

the Scoop

VOLUME 43 • NUMBER 3 • FALL 2017

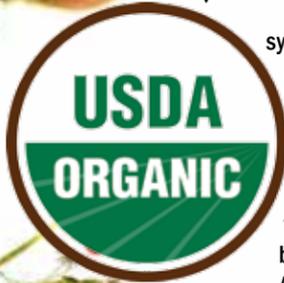


ONEOTA COMMUNITY FOOD CO-OP
312 West Water Street
Decorah, Iowa 52101
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HOURS: MON.-SAT. 8:00-8:30 • SUN. 10:00-7:00 312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666

PROTECTING ORGANIC INTEGRITY: *Too Little, Too Late?*



By Harriet Behar, MOSES
Recently, there have been numerous negative articles questioning the integrity of organically labeled products in the U.S. marketplace. The Washington Post did in-depth investigative reporting on three topics: imported livestock non-organic feed grains that were sold as organic; a dairy producing a significant amount of organic milk that was not providing pasture as required by the organic regulation and their certification agency, which was not doing its due diligence in oversight; and algal oil DHA that is still allowed in organic milk products even though 7 years ago the National Organic Program stated its use may not meet organic regulations. No further information has been provided since then by the NOP and this algal oil is still present in organic milk.

Those of us in the organic world never want to see these types of articles. The vast majority of organic producers using the USDA organic seal are following the rules and should be proud to own an organic certificate. We are rotating crops, providing healthy pastures, providing pollinator and beneficial insect habitat, protecting soil and water quality, keeping up with the paperwork and working diligently to continually improve our operations to leave them in better condition for the next generation.

It should not surprise us, since the non-organic food system suffers from poor supply management and faltering growth leading to lower prices, that some may see the organic label as "easy pickins" for committing fraud.

For many years, MOSES and other organizations have been pushing the National Organic Program to both tighten up its enforcement capabilities and its accreditation program. This accreditation covers both the organic certifiers as well as the oversight of the National Organic Program itself.

It is true that the NOP has greatly improved review time of the ever increasing number of complaints that come into its office. However, it has not improved its overall system, especially in detecting fraud without a specific complaint.

It is time to recognize organics is a big enough player in the food system that we are an attractive target for fraud because our

systems are not tight enough to prevent it. In Europe there has been an Anti-Fraud Initiative since 2007 (www.organic-integrity.org). Its members include all sectors of the organic supply chain, from farmers to processors, from manufacturers to distributors, as well as certification bodies. The members have met around the European Union for 10 years to create awareness within the trade of how traceability of products and transparency of certification activities and audits improve organic integrity. This group stresses that the entire supply chain holds responsibility for protecting the organic marketplace from fraudulent sales of organic products. The development of various controls, management and oversight across numerous countries and languages has been a challenge, but the discussion and education on this topic has increased verification and accountability.

The U.S. trade and the NOP have known about this initiative for many years, and even though we are one of the largest organic markets in the world, we did nothing to address the issue of fraudulent organic products in our country.

The Organic Trade Association announced recently, after the Washington Post's articles, that it will be convening an anti-fraud task force to develop a best-practices guide for importers to use when verifying international imports of organic goods. While it's good to address this weak link in our organic food supply chain, perhaps at some point this group will also look at the domestic supply chain and develop strategies for verifying organic integrity there as well.

There are many instances where buyers and sellers of organic produce, grains, meats, dairy and more could have more transparent with trackable documentation. Systems that provide trust that the documentation is legitimate also need to be implemented. Hopefully, this OTA task force will look to the work of the European group, and learn from its decade-long discussion on this topic, especially since we seem to be coming late to the show.

While it is a good thing that the trade is taking some responsibility for this, the task force membership and discussions unfortunately are not open to the entire organic community, nor is it clear how it will develop recommendations. OTA can do a better job by following the transparent nature of the EU organic integrity network. The NOP should work with the National Organic Standards Board on this issue, which would bring public input and transparency to the process.

The NOP is considering electronic

certificates to provide real-time verification. This type of organic import certificate has been required for many years by the EU and other countries. The U.S. customs agents at our port of entries have little to no understanding of organic standards.

When there are unusual trends, such as large shipments of imported organic corn and soybeans taking over the U.S. organic marketplace within a year, no one at the NOP seems to notice—even when it is brought to their attention! A large organic dairy appears not to be meeting the organic pasture regulation, and its certifier provides little to no oversight even after the operation was cited for not meeting the NOP rules.

It is time for the organic community and the National Organic Program to reassess current oversight of fraud, and rebuild the system of accountability to reflect the fact that organic is a ripe target for those who want to make an extra buck without doing the work to deserve it.

There are numerous activities the NOP could implement now, and others that will take some time. The electronic certificate system for organic verification should be

as tight as technology will allow. If the accreditation of an organic certifier is revoked by another accreditation body, such as the EU, the NOP must immediately review this action and follow suit if warranted. This has not occurred in the past and is something that the NOP could implement on its own. When there is a surge of imports, or any other marketplace anomaly, it should trigger an automatic investigation. Again, this is something the NOP can do now without approval by congress.

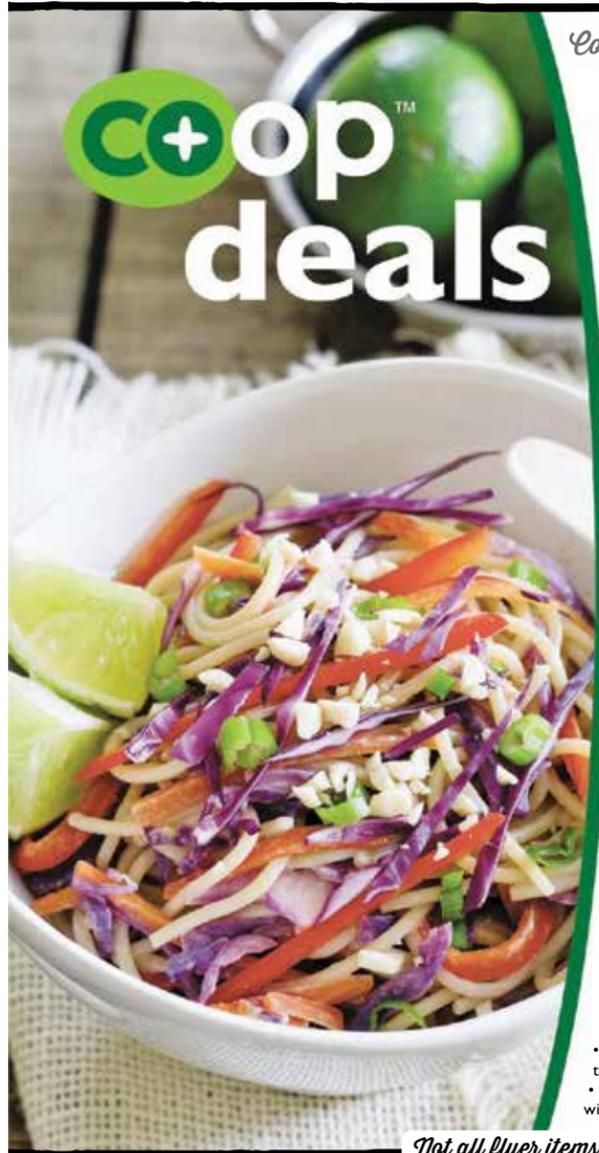
There are other partners within the U.S. government that could be leveraged to help the NOP ensure organic integrity. The Global Agricultural Trade System, operated by the USDA's Foreign Agricultural Service, must be updated to track imports of all organic

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..... these sales valid **AUG 30 - SEPT 19, 2017**

Co-op Deals sale prices are available to all shoppers of the Co-op!



5/\$5
WALLABY ORGANIC
 Lowfat Yogurt
 6 oz., selected varieties

4/\$5
LOTUS FOODS
 Rice Ramen
 2.8 oz., selected varieties

5/\$5
LARABAR
 Fruit & Nut Bar
 1.5-1.8 oz., selected varieties

\$1.99
BIONATURAE
 Organic Pasta
 16 oz., selected varieties

Featured Inside:

- Visit the co-op and explore this season's apple harvest
- Try the affordable and easy to make Peanut Sesame Noodle recipe
- Lighten up fall favorites with some tasty tips
- Mull over the fragrant autumn possibilities with stove-top potpourri

2/\$3
SANTA CRUZ ORGANIC
 Organic Lemonade
 32 oz., selected varieties

\$3.69
BLUE SKY
 Organic Soda
 6 pack., selected varieties

\$4.39
IZZE
 Sparkling Juice Beverage
 6 pack., selected varieties

3/\$5
HUBERT'S
 Lemonade
 16 oz., selected varieties

\$2.39
POPCORN INDIANA
 Popcorn
 4.4-8 oz., selected varieties

\$3.39
ANNIE'S HOMEGROWN
 Snack Mix
 9 oz., selected varieties
 other Crackers also on sale

\$7.99
SUNRIDGE FARMS
 Organic Jolly Beans per pound in bulk
 other Bulk Candy also on sale

2/\$5
LATE JULY SNACKS
 Organic Thin & Crispy Restaurant Style Tortilla Chips
 10-11 oz., selected varieties

2/\$4
FOOD SHOULD TASTE GOOD
 Tortilla Chips
 5.5 oz., selected varieties

2/\$4
KETTLE BRAND
 Organic Potato Chips
 5 oz., selected varieties



Friday Night Lights

Whether for pre-game tailgating or refueling after practice, some well-chosen and delicious game day snacks will keep the fans and the whole team happy and healthy. Skip the sour cream in dips and sauces, and try stirring a spoonful or two of ranch dressing mix or blue cheese crumbles into Greek yogurt for a tasty protein packed dipper. A slow cooker of chili is an easy and adaptable option for large groups. Extra veggies, like peppers, celery, tomato and winter squash, will add more flavor and nutrition. For a leaner twist on crowd-pleasing Sloppy Joes, use ground turkey and bring on the whole grain buns.

Not all flyer items available in-store, but please speak to a staff member about placing a special order.

PROTECTING ORGANIC INTEGRITY:

Too Little, Too Late?

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 products, instead of the few it does now.
 Without current data, trends and anomalies cannot be tracked. At our borders and ports of entry, there are automated tracking systems that provide information to personnel on each type of import. These need to be updated to include organic-specific information and questions that must be answered before imported products are sold as organic in the U.S.
 Domestically, oversight of certifiers and the NOP's accreditation program, as well as its own operations needs to be tightened up as well. True oversight mandated in the Organic Food Production Act and the NOP regulations through a Peer Review Panel should be implemented. This should include continuous oversight from year to year and accountability that deficiencies are transparent to the public and the corrective actions are taken.
 Accountability like this is required of all certified organic operations and must be implemented by everyone from the bottom to the top of the organic supply chain.

