

the Scoop

VOLUME 42 • NUMBER 4 • WINTER 2016

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WWW.ONEOTACOOP.COM



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

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666

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

COMMUNITY APPRECIATION SALE

December
12th through 17th
10% OFF *storewide*
For everyone that shops!

8:00 AM - 8:30 PM

May be combined with all other member/owner discounts.

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

AN OPPORTUNITY TO GIVE BACK

ROUND UP @ THE REGISTER SUPPORT LOCAL FOOD PANTRIES



Support local food pantries by rounding up your total at the register during checkout.

Decorah Bank & Trust Co. and the Oneota Co-op will each match the first \$500 in round up contributions during the sale.

PLUS - STOP AND REGISTER TO WIN

All week long you can register in-store to win one of many prizes - including Co-op gift cards and baskets. (no purchase necessary)

IT'S A SALE FOR EVERYONE!

COMMUNITY APPRECIATION SALE

PUTTING THE OWN IN Locally GROWN

By: David Lester, General Manager

Locally grown and locally owned. These are two things we take very seriously at the Oneota Community Co-op (OCC). OCC is an excellent example of how a locally owned business can provide opportunities for local producers and grow our local economy stronger than other chain retailers.

We have talked about this subject in past issues of The Scoop and it is a subject that we will continue to talk about as natural, organic and local grocery items become more mainstream. Many studies, like the one conducted by the private research firm, Civic Economics, have continually shown that on average, about 48% of each purchase at a local independent business was recirculated locally. Less than 14% of each purchase at a chain store remains in the local economy. And, only 1% stays in our local community when you make an online purchase.(1)

At OCC, we've calculated our local economic return at about 46% of total sales. That means that approximately \$2.4 million will be staying in our 100-mile local economic circle in 2016. Our corporate headquarters is right here between the bluffs in Winneshiek County. We do not outsource our HR, payroll or marketing efforts. We have people in those positions making decisions here in Decorah and making a living for themselves and their families. Bigger chain stores typically have a central office for these services, located in a larger city, hundreds of miles away from where those products were purchased. By having 100% of our payroll located within 100 miles of Decorah, Iowa, naturally there will be more economic robustness with that money staying local. According to the American Independent Business Alliance, when a consumer buys a locally produced product, the local taxes generated by that sale are almost three times greater than purchasing a national brand from a chain store and the figure is even higher when compared to making an online purchase. At our store, when factoring in the additional benefit of a customer buying a locally produced head of lettuce from us, the impact to the overall community can only be greater.

In Decorah, we are fortunate to have many independently owned stores selling books, clothes, shoes, other items and services that improve our local economy. So why do residents leave Decorah or go online to purchase these items? I think the answer is simple: We're not selling them what they want. I've never been a fan of the local business that says, "you should shop with us no matter what because it is the right thing to do." Online retailers and chain stores are really good marketers and are really good at creating products that many people want. Independent businesses can sometime lose the focus on this very important piece of running a business. At OCC, we try our best to get things off the shelf that aren't selling, to keep things that are selling well stocked, and to listen to customers who have ideas for things they want to buy. If a customer asks us to consider carrying a particular product that fits our mission because they have to drive 60 miles to get it, then we'd better listen. Otherwise, they will drive those 60 miles to get this item or just click the mouse a few times and have what they want delivered to their doorstep the next day. It's pretty simple. Independents have to become better retailers.

Our managers and buyers have been working really hard this last year to offer our member/owners and customers better deals. We have been able to benefit from the buying power of the National Cooperative Grocers (NCG) and passing on these increasingly great deals to our customers. In addition, we have been negotiating with many of our local producers to offer their products throughout the year during our Weekly Deals flyer items. We think better pricing and moving more of these local products is a win-win for everyone involved.

