

THE SCOOP

VOLUME 46 • NUMBER 1 • SPRING 2020

ONEOTA
COMMUNITY
FOOD
COOPERATIVE
decorah, iowa

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ONEOTA COMMUNITY FOOD CO-OP
312 West Water Street
Decorah, Iowa 52101
CHANGE SERVICE REQUESTED

SMALL
BUT

MIGHTY!

From the GM

By: David Lester, OCFC General Manager

The title to my article this Spring is taken directly from Progressive Grocer Magazine's February issue that honors this year's best independent grocers in the country. And guess what? We won their 2020 Outstanding Independent Grocer/Single Store award!

Progressive Grocer, the voice of the retail food industry since 1922, honors the top independent grocers every year and focused their efforts this year on recognizing stores who offer "the anti-supermarket experience that many consumers increasingly are looking for today." In their article, Progressive Grocer stated, "This new breed of consumer, especially those of the younger generations, wants stores that are faster in offering things such as hot - and frequently vegan or organic - grab-and-go meals. They want stores with fresher, higher-quality produce, meat and plant-based food offerings. And they want stores that are more "local," that serve as meeting places in their communities where one can find products and service that are personalized right down to the Zip code."

I was sitting in my office in early December when I saw an email come through announcing that Progressive Grocer was accepting applications/nominations for their annual independent grocer awards and thought, what the heck, I'm going to do it, we're a great store. Co-ops are known to be community building businesses but are very humble when it comes to telling their stories about the impact that they have in their communities. Essentially, we don't like to toot our own horn. Things are going to be a little different this year at the Oneota Community Food Co-op (OCFC), we're getting out the Bukkehorn and we're going to do some horn tootin'!

When you look back a few decades, co-ops were the grocery stores that started the local movement. We were the ones that transformed the market with organic products. We were the ones who created a business model that benefits workers, members and the community as a whole. We started it all. Now, every corporate-owned grocery store wants a piece of that locally-produced, organic pie. And, I'll have to admit they have definitely done a very good job of marketing themselves as the source for these products. The natural product sales in the grocery

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CLIMATE. WE'RE ALREADY SEEING THE CHANGE.

By: Siri Steven, OCFC Produce Department

Climate change is on the forefront of a lot of people's minds right now. According to the NASA website, climate change is defined as "...a long-term change in the average weather patterns that have come to define Earth's local, regional and global climates." It causes dramatic shifts in the duration and magnitude of severe weather events and is changing our growing seasons. It may damage our homes and/or impact our livelihoods; our food chain is no exception.

Working in the Produce department, we have the opportunity to witness and observe how climate change impacts farmers locally and globally. We have experienced the effects of climate change with the cost of produce rising and reduced availability for consumers. We feel it is important to know why these things are happening and what we can do collectively to reduce our carbon footprint through conscious changes and choices.

Our produce manager, Betsy, who has been buying produce for 26 years has noticed a dramatic uptick in weather related events affecting availability, quality and prices over the years. "Extreme weather patterns affect the farmers and their crops all over the world. The result is a compromise in quality due to added pressures from pests, unrelenting rains, drought, fire and hail, which can lead to a loss of livelihood and income for farmers."

Betsy adds, "We have become accustomed to eating apples year round, but what happens when all the growing regions in Decorah, the United States, Chile and New Zealand all have weather-related crop loss in the same year? The losses are passed along to the consumer and we have \$5.00/lb apples all winter long." She adds, "It has become a challenge to procure a full selection

all of the time and to rely on having "perfect" produce. Locally, we have many growers who have added greenhouses to their operations to help protect their crops from the elements and to extend their seasons. The high tunnels give them a longer season and also provide protection from extreme wind, hail and heavy downpours."

Here in the Driftless, you may have noticed that winter has been lingering longer into May. Spring is a crucial time for farmers looking to get their crops in the ground without the threat of frost or late-season snow storms covering their vulnerable seedlings after it begins to warm up in the spring.

Continued on page 2

**NEW EXTENDED STORE HOURS:
MONDAY - SATURDAY 7:00 AM - 9:00 PM
SUNDAY 10:00 AM - 7:00 PM**

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Permit 25

CAST YOUR VOTE! 2020 Board Election

CAST YOUR VOTE!



Greetings member/owners of the Oneota Community Food Co-op. The 2020 Board election is upon us and we need your vote. This year we have two positions to fill on the Oneota Co-op Board of Directors as Scott Hawthorn and Emily Neal complete their terms.

Board candidates for the 2020 election include the following four individuals to fill the two, 3-year term slots on the Co-op Board of Directors: Hannah Breckbill, Aaron Detter, Lori Egan, and Scott Hawthorn. An abbreviated candidate statement for each individual can be found in this Scoop publication, as well as a calendar for the remaining election period.

The members/owners of the Oneota Coop have the responsibility to review the candidate statements and vote for your Co-op Board of Directors during the month of March. The full candidate statements can be found on the Co-op

Hannah Breckbill

What do you enjoy most about the Co-op and what is your vision for its future?

I like that the Co-op creates a natural gathering point for people who care about good food—whether it be that they want the healthiest things for their families, or that they want to be conscientious about the justice issues or environmental impacts in the sourcing of their food. I know that the membership of the Co-op, and their values, are the key thing that differentiates the Co-op from other grocery stores. My vision for the Co-op's future is to be a leader in revolutionizing the food system in our town and region. A community- and values-based leadership is a powerful thing.

What kind of leadership or other experiences could you bring to the Co-op as a Board member?

I've participated in and even led a number of boards in the past decade, particularly the Northeast Iowa Peace and Justice Center and the Iowa Food Hub. I'm also a food entrepreneur with Humble Hands Harvest, a worker-owned cooperative farm. I bring a lot of passion for cooperative economics and governance. I also have been developing my community organizing skills as a member leader with the Land Stewardship Project, the president of the nascent Driftless Young Farmers Coalition, and as founder of the annual Queer Farmer Convergence at Humble Hands Harvest.

Aaron Detter

What do you enjoy most about the Co-op and what is your vision for its future?

What I enjoy most about the Co-op is that it is a values-oriented space; that it offers my wife and me the opportunity to live our deeply-held values with regards to food consumption, with an emphasis on organic and locally produced food, all while living in the beautiful, rural region in which we have chosen to settle.

My vision for the Co-op's future is a very auspicious one. I feel that the Co-op's future and that of our community as a whole go hand-in-hand; the entire Decorah area benefits when the Co-op prospers, and vice versa. I see an ever-strengthening commitment to the Co-op's core values, and an increased member base as more and more members of our community embrace the sustainable food movement and its community-building power.

What kind of leadership or other experiences could you bring to the Co-op as a Board member?

My background and education are in the field of urban and regional planning. My role as a planner often puts me in a leadership position among the communities in which I work - bringing together diverse viewpoints and tackling complex societal issues with the goal of achieving consensus toward common goals.

While working as an advanced urban and regional planner at the New Mexico Department of Transportation, I was appointed by the governor of that state to serve on the newly formed Rio Grande Trail Commission to represent the Department in the development of a scenic destination trail running the entire length of the state. As part of my administration of multiple federal funding programs for sustainable transportation, I administered and facilitated New Mexico's Recreational Trails Advisory Board and ensured the state's continued eligibility to receive federal funding for multi-use trails.

As a planner, I have a great deal of experience facilitating community meetings, presenting to city councils, and administering and facilitating our region's Transportation Policy Board, which oversees and awards millions of dollars in state and federal funding annually for transportation projects in our five-county region of northeast Iowa.

My professional and personal interests are deeply rooted in sustainability and conservation. During graduate school in Upstate New York, my favorite class was a planning course that was cross-listed through the Biology Department, taught by a conservation biologist and farmer, and focused on sustainable food systems, biodiversity, and rural landscape conservation. It was the foundation for a life and career championing those causes.

I believe my professional and educational background as well as my personal values and commitment to principles of sustainability can help support the mission of the Co-op and guide it to continued success.

2020 BOARD ELECTION CALENDAR

Candidate Forum	Thursday, March 5 - Co-op Deli
Ballots and candidate statements with announcement of annual meeting presented to members in good standing	March 1
Voting ends at end of business day	April 1
Administration of ballot counting	Early April
Election results announced	April Annual Meeting of the Membership
New board members start service	April Board Meeting

CLIMATE. WE'RE ALREADY SEEING THE CHANGE. ~continued

Other years when the snow melts in March, apple trees bloom early in the unseasonable warmth, and then struggle to produce fruit because their flowers (which eventually become the fruit) are accosted by frost. If they do produce fruit, the warmer average temperatures affect everything from the texture and color of the apples to the diseases they are exposed to. Chaotic temperature fluctuations mean more pests, disease, and defects - which ultimately means a higher cost for consumers at the grocery store.

Dramatic weather events have a profound impact on the soil too - especially heavy rainfall that occurs within a short period of time. Local resident and organic farm inspector, Jack Knight, said, "A single three or five inch rain event causes as much erosion as a [rain storm] from a decade ago.... It's a real crisis without a headline." The erosion is more dramatic likely because our soil has become "depleted" from modern day farming practices.

There's been a big push for permaculture

or "no-till" farming practices here in the Midwest, as well as regenerative farming. These practices work to build up the soil, making it better able to retain water when dramatic rainstorms occur. This can help reduce flooding and ultimately help prevent the loss of crops and produce.

