

# LIVING NATURALLY

a community newsletter

FALL 2020

COMMUNITY  
IMPACT

AS 'GOURD'  
AS IT GETS!

SEASONAL  
RECIPES



Valley NATURAL  
FOODS™





## LIVING NATURALLY FALL 2020

**Nick Seeberger**  
CEO

**Ashley Greywitt**  
Marketing Manager

**Bre McGee**  
Photography

**Susie Hessburg**  
Design

**Store Hours**  
8 a.m. – 9 p.m. Daily

**Drive-Thru Window Hours**  
7 a.m. – 8 p.m. Daily

**Holiday Hours**  
**Thanksgiving**  
Thursday, Nov. 26 – Closed

**Christmas Eve**  
Thursday, Dec. 24 - 8 a.m. – 4 p.m.

**Christmas Day**  
Friday, Dec. 25 – Closed

**New Year's Eve**  
Thursday, Dec. 31 - 8 a.m. – 6 p.m.

**New Year's Day**  
Friday, Jan. 1 - 10 a.m. – 9 p.m.

Get the latest deals and news from the co-op by signing up for our e-newsletter at: [valleynaturalfoods.com](http://valleynaturalfoods.com)



# CO-OP HAPPENINGS

## P. 4 LETTER FROM THE BOARD

Our President, Mark Mosiniak shares what the board's focus will be this year.

## P. 5 COMMUNITY IMPACT

Giving back through our Register Round-Up program, and other community impact updates.

## P. 6 AS 'GOURD' AS IT GETS!

Squash is as much a fall staple as trips to apple orchards and hayrides. Learn more about some of the more unusual varieties.

## P. 7 SEASONAL RECIPES

Make a delicious, squash soup with subtle Indian influenced flavors. Try a gluten-free style dressing recipe from Valley's Own Bakehouse.

# HOLIDAY PREVIEW 2020 NOV. 5-7 • 1-5 PM

This year's Holiday Preview will be different than years past. To provide the safest environment possible to shoppers and VNF staff, the event will be held over three days – November 5, 6 & 7, 1:00–5:00pm each day. Samples from local vendors will be available to taste and free sample-sized, take home deli-made dishes will be ready to come home with you! Take advantage of money saving promotions by placing your holiday catering order anytime during the 3-day preview event!

Visit [www.valleynaturalfoods.com](http://www.valleynaturalfoods.com) for more details

## CEO UPDATE Nick Seeberger

In September I took my two youngest fishing on a perfect late-summer day. The wind was warm and gentle, the leaves beginning their transition from summer green to autumn maroon and gold, and, miracle of miracles, the fish were biting. This moment stands out to me as a marker of the transition from summer to fall, an important tradition in my family for memorializing life's moments.

This stands in contrast to most of the spring and summer; no State Fair visit, fewer and different visits with Grandma and Grandpa, fewer trips to the beach, and no first day of school send-off on the bus. This fall, our traditions are challenged. It is an opportunity to evaluate what is important

**"It is an opportunity to evaluate what is important to us and reimagine how we will celebrate and mark the passage of time"**

At the co-op, we have had to adjust our traditions, including holding a virtual annual meeting in lieu of an in-person gathering or our local festival. I want to thank the 84 individuals who joined us on Tuesday, Sept. 29 to update our member-owners on the last year at the co-op and discussed what the future holds. Congratulations as well to Mark Mosiniak and Kate Ward who were reelected to the board of directors, and a big thanks to the nine other candidates who ran for board service as well.

This fall our deli is presenting a few tasty ways to make life easier. Once again we are offering our Thanksgiving and holiday catering options. Whether your holiday celebrations look different this year or not, the co-op has meals for one or the whole family, including dietary specific options to make your holiday prep delicious and easy.



Thanksgiving is a time to express gratitude. I am grateful that my family and I live with food security, meaning we do not have to question if we can afford and find food for our meals. Many families in our community do not share that security.

Please consider purchasing extra items for the food shelf collection bin when you next come to the co-op. We partner with 360 Communities and The Open Door, local non-profits that address food insecurity in our community. Look for signs throughout the aisles placed next to items that are most needed at our local food shelves.

From all of us at Valley Natural Foods, we wish you a warm, safe, and happy holiday season. May your traditions new and old bring you hope and joy.

