

Local Tastings

Look for these in-store demos of fabulous local foods and prepare your pantry for the Co-op's third annual Eat Local Challenge! See page 10 for details.

- 8/1 Co-op Granola and local Milk/ Soymilk 11-3pm
- 8/3 Delicious Desserts: Snow White Brownies, Delcos, Barry's Theatre Cookies 4-7pm
- 8/5 Salad Daze: Local Greens and Dressings 4-7pm
- 8/7 Egg or Tofu Breakfast Burritos with local cheese, onions, and potatoes 11-3pm
- 8/8 Taste a variety of local melons 11-3pm
- 8/10 Cucumber Variety sliced with Tofu Shop dips 4-7pm
- 8/11 Local Fajitas: veggie and meat options with local salsas 3-7pm
- 8/12 Green Beans: Try them Raw or Sautéed 4-7pm
- 8/14 Focus on the Deli: Delicious dishes prepared with local ingredients 11-3pm
- 8/15 An Apple Today! Tasty local apple varieties 11-3pm
- 8/17 Tea Party Local Teas, Coffees, Chai, and local creamers 4-7pm
- 8/19 Pears and Cheese: Delicious pairings of local cheese and fruit 4-7pm
- 8/21 Greens to Braise and Sauté: Kale, Frisee, Mustards and Chard 11-3pm
- 8/22 Los Bagels with Local Jams and spreads 11-3pm
- 8/24 Summer Squash: Sautéed and Raw 4-7pm
- 8/26 Ravishing Radishes: Sample a variety with local dips 4-7pm
- 8/28 Chocolate Day! Tastes from local artisans like Venlo and Drakes Glen 11-3pm
- 8/29 Apples and Pears and Plums, Oh My! 11-3pm
- 8/31 Root Veggies- a delicious variety and recipes too! 4-7pm

Blue is Senior Day Red is Member Application Day



Look for Staff Pick signs on shelves throughout the store and know that these items have been hand selected by Co-op employees as great products we think you will love.



Laura Jones
Marketing Assistant

Tofu Shop Smoked Tofu. If you've never tried tofu, this is the place to start! Mmmm...Mmmm...



Daniella Opalach
Senior Clerk

Larrupin Mustard and BBQ Sauces. Try them with bagels and cream cheese..... delicious!"



Jason Davenport
Information Technologist

I love Blue Lake's very own !Mas Salsa! especially "THE HURT" variety, pairs well with some Co-Op Blue Corn Chips and a local pilsner. Add them all together and it is THE killer snack for a river-side summer afternoon.



Pete Fuller
Produce Clerk

The Clendenens grow several tasty varieties of apples but the Mutsus are my favorite. You can make great baked apples or just eat them out of hand. Try one today!"

Bike Month Winners!



Humboldt Who



Darrel Boris

Two Commuter Bikes Were Given Away by the Co-op to Celebrate Bike Month!

Co-op Advantage SAVINGS

Money-Saving Coupons Inside!

July-August 2010



- All Natural Goodness
- Vegan Options
- Vegetarian Stuff
- Organic Ingredients
- Gluten Free Flour
- Local Ingredients



CO-OP
MEMBER
APPRECIATION
DAY

2nd
Wednesday
of each month

SAVE
10%