Hannah Breckbill, co-owner and founder of Humble Hands Harvest, echoed Jack Knight's concern. When I asked her about how climate change has affected her farm here in the Driftless, she offered this:

"The most notable time that climate change affected my farm was in the August flood of 2016. The river came up over the land that I was renting where all my fall crops were and silted everything up. I completely lost the second half of my growing season because I couldn't sell vegetables in good conscience that had been soaked in who-knows-what from the river. And let's keep in mind that the reason the river flooded was because of a torrential non-stop overnight rain (I think it was 11 inches) compounded with so many tiled farm fields, soil that has lost so much health and structure because of

conventional agricultural practices that it can't soak in water, so these farms just send their water downstream."

This past autumn rain affected farmers in the Midwest -- their crops were saturated and couldn't be harvested without risk of mold destroying their corn or soybeans. Out west in California (where we get a lot of produce from in the United States) heavy rainfall and fires impacted the quality and quantity of everything from broccoli to kumquats. We have to recognize that even though these fires and floods are occurring somewhere else in the world, it affects our entire global ecosystem and food chain. We are impacted in some way whether we realize it immediately or not.

You may be wondering -- what can we do? How can we decrease our ballooning carbon footprint and make our soil healthier and better able to withstand the heavy rainfall? First, we can be more conscious about what we consume. Adding more plants to our diet is a simple way to decrease our carbon footprint. It takes less carbon-intensive inputs on

average, to grow fruits and vegetables than it does to raise livestock. If you do eat animal products, choosing to eat local, pasture-raised meat over factory farmed meat can also make a difference.

We can also choose to use alternative modes of transportation that don't rely as heavily on fossil fuels - like electric vehicles, walking, riding a bike, etc. Making an effort to avoid using single-use plastic and utilizing reusable containers and bags can help, too. (Did you know at the Co-op you receive a 5 cent credit whenever you use your own bag or container - even in Bulk and Produce?)

Urgency is something that cannot be denied any longer. We are at a critical time in human history. It is vital to recognize that our singular - and collective - efforts towards curbing climate change can make a big difference. We (hopefully) have the power as a species to turn this around. The future of our children depends on our actions today. Kicking the can down the road (instead of taking responsibility and dealing with it in the here and now) is not a viable solution.

website (www.oneotacoop.com) and are included with electronic voting materials online. Candidate statements are also available from the Co-op cashiers, and posted on the bulletin board in the Oneota Co-op foyer. Plus, join us as we get to know these candidates at an informal reception on Thursday, March 5, 2020 at the Co-op from 5:30-6:30 pm. Please thank these candidates for their willingness to serve on the Oneota Co-op Board of Directors.

All members in good standing as of February 14, 2020 will be/were mailed a detailed letter containing election details, announcement of the Annual Meeting of the Membership, and a personal ID and password unique to each member/owner, which will be used by the member/owner to vote electronically in the 2020 election.

If the Co-op has record of a valid email address for any member/owner in good standing as of February 14, 2020 they will also receive an election email from Simply Voting. If any member in good standing receives a letter containing their electronic voting materials and

Lori Egan

What do you enjoy most about the Co-op and what is your vision for its future?

I enjoy the variety of products that are made available at the Co-op. I really appreciate the happy and helpful staff working at the Co-op. My vision for the future is to continue to provide locally grown foods and products to meet the needs of the community.

What kind of leadership or other experiences could you bring to the Co-op as a Board member?

I have 16 years of non-profit management experience. I have been involved in the Food and Fitness Initiative. I currently serve on the HAWC (Howard, Allamakee, Winneshiek, and Clayton) Partnerships for Children board of directors and Northeast Iowa Area Agency on Aging policy council.

Scott Hawthorn

What do you enjoy most about the Co-op and what is your vision for its future?

One of the most important things, for me, is that the Co-op is locally, cooperatively owned and run. I also thoroughly enjoy the community of people involved with the Co-op. I love seeing it grow and change, and I love the food.

I would like to see the Co-op continue to thrive; growing sustainably, reaching out to the larger community through education and projects, meeting the community's changing needs and being a source of healthy, locally sourced, and affordable food choices.

What kind of leadership or other experiences could you bring to the Co-op as a Board member?

I've run my own stone masonry business here in Decorah for 20+ years, working with many different customers and contractors on various projects. I think my flexibility to work with individuals and groups is a benefit, and also, my long-term experience of running a small business in general, is of value.

During my past years serving as a board member, I have been a part of the capital campaign and store remodel. I've had the pleasure and rewarding work of serving on multiple committees within the board and look forward to continued efforts.

In addition, I've been a working member for many years and my wife worked for the Co-op for over 10 years. Our family's involvement has allowed me to have a deeper understanding and respect for the volunteer base and employees of the Co-op.

SMALL BUT MIGHTY! ~continued

business is growing five times faster than conventional product sales, and this is why we are seeing all of the larger grocery chains shifting more of their product selection to natural and organic.

When it comes to organic options in the grocery store aisles, co-ops across the country are the leaders. According to an impact study done by the National Cooperative Grocers (NCG) in 2017, it found that 42% of all NCG co-ops' sales came from organic products. This compares to an average of 5% for conventional grocers. Co-ops value organically produced products.

And when we talk about local, you can trust that our products are authentically local. At the OCFC, our definition of local is any product grown, produced, roasted, processed, or packaged within approximately 100 miles of our store. This does not include the whole state of Iowa or the upper Midwest or the entire Midwest like other stores' definitions. Some of our suppliers literally live within the city limits of Decorah! Over \$1.25 million worth of local products were sold at our store last year, about 24% of our total sales. Now that is local impact.

As an overall consumer, I also like to know where my dollars are going after I make regular, significant purchases like groceries. When I shop at the Co-op, I know that \$.45 of every dollar is staying right here in Decorah. That

includes our payroll, local purchases and other services we use to keep our store operating. Can bigger chain grocery stores say the same? Not even close. Additional research from NCG shows that the average conventional grocer's local impact is about \$.18 for every dollar. And, I can truthfully say that when the Co-op makes donations, they are going to fund organizations that help bring people up in the world. Our Co-op does not donate its dollars to national or local political campaigns but chooses to make change in the world with donations to local non-profits, school activities and other organizations fighting for a better quality of life like improving our water and air quality. Can all grocery stores make this claim? In my opinion, it's worth asking.

Another area of impact that co-ops excel at creating is a sense of community. As our world becomes more reliant on technology and businesses begin to embrace technologies that replace the average worker, co-ops have become a "third place" for many people in their communities. We all probably have our favorite third place aside from home and work, and I see our Co-op as one of these places for our school-aged children and elderly looking for connection. In the Progressive Grocer article, I was quoted, "What I enjoy most about my work at the Co-op is walking through our deli seating area at around 3:15pm on a weekday and watching all of the kids after school

wishes to instead submit a paper ballot, there will be paper ballots available for pick-up at the store during business hours. If a paper ballot needs to be mailed, we will be happy to do so by request.

Any member/owner who becomes a member in good standing after February 14, 2020 but before March 1, 2020 will be mailed a letter announcing the election details and date of the upcoming Annual Meeting of the Membership, 2020 Candidate Statements, and a paper version of the 2020 ballot for returning to the Co-op. Any member/owner who becomes a member in good standing after March 1st, 2020, but before the end of business on April 1, 2020 will be given a letter announcing the election details and date of the upcoming Annual Meeting of the Membership, 2020 Candidate Statements, and a paper version of the 2020 ballot for returning to the Co-op. If you do not receive election materials and believe that you should, please call the Co-op at 563-382-4666 to verify your address and membership status. Completed paper ballots, must be received at the Co-op no later than 9:00 pm on Wednesday, April 1, 2020. Completed electronic ballots must be received at the Co-op no later than 9:00 pm on Wednesday, April 1, 2020.

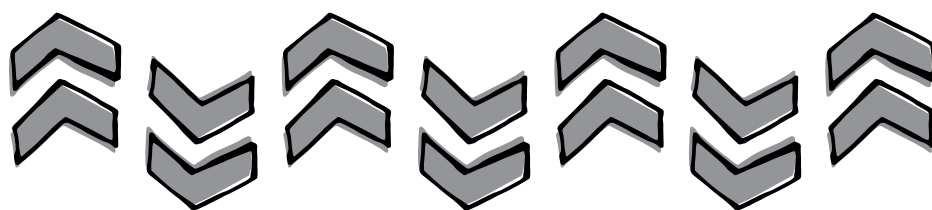
The Annual Meeting has been scheduled for Tuesday, April 14, 2020 at 6:00 pm and will be held at Impact Coffee - 101 West Water Street - Decorah. All member/owners of the Co-op are welcome and encouraged to attend the meeting. The meeting will include a presentation by Oneota Co-op General Manager, David Lester, recapping the previous year and plans for the year ahead - as well as opportunities for member input on revisions to the organizational Ends of the Co-op. There are always delicious snacks and beverages! The Board of Directors hopes to see you there!

Board Candidate Meet and Greet

Thursday, March 5, 2020

5:30 to 6:30 pm at the Co-op!

Join us for this chance to meet and speak with the candidates in person!



Annual Meeting of Co-op Member/Owners

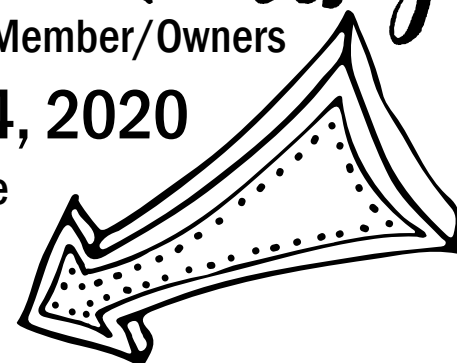
Tuesday, April 14, 2020

6:00 pm - Impact Coffee

101 West Water Street

featuring...

