

Patient Capital • Holiday Gifting • In Praise of Porridge • Cozy Starts • Fall into Flavor

MORSEL

www.neighborhood.coop

Fall 2025



FREE



MORSEL

A QUARTERLY PUBLICATION FROM NEIGHBORHOOD CO-OP GROCERY

CONTRIBUTORS

Co-op General Manager
Co-op Board Member
Co-op Brand/Design Manager
Co-op Bulk Foods Buyer
Rooted in Foods

FRANCIS MURPHY
ERIKA PETERSON
EMILY YATES
DYLAN CARAKER
NIKI DAVIS

BOARD OF DIRECTORS

Lauren Bonner
Quianya Enge
Amy Etcheson

Allegra Frazier
Barbara James
Donna Margolis

Erika Peterson
Lisa Smith
Richard Thomas

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 Co-op 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.



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Join us Saturday, Nov. 8 for our kick-off event!
*Sampling • Local Products • Giveaways • Raffles
Live Music with Snowbird Street Band*



Co-op Throwback

The Owner Loan Program

A full thermometer on the wall at 104 E. Jackson signaled the successful completion of the \$350,000 owner loan program. This program was a critical piece of the financing to relocate the Co-op to the current store and was made possible by 100 couples or individuals making loans to the Co-op in amounts ranging from \$1,000 to \$50,000 with an average loan size of about \$3,500.

Sales & Events

FALL 2025

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

[carbondalecoop](https://facebook.com/carbondalecoop) [@neighborhood_coop](https://instagram.com/neighborhood_coop)

OCTOBER

Non-GMO, Fair Trade, Nat'l Co-op Month & Owner Drive!

SUN	MON	TUE	WED	THU	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	

1 Wellness Wednesday
10% off all wellness items

5, 12, 19, 26 Saluki Sundays
All students with college ID get 10% off their purchase

alternate Mon./Tues. Double Days
Co-op Flyers overlap - Deals from both!

NOVEMBER

Owner Appreciation Month: 10% off coupon for single transaction

SUN	MON	TUE	WED	THU	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

8-16 Stock-up Pop-up Fall Sale
Stock up and save BIG!

27 Thanksgiving Day
Co-op closed in observance of the holiday

8 Empty Bowls, 11:30am-1pm
SIU Ceramics fundraiser selling handmade bowls

2, 9, 16, 23, 30 Saluki Sundays
All students with college ID get 10% off their purchase

DECEMBER

Warm up and get cozy with Winter gifts from the Co-op!

SUN	MON	TUE	WED	THU	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

All Month Link Match
Last chance to use 2025 vouchers!

25 Christmas Day
Co-op closed in observance of the holiday

7, 14, 21, 28 Saluki Sundays
All students with college ID get 10% off their purchase

Patient Capital:

How Our Owners Helped Build the Co-op's Future

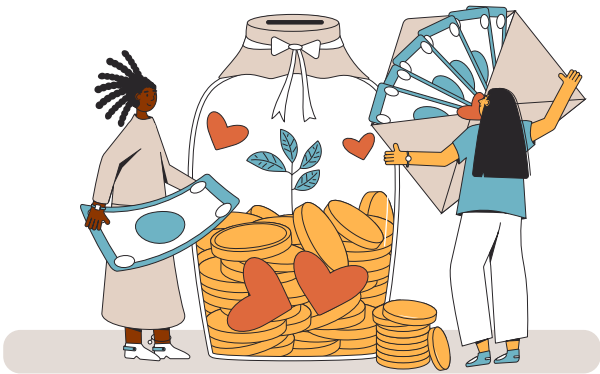
by Francis Murphy

When you walk into our Co-op today, it's easy to take for granted the bustling store, the full shelves, and the sense of community that fills the aisles. But behind this success story lies a quieter chapter of financial ingenuity, trust, and owner commitment—the Owner Loan Program. This program not only helped the Co-op move to its current location nearly two decades ago, but it also became a symbol of the patient, long-term investment that our community was willing to make in order to sustain a local, values-driven grocery store.

