

the Scoop

VOLUME 41 • NUMBER 3 • FALL 2015



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

LIKE US ON FACEBOOK • FOLLOW @ONEOTACOOP ON TWITTER

WWW.ONEOTACOOP.COM

HOURS: MON.-SAT. 8:00-8:30 • SUN. 10:00-7:00

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666

STAYS

Local



By: Nate Furler, Marketing & Outreach Manager

There are several things that set the Co-op apart from larger chain grocery stores. One of the greater points is that we are a local, independent cooperative organization (business) that is owned by the people that shop here and utilize the services we provide. The Co-op exists, first and foremost, to meet the needs of its member/owners.

The Co-op has a board of directors composed of seven individuals from the member/owner community. These board members are elected democratically by the entire member/owner community of the Co-op that are up-to-date with their share payments or paid in full. (This is also what is meant when we talk about someone being "in good standing".) All member/owners in good standing receive a ballot in the mail to be returned with their vote for the yearly election - and any other referenda that may be up for a vote.

In the grand scheme of things, the Oneota Co-op is small. We boast well over 4,000 member/owners, but we are a grain of sand in the world of natural

foods. Our annual sales broke \$5 million in 2014. This is a huge accomplishment considering our sales were around \$2.03 million annually before we moved to our current location in January of 2008. As we zoom out from our tiny grain of sand, we see hundreds of other food co-ops across the nation. Some smaller in size than us, some larger - dramatically larger. PCC Natural Markets in Seattle, Washington has 10 locations (soon to be 11) with a total sales volume of over \$229 million.

Oneota Co-op is fortunate to be a member of a larger cooperative grocers network - National Cooperative Grocers (NCG). This organization exists to serve the member/owners of their cooperative

←end 3

A business that promotes the development of cooperation and cooperative enterprise.

- just like Oneota exists to serve our member/owners. NCG is monumental from the standpoint of securing a steady flow of product from our distributors - the biggest of which is United Natural Foods Inc (UNFI). But, let's be clear, the sales volume of all NCG member co-ops combined is still minute compared to the volume of an organization like Walmart, or even Hy-Vee.

Which brings me to the point of this article - price and what shopping at the Co-op brings to this community as an actual dollar figure on the shelves and signage in the store.

Through NCG, Oneota is able to achieve the combined buying power of not only our community, but the communities of all other NCG-member co-ops across the United States. As you may already be aware, in the supply world, ordering anything in larger quantities gives you more clout in negotiating the price you pay for those items - if negotiation is even possible. The bigger you get, the more room for negotiation exists.

For example, at our level, if we are looking at bringing in an entire pallet of fresh, organic, blueberries, we have some room to negotiate because we are ensuring the distributor will be able to sell an entire pallet of these little blue gems. They don't have to find someone to buy that entire pallet of blueberries which they worked hard to grow, pick, pack and ship. What is that worth to them? Likely that is worth

^ continued on pg. 4

PRST STD
U.S. Postage
PAID
Decorah, IA
Permit 25

FIELDS OF DRIFT

GMO WEED KILLER EXPOSURE ON PLAYING FIELDS & PARKS

By: Mary Ellen Kustin, Senior Policy Analyst and Patrick Mason, GIS Analyst and Soren Rundquist, Director of Spatial Analysis

An Environmental Working Group (EWG) survey of athletic fields and parks in a six-state sample of small-town America shows that more than 90 percent of these recreational areas are within 1,000 feet of a corn or soybean field where two toxic weed killers could well be sprayed, meaning that anyone playing there is likely to be exposed. More than 56 percent were within 200 feet.

That's because the government recently approved the widespread use of the two herbicides - glyphosate and 2,4-D - on genetically engineered, or GMO, crops, which account for 90 percent of all corn and soybeans grown in the United States.

This growing season corn and soybean farmers in 15 states now have the option of planting GMO crops that can withstand repeated spraying with the glyphosate and 2,4-D mixture sold by Dow AgroSciences under the brand name Enlist Duo. Sprayed herbicides readily drift through the air, potentially exposing people and the environment nearby. The Environmental Protection Agency approved the use of Enlist Duo for GMO crops in the 15 states this spring, a decision made shortly before the World Health Organization concluded that glyphosate, the world's most widely used herbicide, is "probably carcinogenic to humans." 2,4-D possibly causes cancer, according to the world's leading cancer experts. Exposure to 2,4-D has also been linked to Parkinson's disease, hypothyroidism and suppressing the immune system.



Aerial photo of a town in Iowa shows six baseball fields located right next to cropland (in red) where toxic herbicides are likely to be sprayed. Source: EWG, Adopted from Google Earth Pro, EWG.

Throughout the Midwest, small towns are dotted with public playing fields and parks, often on the outskirts of town where crops grow nearby. Cropland surrounds many small communities in middle America, encompassing a total of more than 159 million acres (substantially larger than the state of California). And just as spring marks the beginning of a new baseball season, it also triggers the annual ritual of planting of vast acreages of industrial row crops. Before those plants even emerge from the ground, growers typically begin intense use of chemicals to control weeds and pests.

^ continued on pg. 9

THURSDAY, NOVEMBER 5TH
Taste of the Holidays
4:30-8:15 pm



You are invited to attend a full holiday meal - from appetizers through dessert - prepared in-house by the Water Street Café. All donations go to support local food banks. Seating will be scheduled every half hour beginning at 4:30 pm. Please arrive 15 minutes before your scheduled seating to enjoy appetizers, beverage samples and the company of friends.

Signup begins October 1st

Please call Customer Service at 563-382-4666 to sign-up for your preferred seating time or do so online at www.oneotacoop.com.



This year we are also featuring a *take-away option*

where you can register to pick up a to-go version of this same delicious main course and dessert options. The take-away option will be \$10 as it does not include the in-store appetizer course. If you have any questions, please contact customerservice@oneotacoop.com.



We hope to see you there!



ORGANIC TIDE RISING

By: David Lester, General Manager

It's happening. The fastest growing area in the grocery business is in the organic market. According to Progressive Grocer Magazine, organic food sales reached \$36 billion in 2014 and predicts sales will increase 12-15% annually for the next three years. This is huge growth in an industry that has historically seen minimal, single-digit annual sales growth.

The Organic Trade Association currently estimates that 51% of families are buying more organic products than a year ago and that organic food sales now represent almost 5% of total U.S. food sales. Organic is no longer a niche-market category. It is definitely quickly becoming more mainstream and customer demand will only continue to rise.

Organic agriculture, which is governed by strict government standards, requires that products bearing the organic label are produced without the use of toxic and persistent pesticides and synthetic nitrogen fertilizers, antibiotics, synthetic hormones, genetic engineering or other excluded practices, sewage sludge, or irradiation, (As defined by the Organic Trade Association)

The big picture is a relatively good one because this means more people are eating organically produced foods, right? True. There are also some challenges. Many stores, especially smaller chains and single stores like ours are not getting the access to organic products as we've been able to in the past. There are more manufacturer "out-of-stocks" than we've ever seen and it doesn't look like the situation will get better anytime soon. Demand is higher than supply. This is worrisome to smaller grocers because more control of the organic market is shifting to large corporations. With over 11,000 retail locations, Wal-Mart is one of the largest retailers of organic foods. In a June 5, 2015 article Business Insider Magazine published a report that Costco is now the largest retailer of organic food products at an estimated \$4 billion in sales in 2014. Many worry that these large, corporate retailers could potentially push growers in the organic industry to move farms to unregulated regions overseas and undermine organic standards in the U.S.

Another worry is that if demand is so high, and it takes 3+ years to transition ground to certified organic standards, what could ultimately happen to organic standards? Will politics change these standards and possibly water them down? These are questions that we do get at the Co-op and we really do not know what the future holds for organics and the high standards it currently requires.

◀end 3 A business that promotes the development of cooperation and cooperative enterprise.

F.A.Q.

Why does organic cost more?

The truth of the matter is that organic food doesn't always cost more. Some items, such as coffee, cereal, bread, and even hamburger, may cost the same or even less than their conventional counterparts. And, as the demand for organics continues to grow, the cost will continue to come down. When the cost is higher, consider these facts:

- Organic farmers don't receive federal subsidies like conventional farmers do. Therefore, the price of organic food reflects the true cost of growing.
- The price of conventional food does not reflect the cost of environmental cleanups that we pay for through our tax dollars.
- Organic farming is more labor and management intensive.
- Organic farms are usually smaller than conventional farms and so do not benefit from the economies of scale that larger growers get.

Is organic food more nutritious than conventional food?

At this time, there is no definitive research that makes this claim. It is extremely difficult to conduct studies that would control the many variables that might affect nutrients, such as seeds, soil type, climate, postharvest handling, and crop variety.

However, some recently published studies in peer-reviewed journals have shown organic foods to have higher nutritional value. For example, researchers at the University of California, Davis, recently found that organic tomatoes had higher levels of phytochemicals and vitamin C than conventional tomatoes.

Does organic food taste better?

Taste is definitely an individual matter, but hundreds of gourmet chefs across the nation are choosing organic food to prepare because they believe it has superior taste and quality.

Source: [organic.org](http://www.organic.org) <http://www.organic.org/home/faq>

GREETINGS from the OCC Board of Directors

What an exciting time for the Co-op. There are many terrific things going on currently and looking ahead to the future. We have purchased the building adjacent to the store. The new classroom space has really taken off. We have a great group of passionate people representing membership through their work on the Board, and we are enthusiastic about our upcoming set of strategic planning sessions. We expect those sessions will garner several 3-5 year goals within the next several months.

As we continue to work as a Board to help

shape the Co-op's future, we look forward to feedback from membership. Each board meeting has time set aside for the Board to hear member comments and we invite you to join us. We welcome your questions, feedback and conversation. Also, feel free to chat up a board member should you see us in the aisles of the Co-op.

There are so many ways to participate in the life of your Co-op. Attend a class, shop the Co-op, give your thoughtful feedback to board members, and even consider the opportunity to run

for the board of directors. Have you ever considered joining us? Board member Alicia Trout is heading up the Nominations Committee this year. Please let her know if you have new board member suggestions or if you'd like more information as you consider running yourself. Her email is oneotatrout@gmail.com.

Peace and Happy Harvest!
Brita Nelson, Oneota Community Co-op Board President



◀end 3 A business that promotes the development of cooperation and cooperative enterprise.

◆ 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 • SEPTEMBER 24TH • 4:30-6:30PM

7TH ANNUAL **Salsa Contest**

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

sponsored by the Oneota Community Food Co-op

SALSA CONTEST ENTRY DEADLINE - TUESDAY, SEPTEMBER 1ST

Grand Prize

- \$100 gift card to the Oneota Co-op
- One-year membership to Seed Savers Exchange
- Seed Savers Exchange t-shirt & water bottle
- \$30 La Rana Bistro gift certificate

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

SATURDAY, SEPTEMBER 5TH 1:00 - 4:00

Event held at at Seed Savers Exchange

3074 North Winn Road • Decorah

An increasing number of consumers are also of the opinion that organic food tastes better. Because organic food is grown in well-balanced soil, it makes sense that these healthy plants have a great taste. Try organic food for yourself and see what you think!

The competition in our own market has become a lot more aggressive in the past year. Conventional grocers who have historically carried a large percentage of frozen, processed and packaged items are meeting the customer demand for fresher, whole foods and allocating more shelf space for these items. And, because these stores are a part of a larger regional/national chain network, and due to economies of scale, they often get better pricing than your typical single store, like most Co-ops.

However, Co-ops have many advantages over these larger mega-grocery chains. A few of these are:

QUALITY You will find that all of our products, especially our fresh departments like produce, are of the utmost quality and freshness. We are typically selecting and ordering produce and other fresh items the day before it is shipped and we are not "locked in" to a standard order list like many larger chains. We're selecting what's fresh right now. Flavor and texture is everything and customers should expect the highest quality on our shelves when it comes to these fresh products.

ACCESS TO LOCAL Where else can you shop and pick up a bell pepper or onion that was potentially picked the day before on a farm five miles from our store? The fact that we do a lot of business (approximately 23% of total sales) with local producers and have access to some incredibly high-quality meats, cheeses, coffees and other products that simply cannot be found at other stores. We think this has value because you are getting an extremely high quality product and a local grower is getting a fair price. We do business with over 80 local producers which will total over \$1.2 million in local sales this year. This is important because supporting our local growers and producers helps build our local economy faster than any other type of sale. 23% of what you're spending at our store is staying right here and not going back to a corporate headquarters hundreds, sometimes thousands of miles away.

KNOWLEDGE/EDUCATION Consider the food you are buying. Where did it come from? What berry has more antioxidants? Was this beef fed with any GMOs? If you asked these questions in our store you would most likely get an informed answer from almost any of our staff, or, we would find our expert on our team who could answer it for you. Every member of our staff receives our "Whole Foods Training" course soon after they are hired so that our grocery stockers, baristas and managers can answer tough questions when asked on the sales floor. As people begin transitioning to a healthier lifestyle, many want to know more about nutrition, growing practices, how to cook it and crave other information about the food and other products they are purchasing. We are your source for this information...just ask!

We are a member and mission-driven organization. Members have many ways to voice their opinions and suggestions to the Board of Directors and management of the Co-op. This, I believe, is one of the most important distinctions between our store and a privately owned store. You have a voice. We listen to your suggestions for new products and how we can improve our customer service. As a member, you can attend Board meetings and even run for the Board. The mission of our Co-op states:

As a member-owned consumer co-operative, 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.

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.

We serve our members, our community, and we seek to build and make this a healthier community by selling high-quality items that are sustainably grown. There's a lot more behind our product selection that's not based purely on profit or what is currently trending, but more on the fact that these products are generally better for us from farm to fork.