A presentation by the Co-op General Manager, David Lester and opportunities for member input concerning revisions to the organizational Ends of the Co-op. Refreshments served.



having a snack, doing their homework and talking with each other. We are much more than just a place where people shop for groceries; it's kind of like we're an extension of their living room at home. We're a place where people in our community gather, discuss ideas and spend quality time with each other." To me, this is at the core of what we do at the Oneota Community Food Co-op.

As the fight for grocery dollars intensifies in almost every market in the country, what you can expect from the Oneota Community Food Co-op is honesty and trustworthiness when we tell our story. Our story is a combination of stories

beginning with our local producers, staff and members that strengthen the fabric of our community. We are going to take some time this year to celebrate being Progressive Grocer's top independent single store grocer. We will keep doing what we've done for the last 46 years, selling the best quality groceries and services with stories you can trust. Come join our Bukkehorn band!

Link to Progressive Grocer's 2020 Outstanding Independents article: <https://progressivegrocer.com/2020-outstanding-independents-faster-fresher-and-more-localized>

CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

CLASS KEY

- GF** Gluten Free
- VG** Vegetarian
- VN** Vegan
- HO** Hands-on and Let's Eat
- DM** Demonstration and Let's Eat
- L** Lecture

Please call ahead to register for classes. Classes without a minimum number of attendees may be cancelled.
Events held in the Co-op Kitchen Classroom at 308 W. Water St. unless otherwise noted.

The Co-op Kitchen Classroom's programming is continually growing & expanding. We encourage you to check out our online education list & online registration options!

MARCH

SOURDOUGH BAKING BASICS

Wednesday, March 11th, 6:00-8:00pm
 In this hands-on workshop participants will have the opportunity to see and handle sourdough at each stage of preparation and learn tips and tricks for creating the perfect crusty loaf. Participants will also get a chance to engage in topics ranging from using sourdough culture in pastries, gluten free sourdough, the local grain economy, and more!
 Participants in the sourdough workshop will not only have the opportunity to handle, discuss, and eat sourdough but also take home their own sourdough starter. There will also be plenty of opportunities to ask questions, share stories, discuss baking experiences, and offer insights.
Class Code: HO, VG, VN, DF
Min participants: 6
Max participants: 16
Instructor: Peter Kraus
Cost: \$15 member/owners, \$18 community members

MAKING SOUP FROM LEFTOVERS

Wednesday, March 25th, 6:00-8:00pm
 Looking for a way to make a delicious dinner, clean your fridge, and help the planet? It's a tall order for a bowl of soup, but Peter Kraus claims making soup using leftovers can do all that and more! Using food to its fullest not only saves money, it's a way to honor the effort that goes into growing, harvesting, and preparing a meal. In the class, Peter Kraus will guide participants through planning menus that make the most of each meal. He'll discuss the basics of soup, stock-making, and successful and unsuccessful ingredient combinations. There will also be plenty of opportunities for participants to ask questions, share stories, discuss leftover enigmas, and offer insights. The class also includes take-home recipes and a bowl of "leftover" soup.
Class Code: HO
Min participants: 8
Max participants: 16
Instructor: Peter Kraus
Cost: \$15 member/owners, \$18 community members

APRIL

FUN, FLAVOR, AND FIZZI!

Wednesday, April 8, 6:00-8:00pm
 In this class, learn how you can make delicious, refreshing, and probiotic sodas at home using fermentation. We'll go over equipment, ingredients, variables to play with, and the different advantages of brewing with kombucha, ginger bugs, and other fun things. There will also be different sodas to taste and time to start your own!
Class Code: DM/HO, VG, VN, GF
Min participants: 4
Max participants: 12
Instructor: Peter Kraus
Cost: \$15 member/owners, \$18 community members

MAY

EXPLORING MEDITATION

Wednesday, May 6, 6:00-7:00pm
 Let's explore back-pain free, time saving, and self empowering meditation for the whole family. Get comfy and drop any expectations - curiosity is the most important attitude that will reveal your personal meditation style. My daily practice, The Alexander Technique, and Life Coaching tools have given me insights into how much meditation can bring calm and lightheartedness back into my life. Join me for a low key evening of exploration and mindfulness.
Class Code: HO/L
Min participants: 4
Max participants: 24
Instructor: Andrea Miller
Cost: \$10 member/owners, \$12 community members



MAY

BACH FLOWERS: TO THE RESCUE!

Wednesday, May 20, 6:00-8:00pm
 This class is an introduction to the Bach Flower Remedies, particularly the 5 Flower Formula which is the "rescue" formula and a part of the 38 Bach Flower repertory, as well as discussing a specific formula for allergies. Bach flowers heal emotional pain and the 5 Flower Formula has many uses for adults, teens, little ones, animals, and plants to heal stressful and upsetting situations. They are safe, herbal, non-toxic, side-effect free remedies which are used all over the world.
Class Code: L
Min participants: 4
Max participants: 10
Instructor: Lalie Madriguera
Cost: \$12 member/owners, \$15 community members

Come learn with us!

The Kitchen Classroom - IT'S RENTABLE!

The Kitchen Classroom is located conveniently next to the Co-op on Water Street in downtown Decorah, IA. It is available for a fee for use as long as that use meets certain requirements, and the Kitchen Classroom is not otherwise reserved. We currently have three levels at which the space, equipment and/or staff can be utilized - starting at \$30. Each level includes 4 hours of time in the space. For more details, including a list of available equipment, please visit the Education and Events page of the Co-op website: www.oneotacoop.com/education-events/ or e-mail kitchenclassroom@oneotacoop.com.
 To make a reservation or for information about scheduling, please contact the Marketing Department, (563) 382-4666 or kitchenclassroom@oneotacoop.com.





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Nancy Lerdall

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Spring Plant Sales

at the Co-op


Strawberry starts from
Driftless Gardens



AVAILABLE STARTING LATE APRIL (WEATHER PERMITTING)



Flower, Herb, & Veggie Seedlings from **RIVER ROOT FARM**





COMMUNITY SUPPORTED COOPERATION

By: Hannah Breckbill, Humble Hands Harvest

Decorah's own Humble Hands Harvest is a 22 acre organic vegetable, pastured pork, grass-fed lamb, and perennial polyculture farm fewer than 10 miles northeast of Decorah on a bluff overlooking the Upper Iowa river valley. We market the food we grow through a Community Supported Agriculture (CSA) program and the Decorah Farmers Market (humblehandsharvest.com).

There's a lot I could say about the food that we raise, but for now I want to lift up the fact that Humble Hands Harvest is co-owned and co-operated by two young women: Hannah Breckbill (that's me!) and Emily Fagan. Neither of us grew up on a farm or inherited farmland. This makes us an anomaly in the agriculture scene - and an important one at that.

I'll leave the story of our access to land for another time. In fact, the Land Stewardship Project and Practical Farmers of Iowa have both covered it, and we made a video about it that you can find on our website, humblehandsharvest.com. Today, I want to talk about our business structure. One might expect that to be a dry topic, but in fact it's quite juicy: Humble Hands Harvest is structured as a worker-owned cooperative.

Now, you're reading a co-op newsletter, and so it's worth taking a step back and thinking about cooperatives as a whole and what they stand for. The Oneota Co-op is a consumer cooperative, which means that its origins were in a group of people who wanted to be able to buy foods affordably that they couldn't access on their own. I'm not the one to give a detailed history since the Co-op is older than I am. However, I know that what started as a buying club, a way to access bulk goods and organic food, has become what we know as the Oneota Co-op today. Now, everyone in our small town has access to truly good groceries and a vibrant social space because of the cooperation and vision of many households over several decades.

Cooperatives are unique because they go into business for the benefit of their members. The members determine what that benefit looks like. Consumer co-ops seek access to goods for their members, producer co-ops build access to markets, and worker co-ops strive to create equity and democracy in the workplace. If the Co-op does well and has extra, the members (through representation of the Board) decide what to do with that profit. It may be divided out by "patronage." The more you buy in a consumer co-op, the bigger dividend you could get. The more you produce, the bigger your patronage in a producer co-op. And in a worker co-op, dividends are generally shared based on hours worked.

All of this is distinct from conventional business in a capitalist system. The "normal" way is to distribute profits to the owners (stockholders) of a business, based on how much equity they hold. That means someone with a lot of money can simply buy a percentage of a business. They don't have to patronize the business or even involve themselves in the running of it. They can then rake in profits - most of the time at the expense of the people buying from, supplying and working in the business.

Humble Hands Harvest is a worker-owned cooperative and we love it. Farming is not work that I want to do alone. Growing food is gutsy, essential hard work. The word "risk" comes up immediately. We don't know what the weather is going to bring, we don't know which crops are going to do well, and we don't even know what will sell. Yet we embark on each growing season anyway with faith and courage and long hours, driven by the knowledge that our work connects people with good food and the land, and that the way we raise the food builds soil and diversity on the landscape. I tried holding all of the above by myself for four years, and I almost completely burned out before I found Emily who was ready to hold it with me.

Our worker-owned cooperative has a distributed ownership structure, which means that a farm that I help create can continue beyond my tenure there, even beyond my lifetime. One of us can leave the farm without the whole thing ending. There's less ego in it, and more care for each other. Co-owners who share the risks and rewards of a business make better decisions together than one person can make on their own.