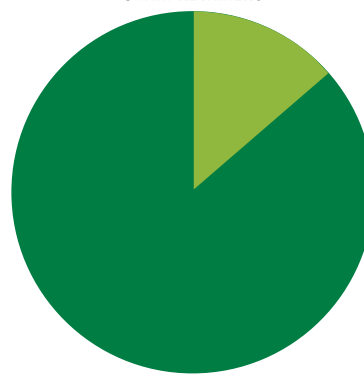
But, we have to be paying attention to what is happening nationally in the grocery world, which is increasingly fast-paced and more convenience-focused. Families are struggling to make ends meet and are working harder and longer hours. At the Co-op, we offer many classes focused on feeding your time-crunched family, but many can't even find the time to grocery shop or cook at home on a daily basis. Restaurants continue to see massive sales growth and grocery store growth continues to be stagnant. It would be in our best interest at the Co-op to pay attention to this movement and adjust to it in ways that still meet our mission.

In the next year our customers will see more meal solutions, a wider offering of grab-and-go deli items and fresh items ready to cook. We believe the grocery shopping experience can be a powerful one and a way to connect with how your food was sourced and those involved in growing it. Connecting with your local community through food is a great way to learn new cooking techniques and try new flavors. But that isn't everyone's goal in the grocery aisle. Some shoppers would love it if we had a Cloak of Invisibility available at the door, do their shopping, and get home. Our customers have different needs and this diversity makes us stronger.

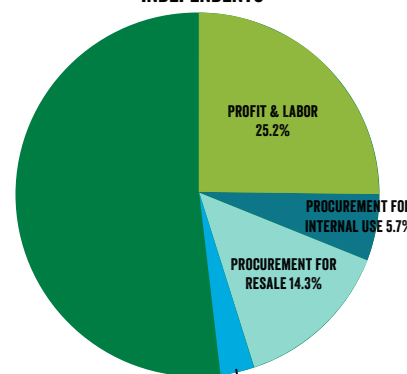
Independents have a big responsibility and opportunity to greatly improve our communities through local purchasing and offering products that customers want. We want to thank our 80+ local producers and you, the customer, for contributing to a more vibrant community in 2016 and we look forward to build on this success in 2017 and beyond. Happy New Year!

(1) Civic Economics conducted a study within several communities that compared the economic impact of consumers buying from independent, locally owned retailers with buying from chain stores. Their results can be found at: <http://www.civiceconomics.com/retail.html>

LOCAL ECONOMIC RETURN OF THE INDIES VS. CHAINS



LOCAL RECIRCULATION OF REVENUE: 13.6%



LOCAL RECIRCULATION OF REVENUE: 48%

Compiled results from nine studies by Civic Economics, 2012: www.civiceconomics.com
Graph by American Independent Business Alliance: AMIBA.net

BEFORE YOU BUY, CONSIDER...

How much of your \$100 purchase stays in your community when spent at:

an independent local store

\$48



an in-town chain outlet

\$14



a remote online store (if delivery driver resides locally)

\$1



Source: American Independent Business Alliance

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

• • • • • these sales valid • • • • •

NOV 30 - DEC 13, 2016

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coop™
deals



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



\$3.69
MARY'S GONE CRACKERS
Organic Crackers
5.5-6.5 oz, selected varieties



2/\$5
ALTER ECO
Organic Chocolate Bar
2.82 oz, selected varieties



3/\$10
ZEVIA
Zero Calorie Soda
6 oz, selected varieties



\$1.99
WOODSTOCK
Organic Vegetables
10 oz, selected varieties

Featured Inside:

- DIY gift ideas made with quality ingredients from your co-op
- Easy-to-assemble Savory Bread Pudding makes a great holiday side
- Turn tasty tangerines into a tropical themed green salad (or main dish)
- Planning a party? We're here to help with sure-to-please dips and spreads



\$1.39
BULK
Organic Sugar
per pound in bulk



\$2.39
BULK
Organic Shredded Coconut
per pound in bulk



\$3.69
WHOLESOME!
Organic Brown Sugar
24 oz, selected varieties
other Wholesome! Sweeteners also on sale