This oversight should be embraced by the NOP now—we no longer have the luxury to procrastinate. Certifiers must be held accountable to consistent implementation of all aspects of the regulation, and the NOP cannot let items languish while the marketplace questions the legitimacy of ingredients or activities on organic operations.
 Those of us who have been certified organic for many years on our own operations have seen both the standards and the accountability required by our organic certifier become tougher and more comprehensive each year. We should expect no less of the National Organic Program.
 Continuous improvement must be incorporated into all the NOP and USDA do. The status quo is failing the organic sector and must be changed. Consumer trust in the organic label is one of our most important assets. All sectors must do everything they can to overcome this bad press by moving ahead with comprehensive solutions.
 Reprinted from the "Organic Broadcaster" with permission from the Midwest Organic & Sustainable Education Service (MOSES). See mosesorganic.org.

Taste the Local Harvest

JOIN US AT THE ONOETA CO-OP FOR A CHANCE TO MEET LOCAL PRODUCERS, TASTE THEIR LOCAL FOODS, AND EXPERIENCE LOCAL CONNECTION.

THURSDAY • OCTOBER 5TH • 4:30-6:30PM

LAST M.A.D. SALE OF THE YEAR

MEMBER APPRECIATION DAY

SALE

10% OFF storewide*

Saturday, November 11th

8:00 AM - 8:30 PM

Stack Up AND Save

*May be combined with all other member discounts. *discount excludes Co-op and Member Deals sale items and special-order case discounts. Everything else is fair game!*

9TH ANNUAL Salsa Contest

SATURDAY, SEPT. 2ND 1:00-4:00 PM

EVENT HELD AT **Seed Savers EXCHANGE**
 3074 NORTH WINN RD
 DECORAH

SALSA CONTEST ENTRY DEADLINE - 8/31/17

Grand Prize
 Grand prize includes: \$100 Oneota Co-op gift card, Seed Savers Exchange Green Membership & t-shirt, \$30 La Rana Bistro gift certificate, and other great prizes!

For more information about the **Salsa Contest** or to fill out an entry form, Check out www.oneotacoop.com

Join us at Seed Savers Exchange for their free **Tomato Tasting & Seed Saving Workshop** - www.seedsavers.org

these sales valid **AUG 30 - SEPT 19, 2017**

Co-op Deals sale prices are available to all shoppers of the Co-op!



Spicy Korean Pork Stir Fry

Serves 4. Prep time: 30 minutes.

- 1 tablespoon sesame oil
- 1 tablespoon sesame seeds
- 2 tablespoons tamari
- 2 tablespoons mirin
- 2 tablespoons hot chili sauce, gochujang or Sriracha
- 1 tablespoon chopped fresh ginger
- 1 tablespoon vegetable oil
- 1 pound pork tenderloin, thinly sliced
- 2 cups chopped cabbage
- 1 red pepper, thinly sliced
- 4 medium scallions, sliced lengthwise into thin strips
- 8 ounces udon noodles, cooked according to package directions

In a small bowl, mix together 1 tablespoon of the sesame oil, sesame seeds, tamari, mirin, chili sauce and ginger. Add the sliced pork and stir thoroughly. Heat the vegetable oil in a large frying pan or wok over high heat. Add the pork and sauce mixture, and fry for 3 to 4 minutes, turning, until the pork is browned on the outside but still pink in the middle. Add the cabbage and red peppers and cook for 4 to 5 minutes more, until the vegetables have softened and the pork is cooked through. Stir in the scallions and cooked noodles and turn to coat with sauce. When the mixture is hot and the noodles are covered with sauce, serve immediately.

Some items may not be available at all stores or on the same days.

\$3.99
THE JACKFRUIT COMPANY
 Ripe Jackfruit
 10 oz.

\$6.99
ORGANIC PRAIRIE
 Organic Beef Hot Dogs
 12 oz.

\$3.99
ORGANIC VALLEY
 Organic Sliced Provolone Cheese
 6 oz.
other Sliced Cheese also on sale

\$3.39
UPTON'S NATURALS
 Meal Kit
 6.34-9.87 oz., selected varieties

\$3.99
SO DELICIOUS
 Non-Dairy Frozen Novelties
 4-8 ct., selected varieties

\$5.99
AMY'S
 Pizza
 12-13 oz., selected varieties
other Pizza \$6.99

3/\$5
BIONATURAE
 Organic Tomato Paste
 7 oz.
Bionaturae Tomatoes \$2.69

\$5.99
ALDEN'S ORGANIC
 Organic Ice Cream
 48 oz., selected varieties

\$3.79
NATURAL SEA
 Fish Sticks or Fillets
 8 oz., selected varieties

\$8.99
CALIFORNIA OLIVE RANCH
 Olive Oil
 16.9 oz., selected varieties

\$2.69
FIG FOOD CO.
 Organic Soup
 14.5 oz., selected varieties

\$3.39
DAIYA
 Dairy-Free Cheese Style Shreds
 8 oz., selected varieties

2/\$5
LUNDBERG FAMILY FARMS
 Organic Whole Grain Dinner Mix
 6 oz., selected varieties

\$4.39
KII NATURALS
 Organic Artisan Crisps
 5.3 oz., selected varieties

AUG 30 - SEPT 19, 2017



Fall Spices

Believe it or not, pumpkin spice is not the only flavor associated with fall. And (fun fact!), "pumpkin spice" is a blend of flavors, including clove, ginger, cinnamon and nutmeg. While that particular combo has achieved the status of worldwide phenomenon, the delicious fall flavors of each component shine in many different autumn recipes. Try using cinnamon and honey as a marinade for chicken or sprinkle cinnamon on steamed carrots with rosemary. Ginger mixed with garlic offers a tangy, savory punch to a fish dish. Add a dash of nutmeg to your coffee in the morning, and drop a few cloves into your creamy lentil soup at lunch. These spices will kick any meal up a notch.

Not all flyer items available in-store, but please speak to a staff member about placing a special order.

Oneota COMMUNITY Co-op

By: David Lester, General Manager

This past year I've written several articles talking about the fierceness of competition in the grocery world, online sales, online boxed meals and technology that is transforming our business. This time I'd like to talk about something simple that we've been good at since 1974. Community.

In our 43rd year of business as a cooperative, we're still building our connection to our community of member/owners, customers, growers and other organizations. It makes sense that the original founding members of our Co-op chose the word "community" as the second word in our legal business name. Our mission statement says that "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." I like to simplify this statement by saying we are here to build a vibrant community by providing for it. Providing good, healthy, nutritious food and friendly service are a big part of our mission.

We will continue to look for more innovative ways to sell our products to our member/owners and customers and pricing these items at competitive prices. But, it's not just about price. As our natural resources become more precious, we think customers will value smaller, more sustainable companies that are

treating their animals and land in ways that match our mission.

In addition, we are putting more resources this next year into staff training and team building because we think the experience in the store is still what influences customer loyalty, or in our case, community loyalty. We know that community loyalty isn't just something that happens. It starts with the friendly smile you get from a staff member when you enter the store. Then, it is the help and information you receive on the sales floor about a particular question you might have. It's the sampling, the thank yous and the good, consistent food that keeps people coming back. And, if you have a suggestion of how we can get better at creating community loyalty, please send us an email, a message on our Facebook page or website, or do it the old-fashioned way with a quick hand-written suggestion in the box at the customer service counter. We would appreciate it.

Building community by selling local products is another thing we've been doing since 1974. It is interesting to see "locally grown" or "locally made" signage in other stores, however, when I read the fine print I sometimes find out that it was sourced 500 miles or more away from the location of the store. Some retailers consider local to be from the whole state where their store is located. I've even seen the whole upper Midwest as a local definition. Is this truly local? We think our "micro-local" definition of a 100-mile radius is a good one and has the most impact to our community of producers and growers. I've seen other Co-ops even define their local products as those that come from the watershed in which they are located. Others have more of a cultural definition, like "Ozark grown." In either case, we truly only have an

economic impact range of about 100 miles from our store. Last year about 70 different local producers benefitted with roughly \$1.35 million in sales from their products sold at our store alone.

The Oneota Community Co-op also donates a significant amount of money back into our community. Two projects that we've made donations towards that I think have a potential to sustain our community into the future is Decorah Power and the Fast Fiber projects. Imagine a community-owned electrical utility that can control its electrical future of how it sources and charges for its power. Imagine a

community-owned internet service with faster connection speed and local technicians to help provide better service. I encourage you to learn more about these projects by visiting their Facebook pages and websites online and help with the efforts to become a more energy and internet independent community.

I love this anonymous quote about community: "You won't understand the unabashed power of a community until you're a part of one." Thanks for your patronage this year, and I look forward to collaborating with many of you to sustain this great community of ours into the future.



LOOKING TO STAY UP-TO-DATE

with classes, events, sales, menus, and other things happening at the Co-op?



Follow us on Facebook - Oneota Community Food Co-op
 Twitter - @oneotacoop
 Subscribe to our weekly e-newsletter "The COMM POST" through links on Facebook and on our website - oneotacoop.com.

LOCAL, FRESH APPLES

We have sweet, crunchy Honeycrisp.

OPEN WEEKENDS starting mid-September

Saturdays 8:00 am - 5:00 pm
Sundays 12:00 noon - 5:00 pm
 Hayrides, Sundays 2-4 pm through October



Take Highway 9 east from Decorah to intersection of Highway 51, go north on Apple road (gravel) and follow the signs.

Find us at the Winneshiek Farmers Market

Like us on Facebook to follow our Fall Harvest Season

(563) 382-4486 • (563) 419-0449



Simply Antiques

Nancy Lerdall

801 East Water • Decorah, IA 52101

563-382-8806

these sales valid **AUG 30 - SEPT 19, 2017**

Co-op Deals sale prices are available to all shoppers of the Co-op!



Peanut Sesame Noodles

Serves 4. Prep time: 35 minutes.

- 1 pound spaghetti
- 2 carrots, cut into matchsticks
- ½ red bell pepper, cut in strips
- 4 cups thinly sliced purple cabbage
- ¼ cup smooth peanut butter
- 2 teaspoons soy sauce
- 1 tablespoon lime juice
- ¼ cup coconut milk
- ¼ cup water
- 1 pinch red pepper flakes
- 1 teaspoon toasted sesame oil

In a large pot, bring water to a boil. Break noodles in halves or thirds and drop into water. Cook for 6 to 7 minutes and test for doneness. When done, drain immediately and rinse with very cold water. Set aside.

Put about an inch of water in a large pot with a lid, and place a steamer basket inside. Bring water to a boil and add carrots to the steamer basket. Cover the pot and steam for 3 minutes, then add bell pepper and steam for another minute. Add cabbage and steam for 2 more minutes.

