



3 Rivers Food Coop

April 2021

# Currents

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



Amy's Kitchen, a natural brand that has been around since 1987, announced recently that they are now a certified "B Corporation." You likely have no idea what a B Corp is but it has been mentioned in the natural foods world for a few years with the co-op of food co-ops we are part of, National Cooperative Grocers, announcing their certification back in 2012.

Like Fair Trade or USDA Organic certification, B Corp certification requires companies to meet and adopt rigorous standards of social and environmental performance, accountability and transparency. B Corp certification is awarded to businesses that use profits and growth as a means to a greater end: Positive impact for their employees, communities, and the environment. The B Corp community works toward reducing inequality, lower levels of poverty, a healthier environment, stronger communities and the creation of more high-quality jobs with dignity and purpose. You can identify a B Corp brand a product by the official B Corp seal.

The B Corp community works toward reduced inequality, lower levels of poverty, a healthier environment, stronger communities, and the creation of more high quality jobs with dignity and purpose. By harnessing the power of business, B Corps use profits and growth as a means to a greater end: positive impact for their employees, communities, and the environment.

There are more than 3,000 B Corps across the world, all working to make a difference through their businesses. There is an extensive directory online at <https://bcorporation.net/directory> where you can learn more about how each company scores on impact areas including governance, workers, community, environment, and customers.

B Corps are not limited just to the natural foods and wellness world—there are currently 150 industries and 3,905 companies across 74 countries!

See page 2 for recipes using Amy's products!

Look for the "Certified B Corporation" seal (image to the left) on products from wellness to grocery. Here are brands we carry that are B Corp certified:

- All Good
- Alter Eco
- Amy's Kitchen
- Badger
- Barnana
- Ben and Jerry's
- Brew Dr Kombucha
- Cabot Creamery Cooperative
- Chickapea
- Dang
- Divine Chocolate
- Dr. Bronner's
- Emmy's Organics
- Flow Water
- Fody
- Garden of Life
- Good Culture
- Good Pop
- Guayaki Yerba Mate
- Herb Pharm
- Hillary's Eat Well
- Just Water
- KeHe (one of our vendors)
- King Arthur Baking Co
- Lotus Foods
- Manitoba Harvest
- Melt Organic
- Miyoko's
- Moon Valley Organics
- Nada Moo
- Nativas Organics
- New Chapter
- North Coast Organics (local!)
- Numi Organic Tea
- Organic India
- Ozery Family Bakery
- Preserve
- Purely Elizabeth
- RebbL
- Ripple
- Rubicon
- Seventh Generation
- Sir Kenington's
- Stash Tea
- Stonyfield Farms
- Sunshine Nut Co
- The GFB
- Tillamook
- Tofurky
- Tom's of Maine
- Tony's Chocolonely
- Traditional Medicinals
- Vita Coco

**TRYING TO CALL?**

Reach us via social media or email  
 (news@3riversfood.coop).  
 We hope to have service restored soon!  
 We appreciate your patience!

**OUR PHONES ARE ON THE FRITZ!**

## CHEESY MASHED POTATO WAFFLES

### Ingredients

- 3 c **Mashed Potatoes**
- 1 c **All-Purpose Flour**
- 1½ c **Cheddar Cheese**, shredded
- 4 cans **Amy's Organic Chunky Tomato Bisque**
- Minced Chives**, for garnish (optional)
- Nonstick Spray**, if needed

### Preparation

- Preheat waffle iron according to manufacturer's instructions. If waffle iron is not nonstick, spray with cooking spray.
- In a large bowl, mix together mashed potatoes, flour and 1 cup of cheese.
- Mix until well combined. Batter will be thick.
- Add batter to waffle iron in batches, being careful not to overfill. Use the back of a spoon to make an indent in each "waffle" and add 1-2 tablespoons of cheese to each indent. Cover the cheese with potatoes then cook according to manufacturer's instructions, or until golden brown and crisp.\*
- Repeat with remaining potatoes and cheese, depending on the size of your waffle maker.
- While the waffles cook, heat soup in a large saucepan according to the directions on the can.
- Serve waffles alongside Amy's Organic Chunky Tomato Bisque and top each with chives, if desired.