Sincerely,

Nick Seeberger



# LETTER from the board

MARK MOSINIAK, PRESIDENT



Fall is a special time at the co-op with the last of the local harvest filling the shelves and people filling the aisles as the weather turns colder and we do more cooking and baking. Another reason fall is so special is that October is National Co-op Month. Having recently completed our annual meeting and elections, it is a good

time to recognize the power of local, democratic control of our co-op for leveraging the co-op to do so much good in our community. For those of you who attended our annual meeting you heard from the board and management on the countless ways the co-op makes our community better for all, from the use of our community gardens to address food security issues, to our round-up in August that focused on supporting racial equity and excellence in education, to our significant support of time and dollars to the food education efforts of the Midwest Food Connection. *Co-operation is good!*

We had an incredible slate of candidates for the board this year. I want to congratulate Kate Ward on her re-election to the board. I too was re-elected and am honored to represent VNF's member-owners for another 3 years. I want to encourage those who ran this year and were not elected to consider running

again in the future. A healthy democracy offers a variety of choices to the member-owners regarding who will represent them.

The work of the board this year will be focused on honing our Ends. Our Ends provide the CEO and management of the co-op with the impact we expect the co-op to have on our community. Our Ends are aspirational, and the co-op will always be striving to reach further in accomplishing them. We use the Ends to evaluate and hold the CEO accountable to the member-owners. In addition to the Ends, the board is aware of the need to think strategically about how the co-op comes to market at a time when there are more options for food access than ever before in the South Metro. We believe the co-op is a model for food access that strengthens all who associate with it, from the customers, to the vendors, to our employees, and we want to see our impact grow in the face of our competition. You can help by continuing to shop the co-op and by sharing with your friends and family why you think that is important. Remember, we make it easy to shop now that we have online ordering with curbside pickup and/or delivery through the Mercato app!

Thank you all for being a part of our co-op community and warm wishes for health and well-being this holiday season!

Sincerely,

Mark Mosiniak

## BOARD OF DIRECTORS ELECTION RESULTS

Eleven candidates, including two incumbents ran to fill two Board of Directors seats for 2020-21. Votes were tallied and announced at our Virtual Annual Meeting on September 29. Congratulations to our re-elected incumbents Mark Mosiniak (third from left) and Kate Ward (second from right).



Photo taken in November, 2019

# COMMUNITY IMPACT

## REGISTER ROUND-UP PROGRAM



In celebration of National Cooperative Month, October Register Round-Up proceeds will go to the Valley Natural Foods Cooperative Fund (CCF). **Frontier Co-op** and **Equal Exchange Co-op**, through their generous support, will match those dollars up to \$500. The CCF is an endowment that is administered through Twin Pines Cooperative Foundation. As we put more money into this fund, we accrue more interest. The interest gained each year is donated locally to a non-profit organization. To learn more, please visit [community.coop/ccf](http://community.coop/ccf)

## WATER BOTTLES: BACK TO SCHOOL



Back to school is far different today than previous years - especially when a reusable water bottle is an absolute must for ISD 191 students. To keep staff and students safe, students are only able to get water by use of the water bottle filler, not a water fountain. When ISD 191 called on the community for reusable water bottle donations to help their students transition, we were excited to offer our help by donating 400 aluminum water bottles to our community's students.

## CO-OP COMMUNITY GARDENS

Earlier this spring, The Open Door's Garden to Table program took over the management of our co-op's community gardens with a mission to address hunger issues and to provide greater food access in the South Metro. Clients of The Open Door and volunteer gardeners grew and harvested fresh produce for the program's first season here at Valley Natural Foods. The plots were well maintained throughout the growing season, offering a vibrant display of colorful produce and floral blooms by the season's end. For information on volunteering at The Open Door please visit [theopendoorpantry.org](http://theopendoorpantry.org)



## FOOD DONATION BIN



Our reservoir of goodwill and our culture of caring are continually reenergized and renewed by your generosity. Thank you, VNF member-owners and shoppers for your continued support! It means so much to so many.

## VALUES BUILT-IN NOT JUST FILED AWAY

At Valley Natural Foods we pride ourselves on staying true to our values. One of those values is rooted in diversity. From the diverse local vendors and their products we offer in our store, to board members with a wide spectrum of backgrounds, we celebrate diversity in many ways.

Recently VNF has taken additional steps in ensuring that the team leaders in our store are educated in the importance of diversity, equity, and inclusion. Rather than simply just parking our core values on some paper folio and filing it away, VNF is constantly striving to weave those values into our culture and daily mindsets.