Building the Dream

Back in 2005-2006, the Co-op faced a major turning point. To expand and relocate, it needed a robust financing plan. Traditional lenders provided much of the \$1.5 million required, but a crucial \$350,000 came directly from owners through the newly launched Owner Loan Program. About 100 individuals and couples stepped forward, lending amounts ranging from \$1,000 to \$50,000, with the average loan around \$3,500.

These weren't just financial transactions. They were acts of faith. The willingness of owners to invest their personal savings was not only essential in closing the financial gap but also convinced the primary lender, First Southern Bank, that the community stood solidly behind the project.



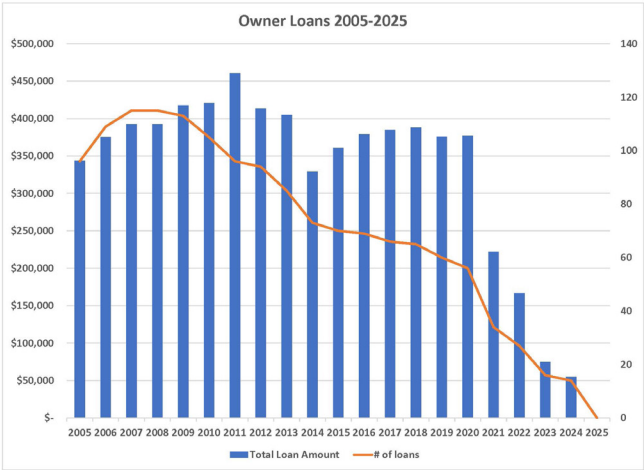
Staying the Course

The early years in the new store were not easy. Profitability proved elusive for the first two and a half years, and by 2009, the first owner loans were coming due. Rather than seeking repayment, most owners chose to renew their loans, signaling continued confidence in the Co-op. Even more remarkable, many increased their loan amounts to offset repayments requested by others.

By 2011, total owner loans had actually grown to \$460,000. This show of support sustained the Co-op until profitability took hold. By 2014, the business was healthy enough to repay \$76,000 in loans, bringing the outstanding total down to \$329,000.

Weathering New Challenges

But just as the Co-op was finding its stride, market shifts after 2014 began to erode sales and profitability. Once again, owners stepped up.



The renewal program was reinstated in 2015, and while some opted to take repayment, others deepened their investment. By early 2021, 56 owners held loans totaling \$377,000, with a weighted average interest rate of 5.4%. At that time, the Co-op was paying about \$20,000 a year in interest—a significant expense, but one that reflected the deep pool of “patient capital” sustaining the business.

Turning the Corner

Then came an unexpected bright spot. In 2020, the Co-op recorded its most profitable year ever. Federal assistance in the form of a \$206,200 Paycheck Protection Program (PPP) loan, later forgiven, further bolstered cash reserves. For the first time in years, the Co-op was in a position not just to manage debt but to reduce it dramatically.

In 2021, \$155,000 of owner loans were repaid, and even after doing so, the Co-op still retained four times the cash needed to operate comfortably.

The result was lower annual interest payments and a stronger balance sheet. In the years that followed, repayments continued steadily until this year, when the final owner loans were retired.



Gratitude for “Patient Capital”

Closing the book on the Owner Loan Program is both a financial milestone and a moment of reflection. For many owners, making a loan to the Co-op was never about financial return. It was about believing in the power of community ownership and investing in a local business that reflects shared values.

While some owners might have preferred to keep their loans in place, the Co-op now stands on stronger financial ground by no longer paying interest on funds it does not need. More importantly, the repayment of every loan demonstrates that the trust owners placed in the Co-op was well founded.

The story of the Owner Loan Program is, at its heart, a story about community resilience. These loans were not quick-turn investments. They were long-term commitments—patient capital—that gave the Co-op stability during uncertain times.

