



3 Rivers Food Coop

January 2021

Currents

1612 SHERMAN BLVD. FORT WAYNE, IN • 260-424-8812



- Another story dates the origin as 2,000 years ago with the Ute Indian tribe. This version was made with meat of horses or deer, chile peppers, and cornmeal from ears of stalks that grew only to the knee." This beanless chili won Ute tribe member Rudy Valdez a championship in 1976.

The fact that chili does not exist in any form today in Mexico makes it likely that it does not have roots in Mexico. It does have standing to this day in Texas, perhaps brought to San Antonio by immigrants from the Canary Islands (then under Spain) who settled there in the 1730s. This version was a spicy stew with meat, cumin, garlic, chili peppers and wild onion. By the 1880s chili stands were part of open air markets with the "Chili Queens" reigning over the plaza sales in the 1890s. Interstate railroads linked San Antonio to the outside world around this same time and brought chili to those who passed through.

Whatever its original source and ingredient list, it then became a US staple at the 1893 Chicago World's Fair in San Antonio, Texas. This version was devoid of beans as is the case in all Texas chilis. Texas' "bowl of red" (chili pepper, meat, and spices) became their state dish in 1977.

By the time recipes began to spread across the country in the 1920s beans had been added. By the 1940s tomatoes were common. Midwestern forms of chili tend to be heavier on cumin and include the addition of beans.

One of the commonalities of all these "chili" dishes is that a little goes a long way. Whether its beans or meat (of any number of kinds) a pot of chili doesn't cost too much to make as the ingredients are few and not much of each is needed. If saving money, eating more meat, eating less meat, incorporating more beans or veggies into your diet, or cooking big batches for the week are on your plan for the new year one of the chili recipes inside might tick off more than one of the resolutions on your list.

Sources:

- "To Bean or Not to Bean: Jumping into the Chili Debate" *National Geographic*
- "Chili History, Legends, and Recipes" *What's Cooking, America?*
- "The Bloody San Antonio Origins of Chili con Carne" *Texas Monthly*

There is likely a chili recipe that is in your family or that you've encountered and adapted to be your own. Are there beans? Or just meat? Is it white? Or red? The variety of the contents of chili across the United States is as wide as the tales of chili's birth.

The origins of chili are "peppered" with much folklore. Here are just a few of the stories, some pretty tall tales and one of which may be where chili got its start:

- Bernal Díaz del Castillo's *The True History of the Conquest of New Spain* (1568), attributes chili con carne to Mexico. That dish contained hot peppers, wild tomatoes, and oregano boiled with conquistadors butchered by the Aztecs.
- A 17th century Spanish legend in which a nun named Sister Mary of Agreda was gifted the recipe by the Jumano Indians while in a trance having been transported to western Texas. This chili featured venison, onions, tomatoes, and chile peppers.
- Chili Scholar, Everette Lee DeGolyer, believed the first chili was an early 19th-century form of trail food: dried beef, fat, and chile peppers pounded together and shaped into bricks that could be reconstituted in boiling water over a campfire.

HOLIDAY HOURS

THURSDAY, DECEMBER 31

NEW YEAR'S
EVE

9 AM-7 PM

FRIDAY, JANUARY 1

Happy Holiday!

CLOSED

Mine. Yours. Ours: Owner News You Can Use

This Just In!: New Products

This month we added 272 new products! How do we decide what to bring in to our shelves, coolers, and freezers?

1) You! Our shoppers let us know when there are items they'd like to be able to purchase. If you're making a special trip to another store to buy just a product or two that's just silly! Or sometimes you wonder if a product exists and we can research it and let you know if it is available. Let us know what those items are and, if they fit with our product standards and are available from our distributors, it is likely we will add it to the inventory.

2) Our vendors and suppliers let us know what is new and what is selling well across the country. Again, if there is a spot and we think it a worthy addition we'll consider adding it.

3) A hole in the "product mix." Are we missing something like a gluten free cookie mix, a meatless sausage,

or no salt potato chips? Also, as the pandemic supply chain continues to give and take away we need to search for products to replace those that have completely disappeared from our ordering system.