# As 'Gourd' as it Gets!



Delicata

Vibrant, crisp leaves falling from tree branches, cooler temperatures and shorter days are all tell-tale signs that autumn is officially full swing in Minnesota. For many, a change in seasons also brings new food staples. Squash is as much a fall staple as trips to apple orchard and hayrides.

The versatile fruit (though generally considered to be a vegetable) is harvested from late summer through early fall, then cured in open air to toughen their exterior. This process is what gives squash a lengthy shelf life and allows you to stock up for months in a single trip – not something you normally can do with items from the produce department.



Koginut



Green Kabocha



Red Kabocha



Carnival

Squash varieties come in all shapes, sizes, and colors, though selecting the perfect one is a skill that fits any variety. When shopping for winter squash, pay close attention to the stem, as it's the best indication of ripeness. Stems should be tan and dry, though on some varieties should look fibrous and frayed, or corky. Fresh, green stems (or those leaking sap) are a sign that the squash was harvested before it was ripe. You'll want to look for ripe squash with a vivid, deeply saturated color and a matte (not glossy), finish, with as few scratches and blemishes as possible.

With so many unusual-looking varieties, it can be difficult to know which variety is best for what use. Here are a few of our favorite, lesser known winter squash varieties:

## Red Kuri

Shaped like an onion or teardrop, these squash may be the most vivid orange you can find! Their delicious chestnut-like flavor is mildly sweet with a dense texture that holds its shape when steamed or cubed.

When pureed, the flesh becomes smooth and velvety, making Red Kuri one of the more versatile winter squash varieties. Can be stored 3-6 months.

**Best Uses:** Thai curries, baked goods, soups, pilafs and gratins

Sweet Dumpling



Galeux d'Eysines

Red Kuri



Photos by Bre McGee

## Delicata

This oblong squash, with its butter-yellow color and green striped shallow ridges, has a thin edible skin that's easy to work with, but makes a poor long-term storage squash. The rich, sweet yellow flesh of the Delicata is flavorful and tastes like chestnuts, corn, and sweet potatoes. Can be stored uncut for about 4 weeks.

**Best Uses:** Try slicing it in 1/4-inch rings, remove the seeds and, sauté until soft and caramelized. Halve the squash and bake it 30 minutes or broil it with olive oil until caramelized.

## Carnival & Sweet Dumpling

Also called Festival or Heart of Gold, Carnival is the result of cross-breeding Sweet Dumpling and Acorn squashes. Both the Carnival and Sweet Dumpling varieties are similar in size and can be difficult to tell apart. Carnival features a yellow or cream exterior with green or orange mottling (lines in the creases) and boasts a nutty flavor – like its Sweet Dumpling parent – but a tender-firm texture of the Acorn. Sweet Dumpling is like the Acorn as well, as it's a small, four-to-six-inch round squash with cream-colored skin with green mottling in its deep creases. The pale, gold flesh is dry and starchy (like a potato) and is a rich, honey-sweet flavor. Carnival can be stored 3-6 months, while Sweet Dumpling can be stored 5-6 weeks.

**Best Uses:** Baking, stuffing, broiling with brown sugar

## Kabocha (Green or Red)

This striking variety comes in different colors but is the same on the inside. Kabocha can be dark green (with mottled blue-gray striping) or deep red-orange color that resembles Red Kuri. It's easy to tell the difference between red Kabocha and Red Kuri by their shape: Kabocha is round, but flattened at the stem, whereas Red Kuri is pointed at the stem. The flesh is smooth, dense, and intensely yellow, but similar in sweetness and texture to a sweet potato. Can be stored 1-2 months.

**Best Uses:** Curries, soups, stir-fry, salads

## Koginut

If you love the flavor of a butternut squash and the smoothness of a kabocha, the koginut is a great pick for you. These dusty-orange squashes are selected for their dense, bright-orange flesh silky, creamy texture when cooked and produces a very sweet, nutty flavor with notes of citrus and vanilla. Can be stored 1-3 months.

**Best Uses:** Soups, stews, curries, diced, baking. Cut in half horizontally, roast at 375°F, face down, for 45 minutes. Flip over, drizzle olive oil on flesh and continue roasting until soft.

## Galeux d'Eysines

This French heirloom squash has salmon-peach colored skin, though sometimes difficult to see it through the peanut shell-like protrusions caused by sugar in the skin. As a general rule of thumb, the more protrusions, the sweeter the squash. The deep, orange, flavorful flesh is sweet, moist and often described as "velvety" in texture. Galeux d'Eysines average 10-20 pounds and have a flat top and bottom. Can be stored up to 6 months.