Humble Hands Harvest has long-term access to land, so we can think about the impacts of our

Farmland nowadays runs between \$5,000 and \$10,000 an acre. Most people who own farmland do not do the work of farming it. Instead they rent the land out - extracting a rental payment from the farmer, who then extracts commodity crop production from the land, and with any luck, a living. Increasingly, though, that's not the case. The median farm income in 2018 was negative \$1,316. This means that most farmers are relying on off-farm jobs for their income. On top of this, what is seen as the "efficient" way of doing agriculture is widely known to erode soil, poison water and air, and contribute to greenhouse gasses and climate change. Let's think up a new system! Get in touch with Humble Hands Harvest with your ideas for how to decommoify land.

actions beyond one growing season. I often have fun imagining myself as a sixty-year old, spending time in the pasture underneath mature chestnut trees on this land that used to be a monoculture of corn. I also think about the people who will farm this land when I'm gone, and how much I want for them to have security on the land, a comfortable place to live, fertile, living topsoil to work with, and productive systems that can feed lots of people. So far, Humble Hands Harvest is furthest along in the realm of feeding people. We're working on housing all the farmers and decommoifying the land so that new farmers can have access to it - and building topsoil will be a life's work.

One phrase for what cooperatives do is "prefigurative politics." By that I mean that we create the systems in our lives that we want to see replicated in the world, even though they might not match with the current system. A food cooperative invests in supply chains of products that their members (owners) want, and by doing so, they are part of building a wider food system that matches their members' values. Similarly, our worker-owned cooperative prioritizes care for ourselves, each other, and the land, embodied and meaningful work, our own agency in decision making, and darn good food, grown right here.

Right now, our wider economic system fails to acknowledge the value of these things, so we're up against a lot. But as we build systems into our farm that facilitate the way we want to show up in the world, we are developing a model that more people can see and adapt to their situations. Ultimately, we want everyone to have access to real work, care, agency, and good food. We start by building human-scale systems that support these values.

As I wrap up my cooperative manifesto, I want to acknowledge one last thing: none of what we are doing in the world would be possible without a community that buys the food we grow. So when you see an invitation from Humble Hands Harvest to join our CSA, buy our delicious and regenerative lamb or pork, come to the farmers market and Co-op to check out our fresh produce, or to visit our farm, know that it's not only about the food. It's about building a vibrant, cooperative future for this place.



Community Supported Agriculture (CSA) is an idea that emerged in the 1980s when people were looking for access to fresh, local produce. The model they developed was of a number of families buying shares in a farm. Essentially, this group of people hired a farmer to grow food for them year-to-year. Whatever was harvested in a given week was shared among the members of the CSA. In this way, a large group of people shared the risk and reward of the growing season with the farmer.

Nowadays, the CSA model is less like a consumer cooperative and more like a subscription - the farmers take on the risk, the finances, and the decision making, and the eaters get to experience the seasons through food. Humble Hands Harvest offers a traditional boxed CSA share, which is a selection of whatever's freshest from the field delivered to members weekly from July through October. Both Humble Hands Harvest and Canoe Creek Produce offer market shares, in which members pre-pay for the season and then have credit they can use whenever they want at each farm's Farmers Market stand.

Each of these CSAs is a way to directly support small-scale, diversified farming, to explore seasonal foods, and to build a relationship with the abundance of this place.

Humble Hands Harvest - Hannah Breckbill & Emily Fagan

www.humblehandsharvest.com
2741 Hidden Falls Road, Decorah, Iowa 52101
507-513-1502 • humblehandsharvest@gmail.com



Canoe Creek Produce - Barb Kraus

www.canocreekproduce.com
2912 Manawa Trail Road, Decorah, Iowa 52101
563-382-4899 • canocreekpro@gmail.com



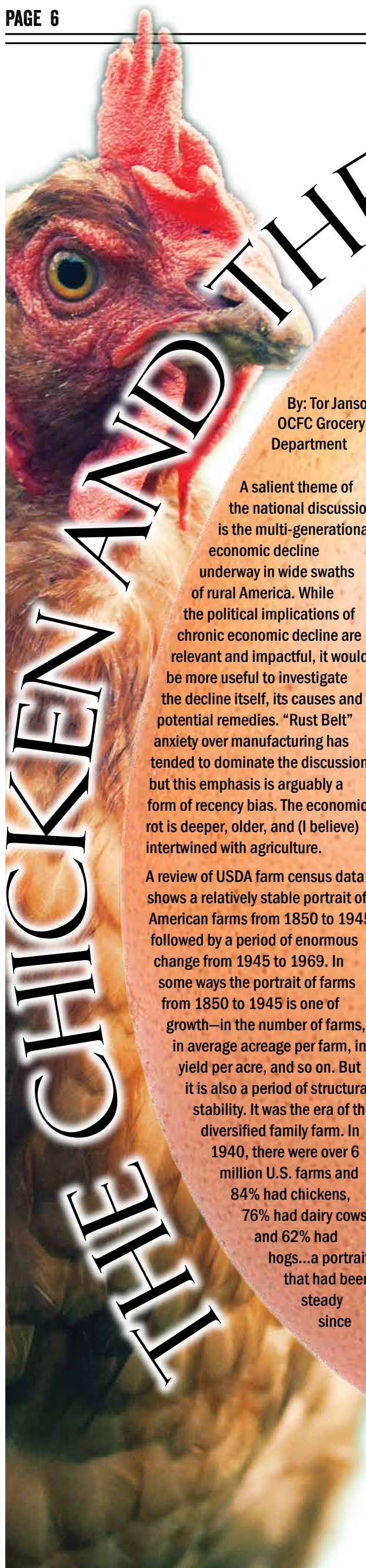
Farmer's Market CSA shares available for 2020.

Choose from a wide variety of fresh organic vegetables, herbs and flowers.

For sign-up and more details, go to canocreekproduce.com



Canoe Creek Produce CSA
2912 Manawa Trail Road, Decorah, IA
(563) 382-4899 canocreekpro@gmail.com



THE CHICKEN AND THE EGG.

THOUGHTS ON LOCAL ECONOMIC RESILIENCE.

By: Tor Janson,
OCFC Grocery
Department

A salient theme of the national discussion is the multi-generational economic decline underway in wide swaths of rural America. While the political implications of chronic economic decline are relevant and impactful, it would be more useful to investigate the decline itself, its causes and potential remedies. "Rust Belt" anxiety over manufacturing has tended to dominate the discussion, but this emphasis is arguably a form of recency bias. The economic rot is deeper, older, and (I believe) intertwined with agriculture.

A review of USDA farm census data shows a relatively stable portrait of American farms from 1850 to 1945, followed by a period of enormous change from 1945 to 1969. In some ways the portrait of farms from 1850 to 1945 is one of growth—in the number of farms, in average acreage per farm, in yield per acre, and so on. But it is also a period of structural stability. It was the era of the diversified family farm. In 1940, there were over 6 million U.S. farms and 84% had chickens, 76% had dairy cows, and 62% had hogs...a portrait that had been steady since

1850. By 1969, there were just over 2 million U.S. farms. By then, 25% had hogs, 21% had dairy cows, and 17% had chickens.

Okay then. Old MacDonald lost the farm, and/or all the animals. So what?

To try to answer that, let's take a closer look at chickens. Everyone loves chickens, from you to the neighborhood raccoon. They're fluffy, they lay eggs, they taste like chicken. They disappeared from 4.7 million farms between 1940 and 1969. It looked like this:

% of U.S. Farms with Chickens, 1940-1969, 2017	
1940:	84% (~5.04 million farms)
1945:	84%
1950:	78%
1954:	72%
1959:	59%
1964:	38%
1969:	17% (~340,000 farms)
2017:	13% (~260,000 farms)

As Ron Burgundy said, that escalated quickly. I mean, that really got out of hand.

Before all that carnage, the chicken flock was an integral part of feedback loops within the farm ecosystem and the local economy. The chickens gleaned waste feed from other livestock, controlled pests, ate grains raised on the farm, and provided fertilizer. Farmers kept eggs for their families and sold the rest to local markets. Extra eggs from those markets were sold again and shipped to cities. In 1924, 15% of the eggs produced by farmers in Washington state went to home consumption. By 1984, the last year USDA tracked home egg consumption by farmers, it had dropped to 0.7% of total production.

Farmers generally obtained their chickens locally. Some farmers used broody hens or incubators and raised their own replacement stock.

Others obtained stock from local breeders and hatcheries.

Nearly

every agricultural 'hub' town had a hatchery or two. At one point, Decorah had four! In turn, these hatcheries also obtained their hatching eggs locally, from farmers within the community who put an emphasis on breeding. Decorah even had its own local chicken breed, the Iowa Blue, developed in the 1920s by Canoe Township farmer John Logsdon.

This localized chicken distribution network generated millions of chickens and millions of dollars within America's rural communities. When farms became more specialized, this broad network collapsed. Today, three multi-national corporations control and supply the parent stock for over 80% of the chickens raised globally (Dead End Genetics: Why the Chicken Industry Needs a New Roadmap by Leah Garces, January 15, 2014, published by Food Safety News, www.foodsafetynews.com). In the 1940s, when any United States consumer bought a dozen eggs at a grocery store, a portion of that revenue could be traced directly back to America's small towns and rural townships - not only from the eggs, but also from the breeding and distribution of the chickens who laid those eggs. These local loops provided an important source of economic resilience, a vital buffer against the vacillations of globally traded commodities. Today, very little of that egg money makes it back to rural American communities.

