



Valley NATURAL
FOODS™

LIVING NATURALLY

a community newsletter



HOLIDAY
EDITION

CO-OP
HAPPENINGS

VANILLA BEAN
PROJECT

GIFTS
UNDER \$30



LIVING NATURALLY HOLIDAYS 2019

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Keep up to date with what's
happening at the co-op
[@valleynaturalfoods](https://www.valleynaturalfoods.com)



Sign up for our e-newsletter
at our website,
[valleynaturalfoods.com](https://www.valleynaturalfoods.com)
to receive the latest deals and
news from Valley Natural Foods.

Store Hours
8 a.m.–9 p.m. Daily
Drive-Thru Hours
6 a.m.–8 p.m. Daily

CO-OP HAPPENINGS



I do love the holidays! The hearty meals that warm your soul, visiting with friends and family, and celebrating traditions are what I look forward to most of all.

For many in this community, we have been a part of your holiday traditions for over 40 years – maybe that is picking up a fresh, natural, farm-raised turkey (without antibiotics, additives or fillers!) to share with your family, finding some wonderful quality wellness

products as a gift for that special someone, or offering one of our scratch-made pies at your next gathering.

But to a lot of you, we are new to you and your family. Maybe you are new to the area, or you just haven't stepped into our store yet. Everyone is welcome to join us this holiday season, and every day of the year. See what great customer service, exceptional quality, high product standards and a scratch-made kitchen looks like. I invite you to stop in and start a new tradition, or continue the old, with us here at Valley Natural Foods. Happy Holidays!

Ashley Greywitt
Marketing Brand Manager

GIVE THE GIFT OF CO-OP MEMBERSHIP

Becoming a VNF Member-Owner
is a one time payment that lasts a
lifetime.

Member-Owners receive exclusive
discounts and perks.

Stop in-store for details!



Valley's Own™ Bakehouse is a state-of-the-art commercial kitchen dedicated to hand-crafted, gluten-free goodness.



Certified Gluten-Free

Our commercial kitchen is located in Burnsville, Minnesota and we bake small batches daily, producing every product by hand. Some of our products include:

- Cookies, Bars and Brownies
- Cakes and Cupcakes
- Breads, Buns and Rolls
- Pie Crust, Tart Shells and Pies
- Muffins and Quick Breads





Valley NATURAL FOODS

HOLIDAY CATERING

LEAVE THE COOKING TO US!

FRESH, LOCAL HAM & TURKEY
VEGAN & GLUTEN FREE OPTIONS AVAILABLE
PLACE YOUR ORDER TODAY!





13750 County Road 11
Burnsville, MN 55337

\$5 OFF

your next purchase of
\$25 or more.

Offer applies before tax. Limit one discount per shopper. Not valid with any other offers or discounts. Cannot be used to purchase gift cards, classes or owner shares. Must present this coupon to receive the offer. Good thru Jan. 31, 2019.



HOLIDAY HOURS

CHRISTMAS EVE

December 24
8 a.m. – 4 p.m.

CHRISTMAS DAY

December 25
CLOSED

NEW YEAR'S EVE

December 31
8 a.m. – 6 p.m.

NEW YEAR'S DAY

January 1
10 a.m. – 9 p.m.

UPCOMING EVENTS



NEW YEAR, NEW YOU!

JANUARY 4-5, 2020

Start your year off right! Kick off 2020 with 20% off some of our top products in-store. Follow us on Facebook or visit our website valleynaturalfoods.com for more details.



\$3 COMMUNITY DINNER

THURSDAY, JANUARY 16, 2020

Join us at our next \$3 Community Dinner on Thursday, January 16, 2020! We will be serving cornbread and chili with fixings. Vegan and gluten-free options available. While supplies last.



VANILLA BEAN PROJECT

Vanilla Bean Project is a new vanilla extract company based in Lakeland, Minnesota. We are a certified organic, purpose-based business with a mission to make a long-term commitment to do better by vanilla growers and the planet. We buy organic vanilla beans directly from women-owned businesses and farmer cooperatives.

At Vanilla Bean Project, we love making vanilla and sharing it with people who love good food. It means a lot to us that our customers keep our vanilla in their pantry and use it in recipes they make for family and friends. We learned how to make vanilla extract from an old, out-of-print book and took the plunge into vanilla manufacturing late last year.



CHOCOLATE FONDUE

We use high-quality vanilla beans and believe that our small-batch method makes a difference in producing the best product. We chop the vanilla beans and use a cold extraction process for maximum flavor and aroma. We only use vanilla bean extractives, organic alcohol and water in our extract.