\$3.69
ANNIE'S HOMETGROWN
Organic Graham Crackers
14.4 oz, selected varieties



2/\$4
CHOCOLOVE
Chocolate Bar
2.9-3.2 oz, selected varieties



\$34.99
DR. HAUSCHKA
Day Cream
1 oz, selected varieties
other Dr. Hauschka Skin Care products also on sale



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



\$5.99
AURA CACIA
Peppermint Essential
5 oz,
other Essential Oils also on sale



\$8.99
JASON
Body Wash
30 oz, selected varieties



\$10.99
ALBA BOTANICA
Very Emollient Body Lotion
32 oz, selected varieties
other Alba Botanica products also on sale

DIY Gifts

Still searching for a last-minute gift? Look no further than the food co-op!

There are plenty of great items for all sorts of people. For a host/hostess gift, pick up some favorite cheeses and an assortment of crackers - with dried dates, figs and spiced nuts from the bulk aisle. College student on your gift list? Stuff a reusable bag with energy bars, a pair of cozy socks, some bulk trail mix and a gift card for the co-op nearest their college campus. Your bestie might appreciate some homemade bath salts, scented with your own special blend of essential oils!

Visit www.strongertogether.coop for more DIY gift ideas.



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

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INVESTIGATING A MOVE TO ELECTRONIC VOTING

While the national elections are now over, the OCC Board is just beginning the process of recruiting members for our annual board of director election. Voting is an incredibly important right of democratic control by membership of OCC. As the recruitment process moves forward, the board is looking for ways to increase election participation and efficiency. As such, we are investigating the possibility of a move to electronic voting.

We understand that depending on personal comfort with technology, this move may seem either a terrific and easy switch or an intimidating change that could cause worry about the overall process. A change in how we vote as a membership is a big consideration and one the board is taking very seriously. No decisions have been made, and we want to be sure to involve and keep membership well informed as we move forward.

As we research and discuss possible options, here are a few points for consideration.

- Our initial research has shown the cost of electronic election management will be comparable to current election costs on a dollar for dollar basis. When considering the savings of staff time involved, we expect it may actually reduce overall resources allocated to the election.
- The election in its current form requires the use of a great deal of paper. Use of existing technology may provide a reasonable substitute for paper ballots and be a suitable alternative.
- It is of utmost importance that voting be accessible. Any company chosen by the OCC Board for electronic voting would include the option for paper ballots. This means if your preferred method of voting is getting a paper ballot at home or at the Customer Service Desk at the Co-op, you'd still be able to do so.
- Other co-ops that have transitioned to electronic voting have seen a dramatic increase in election participation - upwards of 70% voter participation.
- OCC staff responsible for election coordination are supportive of the potential move to electronic election management.

Do you love this idea or do you hate it? We'd love to hear your comments and questions about a switch to electronic voting. The OCC Board was available for discussion in the Co-op Kitchen Classroom on Monday, December 5th concerning the topic of electronic voting. If you were unaware of the event or unable to attend this in-person discussion, we encourage you to attend our December meeting scheduled for Tuesday, December 27th in the Co-op Kitchen Classroom. Board meetings begin at 5:30 pm with Board Learning Sessions. This portion of the meeting lasts roughly 45 minutes and is followed by a time dedicated to member/owner comments. Please feel free to join us at this, or any, board meeting. In addition, please consider contacting me, Brita Nelson - Board President, with any questions or concerns via oneotanelson@gmail.com.



MEMBER/OWNERS

Please update your member/owner info!

Has your email changed within the last few years? How about your mailing address? Please update your files at the Oneota Co-op through one of these easy steps.

PICK

1

A

Enter the following web address into the browser on your personal computing device: <http://s.coop/occupdateinfo>. Simply enter the pertinent information and click submit. We will automatically update our record with your updated information.