Blend all remaining ingredients together in a food processor, or use a fork to mix thoroughly in a bowl. Pour noodles and veggies into the pasta cooking pot, add sauce and mix well. Add more soy sauce or lime juice to taste. Serve chilled or at room temperature. Estimated cost per serving: \$1.80.



2/\$5
CASCADIAN FARM ORGANIC
 Frozen Vegetables
 12-16 oz., selected varieties

\$9.99
BULK
 Organic Diced Almonds
 per pound in bulk
 Great for freshly-ground nut butter

\$2.99
BULK
 Organic Flame Raisins
 per pound in bulk

\$2.39
SAN-J
 Organic Shoyu Soy Sauce
 10 oz.

\$3.69
BULK
 Organic Dry Roasted Peanuts
 per pound in bulk
 Great for freshly-ground nut butter

\$3.99
MADE IN NATURE
 Organic Dried Apricots
 6 oz.
 other Dried Fruit also on sale

\$1.99
NATIVE FOREST
 Organic Coconut Milk
 13.5 oz., selected varieties

\$3.39
NEWMAN'S OWN
 Fig Newmans
 10 oz., selected varieties
 other Cookies also on sale

2/\$4
ORGANIC PRAIRIE
 Organic Mighty Bar
 1 oz., selected varieties

\$2.99
PACIFIC
 Organic Broth
 32 oz., selected varieties

2/\$5
LUNDBERG FAMILY FARMS
 Organic Grounded Snacks
 5.5 oz., selected varieties

2/\$6
COCOMELS
 Coconut Milk Caramels
 3.5 oz., selected varieties

\$6.99
SPECTRUM
 Organic Unrefined Coconut Oil
 14 oz.

\$3.39
STONYFIELD
 Yokiids Organic Yogurt Cups
 6 ct., selected varieties

\$3.39
LAKEWOOD ORGANIC
 Organic Pure Fruit Juice
 32 oz., selected varieties

Not all flyer items available in-store, but please speak to a staff member about placing a special order.



Freezer Meals 101

Are you looking for an easy weeknight meal solution that you can make well ahead of time? Try whipping up a batch of simple, tasty freezer meals! Fajitas or tacos are family favorites. Add each of the following to their own containers: skinless chicken breast with spicy marinade, chopped peppers and onions, and tortillas. Thaw during the day and cook up in the evening. Slow cookers are your friend when thinking about freezer meals. Soup and chili ingredients can typically be prepared and frozen in the same container. Once ready to use, simply thaw, add broth and heat up in the slow cooker while at work.

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!

SEPTEMBER

LABOR DAY HOURS

Open Monday,
 September 4th
 8:00 AM - 8:30 PM

THE BENEFITS OF MUSHROOMS:

HOW MUSHROOMS CAN SAVE PEOPLE AND PLANET

Wednesday, September 13, 5:30-7:00pm

Take the mystery out of mushrooms as we dive into research supporting health benefits for humans, animals, and planet. Mushroom extracts are being studied for their positive health benefits for honey bees & colony collapse disorder. Tracey will share the power of these functional foods and bring the most up to date research from Paul Stamets (Fungi Perfecti Founder & oldest living Mycologist) on how mushrooms can benefit you.

Class Code: L, DM

Max participants: 24

Instructor: Tracey Chambers, CHC

Cost: \$5 member/owners, \$7 community members

TINY TACOS WITH TINY PEOPLE!

Saturday, September 16, 2:00-4:00pm

Join us in learning, cooking, and eating, variations on a theme - Mexican favorites for children and their families alike. This class is designed from the real life experiences of building a love for preparing food in little ones. Team taught by mother/daughter duo, we invite you (a caring adult) and your child/mentee into our classroom. We'll be hands-on in cooking and eating, and sharing recipes to take home to your own kitchens.

Class Code: HO, VN, GF

Max participants: 8 sets of adult/child duos

Instructor: Johanna Bergan and Margret Zook

Cost: \$18 member/owners, \$20 community members

SEPTEMBER

CSA SERIES: HUMBLE HANDS HARVEST

Thursday, September 21, 5:30-7:30pm

When we cook and eat seasonally, we get to partake in what the land around us is offering at that exact point in time. Emily and Hannah will invite participants to try some techniques for using the vegetables in this week's CSA box, to take best advantage of the seasonality of our place.

Class Code: HO, VG, GF

Max participants: 16

Instructor: Emily Fagan and Hannah Breckbill

Cost: \$12 member/owners, \$15 community members

PRESTO PESTO!

Wednesday, September 27, 5:30-7:30pm

Bring the taste of Italy into your kitchen and feel confident in your preparation. The simple equation behind pesto is greens + olive oil + nuts = pesto. The variations and combinations from this starting point are seemingly endless. Explore techniques to incorporate almonds, walnuts, tomatoes and more into pesto - not to mention the many uses of pesto when it is complete.

Class Code: HO, VN, GF

Max participants: 16

Instructor: Johanna Bergan

Cost: \$15 member/owners, \$18 community members

OCTOBER

FARMHOUSE ALES

Thursday, October 12, 5:30-7:30pm

There are few beer styles that pair more readily with food than Farmhouse Ales. Originating in Belgium and France, Farmhouse Ales have spread throughout the craft beer world, evolving and creating a wonderful diversity of flavors. Come and taste a selection of diverse and delicious ales and snacks with your neighborhood beer guru, Kevin Roberts.

Class Code: DM

Max participants: 20

Instructor: Kevin Roberts

Cost: \$18 member/owners, \$21 community members

CLASS INSTRUCTOR BIOS:

TRACEY CHAMBERS, CHC

is a representative of Host Defense Organic Mushrooms and has a passion for helping people discover the benefits of mushrooms (beside their psychedelic effects). She has been involved with many companies in the Health Food Industry and says the health benefits found in the mushroom kingdom are by far the most fascinating. Tracey is a Certified Health Coach and former health food store owner who returned to Iowa to become caregiver for her elderly mother. Nothing excites her more than to share her experiences and the research supporting the health benefits of mushrooms.

JOHANNA BERGAN

is a Decorah native with a rich Norwegian heritage and deep local ties. Johanna has years of experience with vegetarian, vegan, and raw lifestyles, as well as an extensive knowledge of food allergy substitutions and solutions in everyday cooking and baking for your family. Her various classes - including smoothies and spring rolls - are always a hit.

MARGRET ZOOK

a local 5th grader, was forced into the world of food at the age of 3. She manages her gluten and dairy free diet by learning all she can about food and taking an active role in choosing and cooking for herself. Her favorite job may be making the grocery lists, but she cuts a mean carrot salad when necessary.

FULL CLASS LINEUP ONLINE AT
 ONEOTACOOOP.COM /EDUCATION-EVENTS/

Taste the Local Harvest
 THURSDAY • OCTOBER 5TH • 4:30-6:30PM

these sales valid **AUG 30 - SEPT 19, 2017**

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Quinoa, Squash and Cheddar Casserole

Serves 6. Prep time: 15 minute active; 45 minutes total.

- 1 cup uncooked quinoa
- 1 15-ounce can chickpeas, drained
- 1 cup frozen corn kernels, thawed
- 1 1/2 cups packaged creamy squash soup
- 1 cup shredded sharp cheddar cheese
- 1 teaspoon dried sage
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Preheat the oven to 400°F. Lightly oil a 2-quart baking dish and reserve.

In a small saucepan, bring 1 1/2 cups water to a boil over high heat. Add the quinoa and return to a boil, then reduce heat to low, cover and cook for 14 minutes. When all the water is absorbed, take the pan off the heat and let stand, uncovered.

Stir in the chickpeas, corn, sage, salt and pepper, then pour in the squash soup and mix well to combine. Transfer mixture to the prepared baking dish and cover with cheddar cheese. Bake, uncovered, for 30 minutes, until the cheese is golden brown. Let cool on a rack for at least five minutes before serving.



3/\$5

GUAYAKI
Organic Sparkling Yerba Mate
12 oz., selected varieties



\$3.39

VITACOCONUT
Coconut Water
33.8 oz., selected varieties



2/\$5

GT'S
Kombucha
16.2 oz., selected varieties



\$2.99

ORGANIC VALLEY
Organic Fuel Protein Shake
11 oz., selected varieties



3/\$5

AMY & BRIAN
Coconut Water
17.5 oz., selected varieties



\$9.99

EMERGEN-C
Vitamin C Supplement
30 ct., selected varieties



\$21.99

SPECTRUM
Fish Oil 1000mg
250 ct.



\$27.99

HOST DEFENSE
MyCommunity Immune Support
60 ct., other Host Defense products also on sale



\$19.99

NORDIC NATURALS
Nordic Berries Citrus
120 ct., other Nordic Naturals products also on sale



\$29.99

VEGA ONE
All-in-One Nutritional Shake
15-16 oz., selected varieties



\$23.99

MEGAFOOD
Multi for Women 55+
60 ct., other MegaFood Supplements also on sale



\$14.99

ORGANIC INDIA
Organic Ginger
90 ct., other Herbal Supplements also on sale



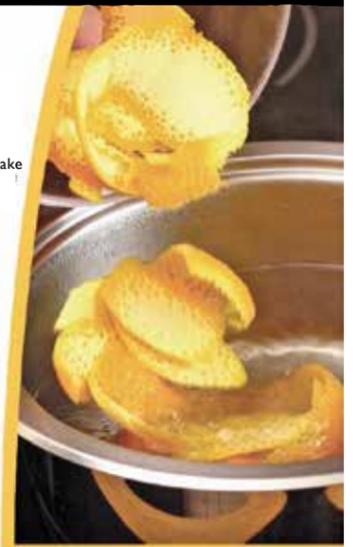
2/\$4

ECOS
Dishmate
25 oz., selected varieties



\$7.99

SEVENTH GENERATION
Bath Tissue
12 ct.



Stovetop Potpourri

Ditch the chain store candles and make your home smell like a fresh fall harvest, naturally! Brewing up a batch of stovetop potpourri is easy, affordable and completely customizable. Just mix water, a spice and slices of one or two fruits in a saucepan, simmer and let the scents fill your home. Yes, it's that simple! For fragrances reminiscent of fall, use apple slices and cinnamon sticks. Limes and pine will bring a fresh woody smell inside. Take a nod from the holiday tabletop freshener and add oranges, cloves and vanilla to your pan. Head to the bulk spice bins at your local co-op to stock up on just the amount you need.

Not all flyer items available in-store, but please speak to a staff member about placing a special order.

CLASS INSTRUCTOR BIOS:

MARINA BAZYLEVYCH

is an Associate Professor of Anthropology at Luther College. Born and raised in Ukraine, she moved to the US for graduate studies. Maryna returns to Ukraine every chance she gets to visit family and friends. Every family in Ukraine has their preferred borscht recipe. Maryna's family likes theirs served with a grilled cheese sandwich. Maryna lives in Decorah with her partner, children, and pets. You can see her at Preus library study desk or Koren building every morning.