As farms became more specialized and reliant on external inputs (fertilizer, pesticides, fuel) and outputs (cash crops traded globally), the within-farm and within-community feedback loops withered. Decorah lost its capon processing plant. The Decorah Hatchery survived by reimagining itself as a purveyor of outdoor gear rather than poultry. We live in a post-chicken economy. Quality chicks abound on our t-shirts but not on our farms.

When we lost our diversified family farms, we lost the engine of the

local economic feedback loops in our rural communities. That giant sucking sound you hear on those crisp fall days is Winneshiek County exporting not just its crops, but its dollars. The farm inputs (fertilizer, pesticides) come from distant corporations, and the outputs depart one truck and train car at a time, cheap raw material on its way to become someone else's value-added product. Our farms are conveyor belts, moving products in and out with far less economic connectivity to our communities than before.

The Oneota Co-op offers a great selection of locally sourced eggs, meat, dairy products, and produce. It has established a model for restoring local economic feedback loops. The Decorah Farmers Market and the Northeast Iowa Food Hub are other examples of ways that people in our community are working to connect our local farms and communities. Hopefully, these pathways are just the beginning of our journey to restore our economy's resilience and strength.

Bring your own cup!

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Local in our Deli

By: Melissa Palmer, OCFC Deli Department

In the Co-op Deli, we prioritize local ingredients in everything from our salad bar to our sandwiches. We feature fresh ingredients from local farmers - like Patchwork Green Farm.

Erik Sessions and his wife Sara own Patchwork Green Farm, which is located roughly 5 miles north of Decorah. We use many of their products in the Co-op Deli. If you have tried our mashed potatoes on the Hot Bar, you have been fortunate to taste a little bit of Patchwork Green Farm.

Patchwork Green is a certified organic operation and is committed to producing the highest quality organic vegetables. They themselves love to eat locally grown, fresh food, and want to help the community live their best lives by eating healthy and locally-raised foods too.

They have grown many varieties of vegetables, herbs, and fresh flowers over the past 22 years. They have whittled their grow list down to 100 of their favorite varieties. Some of their favorites are long-keeping garlic and onions, red and yellow potatoes, crunchy kohlrabi, and candy-like cherry tomatoes.

Their top priority is caring for the soil - "because healthy soil means healthy vegetables." They plant cover crops and use organic cow manure and micro nutrients - as needed, based on soil testing.

Some of the biggest struggles for organic farmers are weeds, insects, and plant-based diseases. With good management practices - including fostering healthy soil ecosystems, encouragement of beneficial insects and birds, and a bit of "luck" when it comes to weather, they are able to produce consistent crops - many of which find their way to your Deli plate at the Co-op.

A simple tip from Patchwork Green is to eat as many local vegetables as you can - raw. They are typically more nutritious, take less time to prepare, and have an amazing taste you won't find with something shipped in from far away.

Meet a staff member:

During this winter season you'll find Bailey Lutz working in our own Deli kitchen. Bailey currently works for Listermore Farm during the spring, summer, and fall seasons. Their livestock includes heritage breed ducks and Kiko goats.

Baily Lutz



The ducks are fed a certified organic grain blend that does not include soy. They also forage for grains, insects, and seeds on pasture. ducks are out in the pasture as much as possible all year long and when weather turns harsh, they seek refuge in the barn.

The goats are fed entirely on "browse." (Goats like to eat with their head up - nibbling on leaves, twigs, and the understory of wooded areas). They forage in the woods until winter when they are fed hay and various branches from trees and shrubs in the shelter of their open hay shed. The rest of the year they are in paddocks fenced in with electric netting in the woods. They are moved every 3 to 5 days to a new paddock depending on how bare the area has become from their browsing.

On Listermore Farm, ducks and goats are never given hormones. Antibiotics are used only to treat acute illnesses. Bailey harvests ducks on-farm for herself and for on-farm sale. She also utilizes a local USDA inspected processor which allows her to sell them in local restaurants. As is the same for many small farmers, Bailey respects the life (and death) processes of the animals preferring to be involved in the harvest process herself.

INTRODUCING...

\$5 dinners in the Deli.
starting March 18th

Grab your family, friends, and neighbors and join us for a wholesome, tasty, and affordable meal at only \$5* per plate. Dine in - or take out if you prefer!

every third Wednesday of the month from 5:00 to 7:30 pm

*does not include tax

DELI HOURS

Monday-Saturday Hours

HOT BAR, HOT-TO-GO, COFFEE/TEA:

7:00 am - 7:30 pm

MADE-TO-ORDER SANDWICHES & WRAPS

7:00 am - 7:30 pm

PASTRIES, COFFEE/TEA:

7:00 am - 7:30 pm

SALAD BAR & SOUPS:

10:00 am - 7:30 pm

WHOLE OVEN-ROASTED CHICKENS:

3:00 pm until gone

Sunday Hours

HOT BAR, HOT-TO-GO, COFFEE/TEA:

10:00 am - 6:00 pm

MADE-TO-ORDER SANDWICHES & WRAPS

10:00 am - 6:00 pm

PASTRIES, COFFEE/TEA:

10:00 am - 6:00 pm

SALAD BAR & SOUPS:

10:00 am - 6:00 pm

WHOLE OVEN-ROASTED CHICKENS:

3:00 pm until gone

★ Breakfast Items

★ Hot & cold sandwiches

★ Hot bar buffet
check oneotacoop.com for our daily menu

Using Local & Organic ingredients whenever possible.

★ Homemade soups

★ Fresh salad bar



ONEOTA DELI

Catering

CHECK OUT OUR CATERING MENUS IN-STORE BY THE BAKERY CASE OR ONLINE AT ONEOTACOO.COM/DELI/CATERING-MENU



2 CHANCES TO SHOP

MEMBER APPRECIATION DAYS

SALE

10% OFF *storewide**

TUESDAY
March 17



SATURDAY
March 21

May be combined with other member discounts.

*discount excludes Co-op and Member Deals sale items and special-order case discounts.

TUESDAY
May 12



SATURDAY
May 16



IMMUNITY AND MUSHROOMS

By Jerry Angelini, MS, LRC, LMT

As we move into the spring season, many people heave a sigh of relief. The increasing daylight, warming weather and blossoming plants brings a smile to most everyone's face. One aspect that slips under our conscious thinking during the transition to spring is the reduced awareness of immune health. During the winter months, people are more conscious of staying healthy proactively, as no one enjoys the discomforts associated with winter immune season. In reality, spring can bring its own challenges to immune health and balance.

According to the CDC, over the last thirty years, pathogens we are typically concerned about in winter are just as active in March and even present in May. In each case when a pathogen enters our body, our immune system is responsible for determining both the severity of the health challenge, and the duration to restoring balance. Our immune system is a crucial defense needed to stay healthy and active at any time of the year.

Another consideration for immune health during the spring season is how our immune systems might react to pollen and other environmental triggers. An oversensitivity to environmental triggers or to foods is an indication that our immune systems are out of balance.

The key then, for immune health year-round, is 'modulation' or balance. Certain natural substances can provide nutrition and cellular support to the immune system, so that it is better able to respond to any attacks it might experience no matter the time of year.

Mushrooms have long been used in numerous cultures as both food sources and to support health and wellness. * Various mushroom species such as Reishi, Chaga and Cordyceps have all been recognized as supporting a balanced immune response in the body. *

Reishi is perhaps the most recognized mushroom in the world in regards to modulating our immune system. * Reishi can help our immune system respond strongly while at the same time making sure it doesn't overreact to substances or triggers. * Further, Reishi bolsters adrenal functioning to help combat fatigue. * Reishi also supports cardiovascular and liver health, making it a multi-system support for immune strength and whole body wellness. *

Chaga has been used cross-culturally as a support for a strong, yet balanced immune response. * Chaga's point of interest is that it supports epithelial tissues in the body. * Our epithelial cells line our upper respiratory system and lungs, our digestive tract, our skin and our arteries. * The balancing impact Chaga can have on these organs makes it a wonderful addition to the seasonal support category. * It is important to support our lungs and intestinal tract so that they can respond appropriately no matter what they come in contact with.

Cordyceps is a well-known mushroom in the sports world. Cordyceps is recognized as being energizing and supporting athletic performance. * Like many other beneficial mushrooms, Cordyceps also supports modulation of the immune system. * Similar to Reishi, Cordyceps can help our upper respiratory system and our lungs function strongly without overreacting to environmental triggers that can challenge our breathing. *

Remembering that our immune system functions 24 hours a day, 7 days a week can be an important change in thinking. Feeding our bodies good food, providing ourselves with adequate rest and basic hygiene such as hand washing, are all important parts of maintaining our health. Yet in today's world we often need to do a bit more.

Beneficial mushrooms that have been used for centuries and extensively researched are safe, effective support at any time of the year. Reishi, Chaga and Cordyceps either separately or combined in a formula can help ensure a strong immune system that doesn't overreact to our environment. * These three mushrooms can help us during the change of seasons, and throughout the year. *

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Jerry Angelini, MS, LRC, LMT is an integrative practitioner drawing from over 30 years of experience and continued training in various modalities. He has a Master's of Science degree in Rehabilitation Medicine/Counseling from Boston University. He is trained in Planetary Herbalism at the East West School of Planetary Herbology. Along with his private practice, Jerry is current Education Director and part of the formulation team for Host Defense Organic Mushrooms.