In this issue of the Scoop we hope you will find several articles focusing in more detail about the impact our store has on our local community. The article, "Stays Local" by our Marketing and Outreach Manager, Nate Furler delves a little deeper into how much of your purchases stay in our local economy. Staying true to our mission and serving our members will continue to be our focus. Customers can be assured that the Co-op will continue to buy the best quality products, offer a wide variety of local items and continue to offer outstanding, personal customer service.

The tide is rising, but we're pretty skilled surfers. We're going to ride this one out and maybe even hang ten while we're on this wave.

Sources: *Progressive Grocer Magazine, Organic Trade Association, Business Insider Magazine, Organic.org*

TOP 15 ORGANIC ITEMS SOLD AT ONEOTA (\$ VOLUME)

1. Avocados
2. Bananas
3. Red Seedless Grapes
4. Strawberries
5. Larry Schultz Large Eggs
6. Raspberries
7. Yellow Peaches
8. Broccoli
9. Carrots
10. Celery
11. Kickapoo Driftless Dark Coffee
12. Garnet Yams
13. Cauliflower
14. Organic Valley Whole Milk (gallon)
15. Kickapoo Summer Solstice Coffee



*Avian Influenza A.
A Brief Overview*

This year there has been a lot of news concerning domesticated poultry and avian (bird) flu. I have to admit that the information tends to be pretty depressing. With every new story about a poultry farm needing to destroy thousands of birds my heart wrenches not only for the animals, but also the farmers responsible for them.

Where does it come from?

According to the CDC, "Avian influenza A viruses have been isolated from more than 100 different species of wild birds. ...The majority of the wild birds from which these viruses have been recovered represent gulls, terns and shorebirds or waterfowl such as ducks, geese and swans."

Additionally, "Infected birds can shed avian influenza A viruses in their saliva, nasal secretions and feces. Susceptible birds become infected when they have contact with the virus as it is shed by infected birds. They also can become infected through contact with surfaces that are contaminated with virus from infected birds."1

It should also be noted that the current practice for the eradication and prevention of the spread of the avian influenza A is to destroy all domestic poultry in the entire county where any case has been identified.

In the "natural" market we are fortunate that there has not been any known outbreaks and our supply and costs have remained relatively stable up to this point. However, because there is uncertainty in one portion of the market that influences all markets - including conventional, natural and certified organic. We will likely see changes in pricing and availability over the coming year due to these shortfalls in production due to avian influenza A.

Ferndale Market and Larry Schultz Organic Farms have not, to this point, been directly affected by avian influenza A. There is suspicion that another outbreak may happen this fall due to the migration of wild birds. We will most certainly keep a close eye on this situation and let the public know of any developments.

"Despite the worry caused by avian influenza A, our current flocks look beautiful and this has been a great early summer season on our farm. One of the enduring reminders of the influenza scare has been how fortunate we feel to work directly with our customers and see our work on the farm lead to satisfied customers. Most farmers today serve a totally anonymous consumer, so we are grateful for the opportunity you give us to provide our free-range, antibiotic-free turkeys to you and your shoppers. We couldn't do it without you!"

Source: <http://www.cdc.gov/flu/avianflu/avian-in-birds.htm>



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



STAYS



Continued
from pg. 1...

a few cents an ounce, maybe more or maybe less depending on the market. And that cheaper price is then graciously passed on to you, the member/owner, shopper, customer of the Co-op.

Zoom back out again - Oneota buys one pallet of blueberries annually - two if we are lucky. NCG co-ops as a whole likely secure upwards of 100 times that annually. Walmart? 1,000 times or more. In comparing the buying power of Oneota Co-op to Walmart, you are comparing the size of Decorah to the total size of the United States. We are dramatically smaller.

Every single store you will ever buy something from applies some sort of mark-up to their product. It is purchased at a wholesale price, and in order to stay in business the company must mark-up their product a certain amount to pay for things like staff wages, utilities, mortgages, building renovation and upkeep, equipment, etc. The figure you see on the shelf at Oneota is the absolute lowest price we can sell a product for in order to make sufficient financial income to stay in business. Because member/owners, shoppers, are our shareholders.

But, we are here. We have been here for over 40 years. We hope to be here indefinitely. And your shopping dollars keep us here. Without your dollars, we cease to exist. Just like every other local business in this town, or any other city across the world.

We thought it would be interesting to put a dollar figure on how local we are. To add up the total amount of money that the Co-op spends annually on things like staff wages and benefits, financial commitments paid to local vendors supplying product directly for sale at the Co-op, other expenses paid to local businesses and individuals for repairs or renovations, member/owner discounts and dividends, and charitable contributions to local organizations. All these forms of money that go right back into the pocket of the local community.

Though many people think of their local community as the town they live in, we continue to use the same definition of local that we apply to the labeling of

product in the store - a 100-mile radius of the Co-op.

So, how local are we? In 2014 we were about \$2.2 million local. What do I mean by that you might ask? I mean that roughly \$2.2 million of the roughly \$5 million the Co-op did in sales throughout the entirety of 2014, stayed in the local community. \$2.2 million - or roughly 45%.

This number sounds great, but what does that mean for the bag of oranges, box of cereal, or loaf of bread that I buy every week at the Co-op?

We could simply leave it at the 45% mark and be done with it. However, we thought it would be even more telling to give you a dollar amount right on some of the store signage to let you know just how much your everyday spending dollars at the Co-op contribute directly to the greater local economy - beyond what simply goes in the till and the register.

The "stays local" dollar figure isn't a mark-up we apply to our goods and services in order to be able to tout a big number. The fact that the number is so large is telling merely from the fact that we are a local business that puts a considerable amount of our resources back into the community that we call our home.

Our prices are what they are because our sources are smaller, our distributor pull is not as great as a multi-billion dollar company, and our number of retail stores is one. The Co-op gives precedence to our local vendors - keeping the mark-up of their product low so we can ensure greater sales volume for local products at a still-competitive price. We don't sell organic and non-GMO product to make money. We have sold it since the beginning because we (the Oneota Co-op community as a whole) believe it is the right thing to promote - for reasons like fair labor practices, environmentally sustainable growing methods, and consumer health.

Each and every dollar you spend at a local business contributes to the economy of where you live. The Co-op is living proof of that. Keep it local for yourself, and for the next generation.



FAVORITE FALL SUPPLEMENTS

←end 2

A community that is educated about food and other products which are healthy for people and the environment.

By: Carrie Johanningmeier, Wellness Buyer

As summer gasps its last breath, fall comes rolling in on its heels bringing us beautiful bright colors and cooler temperatures. Kids head back to the classroom and we all spend more time indoors. Here are some of our top selling back-to-school supplements to help boost brain power and improve immunity to ensure you and your kids get a healthy start this school year.

☞ **EMERGEN-C** - A vitamin drink mix that has essential nutrients, including 1,000 mg of Vitamin C and other immune supporting antioxidants like zinc and manganese. Also B vitamins to enhance energy naturally and help you replenish your electrolytes.

☞ **RIVER HILLS HARVEST ELDERBERRY JUICE** - Protects the mucous membranes from infection and congestion. It's high in flavonoid compounds which make it a great antiviral to fight off colds and flu quickly, boost the immune system, and keep you healthy during the winter months. I use it during any time of stress, the back-to-school phase and any time my immune system is compromised.

☞ **MEGAFOOD MEGAFLORA** - Probiotic blend containing 14 beneficial probiotics, including strains of Lactobacillus and Bifidobacterium. These friendly bacteria help reestablish intestinal flora which not only help digestion but boost immunity. Probiotic supplements may reduce the incidence of fevers, coughs, runny noses and other infections in children and adults.

☞ **NORDIC NATURALS COMPLETE OMEGA JUNIOR** - Offers a full spectrum of essential omega fatty acids to support learning and language, brain function, and nervous and immune system health for ages 5-teens.

☞ **NATURAL VITALITY CALM** - A relaxing magnesium supplement that provides calm energy and supports good sleep for occasions when you have a hard time turning your mind off and going to sleep.

☞ **VITAMIN D** - My top immune supplement of choice. It's crucial for activating the body's immune defenses since without sufficient intake the T cells will not be able to react and fight off infections.

☞ **COLD SNAP** - An herbal supplement containing twenty different herbs to restore righteous chi. Instead of stimulating the system or eliminating toxins they nourish and build your chi, which in turn helps fight off "unwanted guests" such as stress, contagious sickness, chills and heat.

☞ **BACH RESCUE REMEDY** - A natural stress and emotional relief remedy. Deals with everyday fears, daydreaming, self-esteem, worries, depression, self-acceptance, etc. Eases your nerves and keeps you calm during those stressful moments.

☞ **ECHINACEA** - Stimulates immune activity and strengthens cells against invading microorganisms. For best results, take immediately after being exposed or at the first sign of symptoms. If symptoms are full blown, Echinacea usually shortens the duration. This herb is most beneficial if not taken on a daily basis. Discontinue use after 10-14 days.

☞ **ASTRAGALUS** - An immune system booster that strengthens general vitality, improves digestion and builds up the body's defense against viruses. A great tonic to keep in your routine, but alternate with another immune boosting herb such as Echinacea so as not to build up a tolerance.

LAST M.A.D. SALE OF THE YEAR

MEMBER APPRECIATION DAY

» SALE «

10% OFF
storewide*

Tuesday,
November 10th

8:00 AM - 8:30 PM

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!



REAL,
NUTRITIOUS,
MUSIC.



LOCALLY OWNED. INDEPENDENT RADIO.

The Magical World of Medicinal Mushrooms

←end 2

A community that is educated about food and other products which are healthy for people and the environment.

By: Gretchen Fox Schempp, Wellness Manager

The Autumn woods are a medicine chest all of their own. Right here in sweet little northeast Iowa you are able to find varied species of fungi. At the Mid America Herbal Symposium last fall I had the awesome opportunity to forage for mushrooms with Christopher Hobbs in the woods of southeastern Minnesota. As a group we came across at least 20 different mushroom varieties and many of them were edible. Turkey tails, reishi, oyster and wood ear are just a few of the ones we found that day. I was fortunate to be hunting with an experienced fungi-master, who was able to identify all the mushrooms we found and able to point out which were inedible and even poisonous. (I apparently, have a draw to the poisonous ones, yikes!) Which brings me to my warning: never eat a mushroom that you cannot identify. There are many look-alikes to otherwise safe and edible mushrooms. Be sure to carry a reputable field guide for identification. I like the Petersen Field Guide and the Audubon Field Guide for North American Mushrooms. There are guides for the Midwest as well by Teresa Marrone (Mushrooms of the Upper Midwest: A Simple Guide to Common Mushrooms) and one by Michael Kuo (Mushrooms of the Midwest).

Mushrooms really are a superfood. All mushrooms are full of nutrients including a vast range of trace minerals, vitamins, protein with a good balance of amino acids, and they are full of soluble and insoluble fibers. In addition to the nutrition, they are low in fat and carbs alike. When you've positively identified a mushroom as edible and you plan to eat it, cook it well. They can also be dried for medicinal uses. I found a fabulous turkey tail covered log and dried the mushrooms and ground them up to a fine powder. I use them in soups and other savory dishes for a boost of nutrients and immune support.

If you're looking for the benefits of medicinal mushrooms without the worry of identification (or the maladies of the woods), we've got you covered. We carry fungi guru, Paul Stamets' line of mushroom supplements, Host Defense. Along with offering great medicinals this company's mission to use mushrooms to change the world is inspiring:

- Complementary Medicine for Integrative Medicine
- Reforestation practices
- Habitat restoration of damaged ecosystems
- Myco-remediation methods of toxic wastes
- Myco-filtration technologies for cleaning water
- Myco-agriculture practices for famine relief
- Natural remedies to replace toxic pesticides
- New biofuels based upon fungi

Host Defense offerings and uses:

→ CHAGA

Chaga is recently gaining a following for its high antioxidant activity. This is due to its high content of SOD (superoxide dismutase). This is an enzyme with great potency. Singlet oxygen is responsible for oxidizing and damaging tissue, SOD is known to halt the oxidation of this toxic free radical. Chaga is a hard wood-like mushroom found on birch trees. Chaga is called the "Mushroom of Immortality" by the Siberians and is the most nutrient dense of all growths. They have even inoculated sick trees with the Chaga growth to facilitate healing and to strengthen them.

→ CORDYCEPS

Cordyceps was my gateway mushroom and still one of my favorites. It has long been used by athletes for energy and stamina but also touts many other benefits. For example, healthy libido, supporting kidney and liver function, lung support and oxygen uptake to name a few.

→ LION'S MANE

I became more familiar with Lion's Mane this past spring after a concussion that resulted in dizziness, headaches and memory loss. Lion's Mane supports mental clarity, focus and memory, provides cerebral and nervous system support. Studies even verify Nerve Growth Factor in Lion's Mane. This isn't surprising, as Lion's Mane appears like a tendrilly nerve ending mass.



→ TURKEY TAIL

This small leathery polypore (a group of fungi that form fruiting bodies with pores or tubes on the underside) is abundant in the forest here in the Midwest. They are found year-round but are best harvested during their active growing season, late summer to early fall. Turkey Tail is one of the most researched fungi. Over 300 clinical studies have been conducted on this mushroom. Ongoing studies are happening here in the United States on breast cancer survival rates and the use of turkey tails. Specifically notable is that turkey tail helps cancer patients maintain white blood cell counts during chemotherapy.

→ REISHI

Reishi may be a more familiar mushroom, as it is the #1 selling supplemental mushroom worldwide. Reishi falls in the category of an adaptogen, an herb that supports the body's ability to adapt to stress. Reishi promotes cardiovascular health, supports energy and stamina and supports overall wellness.



→ MAITAKE

Maitake is rich in beta glucans, which are known for promoting immune system health. In addition they are said to enhance a healthy glycemic balance by promoting normal blood sugar metabolism.

