

Buying Bulk: Spice Up The Season

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Here at the Co-op, you can get everything

you need to prepare a delicious and wholesome holiday meal for your family and friends. You can order a flavorful turkey; purchase fresh, healthy vegetables; grab some local cream for your potatoes; and pick up a pack of local craft beer.

But what are you using for seasoning those tasty dishes? Surely not that dusty, 5-year-old jar of rosemary... right?

Enter: The Co-op's Bulk Department.

In the bulk department, you can purchase as much or as little of a product as you would like.

Dried herbs and spices can become stale and lose their potency over time so by purchasing what you need, when you need it, you're ensuring that you're getting the freshest product.

By not investing in a full jar of a spice you may only use once or twice, you are saving yourself some money while also creating less waste.

Cider Mulling Spices

- 3 sticks cinnamon
- 5 cloves
- 4 cardamom pods, pressed until open
- 1/4 teaspoon coriander seed
- 1/2 star anise pod
- 1 quart apple cider

Heat a small skillet over medium heat and add spices. Toast, stirring frequently, until spices are fragrant.

Add loose or in a sachet to 1 quart of cider. Add cider to a 2-quart pot. Cover and set over medium heat. Bring to a simmer, then reduce to low heat and simmer for 1 hour.

Serve plain, with a slice of orange, a splash brandy or other liquor, or a grating of nutmeg. Remove spices if keeping warm.

Buying bulk can also benefit the environment. Bring reusable jars or bags (be sure to ask a member of our customer service team how to weigh the empty container if you aren't sure how), and fill them with the amount you need. If you don't have your own container, that's fine too, we have small bags next to the spices for you to use.

Next to the spices is also where you will find the tags on which to write the name and PLU number (for the cashier) of the herb or spice you are buying.



Spices can be used for more than just seasoning your meats and vegetables. Mulling spice blends add festive flavor to your holiday cider and stovetop potpourri warms up the home. Start with a basic recipe for these and modify them to your liking.

Nearly 100 herbs and spices are available in the Co-op's Bulk Department, and their uses are seemingly limitless. And, since you are able to buy as much or as little as you like, you can feel free to explore all they have to offer!