Our company has grown quickly and we now sell our vanilla extracts and bulk vanilla beans to foodservice and retail stores across the Midwest. We are proud to say that Valley Natural Foods was one of our very first retail customers. Thank you for your support of our local business!

- Vanilla Bean Project Team



Sharing a fun holiday tradition from our family to yours. Every year we love having chocolate fondue downstairs by the fireplace. A lot of people don't know that the secret to great chocolate is a great vanilla. The two flavors balance each other out to create deeper richness and more complex flavor profile than they do enjoyed separately.

Our Vanilla Bean Project Organic Vanilla Extract is the secret ingredient to our fondue. It is perfect for holiday gatherings and even turns a chilly Friday night into a celebration.

Open fire + Chocolate = Instant Party

It is a fun thing for families to do together and everyone can make their own chocolate-dunked creation. My favorite combo is banana slices and strawberries. Enjoy!



Photos by: Vickey Weiss Photography

CHOCOLATE FONDUE

Ingredients

1/2 C. whipping cream
8 oz. semisweet chocolate chips
1 tbsp. Vanilla Bean Project Organic
Vanilla Extract

Dipping Ideas:

Strawberries
Raspberries
Blackberries
Banana Slices
Pineapple Chunks
Or your favorite fresh fruit

Also great with cubed pound cake,
wafer cookies, brownies, marshmallows,
cookies and biscotti for dipping.

Instructions

1. Prepare all the ingredients you will be dipping in the fondue and arrange on a platter. The fondue prep goes fast.
2. Bring whipping cream to a simmer in a medium saucepan.
3. Reduce heat to low. Add chocolate chips and vanilla extract; whisk until mixture is combined.
4. Transfer chocolate to a fondue pot and serve.

Recipe Note: If you don't have a fondue pot, reheat chocolate fondue in a microwave-safe dish for 15 seconds when it starts to cool and harden. Feel free to use either chocolate chips or finely chopped premium chocolate bars. We use chocolate chips for the convenience, and it turns out great.

CO-OP GIFTS UNDER \$30



KID'S CORNER



Clockwise from top left: 1. Andes Gifts Handknit Mittens \$23.99; 2. Andalou Natural Instant Lift & Firm Face Mask \$3.69; 3. Aura Cacia Lavender Foam Bath \$3.29; 4. Andes Gifts Handmade and Fair Trade Floral Clutch \$23.99; 5. Pacha Soap Co. Handcrafted Soap Bar \$5.49; 6. Acure Seriously Soothing Under Eye Hydrogels \$3.99; 7. Fair Anita Fair Trade Earrings \$13.99.

5 WAYS TO REDUCE GIFT WRAP WASTE

This Holiday Season

1. Use fabric scraps or other materials (old shirts, sweaters, etc.) to wrap your presents and finish with a cloth bow that can be reused in the future.

Tip: Find clothing items you don't use anymore with great prints or solid colors!



2. When giving a gift, find an item to give that also doubles as a wrap. Items like a scarves, towels, or clothing items they can use in future!

Tip: Use solid color flour sack towels and draw patterns on them using fabric markers!



3. Use inside of grocery paper bags for wrapping and color designs or stamp patterns on it. Or leave plain and pair with twine, bells and greenery for a elegant holiday look.

Tip: Have your children draw designs to personalize gifts and make this a fun family activity!



4. Use recycled paper to wrap gifts. Newspapers, magazines or calendars offer interesting wrap and beautiful photos to use!

Tip: Photos from old calendars are perfect wraps-like these landscapes from a 2019 Calendar!



5. If your gift is a mix of smaller items - use Mason Jars or something similar to put items in. Add fabric bows or ribbon to decorate the jar, wrap fabric around and place a hair tie to secure fabric in place.

Tip: Include ideas for them to use mason jars in the future - crafts, storage or other uses for jar!



8. Way Out Wax Lavender Natural Candle Tin \$8.49; 9. evanhealy Whipped Shea Butter for Lips \$8.99; 10. GoodLight Natural Candle Gift Set - 3 Pack \$17.99; 11. SunLeaf Naturals Aromatherapy Perfume Rollerball \$8.39; 12. Pacha Soap Co. Let it Snow Froth Bomb \$6.99; 13. Green Toys Bath Tug Boat \$14.99; 14. Green Toys Tide Pool Bath Set \$19.99; 15. Begin Again Balance Boat Shapes and Colors \$11.99.



13750 Co. Rd. 11,
Burnsville, MN 55337



Valley Natural Foods Co-op works in partnership with the South Metro community to support health and well-being through education and expertise in local, sustainable food and wellness services.

— Valley Natural Foods Mission Statement