Host Defense also has a line of wonderful blends of mushrooms for more specific symptoms and issues. These include:

→ MYCOMMUNITY

A 17 species multi mushroom complex. This "multi-vitamin" of fungi is a comprehensive immune formula that encourages resistance to cellular assaults.

→ MYCOSHIELD

This is a five species immune support blend that comes in an easy to use spray application. Perfect for travel or purse or pocket.

→ STAMET'S 7

A seven species multi including cordyceps, reishi, Lion's Mane, Maitake, Chaga, Mesima and Royal Sun Blazei. This is a great blend for daily support.

The new line is the Myco Botanicals. These blends include situation specific herbs along with mushrooms.

→ WOMAN

This is a breast support blend including four species of mushrooms with added herbals Shatavari, Broccoli sprouts and Chasteberry.

→ LIVER

This blend of four mushrooms includes turmeric, milk thistle and black pepper for enhanced absorption. Chaga, Reishi, Milk Thistle and Turmeric support liver detoxification while Mesima promotes healthy liver function.

→ BRAIN

Lion's Mane, Reishi and Cordyceps blended with well studied herbs, ginkgo, bacopa and gotu kola. This blend is for supporting mental clarity and the nervous system.

In addition to a vast range of supplemental mushrooms, the Co-op also carries dried mushrooms in the Bulk department. You can find Reishi, Wood ear and a delicious medley of mushrooms.

For more comprehensive information on mushrooms and how they may be able to transform our world look for incredible videos and informational talks with Paul Stamets on YouTube online.

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

WELLKID WEDNESDAYS

7:45 am - 8:45 am

Fall Session One

- September 2
- September 9
- September 16
- September 23
- September 30

Wellness Wednesdays are here! Join us for mornings of food and fun all before the school day has begun. This class, for students in kindergarten through 2nd grade, will teach the importance of breakfast, eating well-balanced meals, and encourage trying new foods. Classes will be varied in theme, but will always provide breakfast, activities for students, and a walking school bus to John Cline School.

Classes designed for kindergarten - 2nd graders. Please inquire about additional ages. One session (5 classes) is \$40.00, two sessions for \$75.00, all three sessions for \$110 (must pay for all sessions at time of registration to

Fall Session Two

- October 7
- October 14
- October 21
- October 28
- November 4

Fall Session Three

- November 11
- November 18
- November 25
- December 2
- December 9

qualify for the discount). Registering siblings? There is a \$10 discount on the second registration in the same family. Registration fees a challenge? Scholarships are available by emailing kitchenclassroom@oneotacoop.com.

Scone Alone

HO, VG

Thursday, September 10, 5:30-7:30 pm

Join one of Decorah's newest "foodies" and make a batch of scone dough to take home and bake. There will be some scones that are pre-made for sampling, too.

Class Instructor: Wendy Saver

\$15.00 Member/Owners, \$18.00 Community

MINDFULNESS SERIES

Mindfulness in Everyday Life

This series of three classes will introduce participants to concepts and practice of mindfulness in everyday life. A brief introduction will include some history and development of mindfulness. Mindfulness skills which can occur in daily life will be emphasized and practiced in the class.

Saturday, September 12, 10:00 am-12:00 pm, Class 1

A brief introduction to the definition, science and history of mindfulness will be followed by practicing mindfulness of the breath and an introduction to informal practices including mindful eating.

Saturday, September 19, 10:00 am-12:00 pm, Class 2

This class will focus on several activities beyond mindfulness of the breath such as loving kindness meditation, the body scan and walking meditation.

Saturday, September 26, 10:00 am-12:00 pm, Class 3

The last class will introduce a practice that encourages mindful listening and speaking. We will also review practices previously discussed.

Mindfulness Series (3 classes) is

\$25.00 for member/owners, \$30.00 community members, or \$10.00 for each individual class.

Location: The Co-op Kitchen Classroom - two doors down from the Oneota Co-op on Water Street

Class Instructor: Lee Zook

Very Vegan Comfort Food: Awesomely Plant-Based Twists on Classic American Favorites

DM, VN

Thursday, September 17, 5:30-7:30 pm

This class has something for everyone, whether you're vegetarian, vegan, or just a little v-curious. Join local "Flaming Vegan" blog editor Cerrisa Snethen for an evening of lighthearted instruction. You don't have to ditch deliciousness just because you're skipping or reducing your use of animal products. We'll explore classic dishes like macaroni and cheese, lasagna, and a dark chocolate dessert that will leave you feeling nourished and inspired. These family-friendly foods are surefire I-Can't-Believe-It's-Vegan crowd-pleasers. You'll leave with great recipes and a solid understanding of how to substitute for dairy without substituting satisfaction. Come hungry!

Cerrisa Snethen is a blog editor, mother, and a spirited fruit-and-vegetable enthusiast. Passionate about living a fantastic foodie life, she's got years of cooking, writing, growing, and dreaming about food under her belt. All this aside, she believes we're all on our own unique journey and is an advocate for growing where we're planted and lovingly leading with her fork instead of her mouth. Check out some of her "Driftless Vegetarian" recipes at www.theflamingvegan.com.

Class Instructor: Cerissa Snethen

\$15.00 Member/Owners, \$18.00 Community

E.A.T. Experience. Ambiance. Taste.

In the Co-op Kitchen Classroom

DM

Chef Mattias Cooks from the Garden

Join local chef and caterer Mattias Kriemelmeyer as he cooks a meal using fresh local ingredients harvested from local gardens. He will be focusing on common vegetables and other locally sourced foods that are readily available this time of year. Take advantage of his years of experience in answering your questions about how to use foods at their peak that you may be growing in your garden. This will be a fun filled evening and hopefully you will learn a tip or two while enjoying some great food and beverage with friends.

Monday, September 21st; 6:00 - 8:30 pm

Featured Instructor: Mattias Kreimelmeyer

\$20.00 Member/Owners, \$25.00 Community

Farmers Market Meal

HO, VG

Wednesday, September 23, 4:30-6:30 pm

Meet in the Co-op Kitchen Classroom and then take a stroll through the Winneshiek Farmers Market with food enthusiast, Rachel Sandhorst. Rachel has a keen eye for great vegetables and an experienced palate for great cooking. After picking up items from the market, participants will head back to the kitchen classroom and make some wonderful dishes to sample.

Class Instructor: Rachel Sandhorst

\$15.00 Member/Owners, \$18.00 Community

Introducing Broth (Stock)

DM

Thursday, September 24, 6:00-8:00 pm

There is nothing like a homemade broth - rich, fragrant and glistening with droplets of golden fat. It's an essential aspect of good cooking. Homemade bone broth offers the depth of flavor that its store-bought counterpart simply can't parallel. It's also an extraordinarily inexpensive food, especially for its nutritive value. Beyond its culinary uses and economic benefits, bone broth is remarkably healthful.

Michael F. Klimesh works hard to raise, purchase, cook and eat natural, organic, humanely-raised, high nutrition foods. Fermentations, broth/stock, proper preparation methods, traditional eating and avoiding genetically modified and drug and hormone and chemically-treated and processed foods are healthy life priorities.

Class Instructor: Michael Klimesh

\$15.00 Member/Owners, \$18.00 Community

Spring Rolls

HO, VG

Wednesday, September 30, 6:00-8:00 pm

Spring rolls will provide versatility to your kitchen and regular cuisine that you should not pass up. Not only will you learn how to wrap and present spring rolls, but also will receive many ideas for fillings and dipping sauces. Spring rolls are perfect for any dining occasion - light, healthy and fresh for lunch, appetizers or dinner. These rolls serve as a creative outlet for any vegetable. Lettuce wrap variations will also be shared.

Class Instructor: Johanna Bergan

\$15.00 Member/Owners, \$18.00 Community

CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

CLASS KEY

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

Taste the Local Harvest

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

THURSDAY • SEPTEMBER 24TH • 4:30-6:30PM

OCTOBER

3:2:20 Dinner Time

Wednesday, October 7, 6:00-8:00 pm

DM

Three meals, two sets of hands and twenty minutes each - join Johanna and Joel as they share the secrets of home cooking for a family, night after night, in a time frame that's sure to meet your needs. Watch the fun of speedy cooking and reap the benefits when the whole class eats together. Three meals of recipes will be created - each taking 20 minutes to prepare. You'll head home with all the knowledge you need to put pizza on the table Monday, have a Mexican fiesta on Tuesday and serve up a stir fry on Wednesday. With time to spare to do the laundry, take a walk or put your feet up.

Class Instructors: Johanna Bergan and Joel Zook

\$15.00 Member/Owners, \$18.00 Community

Functional Medicine

L

Thursday, October 8, 6:00-7:30 pm

Dr. Mohit Chawla, M.D., presents information on leveraging nutritional status for health improvement. His focus is on functional medicine - an approach to managing illness and disease that looks at the whole person and how health is related to lifestyle choices, environmental exposures and genetic influences.



Dr. Mohit Chawla offers a full spectrum of family medicine, including obstetrics at the Cresco Medical Clinic. He completed his family medicine residency in 2014, from Creighton University Medical Center in Omaha, Nebraska. Dr. Chawla worked as a Rural medical Officer in India prior to his residency in the United States. He has experience integrating functional medicine into this practice and an extensive background in alternative medicines. Dr. Chawla is also a member of the Institute of Functional Medicine.

Class Instructor: Dr. Mohit Chawla, MD

FREE

Depth & Texture in the Kitchen

HO

TRANSFORMATIVE CULINARY TECHNIQUE

Tuesday, October 13, 6:00-8:00 pm

Selecting the best ingredients is only the beginning - the cook is the key factor in any great dish. Spend an evening with Chef Tom Skold of the Hotel Winneshiak cooking four great dishes selected to illustrate the role a cook plays in great cuisine. We'll make a vegan soup, a pan seared fish, a risotto, and a lamb and red bean stew. Each of these recipes is designed to explore the aspects of layered flavors and dynamic texture. This is a hands on participation class.

Class Instructor: Chef Tom Skold

\$15.00 Member/Owners, \$18.00 Community

E.A.T. Experience. Ambiance. Taste.

In the Co-op Kitchen Classroom

DM

Indian Cooking

Join this father and son team as they demonstrate for you their love of Indian cooking.

Tuesday, October 20th; 6:00 - 8:30 pm

Featured Instructors: Brian Andreas and Matthew Andreas

\$20.00 Member/Owners, \$25.00 Community



Potluck Favorites

DM

Wednesday, October 21, 5:30-7:30 pm

Ever stumped for what to bring to the next potluck? Learn how to whip up a dish that is sure to please.

Class Instructor: Rachel Sandhorst

\$15.00 Member/Owners, \$18.00 Community

OCTOBER

Vegan Baking

HO, VN, VG

Thursday, October 22, 5:30-7:30 pm

Class Code: HO, VN, VG

Class Instructor: Wendy Saver

\$15.00 Member/Owners, \$18.00 Community

NOVEMBER

EXPLORING FOODS

3:15-4:15pm

Tuesdays:

- November 3
- November 10
- November 17
- November 24
- December 1
- December 8

Explore foods through sight, sound, smell and tactile experiences. The love of cooking and eating good food starts young. Children who are given choices and are able to lend a hand in preparing their foods eat a wider variety of nutritious foods and are able to make healthier choices as they grow. Let that process start here at the Oneota Community Co-op.



One Exploring Foods Session (6 classes) is

\$50.00 for member/owners, \$60.00 community members,

\$10.00 discount for each additional sibling.

Location: The New Co-op Kitchen Classroom - two doors down from the Oneota Co-op on Water Street

TASTE OF THE HOLIDAYS

THURSDAY, NOVEMBER 5TH

You are invited to attend a full holiday meal - from appetizers through dessert - prepared in-house by the Water Street Café. All donations go to support local food banks. Seating will be scheduled every half hour beginning at 4:30 pm. Please arrive 15 minutes before your scheduled seating to enjoy appetizers, beverage samples and the company of friends.

Registration begins October 1st, please call Customer Service at 563-382-4666 to sign-up for your preferred seating time or do so online at www.oneotacoop.com. This year we are also featuring a take-away option where you can register to pick up a to-go version of this same delicious main course and dessert options. The take-away option will be \$10 as it does not include the in-store appetizer course. If you have any questions, please contact customerservice@oneotacoop.com. We hope to see you there!

LAST M.A.D. SALE OF THE YEAR!
November 10th • 8am-8:30pm
 « STOCK UP AND SAVE!!! »

Soup is On!

DM

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

Soup is a wonderful go-to meal for any day of the week. Shirley Vermace will teach you time saving techniques that will have you soupin' it up in your kitchen in no time.

Class Instructor: Shirley Vermace

\$15.00 Member/Owners, \$18.00 Community

Gluten Free, It's What's for Dinner

DM, GF

Monday, November 16, 5:30-7:30pm

Starting a gluten-free diet is overwhelming. All of a sudden it feels like gluten is all around you and there's nothing left to eat. Join us in the Co-op classroom to spend 90 minutes - gluten-free and loving it! We will focus on finding lunch and dinner options that are gluten-free (with variations for dairy and egg free as well) AND taste good. Learning some subtle shifts in our thinking about preparing meals will help make your new gluten-free diet a reality.

Class Instructor: Johanna Bergan

\$15.00 Member/Owners, \$18.00 Community

FIELDS OF DRIFT

GMO WEED KILLER EXPOSURE ON PLAYING FIELDS & PARKS

Continued from pg. 1...

How EWG Did the Analysis

EWG researchers did a proximity analysis to determine how many small-town baseball fields and parks near heavily planted corn and soybean cropland are susceptible to potential contamination by the toxic combination of glyphosate and 2,4-D. EWG focused on the six states where the EPA approved Enlist Duo for use on GMO crops in 2014. Since then the agency has approved its use in an additional nine states.