While a number of items added this month included impulse purchase and gift items for the holiday season we also added a number of items that will be good additions to our offerings. Here are a few of those items: Pederson's breakfast sausage (mild or spicy) and smoked jalapeno sausage, regional chocolate and plain milk in glass bottles from Oberweis), Small Acres Farm local milk and butter, Thousand Hills Cattle Company jerky in 3 flavors, new Field Day items including dried beans and baking supplies, gluten free Angel Food cake mix, Miss Jones Smart Sugar Mix, Tolerant lentil pasta, 2 caramel sauces, Woodstock Farms packaged raw almonds, pecan

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All your favorite brands
**Warm up with
winter savings!**

Look for 37 coupons throughout the store.



New Year, Big Savings

A happy and healthy new year starts at the co-op! Discover big savings with coupons for many of your favorite brands, including Organic Valley, Siete, Chobani, Garden of Life and Simply Organic. From breakfast basics to beverages and body care products, you can save up to \$69 during January and February when you use the coupon pads on shelves throughout the store. Check out a preview of the coupons on our website at [insert link] and plan your next shopping trip today. Coupons are valid through Feb. 28, 2021.

While we no longer mail or offer printed coupon books, you can still get all of the same great deals by using the coupon tear pads in the store. To help you plan your shopping trips, you can find a PDF version of the coupons on our website on the "Co+op Deals" page (<http://www.3riversfood.coop/coopdeals/>)*. And be sure to look for Co+op Deals sales and our everyday low price Co+op Basics items to save even more money at your co-op!

*Not all items in the PDF are available at our store.

Savor FORT WAYNE RESTAURANT WEEK

Savor Fort Wayne 2021

Your co-op is a Savor Fort Wayne location January 13-24! This program, put on by the Fort Wayne Visitor's Bureau, highlights 50+ area restaurants with 12 delicious days of menu deals! This year many restaurants will be offering their deal as a takeout option.

Our featured deal is three courses:

Course 1 Choice of any Cafe Sandwich

Course 2 Bowl of Soup (you pick)

Course 3 Choose between a Small Espresso Drink, Black Magic Cake, or Pembroke Bakery Gluten Free Brownie

All for just \$10! Now that's a deal!

Collect stickers on the Dining Guide & Rewards Card to enter to win \$500 in gift cards! Find the full list of restaurants and menu offerings at SavorFortWayne.com.

A great way to support our local eateries in these difficult times. Eat local!

Own it!

Interested in how being a co-op owner works? Ask a cashier for more information!

Current Co-op Membership
Total Owner Households*-**2127**
Total Fully Invested Households*-
899

Current Active Households-**860**
New Households-**3** (11/28-12/27)

*These numbers include Active & Inactive Owners

Three Rivers Co-op
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Fort Wayne, IN 46808
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www.3riversfood.coop

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Management Staff
Alisha Dunkleberger
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Owners may contact the
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NEWSLETTER STAFF

Editor/Design & Layout
Heather Grady

Want more? Owners can sign up for our owner only newsletter to get unadvertised specials, deli menus, fliers, and info about events. Non-owner shoppers can receive a monthly newsletter as well. Send an email to news@3riversfood.coop or visit our webpage at www.3riversfood.coop/newsletter/

SPICY WHITE BEAN CHILI

Ingredients

2 T Oil
1 c **Yellow Onion**, chopped
1 T **Garlic**, minced
½ tsp **Dried Oregano**
½ tsp ground **Cumin**
½ tsp **Chipotle Chili Powder**
½ tsp ground **Coriander**
2 c **Vegetable Broth**
8 oz **Prepared Salsa Verde**
2 (15-oz) cans **Diced Fire-Roasted Tomatoes**
3 (15-oz) cans **Cooked Beans** (Great Northern or your choice)
2 c **Corn Kernels**, fresh, frozen, or canned

Preparation

In a medium pot, heat the oil over medium-high heat. Add the onions and garlic and cook until soft not browned. Add the cumin, chili powder, coriander, and oregano and sauté 1 minute more.

Add the broth, diced tomatoes, and salsa verde. Bring to a boil, then simmer 10 minutes. Add the beans and corn and simmer 10 minutes more, or until desired thickness. Salt and pepper to taste.