DINNER ON THE BLUFF | ENVIRONMENTAL SPEAKER SERIES

THE PSYCHOLOGY OF CLIMATE CHANGE

Sat., April 18th
Lanesboro, MN | Tickets \$30

Doors open at 5pm
Talk includes 3-course dinner!

eaglebluffmn.org/dinner

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seedsavers.org | 3074 North Winn Rd, Decorah, IA



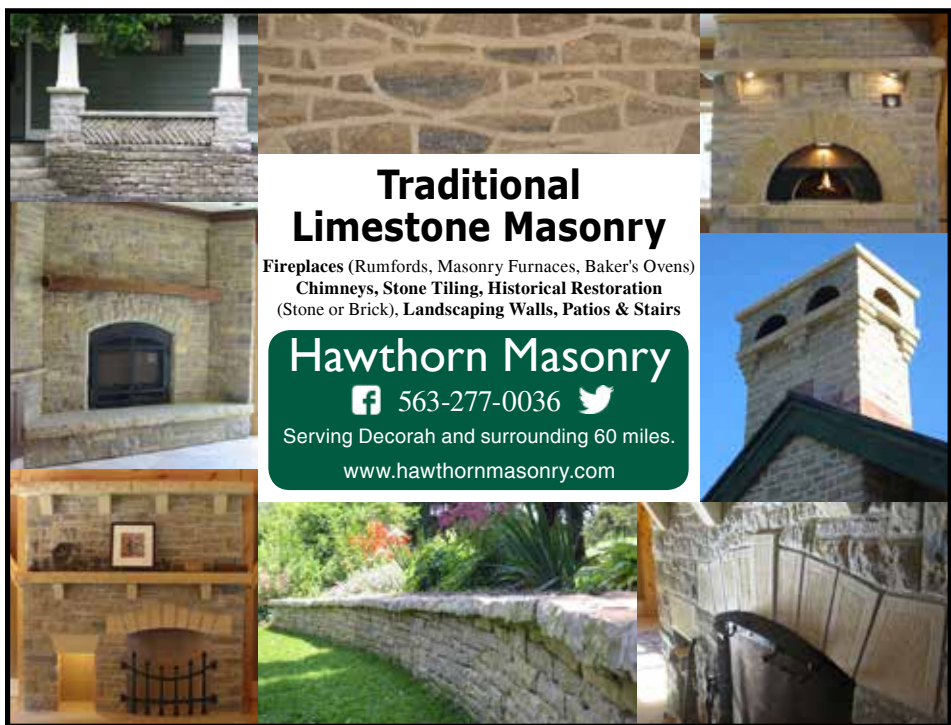
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Mix an Oneota 6-pack with any six single beers in the case for as low as \$10.99!



Oneota Community Food Co-op

MISSION STATEMENT

The mission of the Oneota Community Co-op is to build vibrant communities and ecosystems by providing organic, locally produced and bulk foods, as well as other products and services that are sustainable for those who consume and produce them.

Ends Policy

As a member-owned consumer cooperative, the organizational goals of the Oneota Community Co-op originate from our commitment to the seven internationally recognized Principles of Cooperation and reflect our concern for our community.

The Oneota Community Co-op serves primarily members, customers, and the OCC staff, but also its service extends outward to the following:

- vendors and suppliers,
- the larger community of cooperatives,
- the wider regional community.

Because the Oneota Community Co-op exists as an institution grounded in the cooperative principles, there will be the following:

- ←end 1 A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed and affordable. A business that encourages the expansion of sustainably grown local food sources.
- ←end 2 A community that is educated about food and other products which are healthy for people and the environment.
- ←end 3 A business that promotes the development of cooperation and cooperative enterprise.
- ←end 4 A business that promotes environmental and financial sustainability.
- ←end 5 Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.
- ←end 6 A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.

Oneota Community Food Co-op Staff

General Manager, David Lester.....	gm@oneotacoop.com
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"The Scoop" Newsletter Staff

Editor.....	Nate Furler
Design/Layout.....	Kaija Kjome and Nate Furler

The Scoop is published quarterly and distributed to 19,000+ residents and members. If you are interested in advertising in The Scoop, please contact Nate Furler at the Co-op - 563.382.4666 or nate@oneotacoop.com.

2019-2020 Co-op Board of Directors

Michelle Barness.....	oneotabarness@gmail.com
Detra Dettman.....	oneotadettman@gmail.com
Scott Hawthorn - Vice President.....	oneotahawthorn@gmail.com
Bill Iverson - Secretary.....	oneotaverson@gmail.com
Emily Neal - Treasurer.....	oneotaneal@gmail.com
Andy Sassaman.....	oneotasassaman@gmail.com
Scott Timm - President.....	oneotatimm@gmail.com

Senior Discount Mondays

EVERY MONDAY

Member/owners who are 60 years of age or older receive an extra **5%** off purchases*.

*Excludes already marked down Co-op Deals and Oneota Sale items.



The Statement of Cooperative Identity

A Cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the Tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

The cooperative principles are guidelines by which Cooperatives put their values into practice.

1st Principle.....	Voluntary & Open Membership
2nd Principle.....	Democratic Member Control
3rd Principle.....	Member Economic Participation
4th Principle.....	Autonomy & Independence
5th Principle.....	Education, Training & Information
6th Principle.....	Cooperation Among Cooperatives
7th Principle.....	Concern For Community

Cooperative member/ownership benefits the business as well as its members. It provides us with equity to make major purchases (such as new equipment) or improvements (like our four expansions). Co-op owners gain many benefits as well as rights and responsibilities. Your participation and commitment enliven the Co-op and help to make it a true community organization. Patronage dividends will be given in profitable years at the discretion of the Board.

MEMBER-OWNERSHIP

The Co-op is owned by its members. Member/owners help decide what the store carries and have a voice in planning the Co-op's future.

It's quick and simple to become an owner. You buy a refundable share for \$140, usually paying for it over seven years, on a payment plan that suits you. We invite you to become one of the owners of this thriving local business!

As a Co-op member-owner, you can:

- Support a locally owned and operated business that is part of our community and puts money back into the local economy.
- Get additional discounts on specific "member deals" sale items.
- Receive a 5% discount on Mondays if you are 60 years of age or older.
- Place free classified ads or reduced-rate display ads in The Scoop.
- Once each month, ask for your 5% discount on an unlimited quantity of purchases. (Excludes Member Deals, Co-op Deals, milk, eggs, magazines, wine, beer, fresh breads and pastries and Café items).
- Receive discounts on Co-op sponsored classes.
- Write checks for up to \$20 over purchase for cash back.
- Enjoy a special order case discount on most Grocery, Bulk, Wellness and Produce special orders. Case quantities vary. (Excludes Co-op Deals and Member Deals sale items).
- Have access to information on the Co-op's financial status.
- Run for a seat on the Board of Directors.
- Vote in Board elections and on referenda. (Share payment must be current).
- Share in the success of the Co-op through your member patronage dividend in the years where there is sufficient profit. Patronage dividends are given at the discretion of the Board of Directors.
- Own the store where you shop!
- Shares in the Oneota Co-op are fully refundable, minus the administration fee, should you choose to leave the Co-op.

everyone can shop. everyone welcome. no membership required.

Welcome to these new member/owners:

Brenda Svestka	Roger Hartwell	Jillian Emery	Julie Wittry
William A. Edinton	Jessica Thesing	Susana Cabrera-Mariz	Brenda Ramlo
Darlene Wild	Craig Watson	Zach Peterson	Seth Robinson
Curtis Snitker	Jolene Steinlage	Andrea Wilson	Evan Neubauer
Jennifer Jessen	Kay Haugerud	John Vogel	Nicholas Shaneyfelt

Member Volunteers - Dec/Jan/Feb

THANK YOU to all of the Co-op members who helped out in one way or another as member volunteers. Your efforts make us better.

Scott Hawthorn	Corby Preus	Louise Hagen	Curt Iverson
Scott Timm	Amy Jensen	Joanne Wu	Jim Stevens
Emily Neal	Wendy Stevens	Janet Snider	Kelley Claman
Michelle Barness	Randall Duvall	Jerry Aulwes	Ann Mansfield
Bill Iverson	Annette Schweinefus	Onita Mohr	Mary Hart
Andy Sassaman	Arlyls Adelman	Karen Martin-Schramm	Jon Hart
Detra Dettman	Brenda Burke	Brittney Claman	LeAnn Popenhagen
Barb Dale	Kristin Eggen	Sabrina Claman	Tom Misseldine
Frances Kittleson	Linda Martin	Johanna Bergan	
Michael McElrath	Cathy Baldner	Carol Bentley-Iverson	

If you are interested in learning about the member volunteer program at the Co-op, please contact us at membervolunteers@oneotacoop.com.

CO-OP GIFT CARDS
The perfect gift anytime.





these sales valid **MAR 4 - MAR 17, 2020**
 Co-op Deals sale prices are available to all shoppers of the Co-op!