Due to limited data availability on the location of parks and athletic fields, EWG narrowed its analysis to small towns in the heart of the agricultural landscape in the six states – Illinois, Indiana, Iowa, Ohio, South Dakota, and Wisconsin. In those states EWG used 2010 U.S. Census data to identify 78 incorporated towns or municipalities with a population of at least 500 people and planted row crop acreage covering at least 50 percent of the total land area (as defined by the 2014 USDA Cropland Data Layer). In the 76 towns that had either a baseball field or municipal park, high resolution aerial imagery from the most recent (2014 except for 2013 in the case of Wisconsin and Ohio) National Agriculture Imagery Program (NAIP) was used to trace the boundaries of those playing fields or parks.

In those 76 towns, EWG identified 264 ball fields or parks that were within either 200 or 1,000 feet of cropland that could expose them to drifting glyphosate and 2,4-D. More than 92 percent of the recreational areas were located within 1,000 feet of row crops, and more than 56 percent were within 200 feet. In Ohio eight of nine identified recreational areas (89 percent) were within 200 feet of cropland, as were 44 of 74 in Illinois (59 percent, 77 of 146 in Iowa (53 percent), and 14 of 30 in Indiana (47 percent). Both of the parks or playing fields identified in South Dakota were within 200 feet, as were all three identified in Wisconsin.

Athletic Fields and Parks at Risk of GMO Herbicide Exposure

State	Athletic fields assessed	Parks assessed	Athletic fields within 200 ft.	Athletic fields within 1,000 ft.	Parks within 200 ft.	Parks within 1,000 ft.
Illinois	45	29	30	45	14	28
Indiana	20	10	14	20	0	9
Iowa	81	65	53	74	24	55
Ohio	5	4	5	5	3	4
South Dakota	2	0	2	2	0	0
Wisconsin	2	1	2	2	1	1
Total	155	109	106	148	42	97

The sample was limited because of the thresholds used (50 percent corn or soybean coverage and population over 500), but many more small towns are potentially at risk. The same datasets show that in the six states row crops cover at least 25 percent of the total land area in no fewer than 1,424 towns.

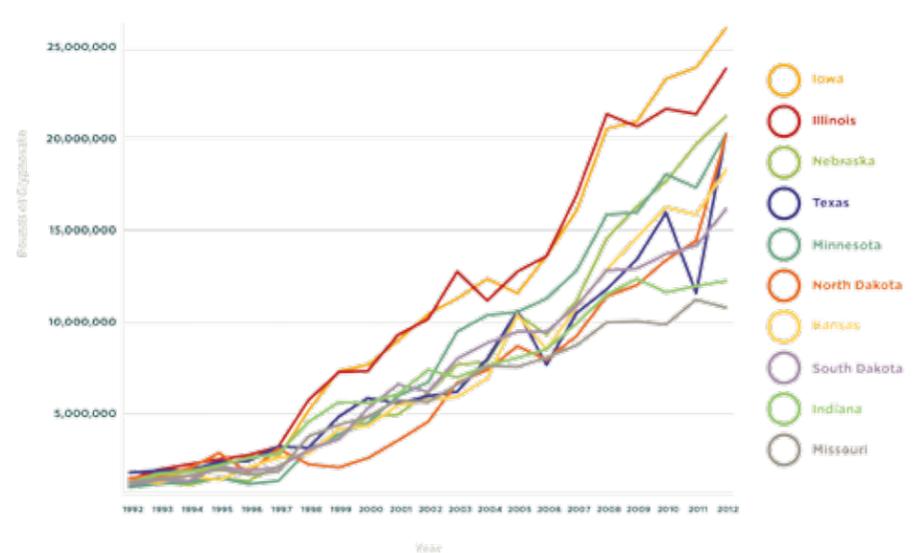
Despite the small sample size, the finding that 56 percent of identified parks and playing fields in these towns were within 200 feet of cropland planted with corn and/or soybean

underscores the public health risk that faces many Midwesterners as a result of the intensifying use of the toxic pesticides glyphosate and 2,4-D on GMO crops.

GMO Crops Led to Soaring Herbicide Use

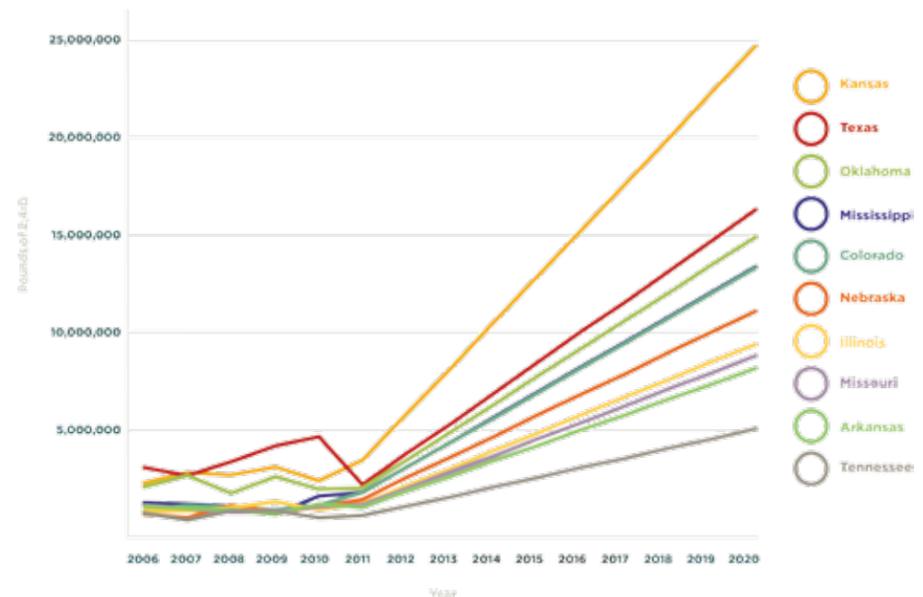
The use of glyphosate in particular has skyrocketed since GMO corn and soybeans came online. The U.S. Geological Survey estimates that glyphosate spraying increased 16-fold between 1992 (before GMO corn and soybeans came on the market) and 2012. The top 10 glyphosate-consuming states – shown below – accounted for 65 percent of all glyphosate use in 2012 (the most recent year of available data).

Rise of Glyphosate Use in Top 10 States



The U.S. Department of Agriculture now estimates that EPA's recent approval of Enlist Duo on GMO corn and soybeans will lead to a seven-fold increase in 2,4-D use by 2020, compared to 2011. The chart below shows the projected increases in each of the 10 states that currently spray the most 2,4-D.

Projected Increase in 2,4-D Use



Copyright © Environmental Working Group, www.ewg.org. Reproduced with permission.



THE YOGA STUDIO

Iyengar Yoga classes for all levels

Offering morning, evening & Saturday classes



Marybeth Gallant

306 West Water St. Decorah · 563-419-2329

Search for us on Facebook: TheYogaStudio

FREE



Join us for these great events

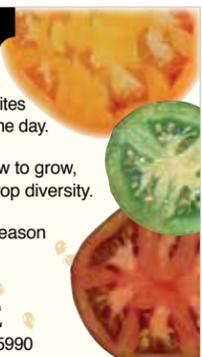
Tomato Tasting September 5
Sample dozens of heirloom and open-pollinated tomatoes—including member favorites and rare varieties from SSE's seed bank. Free seed saving workshops throughout the day.

Fall Seed Saving School* September 18-20 Learn how to grow, harvest, store and save seeds while discussing the importance of preserving crop diversity.

Fall Harvest School* October 3 Celebrate the harvest season with workshops related to food preservation and seed saving.

*(Registration required)

SEED SAVERS EXCHANGE
3094 North Winn Road, Decorah, IA • seedsavers.org • 563-382-5990



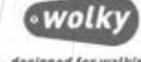
the good foot

FOOTWEAR





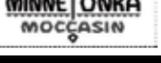






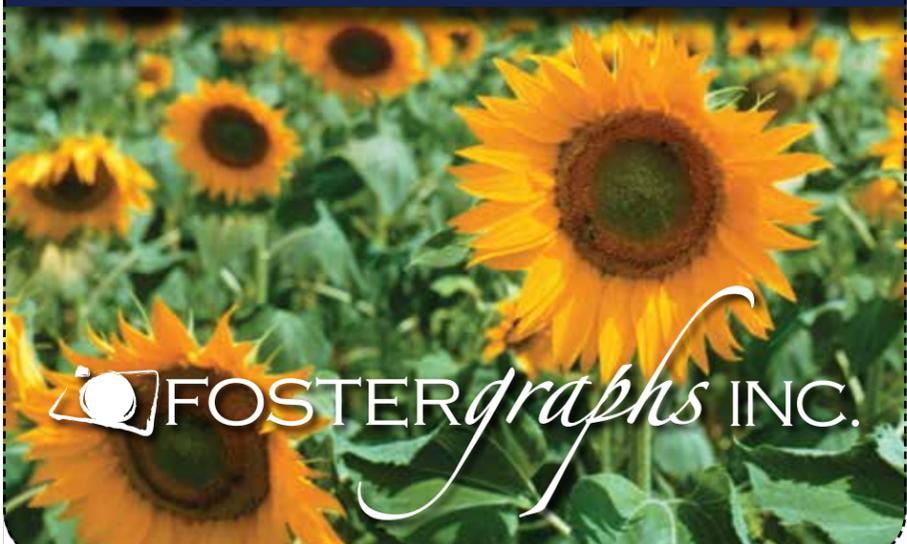






128 West Water Street, downtown Decorah · 563-382-9829
nori@amundsonsclothing.com www.facebook.com/goodfootdecorah/

Complete Printing & Graphics Services
563.735.5603 | www.fostergraphsinc.com



FOSTERgraphs INC.

EXAMINING EGGS

By: Beth Hoven Rotto, Chill Buyer

It's time to examine eggs available at Oneota Co-op. I've ordered eggs for the Co-op for years, and yet still have much to learn about chickens and our own suppliers. Recently I made a list of questions, called some of our producers and made a farm visit. Additionally, I've been doing some research, and I can tell you that I've definitely become more and more appreciative of our local egg suppliers. Elsewhere the typical, conventional egg comes from chickens raised in farms run like factories where the hens are, more than likely, packed in cages for their entire life. It's the way big producers find most efficient, but it seems inhumane, unsanitary, and unhealthy. It's not uncommon for a commercial hen house to contain 100,000 laying hens. Gruesome stories abound.

Our Organic Egg Supplier: **LARRY SCHULTZ ORGANIC FARM**

We carry Certified Organic eggs from Larry Schultz Organic Farm near Owatonna, Minnesota. This family farm has been organic for four generations and the entire family is involved in the business. We order eggs every week. We know they are very fresh, as they are candled and graded within 36 hours from when they are laid. Apparently large, commercial egg producers hold eggs for many days before they are graded and candled, which isn't reflected on the carton sell by date. Eggs can last a long time if kept refrigerated, and a 50 day old egg may still fine, but obviously it's not very fresh, which can impact its performance in baking and probably its nutritional value and taste. Larry Schultz USDA Certified Organic Eggs are high in Omega-3s and Vitamin E because flaxseed is added to the chicken's feed. In fact, the family grows most of their own crops organically, grinds their own feed, and handles and grades their own eggs.

Larry brings in chickens at 18 weeks old, and is currently expecting to have 12,000 chickens on the farm. The chickens he gets have the sharp tip of their beak removed when they are very young with an infrared process to ensure that the birds don't injure each other if they are pecked. Although beak trimming is not a pleasant thing to think about, and there is pain involved in all the methods, the infrared method is preferred in terms of animal welfare. There is no open wound and no evidence that the bird suffers lasting stress or pain. Although this might not be needed for backyard and small flocks, it has been proven that birds with beaks trimmed with the infrared process are less aggressive, so for a commercial operation, this is a serious consideration. Hens at Larry Schultz Organic Farm stay in production for about 13-14 weeks, and after that time they are sold.

During the threat of Avian Influenza chickens were kept indoors, but that concern has diminished and the chickens are able to be out-of-doors again in fair weather. The hen house barn has windows and is also lit during winter days. With the help of other organic growers, Larry Schultz Organic label goes on 1,500 cases of eggs a week. I was invited to visit the packing house in Owatonna, Minnesota, but I haven't had a chance to do that yet. We offer large and medium eggs from the Larry Schultz Farm.

One of our Suppliers of Free Range Eggs: **CEDAR RIDGE FARM**

I visited Cedar Ridge Farm recently. Neal, his wife, Caroline, and his family are Amish farmers, and run their operation on solar power. They raise four flocks of Bovan Brown chickens for a total of approximately 950 chickens on the farm. Most of the chickens are housed in a new, light filled building with access to a large amount of outdoor space during fair weather. Most eggs are laid in a row of laying boxes that the chickens can jump in, and are covered for privacy, which the chickens like. Three times a day, at 8:00, 10:00 and noon, two of the children, ages 8 and 5, make the rounds to pick up any eggs that may have been laid on the ground or floor. Eggs are collected in pails and carried to a packing building nearby, although a packing room addition to the hen house is planned for this summer. Eggs are washed and dried on towels and individually candled and sized. I was impressed with the entire operation, the ethical treatment of the hens and the care of the product.

Unless farmers grow their own feed, it can be difficult to purchase non-GMO feed. This is the case for our supplier at Cedar Ridge Farm. Feed for their chickens is purchased at the feed store in Postville and contains conventionally raised corn and soybeans. "I would buy non-GMO feed, if I could," says farmer Neal Lambright. The chickens drink spring water that is pumped into the hen house using a 12 volt system. We watched them scramble to get at a buckets of greens from neighboring Rolling Hills farm, obviously a treat and full of nutrition.