GRETCHEN FOX SCHEMP

is the Wellness Manager at the Oneota Co-op and has an extensive knowledge of natural remedies to assist you with your wellness goals. From essential oils to nutritional supplements, Gretchen is our go-to Co-op staff member for advice on how to naturally assist healing and well-being.

CLASS REGISTRATION INFORMATION

Co-op Member/Owners: Pay at the time of registration, either by phone and charge class fees to your Co-op account which you pay when you come in to shop, in person at the Customer Service Desk or online at www.oneotacoop.com/education-events.

Non-Members: To register you will need to either pay at the store when you register or give us a credit card number when you call in your registration or pay when you register online at www.oneotacoop.com/education-events. Classes will be fully refunded if called in 24 hours prior to the class. In cases where minimum class size is not reached three days prior to class, the class may be cancelled. To register or cancel, please call 563-382-4666 during store hours and speak to Customer Service.

ALL PARTICIPANTS MUST SIGN IN AT CUSTOMER SERVICE BEFORE ATTENDING CLASS.

(The classes offered by the Co-op do not necessarily reflect the views of the Co-op and its members.)

OCTOBER

HOLISTIC SKIN CARE

Tuesday, October 17, 5:30-7pm

Join Gretchen from the Wellness department for an evening all about nurturing your skin. We will play with a variety of products and talk about some of the lines we carry, including esthetician Evan Healy products as well as budget-friendly facial care alternatives. Each participant will get to take home a lovely pack of products to try. There will be plenty of time to answer your skincare questions and discuss what may be best for your skin.

Class Code: L, DM

Max participants: 16

Instructor: Gretchen Fox Schempp

Cost: \$5 member/owners, \$7 community members

CSA SERIES: FOR THE WANNA-BE VEGETARIANS

Wednesday, October 25, 5:30-7:30pm

Bountiful CSA boxes, brimming with color and freshness, may lure even the most meat loving among us to the vegetarian life. This class is designed to highlight the diverse number of vegetables available to us at market, at the Co-op, and in our boxes, without relying on a main dish centered on meat. We'll talk and eat, the one pot meal from veggies, cooking with alternative proteins (yay! beans!), and whip up something worthy of sharing with company. Each recipe allows the vegetable to shine! No need to be a committed vegetarian to attend (although, please, do come!); this class is accessible to us all!

Class Code: DM, VG, GF

Max participants: 20

Instructor: Johanna Bergan

Cost: \$12 member/owners, \$15 community members

Our new C.S.A. (COMMUNITY SUPPORTED AGRICULTURE) CLASSES are for *everyone!*

You don't have to partake in a CSA share to participate in our new CSA classes at the Co-op. These classes are designed to help anyone struggling with an abundance of fresh produce learn how to prepare, preserve, and just generally enjoy the bounty of the season. Sign up in-store, or online at www.oneotacoop.com/education-events. Whether the ingredient source is a CSA share, your friendly neighborhood food co-op, your local farmers market, or your own backyard garden, these classes are sure to give you bountiful ideas for this season and many to come.

NOVEMBER

SASSY SUPERFOOD SMOOTHIES (RETURNS!)

Thursday, November 9, 5:30-7:30pm

Are you looking for a way to pep up your morning routine? Perhaps you'd rather sip on something with some veggies in the afternoon rather than a pop? Or are you constantly on the go without time to sit down for your midday meal? Smoothies may be able to play an important part of your diet. Join in this class for recipes (new! if you're a returning student) and so many smoothie samples you're sure to find something to enjoy. We'll unpack the protein powder options available to boost smoothies as well as explore the world of superfoods that can easily be added into your blender.

Class Code: DM, VN, GF

Max participants: 20

Instructor: Johanna Bergan

Cost: \$15 member/owners, \$18 community members

FOOD TRADITIONS OF THE UKRAINE: BORSCHT

Wednesday, November 15, 5:30-7:30pm

Join Maryna Bazylevych for a class on how to make Borscht! Borscht is a traditional Ukrainian dish. It can be served hot or cold; red or green; based on meat or mushroom broth; sweet or sour; with halushky (corn flour-based "ears") or without. Often served with sour cream and garlicky yeast rolls, it is eaten daily, but also for holidays, weddings, and wakes. Join us and learn how to make this delicious, vitamin-packed soup.

Class Code: DM, VG, VN, GF

Max participants: 20

Instructor: Maryna Bazylevych

Cost: \$12 member/owners, \$15 community members



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Leftovers to Lunches!

Learning to love and embrace leftovers can help make weekday meals exciting, especially when you switch up how you serve them the next day. For starters, keep your leftover salad. Wrap into a whole-wheat tortilla and pair with some fruit for an easy on-the-go option. Using grains like rice and quinoa the next day makes for a simple starter. Combine the grains with steamed veggies, avocado and hummus for a delicious lunchtime bowl. Fruity chicken salads can be used in a variety of revamps like lettuce wraps, open-faced sandwiches or even added to cooked pasta. Get creative and see what yummy combo you can whip up after your next meal!

2/\$6

TWISTED GRAINS
 Organic Bread
 12 oz., selected varieties

\$4.39

NANCY'S
 Organic Cottage Cheese
 16 oz., selected varieties

\$5.99

ONCE AGAIN
 Organic Peanut Butter
 16 oz., selected varieties

\$3.39

WILD PLANET
 Wild Albacore Tuna
 5 oz., selected varieties
 other Tuna items also on sale

\$3.99

APPLEGATE NATURALS
 Sliced Turkey
 7 oz., selected varieties
 other Sliced Deli Meat also on sale

\$3.39

WILLAMETTE VALLEY GRANOLA COMPANY
 Organic Granola
 per pound in bulk

\$2.79

KASHI
 Organic Cereal
 9.7-16.3 oz., selected varieties

\$2.99

LOVE GROWN
 Cereal
 8-12 oz., selected varieties

\$2.99

ALMOND BREEZE
 Almondmilk
 64 oz., selected varieties

\$8.99

JUST COFFEE CO-OP
 Coffee
 12 oz., selected varieties

\$8.99

EQUAL EXCHANGE
 Organic Breakfast Blend Coffee
 per pound in bulk
 Decaf Breakfast Blend \$11.99

2/\$5

BARBARA'S
 Cereal
 9-11 oz., selected varieties

\$3.99

KIND
 Healthy Grains Clusters
 11 oz., selected varieties

\$3.99

RICE DREAM
 Enriched Rice Drink
 64 oz., selected varieties

\$5.69

PAMELA'S
 Pancake & Baking Mix
 24 oz., other Gluten-Free Mixes also on sale



Apples

The average American eats over 50 pounds of apples each year so it's no wonder that this classic fruit has remained popular throughout history. Grown widely across the United States, apples come in a variety of shapes, colors, tastes and sizes. From red to green and sweet to tart, there are essentially endless options to try whether eating out of hand or in a recipe. Try spreading warmed apple slices atop cinnamon French toast or into Greek yogurt with local honey and granola for breakfast. Insert apple slices into a grilled cheese with brie for lunch or dice with beets, parsley, carrots and a bit of ginger for a zippy dinner side salad.

Not all flyer items available in-store, but please speak to a staff member about placing a special order.

A DAY IN THE LIFE OF THE BEARD FAMILY

By: Krista Kuzma

With a bright sun in the sky and high temperatures, June 2 turned out to be a field day for many farmers.

This included the Beard family at Canoe Creek Dairy near Decorah, Iowa. Dan and Bonnie Beard milk 92 cows on their dairy with help from their sons, Sam and Tom. Their youngest son, Parker, recently graduated from college and is completing an internship on a small grains farm in New York before he plans to return to his family's farm. Their daughter, Erin, and her husband, Torray Wilson, live with their family in northwest Iowa where they also dairy farm.

The day started at about 6:45 a.m. with milking in their swing-16 parlor. Dan, Bonnie and Sam worked together on this first chore of the day.

"We're still freshening, so it goes better with three people, but two people can usually handle milking. It would not be a nice job with one," Bonnie said.

The herd is bred seasonally, with all cows calving in the spring and drying up by the middle of January.

"It's nice to have a two-month break from milking," Bonnie said.

A seasonal schedule works well with

grazing. Because the Beard family's dairy is certified organic, the cows must be grazed for a certain number of months throughout the year. However, the Beards have made a recent change to the cows' diet. As of May 1, the herd is no longer fed grain and the milk is considered to be part of the grass-fed program through their cooperative.

Other than the grass they eat in the pasture, the cows are given baleage, kelp and salt at a bunk outside the parlor before they head out to the pasture each morning. On June 2, Dan fed the cows their additional feed, while Tom gave an organic-approved treatment to a cow with a uterine infection.

"He really doesn't have to treat cows that much," Bonnie said. Out of 92 cows that calved in this spring, two had to have some sort of treatment. "I think that's pretty good," Bonnie said.

With the milking finished, the cows slowly make the trek through the lanes out to the pasture amongst the Winneshiek County countryside - an area that is filled with winding roads to hidden creeks and rivers at the bottom of the valleys and tree-top views under the sky at the top of the hills.

At this time, Bonnie fed the newest calves on the farm. In the former stanchion barn,

calves are fed in individual pens for about one or two weeks of age before they are put into small groups with four to 10 calves to adjust to socialization. Once there is a group large enough, the calves are moved to a small section of pasture where they continue to receive milk, but also start grazing.

After loading up the back of the side-by-side vehicle with five-gallon buckets full of milk on June 2, Sam headed out to the pasture to feed the calves in the pasture who are not yet weaned.

"We try to get them out on grass as fast as we can," Sam said, "they seem to get sick less easily when they graze." The four-month mark is weaning time. "The milk helps keep the worms and parasites away," Sam said.

Although Sam is currently working full time on the farm, his schedule fluctuates during

the year. Since graduating from high school in 2011, Sam has interwoven farming and traveling. Last year he spent eight months working in Australia and Pennsylvania. It was the longest he had ever been away from the farm. "The farm is my returning place," Sam said. "It has always been home to me. It's always fun to come back even when I've been so many other places." Many of Sam's travels include missionary work. "I'm trying to figure out what I want to do," he said. "Maybe I'll do farming full time and help at a church or



Photo by Krista Kuzma, courtesy of Dairy Star

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Apple Raspberry "Nachos"

Serves 4. Prep time: 20 minutes.

- 1 cup frozen or fresh raspberries
- 1 tablespoon maple syrup
- 1/2 cup chocolate chips
- 2 large Honeycrisp apples, halved, cored and sliced thin
- 1/4 cup pecans, chopped
- 2 tablespoons shredded coconut
- 2 tablespoons plain or vanilla yogurt

In a small pot, simmer the raspberries and maple syrup for 5 to 10 minutes, stirring frequently. Remove the raspberry sauce from the heat and pour into a small container through a fine mesh strainer to remove the seeds. (Tip: Use the back of a heavy spoon to push the raspberry sauce through the strainer.) Set aside the finished sauce.