Packaged Grocery	Reg Price	SALE Price	Savings
ANNIE'S HOMEGROWN			
Mac N Cheese, 6 oz, selected varieties	\$3.69	3/\$5	\$2.03
BEARITOS, Corn Chips, 8.25-9 oz, selected varieties	\$3.99	\$3.00	\$0.99
BREW DOCTOR, Kombucha, 14 fz, selected varieties	\$3.69	\$2.99	\$0.70
BRIANNA'S, Salad Dressing, 12 fz, selected varieties	\$3.69	\$3.00	\$0.69
CLIF, Energy Bar, 1.98 oz, selected varieties	\$2.99	3/\$5	\$1.33
DIVINA, Peppers, 9.2 oz, selected varieties	\$7.99	\$5.99	\$2.00
EQUAL EXCHANGE, Teas, 20 ct, selected varieties	\$4.99	\$3.50	\$1.49
Chocolate Bar, 2.8-3.5 oz, selected varieties	\$3.79	\$2.50	\$1.29
FELICIA ORGANICS, Pastas, 8 oz, selected varieties	\$4.39	\$3.50	\$0.89
FOOD SHOULD TASTE GOOD, Chips, 11 oz, selected varieties	\$5.99	\$3.50	\$2.49
GARDEN OF EATIN', Tortilla Chips, 16 oz, selected varieties	\$4.99	\$3.50	\$1.49
GOOD HEALTH, Potato Chips, 5 oz, selected varieties	\$3.29	\$2.50	\$0.79
HAPPY TOTS, Baby Food, 4.22 oz, selected varieties	\$1.79	\$1.50	\$0.29
HEALTH ADE, Kombucha, 16 oz, selected varieties	\$3.99	\$2.50	\$1.49
HONEST TEA, Read to Drink Tea, 16 fz, selected varieties	\$1.99	\$1.00	\$0.99
JUSTIN'S, Nut Butter Spreads, 1.15 oz, selected varieties	\$1.49	\$1.00	\$0.49
Nut Butters, 16 oz, selected varieties	\$12.99	\$8.99	\$4.00
KETTLE BRAND, Potato Chips, 13 oz, selected varieties	\$5.79	\$3.99	\$1.80
KETTLE FIRE, Soups, 16.9 oz, selected varieties	\$8.59	\$5.49	\$3.10
LATE JULY, Tortilla Chips, 11 oz, selected varieties	\$3.99	\$2.50	\$1.49
Salsa, 15.5 oz, selected varieties	\$4.59	\$3.00	\$1.59
MAYA KAIMAL, Simmer Sauces, 12.5 oz, selected varieties	\$4.99	\$3.99	\$1.00
MOM'S BEST, Cereals, 17.5-24 oz, selected varieties	\$3.69	\$2.50	\$1.19
MUIR GLEN, Pizza Sauce, 15 fz	\$2.39	\$1.00	\$1.39
Tomatoes, 14.5-15 oz, selected varieties	\$2.29	\$1.00	\$1.29
NATURE'S PATH, Granola, 8 oz, selected varieties	\$7.99	\$5.49	\$2.50
Oatmeal Pouches, 11.2-14 oz, selected varieties	\$4.59	\$2.99	\$1.60
Toaster Pastries, 11 oz, selected varieties	\$4.39	\$3.00	\$1.39
PACIFIC FOOD, Soups, 17-17.6 oz, selected varieties	\$3.99	\$3.00	\$0.99
PAMELA'S, Cookies, 6 oz, selected varieties	\$4.39	\$2.99	\$1.40
Honey Grahams, 7.5 oz	\$5.99	\$3.99	\$2.00
PURELY ELIZABETH, Cereals, 8-10 oz, selected varieties	\$6.99	\$3.99	\$3.00
Q DRINK, Light Tonic, 16.9 fz	\$3.29	\$2.00	\$1.29
Ginger Beer & Ginger Ale, 16.9 fz	\$3.29	\$2.00	\$1.29
Tonic Water, 16.9 fz	\$2.99	\$2.00	\$0.99
SAFE CATCH, Canned Tuna, 5 oz, selected varieties	\$3.99	\$3.00	\$0.99
Canned Albacore Tuna, 5 oz, selected varieties	\$4.49	\$3.50	\$0.99
SAN PELLEGRINO, Sodas, 6/pk, 11 oz, selected varieties	\$7.19	\$4.99	\$2.20
SANTA CRUZ, Lemon & Lime Juices, 16 fz	\$5.29	\$3.99	\$1.30
SEEDS OF CHANGE, Rice Mixes, 8.5 oz, selected varieties	\$3.69	\$2.50	\$1.19
SPRY, Mints, 45 ct, selected varieties	\$1.99	\$1.79	\$0.20
Gum, 27 ct, selected varieties	\$2.49	\$2.00	\$0.49
STEAZ, Ready to Drink Teas, 16 fz, selected varieties	\$1.69	\$1.00	\$0.69
VITA COCO, Coconut Water, 12 fz, selected varieties	\$1.99	\$1.25	\$0.74
WILD PLANET			
Anchovies and Sardines, 4.4 oz, selected varieties	\$2.79	\$1.79	\$1.00
Skipjack Tuna, 5 oz, selected varieties	\$3.99	\$2.50	\$1.49
YOGI, Teas, 16 ct, selected varieties	\$4.79	\$3.00	\$1.00

Bulk	Reg Price	SALE Price	Savings
Regular Rolled Oats, Organic	\$1.39	\$1.19	\$0.20
EQUAL EXCHANGE,			
— Packaged Caffeinated Coffee, 12 oz, selected varieties	\$8.99	\$6.99	\$2.00
— Packaged Decaf Coffee, 12 oz, selected varieties	\$11.99	\$8.99	\$3.00
Quinoa, Organic	\$2.99	\$2.99	\$0.00

Frozen	Reg Price	SALE Price	Savings
ALDEN'S, Ice Cream, 14 fz, selected varieties	\$5.99	\$4.49	\$1.50
Ice Cream, 48 oz, selected varieties	\$8.99	\$6.99	\$2.00
BEYOND MEAT, Beef Crumbles, 10 oz, selected varieties	\$5.59	\$4.49	\$1.10
CAULIPOWER, Crust Pizza, 11.6 oz, selected varieties	\$8.79	\$6.99	\$1.80
EARTHBOUND SALAD, Papaya Blend, 10 oz	\$4.99	\$3.49	\$1.50
SWEET POTATO, Slices, 16 oz, selected varieties	\$6.29	\$4.99	\$1.30

Chill	Reg Price	SALE Price	Savings
BLUE DIAMOND, Almond Milk, 64 oz, selected varieties	\$4.29	\$3.50	\$0.79
BUBBIES, Pickles, 33 oz, selected varieties	\$6.99	\$5.99	\$1.00
— Sauerkraut, 25 oz	\$6.99	\$5.99	\$1.00

CHAMELEON COFFEE,	Reg Price	SALE Price	Savings
Cold Brew Oatmilk, 46 oz, selected varieties	\$6.89	\$5.99	\$0.90
EVOLUTION, Juices, 15.2 oz, selected varieties	\$4.49	\$3.50	\$0.99
LIBERTE, Yogurts, 5.5 oz, selected varieties	\$1.89	\$1.25	\$0.64
ORGANIC VALLEY, Milks, 56 oz, selected varieties	\$6.49	\$3.99	\$2.50
WALLABY, Yogurts, 5.3 oz, selected varieties	\$1.29	\$1.00	\$0.29
Yogurts, 32 oz, selected varieties	\$4.99	\$4.49	\$0.50
WESTSOY, Tempeh, 8 oz, selected varieties	\$2.69	\$1.99	\$0.70
DIVINA, Spreads, 9 oz, selected varieties	\$4.99	\$3.49	\$1.50

Cheese	Reg Price	SALE Price	Savings
ORGANIC VALLEY, Sliced Cheeses, 6 oz, selected varieties	\$5.99	\$4.49	\$1.50
American Cheese Singles, 8 oz	\$6.99	\$4.99	\$2.00

Bread	Reg Price	SALE Price	Savings
CANYON BAKEHOUSE			
Gluten Free Breads, 18 oz, selected varieties	\$5.99	\$4.49	\$1.50

Nutritional Supplements	Reg Price	SALE Price	Savings
KAL, D3 Ks Drop Ins Citrus Drops, 2 oz	\$14.99	\$13.99	\$1.00
NEW CHAPTER, Zyflamend Whole Body, 120 cap	\$69.99	\$49.99	\$20.00
NORDIC NATURALS, Baby DHA Unflavored, 2 oz	\$15.99	\$13.99	\$2.00
Complete Omega Junior Lemon, 90 cap	\$19.99	\$16.99	\$3.00
Children's DHA Strawberry, 180 cap	\$23.99	\$21.99	\$2.00
Prenatal DHA Unflavored, 90 cap	\$28.99	\$23.99	\$5.00
— Omega Women, 120 cap	\$24.99	\$24.99	\$0.00
Omega Focus Junior, 120 cap	\$35.99	\$33.99	\$2.00
— Omega Focus, 90 cap	\$44.99	\$39.99	\$5.00
NUTRITION NOW, Multivites Gummies, 70 ct	\$9.99	\$7.99	\$2.00
PB8 Probiotic, 60 cap	\$12.99	\$9.99	\$3.00
— PB8 Immune Support, 60 cap	\$26.99	\$21.99	\$5.00
QUANTUM, Zinc Elderberry Lozenge, 1.23 oz	\$2.99	\$1.99	\$1.00
RAINBOW LIGHT, Men's Multivitamin, 30 ct	\$11.49	\$8.99	\$2.50
Women's Multivitamin, 30 ct	\$11.49	\$8.99	\$2.50
SOLARAY, High Potency HCl Pepsin, 100 ct	\$11.99	\$9.99	\$2.00
Super C 1000 mg, 100 ct	\$12.99	\$9.99	\$3.00
— Quercetin 500 mg, 90 ct	\$18.99	\$16.99	\$2.00
Microbiome Probiotic Weight Formula, 30 ct	\$35.99	\$29.99	\$6.00