The chickens are purchased when they are 16 weeks old and they produce eggs for approximately a year. As the chickens get older, their shells become thinner and at some point they are not commercially suitable. Ninety two percent of the chickens produce an egg a day. If this number gets lower than 75%, that is another indication that the flock is getting too old. Then the chickens are sold to be stewing hens. The farm produces about 100 cases of eggs a day.

It was very noisy in the hen house and I thought it was because there were strangers in their space, but Neil said they are always noisy and that noisy hens are happy hens. They did seem happy. We offer extra-large and jumbo eggs from Cedar Ridge Farm, and they arrive on Wednesdays.

Another supplier of Free Range Eggs: **HANSON'S EGGS**

We have been buying eggs from Hanson's since the 1980s. Esther Hanson brought eggs to the Co-op at that time, and she was helped by her son, Don. Don and his wife, Janet, continue to bring us eggs from the family farm outside of Postville. But don't be surprised if you don't see Hanson's eggs on the shelf very often, even though we are their only retail outlet. That is because they have a very small flock. Currently they have about 20 chickens, and at most they have 30-35 hens.

They bring eggs every two weeks on Tuesdays. The chickens roost in a chicken house that has been maintained for about 100 years. It has a new roof and windows, but Don says, "it's nothing fancy." The chickens are outdoors in the summer and indoors in the winter because Don says they don't like to get their feet wet. Earlier this year, Don had a bit of a problem with the hens breaking their eggs. He thought they were perhaps getting bored, so he put a radio in the hen house to give them something to listen to. He says the problem is much better now that they are able to be outside every day.

Besides eating grass, the chickens are fed corn raised on the farm with barley and ground alfalfa meal added, and feed from the feed store in Waukon. The hens lay their eggs early in the day, usually before 1 p.m., and Don checks 4-5 times a day to pick up the eggs when they are just laid. Then he refrigerates them until he washes and candles them in the kitchen. When eggs are candled, a bright light is used to look for cracks or "floating spots." These become more likely if the egg is from an old hen. Don buys chickens when they are 3/4 grown, or pullets, at approximately 1 year old. He keeps them until they die of natural causes.

We have recently added eggs from John Borntreger, an Iowa grower with the distribution group GROWN Locally. John is an Amish farmer, and we buy his free-range, large eggs. These eggs come on Thursdays. Look for an interview with John sometime soon.

I know that producing eggs is a challenging business. We are very lucky to have choices among good local suppliers. Let's give our producers a hand!



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.

The Chicken and the Egg: Egg Labels and Production Methods

Co+op, Stronger Together

For such a simple food, buying eggs can be complicated. Eggs come in various colors, sizes, and grades and from chickens that are housed, fed, and treated differently. Short of raising your own chickens, how can you tell what's what when it comes to eggs?

Grade

If a carton of eggs sports the voluntary USDA shield, these are the criteria used for the grading: Grade AA eggs have thick, firm whites; yolks that are high, round, and practically free from defects; and clean, unbroken shells. Grade A eggs are the same as Grade AA, except that the whites are "reasonably" firm. Grade B eggs might have slight stains on the shells, the whites may be thinner, and the yolks wider and flatter than AA or A eggs. If the eggs have a grade without the USDA shield, it means they've met specific state standards.

Color

The eggshell color—white, brown, pink, and even green and blue—simply depends on the breed of chicken and has no effect on the egg's quality or taste.

Size

This doesn't refer to the dimension of each egg, but the minimum weight required per dozen eggs, from peewee (15 ounces) to jumbo (30 ounces). Most recipes are based on large eggs, which weigh in at 24 ounces per dozen.

Habitat

Unfertilized eggs mean that the hens were housed without roosters. Fertilized eggs are produced from cohabitating hens and roosters. (But don't worry—refrigeration stops cells from growing and prevents embryos from forming.) Cage-free* hens are allowed to roam inside barns or warehouses, but they don't necessarily have access to the outdoors. Uncaged chickens can engage in some natural behaviors that caged birds cannot, like walking, nesting, and perching. There are many certifications verified by USDA for

humanely raised chickens; some set standards for hens' space and access to the outdoors, and some also prohibit forced molting (via starvation) and/or beak cutting.

Free-range and free-roaming* apply to hens that are cage-free. There are no regulations for exactly how these hens are raised differently from "cage-free" hens, but the understanding is that true free-range eggs come from hens that forage on pasture for green plants and insects.

Pastured or pasture-raised* eggs come from hens raised outdoors on grass

* Refers to terms not regulated by nor certified through USDA (or other organizations recognized by USDA).

Nutrition

Fortified eggs contain supplemental nutrients. In order to boost the amount of a specific nutrient in eggs, chickens may have their diets tweaked—added flax for increased omega 3 fatty acids or marigold extract for more lutein, for example. Certified organic eggs come from chickens raised on organic feed and without the use of hormones or antibiotics. As regulated by the USDA National Organic Program, they are given access to the outdoors, though the type and amount of access are undefined.

Vegetarian eggs are produced by hens whose feed is free of animal by-products. This term is not regulated nor certified, and while the absence of animal by-products in feed is praised by many, the vegetarian label is also criticized since a natural diet would include hens foraging for grubs.

While some suppliers assert that there's no nutritional difference between eggs raised by different methods, studies conducted by Mother Earth News conclude that compared to USDA nutrient data for commercial eggs, eggs from pastured hens may contain one-third less cholesterol, a quarter

less saturated fat, two-thirds more vitamin A, two times more omega-3 fatty acids, three times more vitamin E, seven times more beta carotene, and four to six times more vitamin D.

Of course, these labels don't always guarantee the living conditions and production methods used. Co-ops often offer eggs from local suppliers and/or producers that use the most humane methods, making them a good source for finding the most nutritious, most humanely raised eggs. Which labels do you look for when picking up a dozen?

Reprinted by permission from StrongerTogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogether.coop.

Enrolling now
for Fall 2015!

Tuition assistance
available

Kinderhaus embraces students of all racial, national and ethnic origins in all rights, privileges, programs, policies, and scholarships



Preschool and kindergarten for ages 3-6
KinderhausDecorah.com • 563.379.7303



WORLD FAMOUS GEAR
SMALL TOWN CHARM



DECORAH
HATCHERY

406 W. Water St. • Decorah, Iowa • decorahatchery.com

Specializing in
sustainable
residential &
light commercial
construction



David J. Wadsworth • 563.419.0390 • wadsworthconstruction.com

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

STAFF PICKS



Reed's Kombucha
Pomegranate Ginger
SIRI, FRONT END

I have had to restrain myself from buying more than 3 of these Kombuchas a day. It has amazing flavor (not too gingery), and I feel energized and healthier when I drink it. Definitely my guilty pleasure of the moment!



Salpica Salsa
Mango Peach
NOAH, FRONT END

Try it with scrambled or poached eggs. Spice up breakfast!

MegaFoods Men's One Daily
NATE, MARKETING

Great daily multi-vitamins and single vitamins and minerals. Most combined with complimentary herbs for an extra daily boost. Fresh ingredients, slow process drying, and mostly organic or non-GMO.



Rainbow Light Advanced Enzyme System

NATE, MARKETING

helps with digestion when my insides aren't up to par.



MegaFoods MegaFlora Probiotics
KAIJA, MARKETING

These probiotics have been an absolute lifesaver after years of suffering from IBS, and thought-to-be food intolerances. They contain 14 strains of bacteria, which is way more than commercial brands. Every person that I referred them to has thanked me. Give them a try! Cheers to your good health!



Noosa Yoghurt
Coconut, Lemon, Raspberry, Strawberry Rhubarb



Wallaby Yogurt
Organic Greek
Vanilla Bean



KAIJA, MARKETING

These are my two all-time favorite yogurts. They both have divine creamy textures and are the perfect dessert. I like to make a parfait with the Wallaby yogurt, berries, and granola, and I have just discovered that the noosa is amazing frozen! Just make sure you stir it up first!

Against the Grain Gourmet Frozen Pizza
NATE, MARKETING

A great tasting gluten free frozen pizza. Perfect used as a base and add to it whatever toppings you like - my suggestions include cubed ham from the fresh meat cooler, fresh spinach and a sliced bell pepper from Produce, and some green olives from the Cafe.



SO Delicious Cashew Milk Frozen Dessert
Salted Caramel Cluster
NATE, MARKETING

The product has an amazing taste and is the closest to regular dairy ice cream that I have ever had. Dark Chocolate Truffle has a deep, rich chocolate flavor with crunchy chocolate flakes mixed throughout. The Salted Caramel Cluster is pure, gooey, slightly-salty bliss. Both are great alone or with an iced (or hot) coffee.



ABSOLUTE HOOT with members of the **DECORAH CHORALE**
Saturday, 9/5, 7 PM | Co-op Parking Lot | FREE!



WATER STREET MUSIC SERIES WSMSDECORAH.ORG

Decorah Roling®
Hans Finanger
563-419-6878

balance · align · relieve

- postural improvement
- chronic pain relief
- pre/post surgery
- athletic performance

126 College Drive
www.DecorahRoling.com



Locally grown * 100% organic * 100% natural

Try our locally flavored, lightly sprinkled, chocolate dipped, crumble coated, sweet and sour, full bodied, bold tasting, commercial free and community driven radio station.



NE Iowa's Community Radio Station
KPVLRadio.org

It's Community Radio — be a part of it!

This message was brought to you by the people who love community radio.

GRILLED VEGETABLES WITH TOMATO APPLE CHUTNEY

Co+op Stronger Together

Ingredients

- 2 tablespoons vegetable oil
- 1/3 cup yellow onion, diced
- 1 1/2 tablespoons fresh ginger, peeled and minced
- 2 cloves garlic, minced
- 1 teaspoon brown mustard seeds
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 3 large tomatoes, seeded and diced
- 1 small apple, peeled and diced
- 1 tablespoon apple cider vinegar
- Black pepper to taste

2 pounds of mixed vegetables (zucchini, yellow squash, peppers, mushrooms, eggplant, potatoes, fennel, onions in any combination), cut in 2- to 4-inch pieces

Vegetable oil
Salt and pepper to taste

Preparation

To make the chutney, heat 2 tablespoons of oil in a medium-sized saucepan over medium-high heat. Sauté the onion and ginger for a few minutes and then add the garlic and mustard seeds; sauté for

2 more minutes. Add the cumin, salt, tomatoes, apple, vinegar and a pinch of black pepper. Stir well, lower the heat to low, and simmer for 20-30 minutes, stirring occasionally. Season to taste with salt and black pepper. Remove from heat and reserve. The chutney may be made up to 7 days in advance; keep leftover chutney refrigerated for up to a week. To grill the vegetables, preheat grill to medium-high. Drizzle the chopped vegetables lightly with oil and sprinkle with salt and pepper. Grill the vegetables a few minutes on each side until cooked

to desired tenderness. Serve with warm tomato chutney.
Serving Suggestion
For an easy summertime meal, serve the grilled veggies with couscous or brown basmati rice, or use to top a pizza or foccacia bread.
Reprinted by permission from StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.

Feast!

LOCAL FOODS MARKETPLACE

your mouth Upper Midwest foodmakers. If you to taste test and stock up on goodies grown and prepared by over 100 regional food businesses at the second inaugural Feast! Marketplace December 2015.

As the single largest showcase of local foods from Iowa, Minnesota and Wisconsin, Feast! is the premiere place for foodmakers and farmers to share their products with the public, and potentially land an account with a wholesaler or buyer serving the region.

From apples to preserves, locally-grown nuts to hand-dipped chocolates, or sweet wines to bitter brews, foodies and wholesale buyers alike can fill their pantries, complete their Christmas shopping, and take care of business all in one place. The event is open to the public at 9am on Saturday, December 5th while the day prior, Friday, December 4th, is an industry-only tradeshow to make sure this good stuff makes it into grocery stores, hospitals, and restaurants near you.

This group of lively vendors, ranging from free-range, antibiotic-free turkey purveyors to from-scratch spirit makers, included a somewhat new arrival on the scene in 2014: Clover Valley Farms & Vinegary, out of Duluth, Minnesota, which produces a variety of fruit, herbs, and meat, and makes over a dozen types of gourmet vinegars as well as herb salts, salves, and soap. [More at clovervalleyfarms.com.]

Cindy Hale, who runs the business with her husband Jeff Hall, was eager to talk with buyers of all kinds at the event, from co-ops and specialty grocery to institutional and restaurant buyers, since they also have bulk packaging for their gourmet infused vinegars. As she explained, "We had a lot of conversations at this show, and we weren't always sure if someone was a buyer, but they take samples back and eventually something can happen."

Hale reports that the connections made there resulted in three new wholesale accounts for Clover Valley products. In addition, Hale shared that "Feast! was good for conversations with other vendors—we developed some relationships that have proved to be valuable."

These exhibiting food entrepreneurs and farmers can meet customers and commercial buyers, plus access a range of workshops that provide information on topics critical to growing local foods businesses that include product development,

If you attended the first ever Feast! Festival and Tradeshow last November at the Rochester Civic Center, you left with a delicious taste in and confirmed knowledge that the is full of talented farmers and artisan didn't make it, you'll have another chance

marketing, labeling, regulations, distribution, and sales. Adding to the benefits of selling at Feast!, vendors can also talk with resource providers and government representatives.

Another vendor from 2014, Pete Gengler of SnoPac – which has been producing individually quick frozen (IQF) fruits and vegetables in southeastern Minnesota for over 70 years – said, "I talked with Brian Erickson from MDA, and in general it was good for reinforcing relationships. I attended one panel workshop that had Kwik Trip and Hy-Vee, and the room was full. It seemed like a good discussion with an engaged crowd." Gengler is the fourth generation running the business, which has resisted the lure of farm chemicals and pesticides from the very beginning and today grows certified organic crops.