Melt the chocolate chips either in a double boiler or by microwaving for about 3 minutes on low, in a microwave-safe bowl.

To build the nachos, spread out or overlap the apple slices on a platter or large plate. Lightly drizzle the apple slices with the melted chocolate and raspberry sauce, sprinkle pecans and coconut over the top, and serve with yogurt as a dipping sauce.

Serving suggestion: Get creative with these kid-friendly dessert nachos! Toast the nuts and coconut, replace the nuts with granola or crushed graham crackers, drizzle the apples with honey or caramel sauce, top with ice cream, sprinkle with cinnamon. If you have extra raspberry sauce, swirl it into the yogurt dip.

3/\$4
FAGE
 Yogurt
 5.3-7 oz., selected varieties

3/\$4
ALMOND DREAM
 Non-Dairy Yogurt
 6 oz., selected varieties

\$1.99
ORGANIC VALLEY
 Organic Half & Half
 16 oz.

\$3.69
IMMACULATE
 Organic Cinnamon Rolls
 17.5 oz., other immaculate products also on sale

\$4.69
ORGANIC VALLEY
 Organic Omega-3 Eggs
 doz., select varieties

\$3.99
NATURE'S GATE
 Toothpaste
 5-6 oz., selected varieties

\$5.99
AVALON ORGANICS
 Shampoo or Conditioner
 11 oz., selected varieties

\$6.99
EVERYONE
 3-in-1 Soap
 32 oz., selected varieties

\$4.99
SEVENTH GENERATION
 Applicator Free Tampons
 20 ct., selected varieties

\$4.99
JASON
 Deodorant Stick
 2.5 oz., selected varieties

\$5.99
GIOVANNI
 Shampoo or Conditioner
 8.5 oz., selected varieties



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BEARD 10 miles to the Co-op
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 Supplemented with organic grain (soon 100% grass fed)
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\$7.99/LB

In the Fresh Cooler
THOUSAND HILLS CATTLE CO. 110 miles to the Co-op
 Cannon Falls, MN
 Pasture raised • No GMOs • No hormones • No antibiotics
 No Grain • No Grain Byproducts
 80/20 Ground Beef **\$6.49/LB**
 85/15 Ground Beef **\$9.49/LB**

maybe I'll do each part time. I don't know yet."

While Bonnie and Sam finished up the routine morning chores, Dan helped employee, Ronnie Rasmussen, hook up the mower in order to clip the pastures. But it wasn't the only machinery they were working with today. The Beards also spent the morning getting ready to bale the 30 acres of hay they had cut the day before.

Part of Bonnie's morning included getting lunch ready for the hay-harvesting crew, which included Tom and their beef herd business partner, Rick Groux.

"We eat well, and we try to eat what we grow," said Bonnie, whose specialty is pesto pasta. "I like to feed people and feed them good food. Casseroles have been big this week." Some days she delivers lunch to the field. "It's fun to get out. I'm not a tractor person so it's fun to take lunch to everyone and see what's going on," Bonnie said.

On June 2, everyone gathered for a meal around the kitchen table, with a diverse array of conversation. Tom talked about the progress of the pizza farm he and his wife, Maren, are currently in the process of building on their farm just down the road from the dairy. Along with helping Dan and Bonnie, he and Maren grow a large vegetable garden and have a flock of sheep. Once they open their pizza farm in the fall, they plan to make the pizza using homegrown ingredients.

Groux had recently flown in from Virginia. Although he works as an attorney on the East Coast for the majority of the year, Groux is able to be a farmer for at least six weeks. His mother's family is from the Decorah area, and he grew up spending time on his uncle's farm each summer. It became another place he considers home. After meeting the Beard family at a grazing conference in Texas in 1999, they became partners in the beef

business and have been friends ever since.

After a pleasant lunch, the day picked up speed again as each person got back on task with various jobs, including baling, picking up bales, mowing and preparing equipment for wrapping bales for baleage.

"We're extra motivated this year to get a good hay crop because of getting on the grass[milk] truck," Dan said, "the cows seem to do well on just grass."

Tractors filled the shop area, right in front of the family's line of solar panels. For the past two years, the Beards have relied mostly on solar energy to power the farm, cutting their electric bill from \$600 to \$27 each month.

"They are zero maintenance. They're worth it," Bonnie said about the solar panels which will pay for themselves within seven to nine years.

It is just one of the changes they've made over the years. Dan and Bonnie moved to and began renting their current farmsite in 1980. In 1983, they added a dairy herd to the farm. Grazing started in the mid-90s and they were certified organic in 2003.

"We were basically organic anyway," Dan said, "we didn't really use any chemicals." It is part of the way they feel they are preserving the countryside and picturesque farmstead.

"We tend to be so busy we forget how beautiful it is," Dan said, "but we try to remember to stop and take it in. We're pretty blessed to live where we do."

Although days like June 2 get busy, especially with the regular routine of chores rounding out the day, the Beards try to take time to enjoy the evening hours with bicycling, gardening or enjoying a meal together.

Article originally printed in the June 10, 2017 edition of "Dairy Star". Reprinted with permission.

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Lighting the Way By: Kristin Eggen

Oneota Community Food Co-op, Winneshiek Energy District, Decorah Power. They are three peas in a pod - three models of local stewardship, self-reliance, and leadership lighting the way for others, three opportunities to create and own a better future which won't exist or persist without you. And you are indeed needed for all three.

Reading this, you're probably very familiar with the Co-op. You may be less familiar with the Energy District and Decorah Power. We'll focus on the Energy District this issue explaining the relationship with Decorah Power and then dive deeper into Decorah Power in the next issue.

Winneshiek Energy District formed in 2010 as a local non-profit dedicated to facilitating a 100% clean and locally-owned energy system by mid-century for Winneshiek County and beyond. That "beyond" is critical because while our work is locally-focused, the focus includes the model itself as a replicable option for communities and counties everywhere - a "universal local." More on this movement-building in a minute.

The Energy District works locally through a combination of energy planning, market transformation and local investment. We offer energy planning for all types of energy consumers on efficiency and renewable options and provide technical and financial analysis to help consumers make smart decisions. Market transformation is that broad sweep of education, training and momentum building for clean energy adoption. Programs such as the Green Iowa AmeriCorps home energy assessments, monthly Energy Breakfasts at T-Bock's, farm energy planning, solar financing workshops and more have provided northeast Iowans with the tools they need to join the clean energy transition. Local investment is the virtuous cycle of keeping energy dollars local, creating jobs, reinvesting locally, creating more jobs, etc.

This ambitious work takes people, resources and partnership - especially partnerships. Together, we've served well over a thousand households, farms and businesses with energy planning; achieved rates of efficiency implementation and solar ownership that lead Iowa and the Midwest; catalyzed the investment of tens of millions into the local/regional economy, and likely created dozens of jobs in the process. We believe this is the tip of the iceberg.

While the opportunities presented by the new energy world continue to grow, so do the obstacles for continued acceleration in both the "clean" and "locally-owned" aspects of our mission. The incumbent Decorah electrical utility has unfortunately lagged behind many Iowa and Midwest peers in transitioning away from fossil fuels. Its investor-owned business model is not especially enamored of consumer or community ownership of energy assets and profits, whether solar or otherwise.

The investor-owned electric utility serving Decorah is a "regulated monopoly" granted an exclusive service territory by the Iowa Utilities Board, where most dollars flow out of our community. Why not flip that to a community-owned monopoly promoting local investment, keeping all profits local, and accelerating the clean energy transition? In early 2017 a new nonprofit called Decorah Power was formed to investigate that question, and bring the opportunity to the community.

So while Decorah Power grew out of the work of the Energy District and local partners, it is very focused in geography (Decorah) and scope (investigate and pursue a municipal electric utility). The Energy District is wholeheartedly supportive of Decorah Power and is continuing to provide technical and organizational assistance. Meanwhile, we continue our suite of additional clean energy programs and initiatives.

Among these, as mentioned earlier, is the building of an Energy District movement. "Movement building" - like "creating a replicable model" - is audacious phraseology much easier said than done. Our very name, however, refers to the potential success of a "universal local" model, for example, that of the Soil and Water Conservation Districts (SWCD) which grew out of the Dust Bowl and Great Depression. The SWCDs grew from zero to a network of thousands covering almost every county in the country over a couple decades and provided the local structure and "ownership" of the private lands conservation movement going forward.

Clean energy and climate action is a similar perfect storm of imperative and opportunity, right down to the current lack of a "universal local" delivery system for organizing leadership and implementing change, and the clear existence of passionate people everywhere wanting and willing to engage. Our initial forays into sharing the model back in 2016 almost immediately uncovered this passion in Clayton and Howard Counties. Today there are incorporated, functioning Energy Districts in both. We share technical energy planning services currently focused on farms and those of our Green Iowa AmeriCorps team focused on households and overall community engagement. We also share ideas, frustrations, and plans for empowering more of our neighbors to join the movement.

Our commitment to this work is made possible thanks to our local members and sponsors and continues to pay off. Dubuque is the latest Energy District in formation, and we're in conversation with at least three additional Iowa counties. We're also working closely with partner organizations in two neighboring states on the model's applicability to their environment, and investigating policy tools that could help institutionalize the movement while maintaining clear local leadership and ownership.

Movement building is never easy, but nothing meaningful ever is. This is why we need YOU to join the Winneshiek Energy District, and contribute to this locally-led movement financially, ethically, and with time and talent. Through the Energy District - as with Oneota Co-op and Decorah Power - we will truly own and build the future.