B

Email the Co-op at customerservice@oneotacoop.com and include any information that requires updating - be it your physical mailing address, email address, or phone number. We will see to it that your information is updated accordingly.

C

Stop in the Co-op and speak to a staff member at the Customer Service Desk. They will be able to get a paper form for you to fill out and return to us.

BOARD ELECTION CALENDAR 2017		
ACTIVITY		DEADLINE
CANDIDATE RECRUITMENT/SELF NOMINATION		ONGOING
CANDIDATE APPLICATIONS AND STATEMENTS DUE FOR ALL CANDIDATES.....		JANUARY 6
BOARD INTERVIEWS CANDIDATES AS NECESSARY		JANUARY 9-25
BOARD NOMINATION		JANUARY BOARD MEETING
FINAL DEADLINE FOR ALL CANDIDATES FOR NAME INCLUSION ON BALLOT		FEBRUARY 8
CANDIDATE FORUM		TBA
BALLOTS AND CANDIDATE STATEMENTS WITH ANNOUNCEMENT OF ANNUAL MEETING PRESENTED TO MEMBERS IN GOOD STANDING		EARLY MARCH
VOTING ENDS AT END OF BUSINESS DAY		APRIL 1
ADMINISTRATION OF BALLOT COUNTING		EARLY APRIL
ELECTION RESULTS ANNOUNCED.....		EARLY APRIL
NEW BOARD MEMBERS START SERVICE		APRIL BOARD MEETING



WELLNESS WEDNESDAY

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

..... these sales valid **NOV 30 - DEC 13, 2016**



Coconut Tangerine Salad

Serves 4 to 6. Prep time: 15 minutes.

- 3 tangerines
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 4 cups green leaf or romaine lettuce, torn into bite-sized pieces
- 1 small cucumber, halved and thinly sliced
- ½ cup shredded coconut
- ½ cup sliced almonds

In a small dry skillet, toast the coconut and almonds over medium heat until they just begin to brown. Set aside. Halve and juice one of the tangerines, and peel and segment the other two. For the dressing, stir together tangerine juice, vinegar, olive oil, salt and pepper. Toss dressing with lettuce, tangerine segments and cucumber in a large bowl. Top with the toasted coconut and almonds, and serve immediately.

Serving suggestion: A delicious side salad becomes a main meal with the addition of cooked shrimp or salmon. Substitute toasted peanuts for the almonds if you like, and garnish with pomegranate seeds for even more color and zip.



2/\$6
SANTA CRUZ ORGANIC
Organic Applesauce
23 oz., selected varieties



3/\$5
ANNIE'S HOMEGROWN
Organic Pasta & Cheese Dinner
5.5-6 oz., selected varieties



\$2.69
ANNIE'S HOMEGROWN
Organic Soup
17 oz., selected varieties



\$3.39
NATURE'S PATH
Organic Granola Bars
6.2-7.4 oz., selected varieties



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



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



\$5.99
ONCE AGAIN
Organic Peanut Butter
16 oz., selected varieties



\$3.99
FIELD DAY
Canola Oil
32 oz.



4/\$7
WESTBRAE
Organic Beans
15 oz., selected varieties



\$5.99
ORGANIC PRAIRIE
Organic Sliced Turkey
6 oz., selected varieties



\$2.69
JOVIAL
Organic Brown Rice Pasta
12 oz., selected varieties



\$2.69
JOVIAL
Organic Tomatoes
18.3 oz., selected varieties



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



2/\$7
TALENTI
Gelato
16 oz., selected varieties



\$3.99
THREE TWINS
Organic Ice Cream
16 oz., selected varieties



Tangerines

For a refreshing, sweet uplift in winter (or anytime), reach for a tangerine. Cheerfully orange, sweet and easy to peel and section, a tangerine can really brighten your day. They offer a fresh note in grain and pasta salads, too; add peeled segments to leftover diced chicken and cooked pasta, tossed with honey Dijon dressing. Or liven up a main course, like coconut-crusted shrimp with a quick salsa of tangerines, peppers, cilantro and minced jalapeños. Substitute tangerine zest for orange or lemon zest in just about any recipe, sweet or savory. And if you find yourself with lots of tangerines, freshly-squeezed juice is an unbeatable breakfast treat.