Premier sponsors of the event include Mayo Clinic, Minnesota Department of Agriculture, Southern Minnesota Initiative Foundation and Renewing the Countryside. Organized by the Feast Local Food Network, which is a partnership of many organizations, businesses, and individuals committed to growing a sustainable, local and regional food system which encourages innovation, Feast! Marketplace events help current businesses flourish and new businesses get established for the health of our land and communities.

So whether you're looking to stock your shelves or are a producer ready to expand your markets, Feast! Marketplace is the local connection to local food lovers near you. Registration can be completed online at local-feast.org or by calling 507-353-0407. Space is limited. See you there!



CLASSROOM UPDATE:



September marks the one-year anniversary of the new Co-op Kitchen Classroom space at 308 West Water Street – next to the main Co-op building. We are happy to announce that we are moving forward with options for renting the space to member/owners, community members (including organizations). We currently have three levels at which the space, equipment and/or staff can be utilized – each for a minimal fee.

The three levels are as follows:

- LEVEL ONE** – includes use of space, tables, chairs, restroom, refrigerator, freezer, and sink. Cost: member/owners \$10; community \$30
- LEVEL TWO** – includes all items listed in Level One plus optional use of all kitchen equipment. Cost: member/owners \$20; community \$40
- LEVEL THREE** – includes all items listed in Level One and Level Two plus the use of a staff member for teaching purposes. Cost: member/owners \$20 plus additional \$20/hr; community \$40 plus additional 20/hr.

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 email kitchenclassroom@oneotacoop.com.



GROCERY SAVVY: Save Money and Time when you Special Order Product at the Co-op

By: Nate Furler, Marketing and Outreach Manager

It has long been known that the most savvy (and frugal) of grocery shoppers plan ahead. They make lists, check them twice, watch for sales, and most definitely try not to shop on an empty stomach.

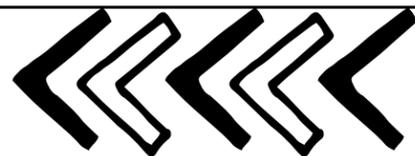
Perhaps one strategy that shoppers may not be very familiar with, or know about at all, is the opportunity to place what we call a "special order." A special order is just what it sounds like – an order, placed special for you – and often involving larger quantities (but not always).

Special order quantities are different in several departments at the Co-op. For instance, placing a special order in Wellness may involve a quantity of one, special ordering in the Bulk department may involve a quantity of one pound for herbs to 25 or 50 pounds for oats and flour, and a special order in Packaged Grocery is according to the size of the case – often anywhere from 4 to 12 or more items.

Items that can be special ordered are not limited to items that we stock on our shelves. We have access to many more products than those that hold a place in the store. Additionally, we may have access to various sizes of the same product – like different size bags of bulk oats as I mentioned previously, or larger boxes of dishwashing powder compared to the size we sell on our shelves. The options of what we are able to get are quite extensive in most cases and we are here to help you select what is right for your needs.

If an item is on Co+op Deals, it is already the lowest price we can get that item for, but we are still happy to special order a case or more at that price just for you - secured at that sale price. If you are a member/owner and the item is on sale as a Member Deal, we are happy to order a case or more of that item at the sale price as well.

You don't have to be a member/owner of the Co-op to place a Special Order (S/O). However, being a member/owner of the Co-op will benefit you financially when it comes to special ordering product as well. Member/owners receive a 15% discount off the retail price of items they special order (excluding items already on Co+op Deals, Member Deals, or Oneota in-store sales).



Here is a great example to think about:

Does your family have a way of eating through a box of that great Nature's Path cereal in less than two days? Special ordering may be a good option for you when it comes to something like this. As a member/owner, you can order a case of it and receive 15% off the regular shelf price. (See diagram on next page for savings illustration). Better yet, time it right and when the product goes on sale as a Co+op Deal you will usually wind up saving even more because those products are often at a greater discount than 15%.

Besides the often-eaten foods, think of things like vinegar, dish soap, laundry detergent, garbage bags, and toilet paper. These items have a shelf life of many months if not years. As long as you have space to store it, the savings can be considerable. We know people who haven't purchased dishwashing powder for over two years because they bought two cases of the big size that we don't carry on our shelf. Imagine the savings on this when you factor in items that jump in price. The person who purchased this dishwashing detergent two years ago not only saved on the cost of the product at the time, but additionally as the retail price of that product went up over the past two years.

During your next shopping trip, as you reach for that can of beans, bar of soap, or Co+op Deals featured pizza, think about placing a special order to increase your overall savings. As you walk through the aisles, take note of what you use often enough to warrant buying a larger quantity. Simply speak to a cashier on your way through the register and they can easily assist you with your special order.

Please note that we do have deadlines concerning special ordering and receipt of product. The deadline to special order a product for pick-up the following week is 12:00 noon on Fridays. Select items may take longer to receive, but the following week is usually possible and a buyer or manager will let you know via phone when the product is ready for pick-up. Orders are typically ready for pick-up the following Tuesday at 2:00 pm.



Wellness Special Order Notes

Special orders of Wellness department items that we do not carry on our shelves can be ordered in quantities as low as one if they are available to us in that way – a bottle of this or bar of that. Items that we stock on our Wellness shelves must be ordered in quantities of three or more – depending on how they are available to us. In most cases items are available as singles, or quantities of three in the case that we typically stock the item. The special order pricing of 15% off the retail price applies to member/owner purchases throughout the Wellness department.

LABOR DAY HOURS



Open Monday,
September 7th
8:00 AM - 8:30 PM

LOCAL, FRESH APPLES

We have lots of great Honeycrisp!!

OPEN WEEKENDS starting mid-September

Saturdays 8:00 am - 6:00 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

Mark your calendar & follow us on Facebook

2nd Annual
Holistic and Spiritual
Wellness Fair
Cresco Fitness Center
September 12, 2015

Featuring a variety of health and wellness booths and practitioners.

For more information, contact Joan Johnston
563-547-4744 or jkji@m.com



Tai Chi of Decorah



Movement for Health and Well-Being

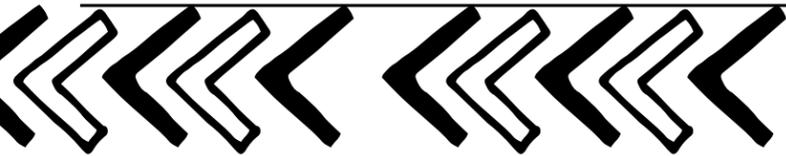
Contact Diane Sondrol for class times and more information:
563.419.5420 or taichigrandmadi@msn.com



Simply Antiques

Nancy Lerdall

801 East Water • Decorah, IA 52101
563-382-8806



Simply speak to a cashier on your way through the register and they can easily assist you with your special order.

A few notes:

Except in the case that product is defective, sales of special order products are non-refundable due to the nature of the transaction and the fact the item may not be sold on our store shelves.

Due to rapid price fluctuation, Produce department sales are sometimes not available beyond the stock we have on-hand.

Rainchecks are not available on Co+op Deals and Member Deals items, or on some other Oneota sale items which are at the discretion of the department manager.

Special Ordering Tips

- Consult the Co+op Deals flyer at the front of the store for special sale items available to all shoppers of the Oneota Co-op.
- Note that not all items listed in the Co+op Deals flyer may not be carried at the Oneota Co-op, but they are typically available to us through our United Natural Foods (UNFI) warehouse.
- If we have questions or concerns with your order, we will be in touch with you as soon as possible.
- If you wish to place a special order via email, please send a message to specialorders@oneotacoop.com and include your full name, mailing address, phone number, and the best way to contact you with any questions. A staff member will contact you as soon as possible with the status of your order.



SAVE MORE WITH LARGER QUANTITIES
 Dr. Bronner's Liquid Castile Soap
 @ 128 oz size - \$.34/oz
 @ 32 oz size - \$.40/oz

Special ordering non-perishable items in case quantities can really pay off.
EXAMPLE: BioBag Pet Waste Bags
 Special ordering by the case will get you virtually 12 boxes for the price of 10! And, these aren't going to go bad sitting in your closet.

Brand	Variety	Retail Price	Size - Single	Number in Case	S/O Single Price	S/O Case Price	Total Savings
BioBag	Pet Waste Bag	\$5.79	50 bags	12	\$4.92	\$59.06	\$10.42
Nature's Path Organic	Sunrise Crunch Maple	\$4.79	10.6 oz	12	\$4.07	\$48.86	\$8.62
Nature's Path Organic	Corn Flakes	\$7.99	26.4 oz	6	\$6.79	\$40.75	\$7.19
Envirokids	Peanut Butter Panda Puffs	\$8.79	24.7 oz	6	\$7.47	\$44.83	\$7.91
Nature's Path Organic	Whole O's	\$9.79	26.4 oz	6	\$8.32	\$49.93	\$8.81
Nature's Path Organic	Crispy Rice	\$4.79	10 oz	12	\$4.07	\$48.86	\$8.62
Seventh Generation	Disinfecting Multipurpose Spray	\$4.49	26 fl oz	8	\$3.82	\$30.53	\$5.39
Seventh Generation	Natural Dish Liquid	\$4.49	25 fl oz	12	\$3.82	\$45.80	\$8.08
Field Day Organic	Pasta Sauce	\$3.59	26 oz	12	\$3.05	\$36.62	\$6.46
Tinkyada	Organic Brown Rice Pasta	\$3.99	12 oz	12	\$3.39	\$40.70	\$7.18
Bionaturae	Organic Wheat Pasta	\$2.99	16 oz	12	\$2.54	\$30.50	\$5.38
Muir Glen Organic	Canned Fire Roasted Diced Tomatoes	\$3.49	28 oz	12	\$2.97	\$35.60	\$6.28
Dr Bronner's	Pure Castile Liquid Soap - Peppermint	\$51.57	128 fl oz	1	\$43.83	\$43.83	\$7.74
Dr Bronner's	Pure Castile Liquid Soap - Peppermint	\$14.99	32 oz	1	\$12.74	\$12.74	\$2.25
Seventh Generation	13 gallon recycled plastic trash bag	\$6.69	30 count	12	\$5.69	\$68.24	\$12.04
Seventh Generation	33 gallon recycled plastic trash bag	\$6.69	15 count	12	\$5.69	\$68.24	\$12.04
Seventh Generation	Natural Dishwasher Detergent Powder	\$6.39	45 oz	12	\$5.43	\$65.18	\$11.50
Biokleen	Laundry Liquid	\$12.99	64 oz	6	\$11.04	\$66.25	\$11.69
Biokleen	Bac-Out	\$8.59	32 oz	12	\$7.30	\$87.62	\$15.46
Seventh Generation	100% recycled bathroom tissue	\$11.99	12 double rolls	4	\$10.19	\$40.77	\$7.19
Larabar	assorted flavors	\$1.69	1.6 oz	16	\$1.44	\$22.98	\$4.06
Eden Organic	Butter Beans - Canned	\$2.49	15 oz	12	\$2.12	\$25.40	\$4.48
Synergy Kombucha	Assorted flavors	\$3.39	16 oz	12	\$2.88	\$34.58	\$6.10
Pamela's	Gluten Free Cake Mixes	\$5.99	21 oz	6	\$5.09	\$30.55	\$5.39
Santa Cruz Organic	Peanut Butter	\$6.49	16 oz	12	\$5.52	\$66.20	\$11.68
Annie's	Macaroni and Cheese	\$2.49	6 oz	12	\$2.12	\$25.40	\$4.48
Mary's Gone Crackers	Thins - Gluten Free - Organic	\$4.49	4.5 oz	6	\$3.82	\$22.90	\$4.04
Bob's Red Mill	Organic Coconut Flour	\$6.99	16 oz	4	\$5.94	\$23.77	\$4.19
Bob's Red Mill	Natural Almond Meal	\$12.39	16 oz	4	\$10.53	\$42.13	\$7.43

Some items can be ordered as singles - just inquire with a staff member!

**Figures above, including pricing and case quantity, are subject to change without notice. "S/O Single Price" is used to represent the difference in individual price when Special Ordering product by the case. Not all items are available to special order as singles. Please speak with a staff member with any questions.

Santa Cruz Organic Peanut Butter was on Co+op Deals sale in August. Co+op Deals sale price was \$4.99 each. A case ordered at the Co+op Deals sale price would have been \$59.88 for a case of 12. This means saving an additional \$6.32 by special ordering at the Co+op Deals sale price.



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:

- 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.
- 2 A community that is educated about food and other products which are healthy for people and the environment.
- 3 A business that promotes the development of cooperation and cooperative enterprise.
- 4 A business that promotes environmental and financial sustainability.
- 5 Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.
- 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
 Marketing and Outreach Manager, Nate Furler..... nate@oneotacoop.com
 Financial Manager, Larry Neuzil..... larry@oneotacoop.com
 HR Coordinator/Office Manager, Deb Reiling..... deb@oneotacoop.com
 IT Coordinator, Theresa Kleve..... it@oneotacoop.com
 Produce Manager, Betsy Peirce..... produce@oneotacoop.com
 Grocery Manager, Kristin Evenrud..... grocery@oneotacoop.com
 Cafe Co-Manager, Leah King..... leah@oneotacoop.com
 Cafe Co-Manager, Stephen Larson..... stephen@oneotacoop.com
 Front End Manager, Keri Sovern..... frontend@oneotacoop.com
 Wellness Manager, Gretchen Schemp..... gretchen@oneotacoop.com
 Pricing and Commitment Coordinator, Frances Kittleson..... frances@oneotacoop.com
 Bulk Buyer, Carl Haakenstad..... bulkfoods@oneotacoop.com
 Multi-Department Buyer, Amber Pambin..... amber@oneotacoop.com
 Freezer Buyer, Carrie Johanningmeier..... carrie@oneotacoop.com
 Assistant Marketing Manager/Kitchen Classroom, Ruth Jenkins..... ruth@oneotacoop.com
 Graphics Coordinator, Kaija Kjome..... kaija@oneotacoop.com
 Meat Buyer, Kristin Evenrud..... meat@oneotacoop.com
 Cheese & Dairy Buyer, Beth Rotto..... beth@oneotacoop.com
 Member Volunteer Coordinator, Ruth Jenkins..... 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 11,000+ 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.