MEMBER DEALS

8/30/17-10/3/17

* Regular prices subject to change

	Reg Price	SALE Price	Savings
Packaged Grocery			
THREE TWINS, Organic Sugar Cones, 5 OZ	\$3.99	\$3.39	\$0.60
SIMPLY GUM, Mint Gum, 15 CT	\$2.99	\$2.39	\$0.60
NAPA VALLEY NATURALS, Grapeseed Oil, 25.4 OZ	\$9.99	\$8.69	\$1.30
Organic Toasted Sesame Oil, 12.7 OZ	\$6.99	\$5.99	\$1.00
Raspberry Balsamic Vinegar, 12.7 OZ	\$4.99	\$4.39	\$0.60
RUNA, Berry Energy Beverage, 8.4 OZ	\$1.99	\$1.39	\$0.60
Orange Passion Energy Beverage, 8.4 OZ	\$1.99	\$1.39	\$0.60
Sweet Peach Tea, 14 OZ	\$2.29	\$1.69	\$0.60
Hibiscus and Berry Tea, 14 OZ	\$2.29	\$1.69	\$0.60
DRY SODA, Cucumber Soda, 4/12 OZ	\$5.99	\$4.69	\$1.30
Vanilla Soda, 4/12 OZ	\$5.99	\$4.69	\$1.30
LIVE SODA Rootbeer Kombucha Soda, 12 OZ	\$2.79	\$1.99	\$0.80
WILD POPPY, Organic Grape Soda, 6/12 OZ	\$7.69	\$0.99	\$6.70
Organic Lemon Soda, 6/12 OZ	\$7.69	\$0.99	\$6.70
Organic Orange Soda, 6/12 OZ	\$7.69	\$0.99	\$6.70
GOOD EARTH, Decaffeinated Good Earth Sweet & Spicy Tea, 18 ct	\$4.59	\$3.39	\$1.20
Good Earth Sweet & Spicy Green Tea, 18 CT	\$4.49	\$3.39	\$1.10
Good Earth Original Sweet & Spicy Tea, 18 CT	\$4.59	\$3.39	\$1.20
TOFURKY, Pepperoni Pizza Pocket, 4.5 OZ	\$2.99	\$2.49	\$0.50
Bologna Deli Slices, 5.5 OZ	\$3.39	\$2.99	\$0.40
Hickory Smoked Deli Slices, 5.5 OZ	\$3.39	\$2.99	\$0.40
Italian Deli Slices, 5.5 OZ	\$3.39	\$2.99	\$0.40
Overn Roasted Turkey Slices, 5.5 OZ	\$3.39	\$2.99	\$0.40
HENRY&LISA, Salmon Burger, 1 OZ	\$7.69	\$6.69	\$1.00
Supplements, Body Care & Gifts			
OREGON'S WILD HARVEST, Ashwagandha, 2 OZ	\$22.69	\$16.99	\$5.70
Count To Zen, 2 OZ	\$22.69	\$16.99	\$5.70
Stress Guard, 90 caps	\$24.59	\$19.99	\$4.60
URBAN MOONSHINE, Energy Tonic, 2 OZ	\$16.99	\$13.99	\$3.00
Simmer Down, 2 OZ	\$14.99	\$13.99	\$1.00
NUBIAN HERITAGE, Patchouli Buriti Bar Soap, 5 OZ	\$4.49	\$3.99	\$0.50
Patchouli Buriti Body Lotion, 13 OZ	\$11.99	\$8.99	\$3.00
African Black Soap Body Wash, 13 OZ	\$10.99	\$8.99	\$2.00
Goat Milk Chai Body Wash, 13 OZ	\$10.99	\$8.99	\$2.00
Indian Hemp & Vetiver Bodywash, 13 OZ	\$10.99	\$8.99	\$2.00
Patchouli Buriti Body Wash, 13 OZ	\$10.99	\$8.99	\$2.00
African Black Soap 24 Hour Deodorant, 2.25 OZ	\$6.99	\$5.99	\$1.00
Indian Hemp & Vetiver 24 Hour Deodorant, 2.25 OZ	\$7.99	\$5.99	\$2.00
Coconut & Papaya 24 Hour Deodorant, 2.25 OZ	\$6.99	\$5.99	\$1.00
Indian Hemp & Vetiver Hand Cream, 4 OZ	\$8.99	\$6.99	\$2.00
Indian Hemp & Vetiver Body Lotion, 13 OZ	\$10.99	\$8.99	\$2.00
Shea Frankincense Myrrh Body Lotion, 13 OZ	\$10.99	\$8.99	\$2.00
Patchouli Buriti Hand Body Scrub 12 OZ	\$13.49	\$8.99	\$4.50
Indian Hemp & Vetiver Bar Soap, 5 OZ	\$4.99	\$3.99	\$1.00
Shea Frankincense Myrrh Bar Soap, 5 OZ	\$4.99	\$3.99	\$1.00
SEVENTH GENERATION, Free & Clean Hand Wash, 12 OZ	\$4.49	\$2.99	\$1.50
Lavender Flower & Mint Hand Wash, 12 OZ	\$4.49	\$2.99	\$1.50
Fresh Lemon & Tea Tree Hand Wash, 12 OZ	\$4.49	\$2.99	\$1.50
FORCES OF NATURE, Nerve Pain Management, 11 ML	\$17.99	\$11.99	\$6.00
SHEA MOISTURE, Shave Butter Crème, 6 OZ	\$7.99	\$5.99	\$2.00
ONE WITH NATURE Dead Sea Mud Bar Soap, 7 OZ	\$4.99	\$3.39	\$1.60
Dead Sea Salt Bar Soap, 7 OZ	\$4.99	\$3.39	\$1.60
GRANDPAS, Pine Tar Bar Soap, 3.25 OZ	\$3.99	\$3.39	\$0.60



These items are on sale all month for members only. There are also numerous other deeply discounted items that are available to all. To find them, pick up a sale flyer by the Customer Service Desk or look around the store for the sale signs.

oneota community food co-op

MEMBER DEAL

EXAMPLE

KETTLE
Krinkle Cut Potato Chips
limit 2 bags per customer

\$3.89 Reg. Price \$4.69 SAVE \$0.80

EXAMPLE



The brand you trust at an irresistible price.



Nordic Naturals is committed to delivering the world's safest most effective nutrients essential to health. When our products go on sale, make the ultimate choice. Stock up and live life better.

NO VOC PAINTS NOW AVAILABLE



The helpful place.
200 E. Main St., 563-382-3538
www.acehardware.com

Valspar Optimus and Aspire interior paint combines paint and primer in a low odor, zero VOC formula.



PLUS....Ace has added No VOC computer paint tinting machine to ensure that all of these paints are completely No VOC

FREE events!

Tomato Tasting • September 2 • 1-4pm
Salsa contest, workshops, & hayrides

Harvest Festival • October 14 • 12-4pm
An afternoon of fall fun on the farm



Seed Savers
EXCHANGE

Visit anytime: gardens, orchards, trails, fishing
Gift & Garden Store
Open daily 10-5

3074 N. Winn Rd, Decorah, IA • 563-382-5990 • seedsavers.org

Oneota Community Food Co-op



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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 Member Volunteer Coordinator, Andrea Springmeier..... membervolunteers@oneotacoop.com
 Customer Service, general inquiries customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

Editor Nate Furler
 Design/Layout Kaija Kjome and Nate Furler
 Proofing Cathryn Baldner

The Scoop is published quarterly and distributed to 18,000+ 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.

2017-2018 Co-op Board of Directors

Maren Beard, Secretary oneotabeard@gmail.com
 Flannery Cerbin-Bohach..... oneotacerbinbohach@gmail.com
 Scott Hawthorn, Vice President..... oneotahawthorn@gmail.com
 Emily Neal oneotaneal@gmail.com
 Brita Nelson, President oneotanelson@gmail.com
 C. Bryan Stuart..... oneotastuart@gmail.com
 Alicia Trout oneotatrout@gmail.com

WELLNESS WEDNESDAY
FIRST WEDNESDAY
 of every month
members receive
5% off Wellness products
 (excludes already marked down DEALS sale items)

Senior Citizen Discount Monday
 Every Monday members who qualify for senior discount (60 years of age or older) receive an extra 5% off most purchases.
 (excludes already marked down Co-op Deals 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:

Paige Albjerg	Shawn Dettmann	Sally Ming
Weslie Anderson	Lorna Kroneman Gerk	Randy Novak
Corey Brink	Loren Goodrich	Megan Oliver
Carolyn Buckingham	Deborah Gover	Brij Pal
Kara Bushman	Casy Gyuro	Adam Ramseth
Lee Buttala	Valerie Hershfield	Holly Reilly
Deborah Catron	Spencer Hodge	Erin Runquist
Kaitlin (Shea) Conlan	James Hoke	Kari Schroeder
Julie Connor	Jenine Jordahl	Glenda Vrba
Michelle Cox	Kayla Massman	Allison Whalen
Matt Deetz	Duncan McLean	

Member Volunteers - May/June/July

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.

Brita Nelson	Tom Skold	Rachel Sandhorst	LeAnn Popenhagen
Maren Beard	Cynthia Lantz	Wendy Stevens	Sabrina Claman
Carl Peterson	Janet Snider	Jon Hart	Brittney Claman
Flannery Cerbin-Bohach	Lara Martinsen-Burrell	Mary Hart	Georgie Klevar
Scott Hawthorn	Joan Johnston	Johanna Bergan	Shannon Durbin
C. Bryan Stuart	Annette Schweinefus	Michael McElrath	Jim Stevens
Emily Neal	Claire Jensen	Louise Hagen	Kristin Eggen
Randall Duvall	Carol Bentley-Iverson	Christine Gowdy-Jaehnig	Erin Swanson
Onita Mohr	Dennis Carter	Barb Dale	Alyssa Johnson
Jerry Aulwes	Arlyls Adelmann	David Jensen	Cathy Baldner

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

these sales valid **SEPT 20 - OCT 3, 2017**

Co-op Deals sale prices are available to all shoppers of the Co-op!

coop deals



Preserving Your Organic Harvest

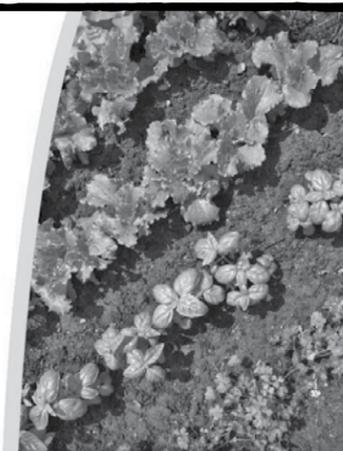
Want to enjoy delicious local food year round? Preserving the bounty you've grown yourself or purchased from the co-op or farmer's market makes it possible. And for those who live where the growing season is short, it's a great way to extend the season. Simple preservation techniques can lock in flavor, maximize your food dollars, support local agriculture and give you a chance to really get to know the food you eat and serve to your family.

People have been preserving food in jars for centuries, and these days we have plenty of resources to do so safely and with confidence. Canning does require some special equipment, and recipes tested for safety. After buying some jars, a canner and a few accessories, expenses are minimal and the results can be phenomenal. Modern canning recipes allow you to create unique foods for gifting or for enjoying yourself. Spicy pickled celery, anyone?

Fermentation brings us yogurt, beer, wine, pickles and even chocolate. Nearly every culture in the world makes use of fermentation, which works by transforming the natural sugars in foods, resulting in flavorful foods that tend to resist spoilage at cool temperatures. Kefir or kombucha can be easy ways to experiment with fermented foods.