Body Care	Reg Price	SALE Price	Savings
ANDALOU NATURALS, Swipes, 12 ct, selected varieties	\$3.29	\$2.50	\$0.79
Conditioner, 11.5 fz, selected varieties	\$8.99	\$4.99	\$4.00
— Shampoo, 11.5 fz, selected varieties	\$8.99	\$4.99	\$4.00
Lotion, 8 fz, selected varieties	\$8.99	\$6.99	\$2.00
DERMA E, Hand Cream, 2 fz	\$7.99	\$4.99	\$3.00
Moisturizer, 2 fz	\$18.99	\$14.99	\$4.00
DR BRONNERS, Bar Soap, 5 oz, selected varieties	\$4.39	\$3.00	\$1.39
Liquid Castile Soap, 8 fz, selected varieties	\$5.99	\$4.99	\$1.00
GIOVANNI, Conditioners, 8.5 fz, selected varieties	\$7.99	\$5.99	\$2.00
Shampoos, 8.5 fz, selected varieties	\$7.99	\$5.99	\$2.00
KIRKS, Bar Soap, 4 oz single	\$1.99	\$1.50	\$0.49
NUBIAN HERITAGE, Bar Soap, 5 oz, selected varieties	\$4.99	\$3.33	\$1.66
— Body Wash, 13 fz, selected varieties	\$10.99	\$8.99	\$2.00
QUANTUM, Super Lysine, .25 oz	\$7.99	\$5.99	\$2.00
THAYERS, Lip Balm Stick, .15 oz	\$2.99	\$1.99	\$1.00
Witch Hazel, 3 fz, selected varieties	\$3.49	\$2.50	\$0.99

For a complete list of current sale items, check out oneotacoop.com/sales.

Thank you to Co-op shoppers for rounding up for Winneshiek County Habitat for Humanity in February! You donated \$2,000 in just two weeks!



COUPON

10% off the Bulk Department

Bring in this coupon anytime March 18th through March 24th and save 10% on your Bulk Department purchases*.

Can be combined with other member discounts for a maximum discount of 30%.
 Limit 1 coupon per person, per shopping trip.
 *Excludes already sale-priced items.

Coupon valid March 18-24, 2020.

Glyphosate: A Destroyer of Gut Health?

Dr. Erin Stokes, ND

Did you know that glyphosate is the number one herbicide used in the United States?

Herbicides are chemical substances used in agricultural practices to inhibit undesirable plants - hence the commonly used term “weed killer.” Yet if herbicides are toxic to weeds, aren't they toxic to the plants we consume? And, can they be harmful to humans? A brief history, and a few bits of life science, will help to answer your questions.

The history

Glyphosate, or “Round Up®” as you may know it, was first introduced back in 1974. Yet its use has increased dramatically in the last two decades, in part because it's no longer used just as an herbicide. Glyphosate is also sprayed directly on crops as a drying agent, or desiccant, to speed up their readiness for harvest.

“Globally, glyphosate use has risen almost 15-fold since “Roundup Ready,” genetically engineered glyphosate-tolerant crops were introduced in 1996.”¹ This reveals the close connection between glyphosate and GMOs, genetically modified organisms. These crops had to be specifically modified to be resistant to the herbicide, such that glyphosate could be sprayed to kill other plants, but not them. Many people now know that glyphosate is widely sprayed on conventionally grown crops. What they may not realize is that glyphosate is also sprayed across the country in public parks and at schools as a way to get that cosmetically “perfect” green grass, unless your town has a specific ban on the substance.

The herbology

Glyphosate is broad-spectrum herbicide, meaning that it kills a wide variety of vegetation. It acts somewhat indiscriminately on plants, except on the previously mentioned glyphosate resistant genetically modified crops. But what glyphosate also kills is microbial life in the soil. This is a big problem because we need healthy soil, full of beneficial microorganisms, to grow healthy food! In addition, glyphosate chelates, or binds, minerals which makes them unavailable for plant uptake. In other words, the nutrient value of your carrots and kale have been compromised, thanks to glyphosate's mineral greed.

The biology

When it comes to the microbiome, we know healthy gut bacteria is a key ingredient of human health and wellness. The beneficial bacteria in our gut help support optimal digestive and immune function, both of which are cornerstones of health. These “good” bacteria also produce a variety of nutrients, including short-chain fatty acids, B vitamins, and vitamin K2. Perhaps most importantly, beneficial bacteria prevents the “bad” bacteria from growing, and causing disease.

When people ingest glyphosate, it may act as a broad-spectrum antibiotic in our gastrointestinal tract. Essentially, glyphosate “has been shown to disrupt gut bacteria in animals, preferentially killing beneficial forms and causing an overgrowth of pathogens³ hence affecting our immune health. As people often turn to probiotics to restore the balance of beneficial gut bacteria after a round of flora-destructive antibiotics, consider the detrimental effect a routine ingestion of glyphosate, an antibiotic in itself, could have. Furthermore, studies have provided evidence that glyphosate exposure can speed up the resistance to antibiotics when they are needed. It's a vicious cycle.

Act to avoid it

Understanding the importance of healthy soil for healthy food, and the crucial role of our microbiome to overall gut health, we all want to keep our glyphosate exposure to a minimum. At MegaFood, we believe that glyphosate shouldn't be anywhere near our food.

While taking a probiotic alone won't solve the overall problem, MegaFood is doing advocacy work that will. That's Nutrition with Ambition™. You can sign our petition to the EPA at <https://p2a.co/pv9Wwue>, which is just the beginning of our mission to ban glyphosate for good.

1. Environ Sci Eur. 2016; 28(1):3 Trends in glyphosate herbicide use in the United States and globally. Charles M. Benbrook
2. Ramakrishna, Balakrishnan S. Role of the gut microbiota in human nutrition and metabolism. Journal of Gastroenterology and Hepatology, 2012.
3. Interdiscip Toxicol. 2013 Dec; 6(4): 159-184. Glyphosate, pathways to modern diseases II: Celiac sprue and gluten intolerance. Anthony Samsel and Stephanie Seneff.

Dr. Erin Stokes, ND is a Naturopathic Doctor in the state of Colorado and is Medical Director at MegaFood. She received her Naturopathic Doctor degree from Bastyr University in 2001. Erin combines her experience as a Naturopathic Doctor with an extensive background in the natural products industry. Prior to joining MegaFood in 2011, she provided consultations at an integrative pharmacy.

Health Fair

Saturday, May 16, 2020

11:00 am to 2:00 pm

A time to engage with local practitioners
in the Co-op Kitchen Classroom!

featuring...

Brenda Harris - Acupuncture Center Decorah
Bonnie Kreckow - Simply 'bee' Natural
Gabi Masek - Wildcrafted Acupuncture & Herbs
Michelle Williams - Day Spring Spa




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And the award goes to...

Progressive Grocer Magazine has named its 2020 Outstanding Independent Grocery awards and the Oneota Community Food Cooperative has won its single store category!


Progressive Grocer stated, “This new breed of consumer, especially those of the younger generations, wants stores that are faster in offering things such as hot – and frequently vegan or organic – grab-and-go meals. They want stores with fresher, higher-quality produce, meat and plant-based food offerings. And they want stores that are more “local,” that serve as meeting places in their communities where one can find products and service that are personalized right down to the Zip code.”

OUTSTANDING INDEPENDENT
GROCER - SINGLE STORE -

Ahead of What's Next

Progressive
GROCER
2020






EMPTY BOWLS

— 2020 —

HOTEL WINNESHIEK
Decorah, Iowa

APRIL 5TH • 11 AM - 1 PM

\$20 - pick a bowl
\$10 - bring your own bowl



Oneota Co-op MEMBER/OWNER DRIVE

March 2nd - 16th

Join us!



NEW member/owners signing up will receive:

- 10% off the first month of shopping* (*excludes wine/beer, eggs, milk, all Deli, & already sale-priced items)
- Waive the \$5 sign-up fee for those paying in installments
- An Oneota Co-op branded, organic cotton, reusable grocery bag
- A coupon for a free "\$5 Dinner" (\$5 dinners each third Wednesday of the month from 5:00 to 7:30 pm in the Co-op Deli - beginning March 18th. A wholesome meal for just \$5!)



COME CELEBRATE

Wednesday, April 22nd, 5-7 pm

WITH FRESH-GRILLED FOOD FROM THE ONEOTA CO-OP & LIVE MUSIC FROM SWITCHBACK

AMERICAN ROOTS & CELTIC SOUL

AT THE WATER STREET PARK IN DOWNTOWN DECORAH

FREE ADMISSION

Rain location: Community Building at Winneshiek County Fair Grounds, 900 East Main Street, Decorah

Wellness Wednesday

the third Wednesday of every month

Member/owners save 10% on nutritional supplements & body care items*




CO-OP WILL BE OPEN 7 AM - 5 PM

Memorial Day - May 25th



CO-OP WILL BE CLOSED

Sunday, April 12th

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-OR-

RETURN YOUR BORROW-A-BAG TO THE CO-OP AND RECEIVE A \$.05 CREDIT PER BAG!

BAG CREDITS GIVEN DURING JANUARY: 4,135



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Member/Owner SPECIAL ORDERS

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(excludes Co-op Deals and already sale priced items)