2015-2016 Co-op Board of Directors

Mike Bollinger..... oneotabollinger@gmail.com
 Maren Beard..... oneotabeard@gmail.com
 Steve McCargar..... oneotamccargar@gmail.com
 Brita Nelson, President..... oneotanelson@gmail.com
 Carl Peterson..... oneotapetersonc@gmail.com
 Alicia Trout, Vice President..... oneotatrout@gmail.com
 Deneb Woods..... oneotawoods@gmail.com

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.

Steve McCargar	Louise Hagen	Arilys Adelman	Barbara Grant
Deneb Woods	Michael McElrath	Lara Martinsen-Burrell	Dalton Little
Mike Bollinger	Sarah Frydenlund	Sue Otte	Neal Patten
Brita Nelson	Georgie Klevar	Lee Zieke Lee	Nancy Eldridge
Alicia Trout	Jon Hart	Lindsay Lee	Jim Stevens
Maren Beard	Mary Hart	Carol Bentley-Iverson	Ruth Huffman
Carl Peterson	Christine Gowdy-Jaehnig	Brenda Burke	Elise Poindexter
Wendy Stevens	Perry-O Sliwa	Brittney Claman	Ed Dimler
Randall Duvall	Ellen Cutting	Sabrina Claman	Bob Wilson
Barb Dale	Ashley Dress	Jack Knight	Lindsey Harman
Dennis Carter	Paige Wettach	Megan Woodward	Jerry Aulwes
Rachel Sandhorst	Onita Mohr	Kelley Claman	
Steffen Mirsky	Cynthia Lantz	Mark Armstrong	

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

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 15% special order case discount on all Grocery, Bulk, Wellness and Produce special orders. Case quantities vary. (Excludes Co-op Deals and Member Deals sale items).
- Access to the Co-op's video collection with no fees.
- 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:

Jamie Adair	Sophia Engelman	Trina Larson	Sam Pollan
Kira Barone	Alex Enriquez	Greg Leno	Eric Runestad
Melanie Batoff	Jesse Fischer	Judith Van der Linden	Micki Sand-Cohen
Joel Biggs	Carly Foster	Macy Mcnamara	Deb Schott
Freeda Brook	Kale Freiling	Anne Meyer	Sue Schuelke
Raul Campos	Julie Hageman	Nick Nguyen	Ruth Stortz
McClain Duffert	Sue Heitman	Matt Nielsen	Andrea Strottmann
Chauncy Eggland	Steve Hornbacher	Weston Noble	Dana Talsness
Carly Ellefsen	Chandra Jennings	Tristan Occhipinti	Kevin Wenger
Shirley Elliott	Bonnie Johnson	James Odegaard	Christopher Wilder
Heather Engelhardt	Sharon Marie Kartman	Lisa Pietan	Anna Williams

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 COMM POST



To sign up for weekly Oneota Co-op e-mails containing news, events, sales, the Café menu and catering menu, simply go online to any page of our website and enter your e-mail address at the bottom of the page.
www.oneotacoop.com

MEMBER DEALS 09/2/15 - 09/29/15

* Regular prices subject to change

	SALE Price	Reg Price	Savings
Packaged Grocery:			
BAKERY ON MAIN, Apple Pie Gluten-Free Cereal, 10.5 oz	\$3.99	\$4.99	\$1.00
Maple Multigrain Gluten-Free Cereal, 10.5 oz	\$3.99	\$4.99	\$1.00
Nutty Cranberry Gluten-Free Cereal, 10.5 oz	\$4.99	\$5.99	\$1.00
BEANITOS, Black Bean Snack Chips, 6 oz	\$2.69	\$3.29	\$0.60
Pinto & Flax Snack Chips, 6 oz	\$2.69	\$3.29	\$0.60
BIG TREE FARMS, Blonde Coconut Palm Syrup, 11.5 oz	\$6.69	\$7.59	\$0.90
DANG, Sea Salt Carmal Coconut Chip, 3 oz	\$3.39	\$4.39	\$1.00
GINGER PEOPLE, Original Gingers Candy, 4.5 oz	\$2.99	\$3.99	\$1.00
HEAVENLY ORGANICS, Chocolate Mint Honey Patty, 1.2 oz	\$0.99	\$1.49	\$0.50
Almond Honey Patty, 4.66 oz	\$3.99	\$5.69	\$1.70
Mint Honey Patty, 4.66 oz	\$3.99	\$5.69	\$1.70
Pomegranate Honey Patty, 4.66 oz	\$3.99	\$5.69	\$1.70
Acacia Organic Honey, 12 oz	\$5.99	\$7.99	\$2.00
Himalayan Organic Honey, 12 oz	\$5.99	\$7.99	\$2.00
Wild Forest Organic Honey, 12 oz	\$5.99	\$7.99	\$2.00
BEARITOS, Organic Yellow Corn Taco Shells, 16 oz	\$2.99	\$3.69	\$0.70
LIVING HARVEST, Original Unsweetened Hemp Milk, 32 oz	\$3.39	\$3.99	\$0.60
Vanilla Hemp Milk, 32 oz	\$3.39	\$3.99	\$0.60
NAPA VALLEY, Grapeseed Oil, 25.4 oz	\$8.69	\$9.99	\$1.30
Safflower Organic Oil, 25.4 oz	\$8.69	\$9.99	\$1.30
Sunflower Organic Oil, 25.4 oz	\$8.69	\$9.99	\$1.30
Raspberry Balsamic Vinegar, 12.7 oz	\$4.39	\$5.39	\$1.00
STEAZ, Blueberry Pomegranate Ready to Drink Tea, 16 oz	\$1.39	\$1.69	\$0.30
Lime Pomegranate Ready to Drink Tea, 16 oz	\$1.39	\$1.69	\$0.30
Unsweetened Lemon Ready to Drink Tea, 16 oz	\$1.39	\$1.69	\$0.30
Zero Half & Half Ready to Drink Tea, 16 oz	\$1.39	\$1.69	\$0.30
SWEET LEAF, Lemon Lime Stevia Drops, 2.1 oz	\$3.39	\$3.99	\$0.60
Peach Mango Stevia Drops, 2.1 oz	\$3.39	\$3.99	\$0.60
Raspberry Lemon Stevia Drops, 2.1 oz	\$3.39	\$3.99	\$0.60
Strawberry Kiwi Stevia Drops, 2.1 oz	\$3.39	\$3.99	\$0.60
WORLD CENTRIC, Cornstarch Flatware, 24 count	\$2.39	\$2.79	\$0.40
Cornstarch Forks, 24 count	\$2.39	\$2.79	\$0.40
Cornstarch Knives, 24 count	\$2.39	\$2.79	\$0.40
10" Compartmented Wheat Straw Plate, 20 count	\$3.99	\$4.99	\$1.00
9" Wheat Straw Plate, 20 count	\$3.39	\$3.79	\$0.40
6" Wheat Straw Bowl, 20 count	\$1.39	\$1.59	\$0.20
LIFEWAY, Mango Lassi, 8 oz	\$0.99	\$1.39	\$0.40
ORGANIC VALLEY, Organic American Singles Cheese, 8 oz	\$6.69	\$6.99	\$0.30
Organic Blue Wedge Cheese	\$4.39	\$5.29	\$0.90
Wellness - Body Care & Supplements:			
FES, Activ-8, 1 FL OZ	\$13.99	\$16.99	\$3.00
Animal Rescue Formula, 1 FL OZ	\$13.99	\$16.99	\$3.00
Fear-less, 1 FL OZ	\$13.99	\$16.99	\$3.00
Five-Flower Formula, 1 FL OZ	\$13.99	\$14.99	\$1.00
Flora-Sleep, 1 FL OZ	\$13.99	\$16.99	\$3.00
Grounding Green, 1 FL OZ	\$13.99	\$16.99	\$3.00
Grief Relief, 1 FL OZ	\$13.99	\$16.99	\$3.00
Illumine, 1 FL OZ	\$13.99	\$16.99	\$3.00
Kinder-Garden, 1 FL OZ	\$13.99	\$16.99	\$3.00
Mind-Ful, 1 FL OZ	\$13.99	\$16.99	\$3.00
Post-Trauma Stabilizer, 1 FL OZ	\$13.99	\$16.99	\$3.00
Sacred Heart, 1 FL OZ	\$13.99	\$16.99	\$3.00
Grace, 1 FL OZ	\$13.99	\$16.99	\$3.00
Yarrow Environmental Solution, 1 FL OZ	\$13.99	\$15.89	\$1.90
YERBA PRIMA, Daily Fiber Caps, 180 Capsules	\$9.99	\$12.99	\$3.00
Psyllium Husk Veg Caps, 180 capsules	\$10.99	\$13.39	\$2.40

oneota community food co-op MEMBER DEAL

EXAMPLE

KETTLE
Krinkle Cut Potato Chips
limit 2 bags per customer

EXAMPLE

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

sale valid 12/9/14 - 12/16/14

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.

In a hurry? CALL AHEAD

with your panino order 563-382-4666.

We'll have it ready for you to pick up.

PANINO MENU

Panino Hours

Monday-Saturday 11:00 am - 7:30 pm

Sunday 10:00 am - 6:00 pm

BBQ Chicken \$6.39

Amish chicken and BBQ sauce on Rudi's sourdough with cilantro mayo, red onion, pepperjack and smoked provolone

Buffalo Chicken \$6.39

Amish chicken and buffalo-bleu ranch on Rudi's sourdough with sautéed onions and mozzarella cheese

California Turkey \$6.39

Applegate smoked turkey and chipotle mayo on Rudi's sourdough with roma tomato, avocado & cheddar cheese

Chipotle Tofu \$6.39

Cajun-seasoned tofu with chipotle mayo on Rudi's sourdough, with sautéed green peppers/onions, cheddar/smoked provolone

Italian Lovers \$6.79

Pepperoni on a ciabatta bun with peperoncini, marinated tomato spread, smoked provolone, mozzarella and red onion

Kids' "Create Your Own" \$4.50

Choose one of each: bread, protein or topping, cheese

Magic Mushroom \$6.79

Marinated portabello mushrooms on a ciabatta bun with basil pesto, roasted red peppers and mozzarella cheese

Roast Beef Philly \$6.39

Applegate roast beef and garlic aioli on a ciabatta roll with sautéed onions and peppers, swiss and mozzarella cheese

SW Turkey Tom \$6.39

Applegate smoked turkey on Rudi's sourdough with marinated tomato spread, cilantro mayo and cheddar cheese

Turkey Jack \$6.39

Applegate smoked turkey on sprouted wheat bread with cilantro mayo and pepperjack cheese

Turkey Mango Madness \$6.39

Applegate smoked turkey and curried mango mayo on Rudi's sourdough with rstd red peppers & smoked provolone

1/2 sandwich w/ cup of soup \$4.79

Your choice of half of any panino on the menu along with a cup of your choice of soup

PANINO OF THE MONTH \$5.79

New flavors and sandwich concepts as well as old favorites!

CO-OP cheese club

SPECIAL ARTISAN CHEESES - EVERY MONTH!

Cheese lovers can sign up for one month or for 6 months of the Co-op Cheese Club. Each month has a theme. Based on the theme, we will be bringing in some special, delightful, rare, artisan, and probably quite expensive cheeses. We'll cut the wheels among the cheese club members. There will usually be two cheeses listed, and members can expect an accompaniment (i.e. fruit, crackers, bread, olives, etc.) and possibly a surprise cheese as well. It will always be a great value and fresh cut! There is limited space, so folks who are interested are encouraged to sign up early.



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

"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."

THEMES

September - Alpine Cheese
October - Mixed Milk
November - British
December - Festive
January - Melters
February - French

6-month subscription - \$150
1-month subscription - \$30

Sign-up today
563-382-4666

FOLLOW US ON FACEBOOK!

for the latest updates about what we see
and what we're doing!

NOTHING ARTIFICIAL. NO ANTIBIOTICS. JUST TURKEY.

By: Kristin Evenrud, Grocery Manager and Meat Buyer

The winds of seasonal change are in the not so distant future. Writing this in August means that I am still enjoying the summer sun, but the cool nights have already made appearances in Decorah. As each day passes, the fall and winter holidays get a little closer and I get excited to see family and friends enjoying delicious meals in cozy settings.

This may seem like I am rushing things, but my mind tends to hit the holidays a little earlier than most people due to the grocery retail industry of which I am a part. Not long ago it was July, the time of Nordic Fest...and holiday turkey ordering. In fact, July is the month when the holiday pre-orders are due for the majority of the store.

So, as I prepare my orders, I remind myself that long walks in the brisk air (sometimes accompanied by snow) will unfold before I know it. Family and friends will gather in kitchens and pans will clang together as meals are prepared and ultimately shared. I love this approaching time of year.

Good food is the delicious centerpiece of most holidays celebrated by cultures around the world. We are fortunate to have access to natural and organic food at the Co-op that not only tastes great, but is also raised humanely with minimal adverse environmental impacts.

Practices that preserve the sustainability of systems for generations to come.

