

Fall



Pantry Essentials

From the Co-op!

Spices: *Found in our Bulk Department*

- Bay Leaves
- Cinnamon
- Cloves
- Bay Leaves
- Cinnamon
- Cloves
- Nutmeg
- Rosemary
- Sage

Savory Bases:

- Broth (*Kettle + Fire*)
- Coconut Milk (*Native Forest*)
- Miso Paste (*Smart Miso*)
- Crushed Tomatoes (*Muir Glen*)

Hearty Grains:

- Quinoa (*Ancient Harvest*)
- Wild Rice
- Oats (*Bob's Red Mill*)
- Barley

Organic Vegetables:

- Carrots *Check out our*
- Kale *local produce!*
- Winter Squash
- Sweet Potato

Proteins:

- Venison (*Yankee Farmer's Market*)
- Turkey
- Lentils
- Tempeh (*SoyBoy*)
- Pumpkin Seeds

Baking Items:

- Pumpkin Puree
- Brown Sugar (*Field Day*)
- Maple Syrup (*North Family Farm*)
- Apples
- Pecans
- Walnuts
- Dried Fruits



**CONCORD
FOOD CO-OP**
Community Owned Since 1992