© Co+op, Stronger Together

VEGGIE CHILI WITH BEER

Ingredients

2 tsp **Extra Virgin Olive Oil**
1 medium **Onion**, chopped
1 T **Chili Powder**
½ tsp **Chipotle Powder**
1 medium **Yellow Bell Pepper**, chopped
1 medium **Green Pepper**, chopped
1 large **Carrot**, chopped
1 c **Wheat Beer**, red ale or lager
1 14.5 oz can **Fire-Roasted Tomatoes**, puréed
1 15-oz can **Kidney Beans**, drained
1 tsp **Dried Oregano**
½ tsp **Salt**

Preparation

In a large pot, heat the olive oil. Sauté the onion for five minutes over medium heat, until soft. Add the chili powder and chipotle and stir until fragrant, then add the peppers, carrot and beer. Raise heat to high and bring to a boil, then cover and reduce to medium-low for 5 minutes. Uncover and add the remaining ingredients, stirring to combine. Simmer for another 5-10 minutes to combine the flavors and thicken the chili.

© Robin Asbell, Co+op, Stronger Together

BISON CHILI

Ingredients

1 lb **Ground Bison** (optional: substitute grass-fed beef or vegetarian crumbles)
2 T **Olive Oil**
1 **Yellow Onion**, diced (about 2 cups)
1 **Green Bell Pepper**, seeded and diced
3 **Garlic Cloves**, minced
1 tsp **Dried Oregano**
1 tsp **Ground Cumin**
1 tsp **Ground Coriander**
2 tsp **Chili Powder**
1 14.5-oz can **Diced Tomatoes**
1 7-oz can **Green Chilies**, diced
1 15-oz can **Red or Kidney Beans**
2 c **Beef Broth**
½ c **Corn Kernels**
Salt and Pepper to taste

Preparation

In a large stock pot, heat the oil over medium-high heat and sauté the onions, peppers, and garlic for 5-6 minutes. Add the oregano, cumin, coriander, and chili powder and cook for 1 minute more. Add the bison and break it up into small pieces. Cook the meat, stirring frequently, for about 5 minutes until it is no longer pink. Add the tomatoes, green chilies, beans, broth and corn. Stir well and simmer for about 15-20 minutes. Season with salt and pepper to taste.

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PEDERNALES RIVER CHILI

Lady Bird Johnson's Pedernales River Chili is the classic Texas style "bowl of red" (no beans!). This recipe was shared with the entire U.S. via the New York Times and was always willing to share the recipe with visitors and via a postcard for those who asked.

Ingredients

4 lb **Chili Meat** (Coarsely ground round steak or well trimmed chuck)
1 large **Onion**, chopped
2 cloves **Garlic**
1 tsp **Ground Oregano**
1 tsp **Cumin Seed**
6 tsp **Chili Powder** (more, if needed)
1½ c **Canned Whole Tomatoes**
2-6 generous dashes **Liquid Hot Sauce**
2 c **Hot Water**
Salt to taste

Preparation

Place meat, onion, and garlic in large, heavy pan or Dutch oven. Cook until light in color. Add oregano, cumin seed, chili powder, tomatoes, hot pepper sauce, salt, and hot water. Bring to a boil, lower heat and simmer for about 1 hour. Skim off fat during cooking.



(260) 424-8812

January 2021

NATURAL GROCERY



1612 Sherman Blvd Fort Wayne IN 46808

Hours: Sundays 12 am-6 pm, Mon-Sat 9 am-7 pm

www.3riversfood.coop

PRESORTED
STANDARD
U.S. POSTAGE PAID
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This Just In! (cont'd from page 2)

halves, tamari pumpkin seeds, Medjool dates, Three Tree's non-dairy milk in pistachio and almond (vanilla and regular), Field Roast Chao Spicy Cheese slices and shreds (non-dairy), Harmless Harvest non-dairy yogurt in strawberry, Kerrygold Blarney Castle Cheese, Tillamook Smoked Pepper snacking cheese, LaBottega di BelGioioso snacking cheeses in Vino Rosso and Balsamic, Beetology veggie juices in 3 kinds, Secret Squirrel cold brew in 3 flavors, Wonder Drink Kombucha in 3 flavors, and CocoJune non-dairy yogurt. Phew! And wine! So much wine for your toasting in the new year! You'll find Gen5 in Ancestral Red or Old Vine Zinfandel, Tiamo Pinot Grigio, Wildflower Vineyard Wildsong Sauvignon Blanc, Juve & Camps Pinot Rose Brut & Reserva Familia Brut and more!

Did you love something you got earlier in the month? Be sure to snag more if you see it—the seasonal items are while supplies last!

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Cycle A Sales: December 30-January 19

Cycle B Sales: January 20-February 2