



The Scoop

The Pomme de Terre Foods

Seasonly Tribune: Autumn 2004



h, Autumn. The older I get the more I appreciate this season. When you're a kid you can't help but love the extremes of summer and winter, hot and cold, swimming pools and snowmen. But autumn contains its a deeper, more mature appeal. Warm sweatshirts, fresh apples, schools bags, the smell of baking bread...and who can ever cast a cynical eye on leaves turning to fire, crackling under your feet? Autumn is the twilight of the year, the strange season, the mystery of harvest. It's good to be 'grown-up', to enjoy a season for its own tangible merits, and no longer dread that first bell of school!

Co-op News Bites

* **Headline News**

A new manager, Jeremy Hance, was hired last spring. PDT would like to thank Jennifer Deane for her dedicated commitment, her passion for the co-op, and all of those long hours; her leadership will be greatly missed! And...Welcome Jeremy!

* **New Shelf**

Made from a local willow tree, it is a wonderful--and useful--addition to the store.

* **Big Sale**

All Atkins products 50% off. We still have a wide variety of products, so stop in!

* **Gluten and Wheat Free**

We have enlarged our Gluten and Wheat Free section and continue to take suggestions from the celiac community. Let us know what you think!

* **UMM Loves Co-op**

Currently two of our best-selling bulk items--banana chips and roasted trail mix--are available at the UMM Information Center located in the Student Center. A healthy choice!

Cheese-Less Cheesecake

- 1 (12 oz.) package soft tofu
- 1/2 cup soy milk
- 1/2 cup sugar
- 1 Tbsp. vanilla extract
- 1/4 cup maple syrup
- 1 (9-inch) prepared graham cracker crust

Preheat to 350 F. Combine tofu, soy milk, sugar, vanilla, and maple syrup in a blender or food processor until smooth. Pour into crust. Bake at 350 F for 30 minutes. Chill before serving.

From the Hearth of Jessi

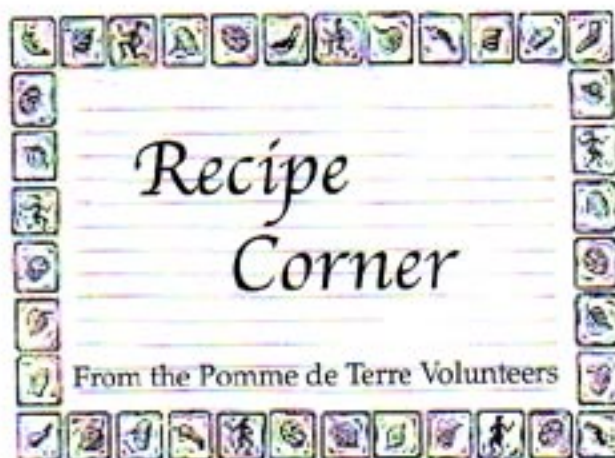


Spinach Dip

- 1 cup lean sour cream (16 oz. container)
- 1 cup Miracle Whip Light
- 1 Package Knorr dry vegetable soup mix
- 2-4 crushed cloves of garlic
- 1 (10 oz.) package frozen spinach, thawed and drained of excess water
- 1 medium onion, chopped
- 1/4 cup-1/2 cup freshly grated Parmesan Cheese
- Salt and Black Pepper to taste

Combine all ingredients in a refrigerator-safe bowl. Serve after 24 hours to allow flavors to blend. Serve cold with breads, crackers, or vegetables.

Restaurant a La Catherine



Cream Soup Base

(Wheat and Gluten Free)

- 1/4 tsp black pepper
- 1/2 tsp dried thyme
- 1/2 tsp dried basil
- 1 Tbsp dried onion flakes
- 2 Tbsp cornstarch
- 2 Tbsp chicken bouillon granules
- 1 cup nonfat dried milk powder
- (Other to taste: vegetables/potato/meat/etc.)

Place the above ingredients in a large saucepan along with 2 cups of cold water and cook on medium heat, stirring continuously. Once thickened, add your main ingredient for the soup (broccoli, chicken, mushrooms, etc.).

Makes 3-5 cups.

From Liz's Kitchen



The Legendary Origins of Tea

Shen Nung, emperor of China in 2,737 BC, was a very hygienic man, requiring all his subjects to boil their water before drinking. One summer the Emperor decided to travel his wide realm. While resting he would have his servants boil his water, and one day some dried leaves fell into the pot. The servants were about to discard the leaves when the Emperor insisted they leave them in. He tried this new drink, and found it quite refreshing!

Autumn: A Dirge

By Percy Bysshe Shelley

The warm sun is falling, the bleak wind is wailing,
The bare boughs are sighing, the pale flowers are dying,
And the Year
On the earth is her death-bed, in a shroud of leaves dead,
Is lying.
Come, Months, come away,
From November to May,
In your saddest array;
Follow the bier
Of the dead cold Year,
And like dim shadows watch by her sepulchre.

The chill rain is falling, the nipped worm is crawling,
The rivers are swelling, the thunder is knelling
For the Year;
The blithe swallows are flown, and the lizards each gone
To his dwelling.
Come, Months, come away;
Put on white, black and gray;
Let your light sisters play--
Ye, follow the bier
Of the dead cold Year,
And make her grave green with tear on tear.



1 Free Spritizer
with \$20 Purchase

Pomme de Terre Foods

Pomme de Terre Foods
613 Atlantic Ave.
Morris, Mn 56267
320-589-4332

Expires 12/31/04

New Product Spotlight

Would you like to feel a little more Divine?
Our new Divine chocolate bars--milk, dark and hazelnut--are fair trade and a little piece of the heavens.



Tired of reading novels set in New York, Paris, LA, or all manner of exotic locations? Now available at the co-op: Local Author Reverend Chuck Waibel's new novel *Phoneix, Minnesota*. A look at the future of Western Minnesota. Available for \$14.95.

Stoneyfield Yogurt

- ☞ Only all natural, and organic ingredients.
- ☞ No Preservatives, starches, or artificial flavors or sweeteners.
- ☞ rBGH Free
- ☞ No antibiotics, synthetic hormones, or toxic pesticides and fertilizers.
- ☞ 10% of profits each year go to help protect and restore the earth.
- ☞ PDT currently carries Blueberry, Peach, Raspberry, and Strawberry. Warning: They sell fast!

For more information check out:
www.stoneyfield.com



Spending your Saturday nights searching Morris endlessly for good Indian food? Check out our line of Taj Indian Sauces: Curry, Masala, Korma, Punjab Saag, and Tandoori.

Autumn Daybreak

By Edna St. Vincent Millay

Cold wind of autumn, blowing loud
At dawn, a fortnight overdue,
Jostling the doors, and tearing through
My bedroom to rejoin the cloud,
I know—for I can hear the hiss
And scrape of leaves along the floor—
How may boughs, lashed bare by this,
Will rake the cluttered sky once more.
Tardy, and somewhat south of east,
The sun will rise at length, made known
More by the meagre light increased
Than by a disk in splendour shown;
When, having but to turn my head,
Through the stripped maple I shall see,
Bleak and remembered, patched with red,
The hill all summer hid from me.