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

THE COOPERATIVE PRINCIPLES ~ guidelines by which cooperatives put their values into practice

1. VOLUNTARY AND OPEN OWNERSHIP

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of ownership, without gender, social, racial, political or religious discrimination.

2. DEMOCRATIC OWNER CONTROL

Cooperatives are democratic organizations controlled by their owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the ownership. Owners have equal voting rights – one owner, one vote.

3. OWNER ECONOMIC PARTICIPATION

Owners contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are return to the owners, reinvested in the co-op, or used to provide owner services. You control the capital.

4. AUTONOMY AND INDEPENDENCE

Cooperatives are autonomous, self-help organizations controlled by their owners. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their owners and maintain their cooperative autonomy.

5. EDUCATION, TRAINING, AND INFORMATION

Cooperatives provide education and training for their owners, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperatives.

6. COOPERATION AMONG COOPERATIVES

Cooperatives serve their owners most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.

7. CONCERN FOR COMMUNITY

While focusing on owner needs, cooperatives work to improve the quality of life in the areas they serve.



The Board of Directors seeks interested member/owners to serve on the Board to help ensure a bright future for the Oneota Community Food Co-op. In April 2017, there will be two positions open for candidates to fill as Alicia Trout and Scott Hawthorn complete their terms. Full-term positions last three years.

Wondering if you have what it takes to be on the Board? Our Board is best served by having members with skills and personalities as diverse as the Co-op itself. Do you have a passion for the Co-op mission or commitment to cooperative values? Are you a grower, a producer, or a food buyer? Are you open-minded or community-minded? Do you like policy formation, critical thinking, financial oversight or simply your neighbors? If being on the board is calling to you for any of the reasons above - or others, we want to hear from you.

Application packets, available at the Customer Service Desk as well as online at oneotacoop.com, contain considerable information regarding application and service as a Board member. Any questions you might have regarding the upcoming election can be directed to Alicia Trout, Board Vice President and chair of the Board Nominating Committee, or to any board members. Alicia's contact info includes: oneotatrout@gmail.com and/or 563-419-7610.

Serving on the Board is a wonderful way to make a positive impact, not only at the Co-op, but in our community, region, state, and planet. The application deadline is right around the corner - January 6th. We hope to hear from you!





C. BRYAN STUART



FLANNERY GERBIN-BOHACH



BRITA NELSON





MAREN BEARD



CARL PETERSON

THIS COULD BE YOU!





co-ops
grow
communities

Co-ops around the world share a set of guiding principles with your local food co-op, including "cooperation among cooperatives," and "concern for community." When you buy delicious, healthy food at the co-op, you're supporting a business that cares about people and contributes to a livable, sustainable community. And when you choose products from co-op growers and vendors, that impact grows and grows!

• • • • • these sales valid • • • • •

NOV 30 - DEC 13, 2016

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Savory Bread Pudding

Serves 8. Prep time: 15 minutes active; 1 hour total.

- 4 eggs, beaten
 - 2 cups milk
 - 4 to 5 cups cubed whole grain bread
 - 1 tablespoon olive oil
 - ½ cup diced yellow onion
 - 2 cloves garlic, minced
 - 4 ounces sliced shitake, oyster or cremini mushrooms
- 4 ounces sliced button mushrooms
 - 2 teaspoons dried thyme
 - 1 bunch kale, washed, stems removed and chopped
 - 1 cup shredded Gruyere cheese
 - Pinch each of salt and black pepper

Heat the oven to 350 degrees F. Butter or oil an 8 x 8 inch casserole dish.