 <p>\$8.99 NAPA VALLEY NATURALS Organic Extra Virgin Olive Oil 25.4 oz. other Oil and Vinegar products also on sale</p>	 <p>\$29.99 GARDEN OF LIFE Dr. Formulated Probiotics Once Daily Women's 30 ct. other Garden of Life products also on sale</p>	 <p>\$7.99 WEDDERSPOON Organic Manuka Honey Drops 4 oz., selected varieties</p>
 <p>3/\$5 ANNIE'S HOMEGROWN Pasta & Cheese Dinner 6 oz., selected varieties</p>	 <p>\$9.99 BOIRON Oscilloccinum 6 ct. other Boiron products also on sale</p>	 <p>\$35.99 NEW CHAPTER Turmeric Force Detox 60 ct. other New Chapter products also on sale</p>
 <p>2/\$6 CASCADIAN FARM ORGANIC Frozen Fruit 8-10 oz., selected varieties</p>	 <p>\$19.99 AMAZING GRASS Green Superfood 7.4-8.5 oz., selected varieties</p>	 <p>\$24.99 FOUR SIGMATIC Mushroom Elixir Mix 20 ct., selected varieties</p>
 <p>\$2.99 NATURE'S PATH Organic Cereal 10-14 oz., selected varieties</p>	 <p>\$4.99 TEA TREE THERAPY Tea Tree Oil .5 oz. other Tea Tree Therapy products also on sale</p>	 <p>2/\$5 SEVENTH GENERATION Dishwashing Liquid 25 oz., selected varieties</p>
<p>Featured Inside:</p> <ul style="list-style-type: none"> • Celebrate the organic harvest at the co-op! • Learn how you can support the Future Organic Farmer Grant Fund • Heads up! Cauliflower is ripe for the picking this month • Feta cheese brings Mediterranean flair to a variety of dishes 	 <p>2/\$4 NEWMAN'S OWN Dog Food 12.7 oz., selected varieties</p>	 <p>3/\$5 GREEN FOREST Bath Tissue 4 pack, selected varieties</p>
 <p>\$5.99 R.W. KNUDSEN Organic Just Tart Cherry Juice 32 oz. other Just Juice also on sale</p>	 <p>\$1.99 BULK Organic Red Lentils per pound in bulk</p>	 <p>\$2.29 WESTBRAE Organic Beans 25 oz., selected varieties</p>
 <p>\$2.39 KEVITA Organic Sparkling Probiotic Drink 15.2 oz., selected varieties</p>	 <p>2/\$4 MUIR GLEN Organic Tomatoes 28 oz., selected varieties</p>	 <p>\$2.99 FIELD DAY Organic Pasta Sauce 26 oz., selected varieties</p>
 <p>5/\$5 CLIF BAR Energy Bar 2.4 oz., selected varieties</p>	 <p>\$4.39 WHOLESOME! Organic Frosting 12.5 oz., selected varieties other Sweeteners also on sale</p>	 <p>\$3.69 FIELD DAY Organic Cream Filled Cookies 12 oz., selected varieties</p>
 <p>\$4.99 LUNA & LARRY'S Organic Coconut Bliss Frozen Dessert 16 oz., selected varieties</p>	 <p>\$4.39 ORGANIC VALLEY Organic Cottage Cheese 16 oz., selected varieties</p>	 <p>\$2.99 ORGANIC VALLEY Organic Cream Cheese or Neufchatel 8 oz., selected varieties</p>
 <p>2/\$7 ALDEN'S ORGANIC Organic Ice Cream Bars 12-14 oz., selected varieties</p>	 <p>2/\$4 MUIR GLEN Diced Tomatoes 14 oz., selected varieties</p>	 <p>\$1.99 ORGANIC VALLEY Organic Heavy Whipping Cream 8 oz.</p>
 <p>2/\$10 ANDALOU NATURALS Shampoo or Conditioner 11.5 oz., selected varieties</p>	 <p>\$23.99 MYCHELLE DERMACEUTICALS Deep Repair Cream 1.2 oz., selected varieties other Facial Care products also on sale</p>	 <p>\$7.99 THE SEAWEED BATH CO. Body Wash 12 oz., selected varieties other Body Care products also on sale</p>
 <p>\$6.99 ALAFFIA Authentic African Black Soap 16 oz., selected varieties</p>	 <p>\$4.99 HIMALAYA BOTANIQUE Toothpaste 5.29 oz., selected varieties</p>	 <p>\$6.99 DR. BRONNER'S Liquid Castile Soap 16 oz., selected varieties</p>

Not all flyer items available in-store, but please speak to a staff member about placing a special order.



Organic Food for Your Garden

DIY projects and growing your own food are hot topics across the country – as is growing food organically. If you're thinking about starting an organic vegetable garden, fall is the time to prepare your soil. Healthy soil has an abundance of nitrogen, phosphorous, and potassium, plus at least 13 other common nutrients, all of which can be found in organic fertilizers like green manure (created by planting and tilling under nitrogen-fixing cover crops such as vetch), animal manure and wood ashes. Since these materials take time to break down and nurture the soil, it's best to apply them in the fall, or in more temperate climates, a few months before planting time.

Visit www.strongertogether.coop to discover more about growing food organically.



Celebrate the Organic Harvest

Sales of certified organic food continue to grow in the United States and worldwide. According to the Organic Trade Association, 2016 showed continued sales growth with over \$43 billion in organics purchased around the country. While this still represents only 5% of the total food market, it is a healthy trend. When you see the USDA Certified Organic seal on food, you can be sure that its production has been rigorously reviewed by inspectors to ensure strict standards were met. The label represents a sustainable, transparent and ecologically sound system of food production that not only produces abundant, nutritious, delicious food but also embodies a set of positive goals for our food system. Visit www.strongertogether.coop to learn more!



Tai Chi of Decorah

Movement for Health and Well-Being

Contact Diane Sondrol for class times and more information:
563.419.5420 or taichigrandmadi@msn.com



LaRana

Bistro

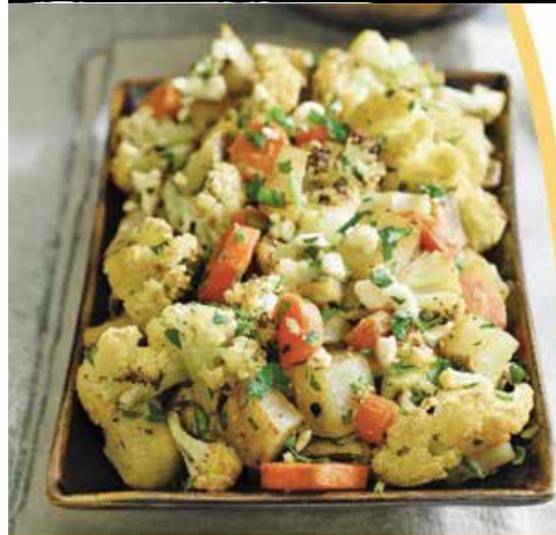
Creative Midwest Fare • Local Seasonal Menus

Monday-Saturday • Lunch 11-2 • Dinner 5-9 • Bar til close
120 Washington St. • Decorah • 563.382.3067

these sales valid

SEPT 20 - OCT 3, 2017

Co-op Deals sale prices are available to all shoppers of the Co-op!



Roasted Cauliflower and Potatoes with Feta

Serves 4. Prep time: 15 minutes active; 45 minutes total

- 1 small head of cauliflower
- 2 medium Yukon Gold potatoes, unpeeled
- 1 large carrot
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 4 ounces feta cheese, crumbled
- 1/2 cup chopped parsley

Heat the oven to 425 degrees F. Slice the cauliflower into large florets with a knife so that the flat side of the florets can make full contact with the pan and caramelize during baking. Dice the potatoes into 1/2-inch cubes and slice the carrots crosswise, about 1/3-inch thick. Place on a large rimmed baking sheet, drizzle with olive oil and sprinkle with paprika and salt. Toss vegetables to coat and spread out on the pan. Bake for 30 minutes, shaking and turning the pan halfway through. When the vegetables are tender and easily pierced with a knife, remove from the oven and toss with feta and parsley. Serve hot.



\$8.99
EQUAL EXCHANGE
Organic Breakfast Blend Coffee
per pound in bulk
Decaf Breakfast Blend \$11.99



\$1.09
BULK
Organic Rolled Oats
per pound in bulk



2/\$6
CASCADIAN FARM ORGANIC
Organic Granola
13-16 oz., selected varieties



2/\$6
PEACE
Cereal
10-14 oz., selected varieties



2/\$5
MOM'S BEST CEREALS
Cereal
14-24 oz., selected varieties



\$3.39
ORGANIC VALLEY
Organic Soy Beverage
64 oz., selected varieties



2/\$6
GOOD KARMA
Flaxmilk
64 oz., selected varieties



\$3.69
CALIFIA FARMS
Almond Milk
48 oz., selected varieties



\$3.39
CHAMELEON COLD-BREW
Organic Ready-to-Drink Coffee
10 oz., selected varieties



\$3.99
STONYFIELD
Organic Grassfed Yogurt
24 oz., selected varieties



\$2.39
MAPLE HILL CREAMERY
Organic Drinkable Yogurt
12 oz., selected varieties



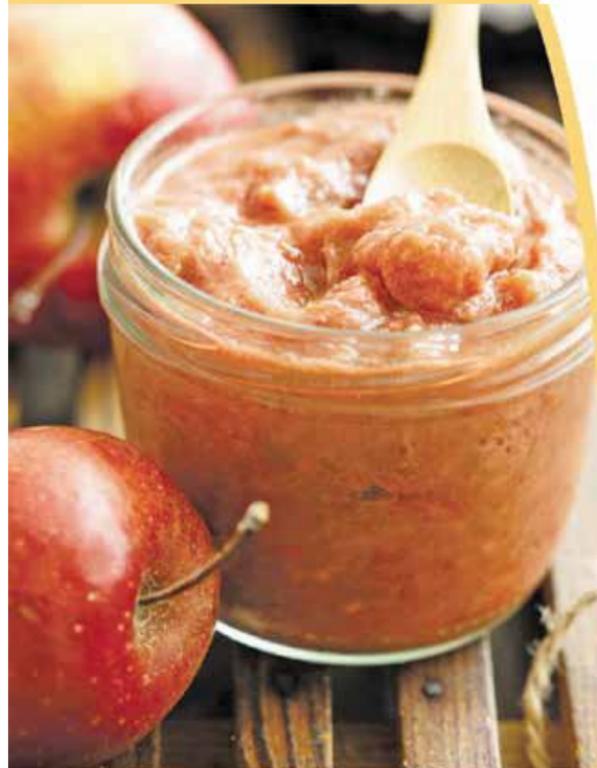
3/\$4
THE GREEK GODS
Seriously Indulgent Yogurt
5.3 oz., selected varieties



5/\$5
CHOBANI
Greek Yogurt
5.3 oz., selected varieties



2/\$3
SO DELICIOUS
Coconut Milk Yogurt
5.3 oz., selected varieties



Fruit Butters and Spreads

One of the easiest and most delicious ways to preserve your fruit harvest is in jars of fruit "butter." Contrary to the name, fruit butters actually contain no butter. They are typically a blend of your favorite fruit, brown sugar, complementary spices and a touch of salt, but are spreadable and versatile like their dairy namesake. To savor fall flavors year round, use pumpkin or apple as a component of your fruit butter. Sweeten by adding maple syrup or honey to the mix in place of brown sugar, and spread the finished preserves on cinnamon toast for comforting breakfast. Pears and vanilla make a delicious duo in a fruit butter. Serve your finished product on crackers with a thin slice of cheddar cheese, or atop a warm corn muffin.