To the many owners who extended that trust and support, I offer my deepest gratitude. Your willingness to invest made possible not only a new store but also years of continued service to our community. The Co-op as it exists today is a testament to your vision, patience, and belief in cooperative values.



REMINDER...

If you are one of the 1,200+ owners issued patronage dividends in June, the credit is associated with your owner number—ask a cashier to use it on your next purchase. **It actually *benefits* the Co-op for owners to use their dividends.**



ANY UNUSED DIVIDENDS REVERT BACK TO THE CO-OP ON DEC. 14.

Holiday Gifting

by Erika Peterson

When my family does our weekly Co-op shopping trip, we have a routine. My husband and son (and daughter, when she's at home) each have a mental list of the items that they want, so they roam the store collecting their goods and bringing them back to the cart as I do a more thorough exploration of all the weekly sales. They usually finish up before I do and they head to the gifts and general merchandise section to wait for me.

This means they all get more time to explore the **local books, artsy jewelry, funky socks, and fancy soaps** than I do. (I have noticed that A LOT of fancy soap makes its way into our cart.) I usually just get a quick peek at this section on my way to check out. So for my contribution to Morsel, I wanted to learn more about the **lovely array of local and sustainable gift items available at the Neighborhood Co-op**. As we head into gift-giving season, maybe you'll find ideas here for the special people in your life!

Local visual artists are represented in a wide variety of formats, from the functional to the purely decorative. You can get art on a T-shirt or tote bag, on greeting cards and postcards, on stickers for your laptop or posters for your wall. Some of the artists are not just local to Southern Illinois, they're local to the Co-op. Produce Buyer Ellie Darling contributed two designs to the 40th Anniversary celebration that are available on totes, T-shirts and magnets. And my mind was completely blown when I learned that "Emily who paints those amazing maps" and "Emily the new Brand Manager" are the same person! That's Emily Yates, by the way, and I promise I will never forget her last name again.

Some local artists have been mainstays of the Co-op gift section for years, including **photographer Al Parr**, famous for his nature photos taken at SIU's Campus Lake, and **MollyFlower Designs**, known for her unique jewelry incorporating items from nature. But new artists are welcomed to the line-up all the time, and Hannah Byers, Wellness Manager, who oversees the general merchandise section, **encourages interested artists to contact her to learn more about selling at the Co-op**.

Some of the newer art in the store includes creative designs from **Kinley Jewelry** and stylish stickers from **Art by Lisa T**. Hannah says that the Co-op probably has the biggest selection of local T-shirts in the area, some of which are

not only designed locally but printed locally at **Home Print Shop** and **Treehouse Printing**.

Don't forget there are also very gift-worthy local items scattered throughout other sections of the store. In Health & Beauty Aids, you can find soaps and skin care products from **Woodsy Earth**, **Maryanne's Organics**, **Meadows Bluff**, **Rolling Oaks Alpaca Farm**, and **My Saved Objects**. There are some great stocking stuffers in this category, including tallow chapstick from Woodsy Earth. In the grocery section, you can find **Steam Shovel coffee** roasted in Anna, low-salt spice blends from **The Jay Effect** in Carbondale, and candied pecans from **Voss Pecans** in Carlyle.

The Co-op is also proud to partner with larger sustainable companies that provide earth-friendly, fair trade clothing and home goods. Some items that are always popular for the holidays include felted wool ornaments from **Wild Woolies** and alpaca socks from **Tey-Art**, made in Peru. Another year-end tradition is the gorgeous selection of calendars from **Small Changes**. When our kids were little, we would let them pick out the calendar that would hang on our fridge each year, a responsibility that they always approached with serious deliberation. Other great gift choices might be kitchen wares from **Down to Earth**, beeswax candles from **Sunbeam Candles**, or a bag from **Terra Naturals Designs**, depending on your recipient's interests.

As owners of the Neighborhood Co-op, we get to determine the organization's mission and values, and then those elements guide the staff as they search for the goods that best meet our needs. Many of our suppliers have their own unique stories about how the core values of sustainability and justice are embodied in their work.