In a large mixing bowl, whisk together the eggs and milk. Gently fold the cubed bread into the mixture and set aside. In a large skillet, heat the olive oil over medium-high heat. Add the onion and sauté for 5 to 7 minutes until it is beginning to soften. Add the garlic, mushrooms and thyme and sauté another few minutes. Add the kale and stir until it softens. Remove from heat.

Stir the cooked vegetables into the bread mixture, then add the shredded Gruyere, salt and pepper. Pour into the prepared casserole dish and bake for about 45 minutes until firm and browning on top. Remove from oven and serve warm.

Serving suggestion: This is a great make-ahead dish for busy days; just assemble and refrigerate until you're ready to bake. Accompany with spicy carrot slaw for flavor contrast and eye appeal.

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

\$5.99

ORGANIC VALLEY
Organic Pasture Butter
16 oz.

2/\$5

KEVITA
Organic Probiotic Drink
15.2 oz., selected varieties

2/\$3

LIBERTE
Organic Yogurt
5.5 oz., selected varieties

\$3.69

LIFEWAY
Organic Kefir
32 oz., selected varieties

\$6.99

SIMPLY ORGANIC
Organic Vanilla Extract
4 oz.
other Spices, Herbs and Extracts also on sale

\$2.99

ANNIE'S HOMEGROWN
Organic Yogurt
4 pack, selected varieties

\$2.69

GOLDEN TEMPLE
Granola
per pound in bulk

\$4.99

DREAM
Ultimate Almond Beverage
32 oz., selected varieties

\$6.99

SPECTRUM
Organic Unrefined Coconut Oil
14 oz.

\$2.99

RUDI'S
Organic English Muffins
12 oz., selected varieties

\$3.69

NATURE'S PATH
Organic Love Crunch
11.5 oz., selected varieties

2/\$4

NATURE'S PATH
Organic Waffles
7.4 oz., selected varieties

\$10.99

CALIFORNIA OLIVE RANCH
Everyday Olive Oil
25.4 oz.

2/\$5

NATURE'S PATH
Organic Oatmeal
8 ct., selected varieties

\$2.99

KASHI
Organic Cereal
10.3-15.6 oz., selected varieties

\$3.39

ANNIE'S HOMEGROWN
Organic Cereal
10 oz., selected varieties

\$2.69

ARROWHEAD MILLS
Graham Cracker Pie Crust
6 oz. selected varieties



\$47.99

NEW CHAPTER
Bone Strength Take Care
120 ct.
other New Chapter products also on sale

\$53.99

NORDIC NATURALS
Ultimate Omega
180 ct.
other Nordic Naturals products also on sale



Favorite Party Dips

Getting any party started is simple with an easy-to-make assortment of dips and spreads. Swirl your favorite salsas (a green tomatillo and a red tomato-based one) into a bowl of plain Greek yogurt or sour cream, and serve with pita crisps or potato chips. Spread softened cream cheese on a festive plate and top with chutney, chopped green onions and peanuts – and accompany with poppadum or rice crackers. Or add black olive tapenade to some hummus from the co-op, and top with crumbled feta.

\$3.99

STONYFIELD
Organic Grassfed Yogurt
24 oz., selected varieties

3/\$5

BOULDER CANYON
Kettle Cooked Potato Chips
5 oz., selected varieties

\$10.99

FIRE CIDER
Organic Fire Cider
8 oz., selected varieties

2/\$6

SEVENTH GENERATION
Dish Liquid
25 oz., selected varieties

\$1.99

NEWMAN'S OWN
Dog Food
12.7 oz., selected varieties
other Dog Food products also on sale

2/\$6

QUE PASA
Organic Tortilla Chips
16 oz., selected varieties
other Que Pasa items also on sale

2/\$6

FOOD SHOULD TASTE GOOD
Hummus
10 oz., selected varieties

\$19.99

OREGON'S WILD HARVEST
Turmeric
60 ct.
other Oregon's Wild Harvest products also on sale

\$6.69

GREEN FOREST
Bath Tissue
12 ct.