© Amy's Kitchen

## LENTIL STEW WITH POTATOES AND KALE

### Ingredients

- 1 small **Potato** (pre-cooked, peeled and cubed)
- 1 c **Butternut Squash** (pre-cooked, peeled and cubed)
- ½ small **Onion**, diced
- 1 tsp **Garlic**, minced
- 2 tsp **Olive Oil**
- 1 can of **Amy's Organic Lentil Soup**
- Salt and Pepper** to taste
- ½ tsp **Paprika**
- ½ tsp **Thyme**
- ½ c **Canned Tomatoes**
- ¾ c **Water**
- 1 c **Kale**, chopped

### Preparation

- Heat olive oil in a pot and add onion. Cook for 2 minutes. Add garlic then potatoes and butternut squash. Cook for 2 minutes, stirring frequently.
- Add canned tomatoes, water, salt, pepper, paprika and thyme. Bring everything to a boil then simmer for 15-20 minutes until potatoes and squash are tender. Stir frequently and add more water if it is absorbed too quickly.
- Add Amy's Lentil Soup. Cook for 2-3 minutes together with the potatoes.
- Add kale. Cook for 2-3 more minutes. If you prefer your kale very tender, cook for additional time, up to 5 minutes.
- Season with salt and black pepper to taste. Enjoy!

© Amy's Kitchen

## LOADED THAI COCONUT SOUP

### Ingredients

- 3 cans **Amy's Thai Coconut Soup**
- Juice of ½ **Fresh Lime**
- 1 c **Organic Tofu**, cubed
- 2 T **Tamari**
- ½ c **Fresh Basil Leaves**, torn
- 8 sprigs **Fresh Cilantro**, cleaned and chopped
- 5 **White Mushrooms**, sliced
- ½ c **Cherry Tomatoes**, halved
- 1 c **Organic Jasmine Rice**, cooked
- Parsley**, chopped for garnish

### Preparation

- Pour 3 cans of Amy's Thai Coconut Soup into a medium saucepan.
- Add lime juice and mushrooms.
- Warm the soup over medium heat for 20 minutes (reducing the broth to concentrate the flavors).
- In a small, shallow bowl, place the cubed tofu and tamari and toss well. Marinate for 10 minutes.
- Add the tofu, basil, cilantro and tomatoes to the soup. Serve immediately with a side of rice.

© Amy's Kitchen

## THE B CORP DECLARATION OF INTERDEPENDENCE

We envision a global economy that uses business as a force for good. This economy is comprised of a new type of corporation - the B Corporation - Which is purpose-driven and creates benefit for all stakeholders, not just shareholders.

As B Corporations and leaders of this emerging economy, we believe:

- That we must be the change we seek in the world.
- That all business ought to be conducted as if people and place mattered.
- That, through their products, practices, and profits, businesses should aspire to do no harm and benefit all.
- To do so requires that we act with the understanding that we are each

## Own it!

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

### Current Co-op Membership

Total Owner Households\*-2132

Total Fully Invested Households\*-906

Current Active Households-905

New Households-5 (3/1-3/29)

\*These numbers include Active & Inactive Owners



## COMPOST FOR SALE!

Local composter Dirt Wain will have compost available for purchase in our parking lot! Compost subscriptions and other Dirt Wain items will also be available.

**Saturday, April 17**

and

**Saturday, May 15**

**1:30-6 pm**

15 lb for \$15 or 30 lb for \$25

**Three Rivers Co-op**  
Natural Grocery & Deli  
1612 Sherman Blvd.  
Fort Wayne, IN 46808  
(260)424-8812  
[www.3riversfood.coop](http://www.3riversfood.coop)

**General Manager**  
Janelle Young

**Management Staff**  
Alisha Dunkleberger  
Heather Grady

#### BOARD OF DIRECTORS

##### President

Daniel Whiteley

##### Vice President

Lindsay Koler

##### Secretary/Treasurer

James Ringswald

Sarah Hyndman

Scott Kammerer

Gayle Keane

Kristen Macy

Kelly Vandemark

Owners may contact the  
board thru email:  
[board@3riversfood.coop](mailto:board@3riversfood.coop)

#### 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](mailto:news@3riversfood.coop) or visit our webpage at [www.3riversfood.coop/newsletter/](http://www.3riversfood.coop/newsletter/)

## Organic and Heirloom PLANT SALE *Locally grown*



Although we are no longer hosting a plant start sale we want to provide you with sources to find organic and heirloom plants to get your garden growing! We hope giving you these connections will help you keep on growing at home and eating awesome food that we have played a part in!