You can learn more about some of these companies on the Gifts & General Merchandise page of our website.

At the Co-op, you can celebrate the beauty of local and sustainable gifts all year long, and don't forget that you can treat yourself, too! Next time you're in the store, take a few moments to slow down, notice the little details, and appreciate the thoughtful creativity of this section of the Co-op.

Check out our 2025 Holiday Gift Guide at bit.ly/2025GiftGuide or scan the QR code:



Jump on Board!

Join the 2026 Co-op Board of Directors!

APPLY BY DEC. 7

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

Customer & Staff Favorites

1



Wild Rice Tofu

1

The co-op is my very favorite place for lunch in Carbondale. My go-to for years has been the wild rice tofu in the cold deli. Even if you're a meat lover like me (I grew up on a cattle farm and my favorite food group is easily MEAT), you've got to try the wild rice tofu. The flavors are warm and lovely and it's just the best. Thanks for making tasty lunch options for the masses!!! Don't ever stop offering my favorite.

-Jamie, Customer

2

This powerful throat spray is very effective for not only keeping viruses at bay, but knocking them out. A holistic anti microbial.

-Mecie, Wellness

Echinacea Goldenseal Propolis

2



3



4



Green Thai Curry

5

Mike's Organic Green Thai Curry

-Paula, Grocery

Blond Blend Coffee

Blond Blend Fair Trade Coffee Bulk
-Pale, Customer Service

6

Alba Botanica Intense Hydration Whipped Body Butter

Luscious hyddration!

-Paula, Grocery

7

Not Just For Pizza Seasoning - Bulk

AKA "tricky herbs". Everyone loves pizza, especially kids. I found that adding pizza seasoning to soups and cooked vegetables & beans imparts enough pizza flavor to entice the young ones to eat them. Of course, I find it delicious also. Always in my spice cabinet!

4

-Marjorie, Special Projects

Trace Minerals

3

I use all the time. Taste's like the well water I grew up with.

-Marjorie, Special Projects

5



6



7



Do you have a Favorite product you'd like people to know about?

See more at neighborhood.coop/favorites

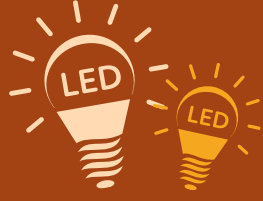


Scan to Share Yours!

Fall INTO ENERGY SAVINGS!

As a not-for-profit electric cooperative, we believe that energy efficiency is a shared goal.

Below are practical tips that can make a significant impact.

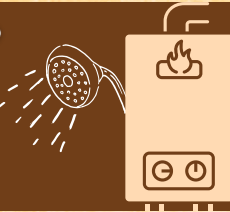


SWITCH TO LED BULBS

Light up your home efficiently by replacing traditional bulbs with energy-saving LED alternatives. They last longer and use less energy, keeping your bills down.

REDUCE WATER HEATER TEMP

Set your water heater temperature to 120°F or lower to reduce energy usage and save money. It's an easy way to be efficient and keep your bills down.



SEAL GAPS AND LEAKS

Keep your home cozy without overworking your heating or cooling systems. Seal gaps and leaks in your attic and around doors and windows to reduce escaped air and optimize comfort.

UPGRADE THERMOSTAT

Install a smart thermostat and schedule temperature adjustments based on your daily routine. This simple upgrade can lead to significant energy savings.



USE SMALLER APPLIANCES

Use air fryers and slow cookers to save energy—they use less electricity than conventional ovens while still making delicious meals.

Egyptian Electric Cooperative Association

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In Praise of Porridge

by Dylan Caraker, Bulk Foods Department Buyer

With autumn upon us, we seek warm, economical, nutritious, and filling foods for our breakfast tables. **Oatmeal**, the first to fit that bill, be it Instant from a package, fast and creamy Quick, chewier and heartier Rolled, toothsome Steel Cut, or even the creamy delight that is Scottish, is a familiar staple upon many tables.