\$9.99

SEVENTH GENERATION
Baby Diapers
20-40 ct., selected varieties

\$3.39

R.W. KNUDSEN
Organic Sparkling Juice
750 ml., selected varieties
other Sparkling Juice also on sale

\$1.99

NANCY'S
Organic Sour Cream
8 oz.

2/\$6

TAZO
Tea
20 ct., selected varieties

2/\$3

PERRIER
Sparkling Water
25.3 oz., selected varieties

\$4.69

ORGANIC VALLEY
Organic Cheese
8 oz., selected varieties

\$9.99

EQUAL EXCHANGE
Organic Bulk Coffee
per pound in bulk, selected varieties
Bulk Decaf Coffee not on sale

Looking for great prices on exceptional products?
Check out Co+op Basics items in the store.

Now, even **MORE VALUE** to shopping at your locally owned Co-op!

Look for this logo to find the best, every day prices on quality items!

MAKE IT HAPPEN, CHOOSE FAIRTRADE

RIOJANA
ARGENTINA
EXTRA VIRGIN ORGANIC OLIVE OIL



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!

DECEMBER

Sustainable Kids: Holiday Edition!
Thursdays, December 1st, 8th, and 15th, 3:30pm-4:30pm
3rd and 4th grade students are invited to learn about living sustainably during the holidays and beyond. During this 3 week course, kids will engage in fun, hands-on activities to learn about living sustainably and being stewards of the environment - all tied together with a holiday theme. Kids will be picked up via walking school bus from Carrie Lee Elementary.
Concepts taught in each class are as follows:
December 1: Recycling/Reusing - making holiday ornaments out of recycled paper
December 8: Renewable Energy - making model windmills to power holiday lights
December 15: Cooking Sustainably - making a holiday-themed dessert using sustainable and local ingredients
***Class concepts and activities are subject to change without notice**
Class Codes: HO
Max participants: 12
Instructors: Andrew Johnson and Lauren Mordini
Cost: FREE

Fowl Experiences
Tuesday, December 6, 5:30pm-7:30pm
The sum of the parts is greater than the whole... at least when it comes to your leftover turkey. Michael Klimesh leads us through the full process of breaking down that holiday bird, so participants can learn to utilize every last, delicious morsel. From bone broth to rendered fat and cracklings, pastrami, and even zelniky, the possibilities will lead you into some tasty new experiences.
Class Code: DM, GF
Max participants: 20
Instructor: Michael Klimesh
Cost: \$18 member/owners, \$21 community members

Ketogenic Cooking
Wednesday, December 14, 5:30pm-7:00pm
Just in time for the holidays, savory and delicious keto-friendly food ideas. Did you know most ketogenic foods are considered gourmet? Research indicates ketogenic diets may provide health benefits such as loss of body fat, lower LDL ("bad") cholesterol, higher HDL ("good") cholesterol, improved mental functions, and potential benefits concerning cancer, diabetes, alzheimer's, epilepsy, and numerous other health conditions. Teddie will discuss why keto may be beneficial for health and healing, and what a ketogenic diet looks like. Her focus will be on keeping it simple, fun and easy. There will be a cooking demonstration with some delicious keto treats to taste. Plus, plenty of time for Q&A.
Class Code: DM, VG, GF
Max participants: 20
Instructor: Teddie Jo Lensing, LPN
Cost: \$15 member/owners, \$18 community members

Healthy Holiday Fare
Friday, December 16, 5:30pm-7:30pm
The winter months are for warm, hearty meals shared with loved ones. But the overindulgences offered by holiday after holiday can leave us feeling sluggish and over-fed. This hands-on class will offer suggestions for lighter, healthier fare to add to a holiday meal (or after-the-feast cleanse). Learn how to transform healthy, nutrient-dense foods into potluck-worthy dishes that still feel special & festive.
Class Code: HO, VG
Max participants: 12
Instructor: Elin Amundsen
Cost: \$15 member/owners, \$18 community members