#### Blessing Moon Herbs

2805 E State Fort Wayne  
Assorted heirloom & organic medicinal herbs

#### BroxonBerry Farm

5329 W 700 N Markle, IN  
Contact via Facebook or (260) 530-6812

April 29 & 30, 8am-5pm

Organically grown

Also available at YLNI Farmer's Market, Saturdays 9-1 until gone

Tomatoes, lettuce, peppers, zucchini, cucumbers, pumpkins, green bean starts, watermelon, cantaloupe

#### The City & Field Co

Columbia City  
Facebook, Website:  
<http://thecityandfield.com/>  
Plant orders online in May  
Whitely County Farmer's Market in May

#### DeCamp Gardens

1165 N 75 E Albion (north of Chain o Lakes)  
(260) 636-2924

Plant sale is Mother's Day Weekend, 9-6 daily for their farm store

Organic

Contact them directly to make requests for your plants They have 100 varieties of heirloom tomatoes, 90 varieties of dry soup beans and 27 varieties of organic, gluten-free cornmeal milled from our their corn. Honey, elderberry syrup and fresh breads round out all the vegetables and herbs grown on site. Microgreens also available.

#### Denney Farms

North Manchester and Warsaw

Farmers Markets

Contact via Facebook or the-great-someday.square.site

Organic

Hybrid & heirloom

tomatoes, cherry tomatoes,

bell peppers, heirloom

sweet and hot peppers,

herbs (thyme, oregano,

rosemary, lavender, Italian

basil, lemon lime basil,

lemon balm, flat leaf

parsley, dill, fennel,

tarragon, sage, chives,

spearmint, chocolate mint,

mojito mint, sweet alyssum,

borage); marigolds and

violets

#### Great Someday Plant Sale

2809 Fair oak Dr  
Fort Wayne (Waynedale)  
Check their Facebook page  
May 6-16, 9-7, curbside  
pick up available  
Heirloom and open  
pollinated

Vegetables, and herbs including 40+ varieties of tomatoes and dozens of peppers, 5,000 plants grown!

#### Marquardt Shepherd Farm

Southside Farmer's Market,  
Saturdays 9-1, beginning  
mid-April

See updates on Facebook  
Tomato, pepper, and herb starts. All organic, some heirloom.

#### Plant Happiness

North Anthony area  
Organically grown  
tomatoes, peppers,  
eggplant and okra, greens,

and herb starts. Ordering is open and can be placed at <https://planthappinesfw.square.site>.

#### Sara's Garden

2228 Conkle Rd. Edgerton, OH 43517

First weekend in May & Mother's Day weekend, 9am-6pm

Organically grown

Rooted catawba, and jupiter grape cuttings, elderberry, and black currants, strawberries, some heirloom tomatoes, peppers, and a variety of squash, gourds, and cucumbers

#### Something Better with Beth

Facebook and Instagram  
In Fort Wayne, '07 area  
Pre-orders may be placed via website:  
[SomethingBetterWithBeth.com](http://SomethingBetterWithBeth.com)  
First order pick up day May 16  
Pre-orders preferred  
Organic, non-GMO, heirloom  
Tomatoes, peppers, veggies, herbs, and greens. Flowers to attract beneficial pests and pollinators are also available.

#### Tree Frog Farm

11588 E 100 S Avilla, IN 46710  
Orders thru Facebook  
Messenger or text to (260) 343-8121

On site sales Sun-Fri, 12-6, April 25-May 9

Also available at the YLNI Farmer's Market, Saturdays, 9-1  
Delivery available for a fee  
31 varieties in total including heirloom tomatoes (Mountain Princess, Pineapple, Glacier, Brandywine, Starlight Cherry, Sweetie Cherry, Sunrise Cherry, Black Cherry, Amish Paste, San Marzano), peppers (Habanero, Jalapeño, Shishito, Iko Iko, Golden California Wonder, Bangles, Purple Beauty, California Wonder), eggplant (Black Beauty, Annina, Ping Tung), summer squash (Black Beauty Zucchini, Early Prolific Yellow), winter squash (Waltham Butternut, Spagetti, Pumpkins), cucumbers (Marketmore 76, Longfellow), and watermelons (Sugar Baby, Klondike Blue). Also assorted herb and flower starts.



(260) 424-8812

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# NATURAL GROCERY



1612 Sherman Blvd Fort Wayne IN 46808  
Hours: Sundays 12 pm-6 pm, Mon-Sat 9 am-7 pm  
[www.3riversfood.coop](http://www.3riversfood.coop)

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
FORT WAYNE, IN  
PERMIT NO. 2092



## KEEP CALLING!...

We are working to restore service to our current number. Will keep you updated of any changes via social media, email, and in store!

**DROP IN—WE'RE STILL HERE!**

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Mar 31-Apr 20

**Cycle B Sales:**  
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