But with that familiarity comes boredom. We get so used to preparing each meal exactly the way we like it, we forget ingredients can be combined in new, delicious ways. And when we reach for alternative grains, more tasty and nutritious options appear.

Rice and Raisins is a familiar meal for Boomers and Gen-X adults in the US, but worldwide, many cultures enjoy rice dishes both sweet and savory for their morning meal. Try warming leftover short grain brown rice or any long grain rice with a favorite milk, add yogurt, and/or sliced fruit/berries for an inexpensive and nutritious breakfast. Fragrant Basmati can be cooked with your favorite milk, and garnished with orange zest, cardamom, and crushed pistachios for a delicious change of pace.

Barley is a sweeter, chewier, nuttier alternative to oats that contains fewer calories and nearly twice the fiber per serving. Despite Barley's sweeter taste, it is a low glycemic index food, which means blood sugar levels rise more slowly, peak at a lower level, and fall at a slower rate too. Try preparing Rolled or Pearled Barley the night before by using your favorite milk instead of water, and then, in the morning heat with a bit more milk, add a dollop of applesauce or canned pumpkin, and garnish with pecans and/or a dusting of cinnamon for an autumnal treat.

Millet is another delicious, gluten-free, low glycemic index grain. Easily prepared the night before, millet can be reheated with ease, or try soaking it overnight to reduce cooking time and make it easier to digest. Lightly toasting millet in the pan before adding the desired cooking liquid adds another dimension to the sweet, nutty flavor. Millet is naturally gluten free, with 11 grams of protein per



½ cup uncooked grain. Try it with a dollop of Greek yogurt, a squeeze of honey, and a handful of frozen blueberries stirred in for a welcome change of pace.

Amaranth, a gluten-free, low glycemic index grain native to the Americas, has a chewy texture, and an earthy-sweet flavor. Containing ~30% more protein than oats by weight, amaranth also provides more calories and fiber than oatmeal, making it an excellent choice for active people and growing children. Amaranth thickens quite a bit, but by stirring an extra ½ cup of a favorite milk into each serving, it takes on a texture resembling Cream of Wheat. With agave or local honey, a handful of dried sweetened cranberries, and chopped walnuts or toasted hazelnuts, you have a genuine All-American breakfast.

Other grains worth considering include **wheat berries**, and **bulgur** (a steamed cracked wheat); **quinoa** (a complete protein, high fiber, gluten free grain); and **polenta** (a milled cracked corn that expands up to 4 times its initial volume).

Soaking grains overnight in water or your favorite milk decreases cooking time, and increases digestibility. Adding a pinch of salt per serving to the cooking liquid helps develop the flavor of the grain. Most grains will double in volume when cooked, meaning a single cup of grain can expand to provide two or more one cup servings. Cooked grains can also be prepared in advance, and stored tightly covered in the refrigerator for 4-6 days.

Consider adding dairy-based or plant based yogurts or milks; dried, chopped or frozen fruits; preserves, compotes, or pie fillings for sweetness and a kick of flavor; maple syrup, agave, molasses, brown sugar, or honey to sweeten; pecans, hazelnuts, walnuts, or cashews for extra protein; seeds like chia and flax for a fiber boost with a bit of crunch; or spices like cinnamon, nutmeg, cardamom, allspice, ginger, or turmeric will bring new dimensions to familiar flavors.

A cooking guide for these grains can be found in the Neighborhood Coop's bulk department, along with a variety of organic whole grains, dried fruits, and nuts.



ATTENTION CO-OP OWNERS:

Has Your Information Changed?

Have you moved? Has your name, email address, or phone number changed? Have you had a change in who constitutes your household members?

Keep your membership data up to date by letting us know what has changed. We want to keep our owners informed with the latest news about our Co-op, and we appreciate your help.