**Best Uses:** Baking, soups, purées

ORDER A FRESH,  
LOCAL  
**FERNDAL MARKET**  
TURKEY



Fresh Ferndale Market Thanksgiving turkeys have never been frozen, but are kept at a "deep-chill" temperature (32° F) so that they stay fresh for your holiday meal.

Our meat department will be taking orders Oct 25 thru Nov 18. Order in-person or call 952-891-1212, ext. 227.

## WHAT IS A DEEP-CHILL?

Ferndale Market offers two turkey options: deep-chill fresh or frozen. Both come from autumn flocks, so you're assured of getting a turkey that hasn't been stored in a freezer for an extended period of time.

An ice crusting may form on the outside of deep-chill fresh turkeys, but no defrosting is needed as they are ready to roast and enjoy.



# Kabocha Squash Soup



## Ingredients

1 medium kabocha squash  
2 tablespoons olive oil  
2 tablespoons coconut oil  
1 yellow onion, diced  
2 cloves garlic, minced  
1 tablespoon minced fresh ginger  
1 jalapeno, seeded and minced  
1 teaspoon cumin  
1 teaspoon coriander  
1 teaspoon garam masala  
3 cups vegetable broth  
1 cup unsweetened coconut milk  
Salt and black pepper to taste  
1 lime, cut into wedges

*Recipe reprinted by permission from WelcometotheTable.coop. Find more recipes and information at [www.welcometothetable.coop](http://www.welcometothetable.coop)*

## Preparation

Heat oven to 375°F. Carefully cut squash into halves or quarters; remove the seeds, drizzle cut sides with olive oil and bake 30 to 40 minutes or until very tender. Scrape the flesh into a bowl and discard the skin. Roughly chop the squash.

In a large soup pot, heat the coconut oil over medium-high heat. Sauté the onion for 6 to 8 minutes until soft. Add the garlic, ginger and jalapeño and cook another 2 minutes, stirring frequently. Add the spices and stir for one minute. Add broth, coconut milk and squash and bring the soup just to a boil. Reduce heat and simmer the soup for 15 to 20 minutes, stirring occasionally. Remove from heat and blend with an immersion blender until smooth. Season with salt and pepper. Serve with lime wedges.

## Serving Suggestion

This winter soup warms you up with its subtle Indian influenced flavors. You can use any dense, slightly sweet winter squash, like butternut or Hubbard, if kabocha is not available. Serve over brown rice for a heartier dish.

# Grandma's Dressing Gluten-Free Style

## Ingredients

¼ cup + 2 tablespoons butter, divided  
⅔ cup chopped onion  
½ pound Valley Natural Foods bulk Italian sausage  
2-3 teaspoons allspice (per your liking)  
2 packages Valley's Own Bakehouse gluten-free croutons  
3 ½ cups gluten-free chicken broth  
2 beaten eggs  
½ teaspoon salt  
¼ teaspoon pepper

## Suggestions

For a vegetarian option, substitute olive oil for the butter, ⅔ cup sautéed celery for the sausage, vegetable broth for the chicken broth, and egg replacer for the eggs.

## Preparation

Melt ¼ cup butter over medium-high heat, add chopped onion and sauté for 5 min. Add the Italian bulk sausage and cook, stirring for about 5 minutes until browned. Add the allspice and allow to cool.

In a separate bowl, mix the two packages of croutons with chicken broth. Let stand for about 5 minutes for the broth to soften the croutons.

Add the meat mixture in with the croutons. Add 2 eggs, salt and pepper and mix together.

Butter a 2 quart casserole dish and add the dressing. Top with 2 tablespoons butter. Bake for 30 minutes at 350 degrees. Serves approximately 6.





# LIVING NATURALLY

2020 Holiday Edition

## WHAT'S INSIDE

### Tasteful Gifting

Ideas from your co-op

[p. 3](#)

### Winter Goddess Foods

Creating a magic moment

[p. 4](#)

### Seasonal Recipes

Cranberry Orange Walnut

Bars & Gluten-Free

Chocolate Haystacks

[p. 6](#)



Valley NATURAL  
FOODS™





# LIVING NATURALLY HOLIDAY 2020

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# Season's Greetings



Though we all celebrate the holidays in different ways, we have one thing in common – this is our first holiday season during a pandemic.