Talking turkey in particular, we have two producers. We are also fortunate to call both of them local – within 100 miles of the Co-op – Larry Schultz Organic Farms (Owatonna, MN) and Ferndale Market (Cannon Falls, MN). Both of these multi-generational family farms have been featured at the Oneota Co-op over the years and you may have even met them at our annual "Taste the Local Harvest" events held each fall inside the Co-op.

Larry Schultz Organic farm is a small family farm which Larry and Cindy have always operated organically. They certified their land and poultry in 1998. (We also feature certified organic eggs from them in our Chill cooler). The Oneota Co-op has carried Larry Schultz Organic Farms turkey, chicken and eggs for many years. We know from experience their turkeys have thick breasts with a deep, delicious flavor. One of Larry's partner farms is just outside of Whalan, MN and you can drive past and admire the flocks outside in mid to late summer.

Ferndale Market turkey is raised by John Peterson and his family. The farm was started 70 years ago by John's grandparents, Fern and Dale Peterson. Their turkeys are free range during the warm months. All of their turkey is



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.

→ **Ferndale \$2.49/lb**
antibiotic free, free range

→ **Larry Schultz \$3.69/lb**
certified organic, free range



naturally processed, so there are no artificial ingredients or antibiotics. In addition, Ferndale Market is strongly committed to the sustainability movement and sell their products locally in order to connect consumers with high-quality, local agriculture.

As always, the Oneota Co-op is

committed to bringing you the best turkey at a fair price – be it free-range & antibiotic-free or certified organic. Our orders have been placed, so **SIGN UP EARLY** to reserve your bird and you can be assured your Thanksgiving and Christmas meals will be tasty and wholesome.

Turkey Roasting Tips

Co+op, Stronger Together

Roast your turkey to perfection with these turkey roasting tips.

ROASTING

Remove the giblets from turkey cavities after thawing. Cook separately.

Set oven temperature no lower than 325°F.

Place turkey or turkey breast on lower rack in a shallow roasting pan.

For even cooking, bake stuffing in a separate casserole dish, versus in the bird.

Use a food thermometer to check the internal temperature of the stuffing. The center should reach 165°F.

If you choose to stuff your turkey, the ingredients can be prepared ahead of time. Separate wet and dry ingredients, and chill wet ingredients (butter/margarine, cooked celery and onions, broth, etc.) until ready to prepare. Mix wet and dry ingredients together just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches 165°F.

Whole turkeys should be cooked to 180°F. To check for doneness, insert a food thermometer in the thickest part of the inner thigh without touching the bone. Turkey breasts should be cooked to 170°F. Insert a food thermometer in the thickest part of the breast to check for doneness.

Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

TURKEY ROASTING TIMETABLE

It is safe to cook a turkey from the frozen state. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey. Remember to remove the giblet packets. Remove carefully with tongs or a fork.

(325°F oven temperature)

Unstuffed

4–8 lbs → 1.5–3.25 hours
8–12 lbs → 2.75–3 hours
12–14 lbs → 3–3.75 hours
14–18 lbs → 3.75–4.25 hours
18–20 lbs → 4.25–4.5 hours
20–24 lbs → 4.25–5 hours

Stuffed

6–8 lbs → 2.5–3.5 hours
8–12 lbs → 3–3.5 hours
12–14 lbs → 3.5–4 hours
14–18 lbs → 4–4.25 hours
18–20 lbs → 4.25–4.75 hours
20–24 lbs → 4.75–5.25 hours

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072
10:00 a.m. to 4:00 p.m. Eastern time,
Monday through Friday
E-mail: mphotline.fsis@usda.gov

THAWING

Thawing in the refrigerator

Keep the turkey wrapped and place it in a pan. Let it stand in the refrigerator roughly 24 hours for each 5 pounds. Large turkeys should stand in refrigerator a maximum of 5 days. The giblets and neck, which are customarily packed in the neck and body cavities of frozen turkeys, may be removed from the bird near the end of the thawing period. If desired, the giblets and neck may be refrigerated and reserved for use in giblet gravy.

Thawing in cold water

Make certain that the turkey is in a leak-proof package or a zipper-seal plastic bag. This prevents bacteria in the surrounding environment from being introduced into the food, and prevents the poultry tissues from absorbing water. Change the cold water every 30 minutes. Approximately 30 minutes per pound of turkey are required for thawing. After thawing in cold water, the turkey should be cooked immediately.

Reprinted by permission from *StrongerTogether.coop*. Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogether.coop.

COOKING UP A PERFECT STORM.

end 5

Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.

By: Nate Furler,
Marketing and Outreach Manager

Whether you refer to it as the Deli or the Café, one thing is for sure – you won't go hungry on options for a great meal at the Water Street Café.

Starting at the Co-op in the summer of 2007, I was privy to the previous kitchen arrangement of the Co-op sharing a space with Waving Grains Bakery in the main level of the Armory building in downtown Decorah. (And it was a delightful space shared with great people). However, the idea of having more space and more equipment is enough to make any home, let alone professional, cook salivate. We planned for growth and inevitable change, and here we are over seven years later – weathered, humbled, and optimistic for yet another expansion.

I grew up with a certain idea of what a buffet-style meal could be – and it wasn't very high up on my list. But, that was before I ate at a food co-op with a hot bar and salad bar.

There have been talented and creative

cooks here at Oneota, and today is no different. A recent management decision has allowed for a new chapter in the evolution of the Water Street Café – welcoming not one, but two managers to oversee the efforts of this “Café within the Co-op”.

Leah King came to Decorah in 2008 by way of attending Luther College. At that time she was pursuing Communication and Media Studies. The summer after her freshman year at Luther she began working at the Co-op and her niche remains at the Co-op today. She has also “gotten her feet wet” by way of La Rana Bistro, Dug Road Inn, and other local caterers – but she calls the Co-op kitchen home-base.

Leah views her upbringing as growing up in a culturally food-oriented household. She watched Jacques (Pepin) and Julia (Child) as a youngster and made fresh ravioli with her mom and dad.

Being a vegetarian for nearly 13 years, Leah easily falls for a beautiful basket

of Co-op produce, with visions of simple magic and caramelization that allows the true beauty of the food to shine with minimal effort. But don't get the wrong idea, because Leah lacks no creativity in the kitchen. She even recently (2014) placed first runner-up in the national Wisconsin Grilled Cheese competition with her Gown-Up Grilled Cheese – featuring a feta-walnut spread, Wisconsin mozzarella, and sherry/herb roasted tomatoes on sprouted wheat bread. We offered this grilled delight on the Café panino menu shortly after the (near) win, and I am sure it will make a return appearance sometime soon.

Our co-manager in the Café is the former owner and chef of Quarter/quarter in Harmony, MN. Originally from Brandon, South Dakota, Stephen Larson started cooking full-time while finishing his high school education. Stephen attended St Paul Vocational College and accepted his first head chef position immediately after (actually three weeks before) graduating. Stephen also has experience as a cooking instructor through Cook's of Crocus Hill as well as Gourmet's Garden B&B Cooking School which he and his wife

operated until 2009 when the “call of the restaurant world” beckoned and Stephen jumped back into the professional kitchen. We hope to see Stephen (and Leah) featured in some Co-op Kitchen classes in the months to come, but until then you can get a taste of Stephen's Quarter/quarter recipe influences daily on the Café Hot Bar.

The Water Street Café at the Oneota Co-op features homemade, from-scratch cooking 7 days a week. Currently we have a monthly hot bar menu rotation – featuring a set menu Monday through Friday of each week. Weekends you will find a theme of Chef's Choice on the Hot Bar. Each day we also offer a full stocked fresh salad bar, two homemade soups, fresh-grilled panini (grilled sandwiches), a full espresso bar, and a cooler full of cold sandwiches, dips, spreads, desserts and pastries.

Follow our Oneota Community Food Co-op Facebook page for daily posts containing the menu for that day. Plus, find our catering and panino menu online at www.oneotacoop.com. You can even call ahead to order your panino and have it ready for pick-up when you arrive.

fresh

Monday-Saturday
Breakfast (sandwiches & burritos) 8:00 am until sold out
Panini - grilled sandwiches - 11:00 am - 7:30 pm
Hot Bar Buffet - 11:00 am - 7:30 pm
Salad Bar and Soups - 11:00 am - 7:30 pm
Whole Roasted Amish Chickens 3:00 until sold out
Coffee, Tea & Cocoa - 8:00 am - 8:30 pm
Espresso Bar & Italian Sodas - 8:00 am - 7:30 pm

Sunday
Hot Bar Buffet - 10:00 am - 6:00 pm
Whole Roasted Amish Chickens 3:00 until sold out
Panini - grilled sandwiches - 11:00 am - 6:00 pm
Salad Bar and Soups - 11:00 am - 6:00 pm
Espresso Bar & Italian Sodas - 10:00 am - 6:00 pm
Coffee & Tea - 10:00 am - 7:00 pm

- ★ Hot lunch buffet check Facebook for our daily menu
- ★ Fresh salad bar
- ★ Cold sandwiches
- ★ Hot grilled sandwiches
- ★ Homemade soup
- ★ Organic Fair-Trade espresso



Stop Back for
Sunday Chicken Dinner!

2:00-6:00 pm

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

BREAKFAST OPTIONS AT THE

Water Street Café

fresh . organic . local .

Start your day off right with a wholesome breakfast ready to-go or eat in-house at the Co-op's Water Street Café. The Café features handmade, from-scratch breakfast sandwiches and burritos every morning – Monday through Saturday. Sunday brunch starts when the Co-op opens at 10:00 am on Sunday and features an assortment of breakfast hot bar options.

We offer two different kinds of breakfast burritos – our Regular Breakfast Burrito and Potato with Green Chile. Both of these breakfast options start with Larry Schultz Organic eggs, homemade organic seasoned pinto beans, our own 4-cheese blend of Shullsburg cheese, and Salsa Lisa. We use organic whole wheat wraps or a gluten free variety, plus Beeler's pork – which we season ourselves. We offer vegetarian and gluten free varieties of our burritos as well and they are available Monday through Saturday on our hot bar starting at 8:00 am when the store opens.

Additionally, for you sandwich lovers out there, we offer a limited number of pre-made, hot breakfast sandwiches that include Waving Grains Bakery Whole Wheat buns, Beeler's Uncured Applewood Smoked Bacon, Larry Schultz Organic eggs, and our special Shullsburg 4-cheese blend.

As with any growing entity, we are seeing our share of growing pains in the Café – and we are seeking your input. As the popularity of the Café continues to grow, we will continue to provide the best food while keeping efficiencies in production. We aren't short on ideas ourselves, but we would love to hear from you about what could make our breakfast offerings more appealing and worth our time to produce. What are your thoughts on made-to-order breakfast panini – with a call-ahead option so it is ready when you get here? Perhaps ready-to-go oatmeal? Or a quiche or breakfast casserole every morning on the hot bar?

Don't forget, the Water Street Café also offers an espresso bar and fresh-brewed coffee selection, featuring fair trade and organic coffees from Kickapoo Coffee roasters in Viroqua, Wisconsin. Three varieties of caffeinated brewed coffee, one decaf and hot water for a selection of teas is available at the Café counter. Or order your favorite espresso drink featuring fair trade organic espresso beans and your selection of dairy or non-dairy milks.

Start your day off the wholesome way with breakfast from the Water Street Café.

DREAM

with Kid-Friendly Omega-3s

- ✓ Learning*
- ✓ Brain Development*
- ✓ Brain Function*

ON SALE
Select Nordic Natural Products
SEPT-NOV 2015

Committed to Delivering the World's Safest, Most Effective Omega Oils*

800.662.2544 | nordicnaturals.com

NORDIC NATURAL

THERE'S AN APP(LE) FOR THAT

ARKANSAS BLACK

BRAEBURN

ENTERPRISE

GOLDEN DELICIOUS

LADY ALICE

FLAVOR: Firm, crisp flesh, complex combination of tart & sweet flavors.
USE: Best for baking & cooking.

FLAVOR: Juicy, fine-grained, yellow, aromatic flesh that's both sweet & tart.
USE: Best for baking or cider.

FLAVOR: Sweet-tart taste & extremely juicy texture.
USE: Best for high acidity also makes it a choice baking apple.

FLAVOR: Mild sweet flavor, fine texture.
USE: Best for sauce.

FLAVOR: Crisp & juicy; bright, sweet apple flavor, rich in honey with a hint of tartness.
USE: Best all-purpose apple.

FLAVOR: Exceptionally sweet to tart taste; firm & juicy flesh.
USE: Best for eating raw & baking.

FLAVOR: Juicy crunch & sweet tangy flavor, generally one of the sweetest.
USE: Best for desserts & baking.

FLAVOR: Exceptionally crisp & aromatic; perfect balance of sugars & acid.
USE: Best for eating raw or pie.

FLAVOR: Crisp in texture with a tart, acidic, yet subtly sweet flavor.
USE: Best for baking; holds its shape.

FLAVOR: Fresh, crisp flesh & a crunchy, floral sweetness with citrus & honey notes.
USE: Best enjoyed fresh and raw.

GRANNY SMITH

PINK LADY

GALA

HONEY CRISP

FUJI

You won't get an argument out of us that the best apple is whichever one you happen to pick fresh from a tree, warmed by the sun and running with sugary sweet juice, but the locally grown apples we see fresh in our stores every fall tie for a close second. That's why we do our best to bring you as many local apples as we can. Snacking, baking and even juicing - whatever you have in mind, there's an apple for that.

Content courtesy of Outpost Natural Foods Co-op. Photos by Paul Sloth.

Made by Hand for You

Thoughtfully designed, handcrafted timber frames for homes, park shelters and barns.



www.wildrosetimberworks.com

WILD ROSE TIMBERWORKS

563 382 6245 | Decorah Iowa



corbingroup.biz

carolyn@corbingroup.biz



VIDEO ■ PHOTO ■ WEB

Video production for resilient businesses, organizations, & people