Update your info at bit.ly/OwnerInfoUpdate or scan here:



COZY STARTS

recipes by Niki Davis

7 Quick English Muffin Toppers

Sometimes, cooking a big breakfast is too time consuming, especially on weekday mornings when we feel rushed and often skip our morning meal altogether. Rest assured, these English muffin toppers make for an easy start to your day. Start with toasted English muffins and top them with **local ingredients**. Check out some of our Fall favorites!

1. Almond or peanut butter, **local apple slices** with a sprinkle of flax seeds
2. Ithaca black bean hummus, scrambled egg, and **Salsa Rose** mild or hot salsa
3. Burrata, basil, tomato slices, and a drizzle of balsamic glaze
4. Cottage cheese, banana slices, and a drizzle of local honey
5. Cream cheese, flaked cooked salmon, and tomato slices
6. Roasted red pepper hummus, sliced avocado, and a dash of **The JAY Effect Taco Seasoning**
7. Smashed avocado (or guacamole), cherry tomato halves, and **Autumn Ridge Farms** cilantro microgreens

Mocha Coffee Latte

Servings: 1

Our Mocha Coffee Latte plays off the classic coffee drink made with espresso and steamed milk. Our variation uses local **Steam Shovel Coffee** and **Rolling Lawns Farm** chocolate milk, giving this morning treat an easy shortcut. The result is a rich, creamy, and satisfying latte that you can make at home with minimal effort.

- 2 ounces strongly brewed **Steam Shovel coffee**
1 cup **Rolling Lawns Farm** chocolate milk

Pour the chocolate milk into a small saucepan and heat over medium heat, gently stirring to prevent scorching. While the milk is heating, pour the freshly brewed coffee into a large mug.

Once the milk is warm, use a handheld milk frother to whip air into the milk. Using a spoon to hold back the foam, pour the frothed milk into your coffee then spoon the foam over the top.



Top with whipped cream and chocolate covered coffee beans for a little extra fun. Enjoy!

Note: If you don't have a frother, you can still get a nice foam. After heating, pour the chocolate milk into a heatproof mason jar, screw on the lid, and shake vigorously for about 30 seconds until foamy. The jar will be hot, so handle it carefully.



Salmon Frittata

Servings: 4

Leftover meats and vegetables are perfect for easy breakfast frittatas. This version uses pieces of our **Oven Baked Glazed Salmon** along with broccolini and half of a baked potato. The potato's tender, hearty bite blends with the eggs, making the whole dish feel satisfying and complete. Any cooked vegetables hanging out in the fridge will work in place of the broccolini. Need to serve more than four? Just add two eggs per person and pad it out with whatever extra veggies you've got on hand. Serve with a slice of toasted and buttered **French Batard** available at the Co-op.

- 1 tablespoon olive oil
½ cup diced onion
½ cup diced bell pepper
½ cup diced cooked potato, peel removed
½ cup chopped cooked broccolini
1 cup shredded cooked salmon
8 eggs
2 tablespoons whole milk

Heat the olive oil in a 9-inch oven-safe skillet over medium heat. Add the onion and bell pepper and cook until they begin to soften. Reduce the heat to low and toss in the cooked potato, broccolini, and salmon to allow it to heat through - spread the vegetables and salmon around the pan to create an event layer. This will allow the frittata to cook more evenly and give you a little bit of everything in each bite.

Whisk the eggs and milk together until light yellow. Gently pour the eggs into the skillet, moving the skillet in a circular motion if necessary to ensure the eggs cover all of the vegetables. Cook on the stove top for 5 minutes; the eggs will begin to set. Transfer to a 350-degree F. oven and bake for 20 minutes or until the edges are slightly browned and the center is set - it will no longer jiggle when moving the skillet. If you need to check for doneness, you can use a cake tester or toothpick inserted into the center of the frittata. If the tester comes out clean, the frittata is done.

Remove the frittata from the oven and let it cool down before serving. This will allow the eggs to completely set up. The 9-inch skillet easily allows for four servings, but you can cut the frittata into more - or less - pieces as necessary.