At Valley Natural Foods, as ever, we are committed to providing the quality and delicious foods that have made your co-op an integral part of the meals you will enjoy this season. We will continue to offer you comfort foods that warm you through these cool days, the freshest turkeys available and everything from vegan sides to Valley's Own Bakehouse gluten-free croutons for the best stuffing that everyone can enjoy.

As I reflect on this past year, I cannot help but think of the many highs and lows we all have faced. We have changed the way we spend our time, and our offices, schools and bedrooms are sometimes all jammed into the same space. But I also think of the ways I have had the opportunity to grow. My encounters with strangers more often than not are met with a genuine smile behind the mask. And my time spent with my family has been richer.

Many of us have had the chance to reconnect with hobbies we love or find new ones, and most of us have taken a closer look at our health. Whether you are making a sourdough starter or seeking supplements to keep your immune system running its best this time of year, your co-op is always here for you. We look forward to seeing and serving you this holiday season.

Happy holidays,

Ashley Greywitt  
Marketing Brand Manager

# Tasteful GIFTING

Shop small this season to support local

Are you looking for an easier way to hand-select tasteful gifts for the holidays this year? Choosing to shop your neighborhood co-op could be just the ticket for finding something special for everyone on your list!

Shopping at the co-op supports small businesses, vendors and the local economy. This is more important than ever now. Themed gift groupings—for example, a basket offering coffees, teas and a mug—are a slick way to add that personal holiday touch.

Here are a few ideas to put your creative holiday spirit in action...

- Pair a diffuser with essential oils
- Tie together an assortment of cozy socks made with organic wool or cotton
- Tuck a pair of mittens into a winter hat, and wrap it all up in a scarf
- Group together an assortment of seasonal candles
- Customize a selection of bath and body or facial care products
- Select a couple of local pancake mixes and a bottle of local maple syrup
- Put together an assortment of local honeys
- Gather a fun selection of local coffees, teas, chocolates and include a mug or insulated tumbler
- Pair flavored nuts with dried fruits
- Give the gift of co-op membership



Photo by Bre McGee





# Creating a Magic Moment



Of all the prime organic ingredients used to craft Winter Goddess Foods, there is one unique component that makes their products taste exceptionally good. Their secret is creative intent—which involves a mind picture of the people who will be enjoying a moment with their tasty treats.

Here's what Minneapolis-based Winter Goddess owners Nehemiah Inverse and Terry Williams envision while creating their products...

*"We think of you, the one who will eat or drink what we make. Our aim is for you to have that 'Ahhhhh' moment, each time you take a bite or sip of one of our products. Our purpose is that no matter what is currently going on in your life, when you experience our products, for that moment life is good."*

When it comes to their tea, it all boils down to one magic moment—a brief sweet pause after a hectic day. With its subtle notes of black tea and aromatic spices, Winter Goddess Tranquility Chai is the perfect hot beverage to sip all winter.

Take the edge off after a hectic day with a Winter Goddess Caramel Moment, one of the softest, most delectable caramel confections you'll ever find. If you're in the mood for something a little more savory, consider indulging in Winter Goddess Aww Nuts, a delicious mixture of almonds and cashews, perfectly coated with just the right balance of salty and sweet. Looking for some added heat? Try the Slow Burn or Inferno varieties to warm you from top to tail!

This husband-and-wife team is equally devoted to how they make their products and what ingredients are used. They are deeply committed to making ethical choices by sourcing Fair Trade chocolate (for their toffee) from exploitation-free suppliers. Organic ingredients are sourced from well-known suppliers and local farmers. No artificial ingredients, preservatives, corn syrup or chemicals are used in Winter Goddess Foods products.

Valley Natural Foods has been delighted to offer Winter Goddess products since 2012. The Tranquility Chai (All-Natural, Unsweetened and Vegan varieties)

and Caramel Moments were the first of the company's products carried at the co-op, with the more recent addition of Aww Nuts.

Be sure to look for the latest Winter Goddess product available at VNF in time for the holidays – Oh My Goddess Butter Crunch Toffee. Don't let Grandma see it though! The toffee, created with organic ingredients and a loving touch, should come with a printed warning that it is highly addicting. It also has quite the following with folks saying "it's better than Grandma's recipe."

Winter Goddess products are sure to offer you a relaxing TLC moment. These treats make perfect stocking stuffers (or any ol'-time surprises) for cherished family and friends who could use an enjoyable moment of their own.

