespoons of the sauce for dressing the tofu when cooked.
3. Marinate the pressed, cubed tofu in the jerk sauce for 30 to 60 minutes or overnight.
4. Preheat the oven to 350°F.
5. Place the tofu and marinade onto an oiled sheet pan and bake for 20 minutes; then gently stir or flip the tofu and bake for another 15 to 20 minutes until the tofu is firm and the sauce is absorbed. On a separate oiled sheet pan, bake the pineapple cubes for 20 to 25 minutes until they just start to brown.
6. Toss the pineapple and tofu together. Drizzle with the remaining 4 tablespoons of jerk sauce and garnish with chives and diced red pepper. Serve over a bed of greens, crisp lettuce or rice noodles.

Marinated tofu soaks in the full-flavored sauce and pairs wonderfully with the sweet, baked pineapple. Each serving gives you 10 grams of protein.



White Bean and Vegetable Paella

Serves: 6. Prep time: 45 minutes.

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 3 cups vegetable stock or water
- ½ teaspoon saffron, crumbled
- 4 cloves garlic, chopped
- 1 large red bell pepper, chopped
- 1 ½ cups paella or risotto rice (or medium- or short-grain white rice)
- 1 tablespoon tomato paste
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- ½ teaspoon cracked black pepper
- 2 medium tomatoes, chopped
- 1 medium zucchini, quartered lengthwise and sliced
- 1 can artichoke hearts, quartered
- 1 15-ounce can navy beans, drained
- ½ cup frozen peas, thawed

1. In a large skillet or paella pan over medium-high heat. Heat the olive oil and saute the onion until clear and soft, about 5 minutes. While the onion cooks, measure the vegetable stock or water and crumble the saffron into the liquid to infuse.
2. To the pan, add the garlic and peppers and stir for a minute, then add the rice, tomato paste and paprika, and stir to mix well. Cook, scraping the bottom of the pan, for about 2 minutes. Add the stock mixture, salt and pepper to the rice mixture and stir well. Reduce the heat to medium-low after it comes to a boil. Simmer for 15 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, artichokes, navy beans and peas and cook for 5 more minutes.
4. Test the rice. If it is still a little crunchy, cover the pan and take off the heat to steam for 5 minutes or so. Serve hot.

Creamy Artichoke-Spinach Dip

Serves 6. Prep time: 4 hours, 55 minutes; 20 minutes active.

- 1 cup raw cashews, soaked and drained
- ½ cup water
- 1 tablespoon fresh lemon juice
- 2 tablespoons olive oil
- 4 cloves garlic, pressed
- ¼ cup nutritional yeast
- 1 teaspoon salt
- ¼ teaspoon turmeric
- 10 ounces frozen spinach, thawed, drained and squeezed dry
- 1 14-ounce can small artichoke hearts, drained and coarsely chopped
- 2 tablespoons panko (optional)
- Toast or crackers

1. Place cashews in a bowl of cool water in the refrigerator at least 4 hours prior to preparation.
2. Preheat the oven to 375°F. Lightly oil an 8-inch square or 1-quart round baking dish and reserve.
3. Place the drained cashews, water, lemon juice and olive oil in a blender and blend until very smooth, scraping down as necessary. When smooth, add the garlic, nutritional yeast, salt and turmeric and blend to mix well.
4. Scrape the puree into a large bowl and stir in the spinach and artichoke hearts. Spread in the baking dish and sprinkle with panko, if desired.
5. Bake for 25 to 30 minutes, until hot and slightly browned on top. The dip can be prepared and refrigerated, tightly wrapped, up to 2 days before baking. Once baked, cover and refrigerate the cooled dip for up to 4 days.





Egg Roll Bowl with Brown Rice

Serves: 5. Prep time: 25 minutes.

- ½ block extra-firm tofu, drained and patted dry
- 1 teaspoon vegetable oil
- 2 cups shredded cabbage
- 1 large carrot, halved and thinly sliced
- 4 ounces button mushrooms, sliced
- 1 large yellow onion, slivered
- 1-inch piece fresh ginger, minced
- 2 cloves garlic, chopped
- 1 tablespoon tamari soy sauce
- 2 teaspoons toasted sesame oil
- 3 cups cooked medium-grain brown rice
- 2 large scallions, diagonally sliced

1. Slice the drained tofu into cubes.
2. In a large saute pan, over medium-high heat, drizzle the vegetable oil. Add the tofu and stir, and then add the cabbage, carrots, mushrooms and onions. Stir frequently, scraping the pan to keep the vegetables from sticking, for about 4 minutes, until the cabbage is browning and the vegetables are crisp tender.
3. Add the ginger, garlic, tamari and sesame oil and stir for a minute, until the pan is nearly dry. Serve over brown rice, topped with scallions.

In this flavorful bowl, tofu and brown rice combine with crisp-tender stir-fried veggies to provide 11 grams of protein per serving.

Curried Chickpeas in Coconut Milk

Serves 6. Prep time: 30 minutes.

- 2 teaspoons vegetable oil or ghee (clarified butter, frequently used in Indian cooking)
- 1 inch ginger root, peeled and sliced
- 2 cloves garlic, peeled
- 2 teaspoons ground cumin
- ½ teaspoon ground turmeric
- 2 teaspoons ground coriander
- ¼ teaspoon cayenne
- 1 cup coconut milk (or light coconut milk)
- 1 teaspoon brown sugar
- 1 tablespoon tomato paste
- ½ teaspoon salt
- 2 15-ounce cans chickpeas, rinsed and drained
- ¼ cup cilantro, chopped

1. Heat a large skillet over high heat. When hot, add the vegetable oil or ghee, the ginger, garlic, cumin, turmeric, coriander and cayenne and stir until the spices are fragrant.
2. Add the coconut milk, brown sugar, tomato paste and salt, and mash and stir to incorporate the tomato into the sauce as it comes to a simmer. Add chickpeas and stir. Reduce heat as needed to maintain a simmer, stirring often, until thick.
3. Sprinkle with cilantro just before serving.

With 8 grams of protein in each serving, this simple chickpea dish is silky with coconut milk and flecked with spices and fresh cilantro.





Neighborhood Co-op Grocery

1815 West Main Street
Carbondale, IL 62901



Neighborhood Co-op Grocery Farm crawl

SEPTEMBER 9-10, 2023

Would you like to learn and explore more about food sustainability in Southern Illinois?

Our annual farm crawl creates an opportunity to visit and take tours of local farms in our region!

This all-ages event helps connect community members with local growers. Farmers are able to share the history of their farms, provide education on the crops and/or livestock raised there, along with successes and failures they have encountered over the years. Participating farms on our crawl are located throughout the region in Southern Illinois.

Visit www.neighborhood.coop/farm-crawl for more information.



It's for a good cause!

The Co-op Farm Crawl is a fundraiser to benefit Food Works.

Food Works is a non-profit organization facilitating the development of a sustainable food economy in Southern Illinois. Learn more at www.fwsoil.org