Apple French Toast Breakfast Casserole

Servings: 8 - 10

This recipe transforms a classic bread pudding into a cozy breakfast casserole, built on the **fresh-baked bread from the Neighborhood Co-op**. Crisp, **locally grown apples**, **Voss pecans**, and warm, aromatic spices celebrate the best of our fall harvest in every decadent bite. Enjoy at the start of your day, or settle in for a cozy evening with friends and a glass of **Pomona Winery's Orchard Spice**.

- 1 cup heavy cream
1½ cups whole milk
8 eggs
½ cup brown sugar
1 tablespoon **The JAY Effect Cinnamon Spice**
½ teaspoon salt
6 cups cubed **Neighborhood White Bread** (about half a loaf)

Whisk together milk, eggs, sugar, spice, and salt in a large bowl. Toss in bread cubes, apples and pecans and stir together until the bread begins to soak up the custard base. Pour into a 9 x 13-inch dish and press the bread down into the custard.

Cover with foil and bake at 350 F oven for 40 minutes. Remove foil and place dots of butter around the top of the casserole. Bake for 30 more minutes until the top begins to brown. Serve warm, topped with **Miller's Applebutter**.



Hi, I'm Niki Davis, and I'm a local foodie. My interest in food and culture started at a young age as I learned to cook standing next to my mom and grandma.

Those early lessons were shaped by home gardens, wild game, and simple ingredients and they led to a love of cooking and sharing food with others. My food philosophy is the core of my website, **Rooted in Foods**, and has shaped my food and recipe writing which I further developed through a certificate program at Le Cordon Bleu.

I am excited to share my favorite recipes using local ingredients available at the Neighborhood Co-op and I hope you grab your apron and cook along! **Connect with me on www.rootedinfoods.com or Rooted in Foods on Facebook.**

FALL *into* FLAVOR

Chicken and Sausage Jambalaya

Servings: 6-8

recipes by Niki Davis

Jambalaya is a flavorful rice dish with origins in Louisiana. A staple of both Cajun and Creole cuisines, it is traditionally made with a mix of meats and seafood, vegetables, and spices, all cooked together in one pot. This Cajun version uses our **local Cahokia rice** and **The JAY Effect Cajun seasoning blend**. If you would like to try a Creole Jambalaya, simply add a 15-ounce can of diced tomatoes to the Dutch oven when you add the rice.

- 2 teaspoons olive oil
- 1 small onion, diced
- 1 green bell pepper, diced
- ½ cup diced celery
- 4 garlic cloves, minced
- 2 teaspoons **The JAY Effect Cajun Seasoning**
- 8 ounces kielbasa, sliced into rings
- 2 boneless skinless chicken breasts, cut into 1-inch pieces
- 2 cups uncooked **Cahokia white rice**
- 4 cups chicken stock



Begin by heating the olive oil in a Dutch oven or stock pot over medium heat. Add the onion, green pepper, and celery, and sauté until the vegetables soften. Add the garlic and cook for two minutes, or until fragrant. Stir in the Cajun seasoning and continue cooking until the vegetables achieve a slight reddish-brown color from the spices.

Next, add the sliced kielbasa and cook until the fat begins to render. Then add the chicken pieces, browning them on all sides. While the meat is cooking, rinse the rice under cold water until the water runs clear. This step is crucial for removing excess starch, which will keep the rice from becoming sticky when cooked. Once the meat has browned, add the rinsed rice to the pot, stirring it with the meat and vegetables. Toast the rice for two minutes; this will allow it to pick up some of the flavors of the cooked meats and vegetables.

Pour in the chicken stock and bring it to a boil. Immediately reduce the heat to low, stir the jambalaya, and simmer undisturbed for 20 minutes. After 20 minutes, turn off the heat, stir once more, and then let the jambalaya rest, covered, for an additional 5-10 minutes to allow for complete absorption of liquids. Additional Cajun seasoning can be stirred into the dish at the end, or hot sauce can be offered as a condiment when serving.