Learn more about Winter Goddess Foods at [www.wintergoddessfoods.com](http://www.wintergoddessfoods.com)

## MORE THAN JUST A GREAT CUP OF TEA

*Tranquility Chai is versatile! Here are some additional tasty tips for using the chai mixes:*

- Sprinkle Unsweetened atop vanilla ice cream
- Stir a spoonful of All-Natural or Unsweetened into a cup of coffee or hot cocoa
- Blend Unsweetened into a protein smoothie

## TERRY'S CHAI DOODLES

3 cups all-purpose flour  
2 teaspoons cream of tartar  
1 teaspoon baking soda  
1 ½ teaspoons ground cinnamon  
½ teaspoon salt  
1 cup (2 sticks) unsalted butter, softened to room temperature  
1 ⅓ cups granulated sugar  
1 large egg + 1 large egg yolk, at room temperature  
2 teaspoons pure vanilla extract

**Topping:** Pour 2-3 tablespoons of dry chai mix into a shallow bowl.



Preheat oven to 375°F (190°C). Line two large cookie sheets with parchment paper or silicone baking mats Set aside.

Whisk together the flour, cream of tartar, baking soda, cinnamon, and salt together in a medium bowl.

In a large bowl using a hand mixer or stand mixer fitted with a paddle attachment, beat the butter and granulated sugar together on high speed until smooth and creamy, about 2 minutes. Add the egg, egg yolk, and vanilla extract. Beat on medium-high speed until combined. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed. With the mixer running on low speed, slowly add the dry ingredients to the wet ingredients in 3 different parts. The dough will be thick.

Roll cookie dough into balls, about 1.5 Tablespoons of cookie dough each. Roll the dough balls in dry chai mix. Sprinkle with extra chai, if desired. Arrange 3 inches apart on the baking sheets.

Bake cookies for 10 minutes. The cookies will be very puffy and soft. When they are still very warm, lightly press down on them with the back of a spoon or fork to help flatten them out. Allow cookies to cool on the baking sheet for 10 minutes and transfer to a wire rack to cool completely.



Photos by Susie Hessburg



# Cranberry Orange Walnut Bars



## Ingredients

1/2 cup butter, softened  
1 1/2 cups brown sugar, packed  
2 eggs  
2 teaspoons vanilla extract  
1 1/2 cups all-purpose flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup walnuts, chopped  
1 cup fresh or frozen cranberries  
1 orange, zest and juice (about 1/2 cup of juice)

## Preparation

Preheat oven to 325 degrees F. Butter a 9-inch square baking dish. In a large mixing bowl, use a hand mixer to blend the softened butter and brown sugar until smooth and creamy. Beat in the eggs one at a time and add the vanilla.

In a separate mixing bowl, whisk together the flour, baking powder, and salt. Add the flour mixture to the butter mixture and blend until thoroughly incorporated. Mix in the walnuts, cranberries, orange zest, and juice by hand. Smooth batter evenly into the baking dish.

Bake for 50-60 minutes until a toothpick inserted in the middle comes out clean (the edges should be beginning to brown). Let cool before slicing into bars.

## Serving Suggestion

These cake-like bars make a nice dessert when paired with a rich French vanilla ice cream or fruit sorbet.

*Recipe reprinted by permission from WelcometotheTable.coop.  
Find more recipes and information at [www.welcometothetable.coop](http://www.welcometothetable.coop)*



# Gluten-Free Chocolate Haystacks

## Ingredients

24 oz. gluten-free chocolate chips  
2 cups Valley's Own Bakehouse gluten-free chow mein noodles  
Kosher or coarse sea salt (optional)  
Other optional toppings (see suggestions below)

## Suggestions

Use your favorite gluten-free chocolate chips. Add toppings such as finely shredded coconut, chopped dried cranberries, chopped nuts, festive cookie decorating sprinkles, or drizzle melted caramel or white chocolate over the haystacks. The possibilities are endless!



## Preparation

Line two sheet pans with parchment paper and set aside. Melt chocolate chips in a double boiler or microwave oven.

With a rubber spatula, scrape the melted chocolate into a large bowl and gently stir in chow mein noodles until well coated.

Drop mixture by the heaping tablespoonful onto parchment paper and sprinkle with a pinch of course or Kosher salt or other desired toppings while chocolate is still warm.

Allow haystacks to cool on pans for at least one hour. To speed up the cooling process, place pans in the freezer for about 10 minutes.

Store cooled haystacks in an airtight container.