



## *Happy Holidays from the Food Co-operative!*

We are settling into that sweet spot between Thanksgiving and Christmas: still relishing the warm memories of our gatherings last week with family and friends, eagerly anticipating the next holidays as we squirrel away gifts and start our baking projects!

As you look ahead to your own holiday preparations, remember the Food Co-op for your many needs:

**Baking** (think bulk spices, vanilla extract, specialty flours, nuts, etc.)

**Shopping** (see below for some local food gift ideas!)

**Wrapping** (we have colorful, sturdy, fairly-traded African baskets to stuff with wholesome food gifts!)

**Relaxing** (remember our fabulous Deli when you are exhausted from a day's shopping or work)



**And don't forget that  
December 9 - 11  
is our member  
appreciation weekend,**



**featuring 10% off to all  
member-owners  
on everything in the  
store!**



***The Food Co-op has a wonderful selection of locally and  
sustainably sourced gift ideas for you and yours!  
Check below for the favorite choices of some of our staff  
members.***

**From Tuesday, our everyday grocery buyer**

Our grocery department has a number of beautiful little stocking  
stuffers or small food gifts for just about everyone on your shopping  
list! All sustainably and locally sourced.



## **Serendipity Confections**

[Laramie, WY](#)

Sweet little box tasting sets of their  
popular butter caramels with sea  
salt. Crafted by hand in the Rocky  
Mountains.



## Jackie's Java

[Roasted in Fort Collins](#)

Stunningly packaged holiday blends, and sampler packages (5 flavors each, wrapped together) for around \$20. A perfect gift for the coffee lover in your family!



## DAR Chocolate Tasting Sets

[Denver](#)

A small gift bag containing 12 bites of small batch, handcrafted single-origin chocolates, along with a tasting/pairing guide. Unique, educational, and just plain delicious!



## Color the Camps

[Fort Collins](#)

Beautiful, heart shaped "crayons" made from small crayon remnants, these sweet little stocking stuffers help raise money to bring art supplies to children in refugee camps around

the world.

Started by a former co-op staff person, this non-profit receives 100% of the purchase price of their crayons gifts, to further the work of their organization.

## From Trinity:

Be sure to pick up some [Horsetooth Hot Sauce](#) small batch seasonal (available for a limited time!) The Deli Diva loves



the newest "Linger" hot sauce made with cranberries and scorpion peppers. "Delicious on just about anything", she says, "but especially good with biscuits and gravy!" Bonus: Get a free gift box if you purchase three bottles!



From Stephanie:

**Friends are Like Stars**

Handcrafted (sustainable) hardwood ornaments in unique star configurations. Intricate, unique, easy to mail, perfect for a long-distance gift giving, or for those who are "hard to buy for."



From Kalidas:

**Immaculate Cinnamon Rolls**

Organic and vegan, with no preservatives, artificial flavors, or hydrogenated oils. They come with a separate packet of icing so you can put on as much or as little as you want. "Super tasty and they hit the spot!"

**SO Delicious Holiday Nog**

This vegan and organic *nog-off* has the flavor and richness of the original. The perfect thing to wash down those cinnamon rolls!



## From Chris:

Here are a couple of favorite seasonal recipes from my household to yours. The first is a beautiful and festive Kale salad with fresh Pomegranate seeds on top. Easy and absolutely beautiful on a holiday table, this salad is suitable for vegan and gluten-free diets as well. The second recipe comes from my kid brother Michael (who worked at the co-op for many years!) It is a sweet potato pecan muffin recipe. This too is easily adaptable to be made dairy-free (and every bit as yummy!) With love from me to all of you—may your holidays be wonderful!

### Kale and Pomegranate Salad

- 1 small shallot, chopped
- 2 Tbs. white wine vinegar
- 2 tsp Pomegranate molasses (available at the Cupboard)
- 1 large bunch Kale (local kale still available at the co-op!)
- ½ c. fresh Pomegranate seeds
- 2 Tbs olive oil

Optional: chunks of fresh Parmesan for garnish

Combine shallot, vinegar and molasses in a large bowl. Season with salt and pepper and allow to stand 5 minutes. Rinse, dry, and stem Kale. Tear into 2 inCH. pieces and add to dressing in bowl. Gently massage dressing into leaves, to tenderize them. Add pomegranate seeds, olive oil, and more salt and pepper to taste. Toss to combine. Serve topped with cheese.

### Sweet Potato Pecan Muffins

- 1 stick butter or vegan substitute
- 2/3 c. organic sugar
- 1 Tbs brown sugar
- 1 egg, beaten (or substitute 2 Tbs. tahini and 2 Tbs water)
- 1 c. cooked, mashed sweet potato
- 1 1/2 c. unbleached flour
- ½ c. whole wheat pastry flour
- 2 tsp baking powder
- 1 tsp cinnamon
- ½ tsp **each** baking soda, salt, ground allspice
- ¾ c. chopped pecans
- ½ c. milk, soymilk or nutmilk

In large bowl, cream butter. Add sugars and egg, and beat to combine. Stir in sweet potato.

In small bowl stir together dry ingredients. Add nuts, and toss to combine.

Add dry mixture to butter mixture, alternately with milk. Stir gently to combine.

Pour into 18 paper-lined muffin tins. Bake at 375 approx. 20-25 minutes.



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## ***Holiday Hours***

The Food Co-op **will be open until 5pm both Christmas and New Year's Eve** and **will be closed for both Christmas and New Year's Day**.

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