HELPFUL TIP

You can cook dried beans in an electric pressure cooker to save time. No soaking necessary! Place the beans in the cooker's pot and cover them with water by two inches. Cook them on high pressure for 50 minutes and allow a natural release. Drain and rinse the beans before using in a recipe.



Gigante Bean Soup

Servings: 4-6

As the air takes on the crisp chill of Autumn, we tend to think of comfort food - and what's more comforting than a pot of soup simmering on the stove? The aroma of this bean soup will fill your home, promising a warm, satisfying meal on a brisk afternoon. The star of this recipe is **gigante beans from Neighborhood Co-op Grocery**, cooked with a medley of fresh vegetables. A swirl of **Shawnee Cream** stirred in at the end adds a subtle, nutty richness that deepens the soup's flavor.

- 1 tbsp olive oil
- 2 celery stalks, chopped
- 1 small onion, chopped
- 1 large carrot, chopped
- 1 red bell pepper
- 1 teaspoon dried thyme
- 3 garlic cloves, minced
- 12 ounce bag dried Simpli Gigante beans, cooked per package directions
- 1 quart vegetable broth
- ½ teaspoon Kosher salt
- 1 parmesan rind (optional)
- 4 cups Tuscan kale, removed from the stem and chopped
- 1 tablespoon **Blue Sky Vineyard Shawnee Cream**

Heat the olive oil in a Dutch oven over medium heat. Add the celery, onion, carrot, and pepper to the oil and cook until they begin to soften. Stir in the thyme and cook the vegetables until they begin to brown, about 10 minutes. Stir in the garlic and cook for 1-2 minutes more. Pour in the beans and stock and season with salt. Stir everything together. Place the parmesan rind (if using) into the pot. This will add a savory nutty flavor and help thicken the soup. Simmer the soup for 15 minutes then turn off the heat. Remove what is left of the Parmesan rind and discard - it will be soft, so use a slotted spoon. Stir in the kale and let it wilt then stir in the Shawnee Cream.



Strawberry Habanero Glazed Salmon

Servings: 4

This salmon recipe is all about making a delicious meal without the fuss. It uses **Fired Up Jellies and Jams Strawberry Habanero jelly** as a shortcut to create a sweet and spicy glaze. Paired with a side of **Wild Alaska Salmon & Seafood sockeye salmon**, a smart choice for its rich flavor and sustainable sourcing, you get a dish that feels special but comes together in a snap. Serve the salmon with baked or roasted potatoes and broccolini for a fast and simple dinner.

- ¼ cup **Fired Up Jellies and Jams Strawberry Habanero jelly**
- 1/8 cup soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon dry red wine
- ½ teaspoon garlic powder
- ½ teaspoon ginger powder
- ¼ teaspoon each salt and black pepper
- 1 **Wild Alaska Salmon & Seafood sockeye salmon side**, about 1 pound

Combine the jelly, soy sauce, sesame oil, wine, garlic, and ginger in a sauce pot and bring to a low boil, whisking to combine all of the ingredients as the jelly melts. Reduce to a simmer and cook until the glaze has reduced to about ¼ cup. It will begin to foam on top, and become thick and sticky at this point - it should coat the back of a spoon without sliding off.

While the glaze is cooking, prepare your salmon by carefully running your fingers across the seams of the salmon flesh, feeling for pin bones. If you find any, remove them - you may need a pair of tweezers. These bones are typically removed from salmon filets, but when working with the sides, it is better to check before cooking.

Place the salmon side skin down on a parchment lined baking sheet, Season the salmon with salt and pepper and bake it at 325 degrees F. for 20 minutes. Spoon the glaze over the salmon flesh and continue baking for another 10 minutes or until the fish flakes easily.



Neighborhood Co-op Grocery

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\$6.99/lb Boneless Turkey Breast (2.5 lb. avg.)

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\$8.99/lb Beeler's Smoked Boneless Half Ham (3 lb. avg.)

\$9.49/lb Beeler's Smoked Boneless Quarter Ham (1.5 lb. avg.)

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