\$3.69
ZICO
Coconut Water
33.8 oz., selected varieties



2/\$4
HI-BALL
Sparkling Energy Water
16 oz., selected varieties



2/\$6
BLUE SKY
Natural Soda
6 pack., selected varieties



2/\$6
SANTA CRUZ ORGANIC
Organic Juice
32 oz., selected varieties



2/\$6
R.W. KNUDSEN
Organic Juice
32 oz., selected varieties



\$2.99
BEARITOS
Tortilla Chips
16 oz., selected varieties



\$2.39
BEANITOS
Bean Chips
6 oz., selected varieties



2/\$4
BOULDER CANYON
Potato Chips
5 oz., selected varieties



2/\$6
GOOD HEALTH
Veggie Snacks
6.75 oz., selected varieties



\$3.99
VERMONT SMOKE & CURE
Mini Meat Sticks
6 ct., selected varieties



\$2.99
SALPICA
Salsa
16 oz., selected varieties



\$2.39
PAQUI
Tortilla Chips
5.5 oz., selected varieties



\$2.39
TERRA
Vegetable Chips
5-6 oz., selected varieties



\$1.69
HALFPOPS
Popcorn
4.5 oz., selected varieties



Cauliflower

Crunchy and crisp like the fall season's weather, cauliflower is in full bloom in cooler temperatures. While a frequent and welcome addition to the veggie platter, cauliflower is delicious in a variety of dishes. With a mild, almost nutty flavor, cauliflower is popular in Indian cooking, especially with spicy Biryani or Tikka Masala. It tastes great atop pizza with garlicky cream sauce or mixed into fresh salads. Roast cauliflower in a bit of olive oil with peppers, sweet potato and onions for a flavorful vegetable medley to add to your harvest table. Feel free to substitute cauliflower when recipes call for other fall vegetables; it's a great replacement for broccoli.



Feta

The national cheese of Greece, feta is famous for its salty, tangy, pickled taste. The flavor comes from being sliced prior to curing so each piece is as rich as the next. Feta can add Mediterranean flair to most dishes with just a dash of olive oil. Fold feta crumbles into ground beef for a Greek burger or stuff and bake in red bell peppers. It is a great addition to roasted veggies like asparagus and zucchini or can complement an arugula salad. Why limit feta to strictly savory dishes? Thread cubes of melon and feta onto skewers with a mint leaf and drizzle with honey balsamic for an easy, sweet appetizer.

Not all flyer items available in-store, but please speak to a staff member about placing a special order.

Stop Back for Sunday Chicken Dinner!

Yum!

2:00-6:00 pm



- ▶ Oven-roasted Chickens whole, half, & quarter sized
- ▶ Mashed Potatoes & Gravy
- ▶ Variety of Sides



SPECIAL ARTISAN CHEESES - EVERY MONTH!

2017 will feature Artisan, Specialty or Farmstead Cheeses in all the Co-op Cheese Club bags. Join the Co-op Cheese Club for a hand picked selection of 2-3 cheeses and something to accompany them in a bag put together for you each month. **Membership is \$150 for 6 months or (\$30 for 1 month.)** Join by the last day of the month for pick up in the middle of the following month.

Artisan cheese: Cheeses that are handmade, or made using relatively small scale specialty techniques in small batches. Artisan cheese captures the uniqueness or each product and the artisan who makes it.
Farmstead cheese: Cheese produced on the farm from the milk produced on that farm.
Specialty Cheese: High quality cheese that commands a premium price due to its design, limited supply, particular processing or extraordinary packaging.

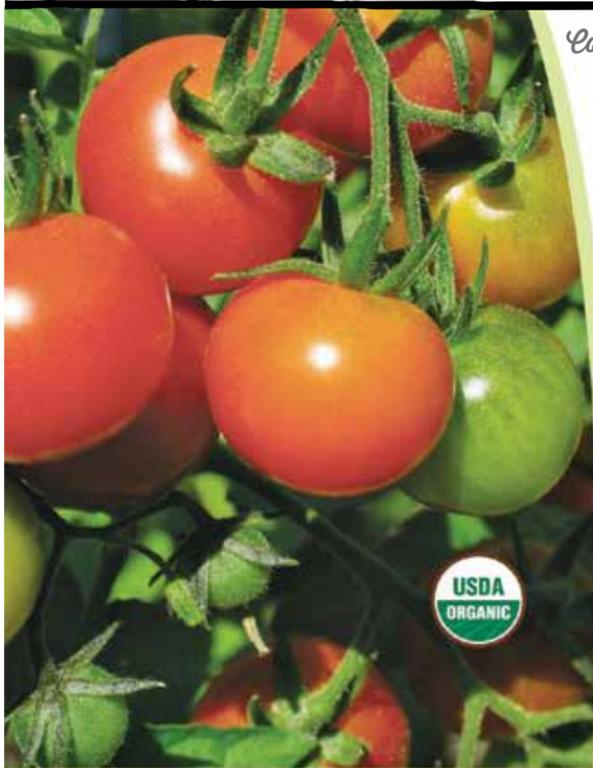
What are members of the Co-op Cheese Club saying?

Sign-up today
563-382-4666

- "The choices have been amazing. Very enjoyable and worth every cent."
- "We plan to renew! We enjoy having new cheeses every month."
- "Loving this cheese club."
- "I really, really, really appreciate your efforts to bring us tasty selections."
- "Another home run for the cheese club! Thanks so much."

these sales valid **SEPT 20 - OCT 3, 2017**

Co+op Deals sale prices are available to all shoppers of the Co-op!



All About Organic

When you see the USDA Certified Organic Seal on food, body care, supplements and other products, you can be sure that how these items were grown and produced has been rigorously reviewed by inspectors to ensure strict standards were met. The label represents a sustainable, transparent and ecologically sound system of production that not only grows abundant, nutritious, delicious ingredients but also embodies positive goals for our food system. Looking for the USDA Certified Organic label is the best way to guarantee that the product has been grown without synthetic fertilizers, pesticides, genetically modified organisms (GMOs), irradiation, antibiotics or growth hormones. Visit www.strongertogether.coop to learn more.



Italian Sausage with Fall Veggies

Serves 4. Prep time: 15 minutes active; 1 hour total

- 2 medium parsnips, peeled and sliced
- 1 small sweet potato, cubed
- 1 small red onion, thinly sliced
- 4 cloves garlic, peeled and chopped
- 1 tablespoon fresh sage (or 1 teaspoon dried)
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon salt
- 2 teaspoons vegetable oil
- 1 pound uncooked Italian sausage links
- 1/2 bunch kale, stemmed and chopped

Heat the oven to 400 degrees F. In a large roasting pan, combine the parsnips, sweet potato, red onion, garlic, sage, pepper and salt, and drizzle with vegetable oil. Toss to coat. Pierce each sausage link four times on one side with a paring knife, then turn over and pierce four more times. Place the sausages on the vegetables and cover the pan tightly with foil.

Bake for 20 minutes, then uncover the pan, stir and turn the sausages, and roast for 15 minutes longer, uncovered. The vegetables should be tender when pierced with a paring knife; if the vegetables are in larger chunks, they may need more time to cook. When the vegetables are tender, add the kale to the hot pan and stir, then roast for 10 minutes longer. Serve hot.

\$2.99
BULK
 Organic Thompson Raisins
 per pound in bulk

\$2.99
FIELD DAY
 Organic Applesauce
 24 oz., selected varieties

\$4.99
WOODSTOCK
 Organic Thompson Raisins
 13 oz., other Fruit & Nuts also on sale

2/\$5
MAVUNO HARVEST
 Organic Dried Fruit
 2 oz., selected varieties

\$3.99
FIELD DAY
 Organic Fruit Twists
 3.8 oz., selected varieties

2/\$5
NATURAL SEA
 Chunk Light Yellowfin Tuna
 5 oz., selected varieties
 other Tuna items also on sale

3/\$4
NAVITAS ORGANICS
 Organic Superfood+ Bar
 1.4 oz., selected varieties

\$2.69
HARVEST BAY
 Coconut Water
 33.8 oz., selected varieties

2/\$5
WOODSTOCK
 Organic Ketchup
 20 oz., other Condiments also on sale

\$2.69
BACK TO NATURE
 Organic Crackers
 4-8.5 oz., selected varieties

\$2.99
CLIF KID
 Organic Zbars
 6 ct., selected varieties

\$4.99
FOOD FOR LIFE
 Organic Ezekiel Bread
 24 oz., selected varieties

4/\$5
EARTH'S BEST
 Organic Baby Food
 3.5-4.2 oz., selected varieties

\$2.99
CLIF KID
 Organic Zbars
 6 ct., selected varieties

\$3.99
SWEET EARTH
 Artisan Bowls
 9-9.5 oz., selected varieties

\$2.69
POMI
 Tomatoes
 26.46 oz., selected varieties

\$2.69
PACIFIC
 Organic Soup
 17-17.6 oz., selected varieties

\$4.99
TRUROOTS
 Organic Sprouted Quinoa
 12 oz., other Truroots products also on sale

3/\$5
NEAR EAST
 Dinner Mix
 5.2-10oz., selected varieties
 other Dinner Mixes also on sale

\$3.99
TRES LATIN FOODS
 Pupusas
 10oz., selected varieties

ONEOTA COMMUNITY FOOD COOPERATIVE

Senior Citizen Discount Monday

Every Monday members who qualify for senior discount (60 years of age or older) receive an extra 5% off most purchases. (excludes already marked down Co+op Deals sale items)

Commercial • Residential

Traditional Limestone Masonry

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ORDER YOUR HOLIDAY TURKEY

from the Oneota Co-op ~ online and in-store

- ◆ BOTH OPTIONS ARE LOCAL ◆
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 antibiotic free, free range

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 certified organic, antibiotic free, free range

PLANT the Seed
 the future of organic farming!

This September & October for every \$1 coupon redeemed we will donate \$1 to the **Future Organic Farmer Grant Fund**.

A project of the CCOF Foundation, the Future Organic Farmer Grant Fund supports the next generation of organic producers through small grants that support organic education from kindergarten to college.

Visit www.ccof.org/plant-the-seed to learn more and donate directly to the CCOF Foundation