Matches made in Heaven: Winter Seasonal Beers
Sunday, December 18, 2:00pm-4:00pm
Due to attendee demand, and my own desire to teach some food and beer pairing classes, I am proud to offer this class. This will be the same sort of format that I use in the wine pairing classes, but this time our beverage of choice will be beer. Specifically, for December the choice will be winter seasonal beers. Winter beers, or winter warmers as they are often called, originated in England and come in two basic styles; ones that are spiced (meaning that have actual spices added during the fermentation process) and ones that aren't (the flavors found in the beer come from the blending of different hops and roasted grains). We'll try three different styles with a matched food dish to go with each.
Class Code: DM
Max participants: 14
Instructor: Chef Stephen Larson
Cost: \$30 member/owners, \$35 community members

DECEMBER CONT...

Regional French Series: Provence
Wednesday, December 21, 5:30pm-7:30pm
Join Chef Justin Scardina in an exploration of the many fascinating regions of France. First up is a study of the bounty and beauty of the south east region of Provence, an area filled with an abundance of lavender, the great city of Marseille, and the Côte d'Or. Famous dishes include aioli, bouillabaisse, daube, and pissaladiere. We will cover 3 to 4 recipes, discuss the region, and sample a few of the wine styles from the region.
Class Code: DM
Max participants: 14
Instructor: Justin Scardina
Cost: \$26 member/owners, \$29 community members

JANUARY

Learning to Eat with IBD
Tuesday, January 10, 5:30pm-7:30pm
Join Registered Nurse Kathy Goettl on a tangled journey to teach those affected by Inflammatory Bowel Disease, and those who care for them, ways in which they can learn to enjoy food again. Topics include tips, tricks, and helpful ideas for working through the dark days of IBD, and best practices for handling flare-ups.
Class Code: L, VN, GF
Max participants: 20
Instructor: Kathy Goettl, RN
Cost: \$15 member/owners, \$18 community members

Lunch-in-a-Jar
Tuesday, January 17, 5:30pm-7:30pm
What makes a good meal? A balanced, nutritious offering that matches our taste preferences while looking visually attractive, right? And we each deserve to eat this way, every day. If you feel that time is your enemy and healthy, delicious food is out of your reach, Lunch-in-a-Jar may just be the solution for you. Join in as we learn to plan, prep and prepare a week's worth of food. Walk out of class with recipes for success and lunches prepared to take on the go and enjoy tomorrow.
Class Code: HO, GF
Max participants: 12
Instructor: Johanna Bergan
Cost: \$15 member/owners, \$18 community members

True Ciders
Friday, January 20, 5:30pm-7:00pm
In this class we will discuss the world of true cider, or hard cider. Cider is a great naturally gluten-free beverage that can vary in style as much as wine or beer. We will cover some of the basic characteristics of cider while sampling several styles available for purchase at the Co-op. Food pairings will also accompany the tasting. Whether this is your first introduction to cider or you are a seasoned expert, all are welcome and encouraged to attend.
***Must be 21 or older to sample alcohol**
Class Code: DM, GF
Max participants: 15
Instructor: Jeff Scott
Cost: \$20 member/owners, \$25 community members

Spring Rolls! A Class for Head Cooks and their little Sous Chefs
Saturday, January 21, 10:00am - Noon
Tacos? PB&J? Move on over - the Spring Roll is here! Spending time in the kitchen together can feel so good - making food, laughing together, and building relationships. This class is designed and priced for adult/child pairs. Pairs will slice, dice, and chop the veggies and fixings, learn the trick to wrapping up a rice paper roll and then whip up a peanut-y dipping sauce. These might just become your family's new favorite lunch.
Class Code: HO, GF
Max participants: 8 pairs
Instructor: Johanna Bergan and Margret Zook
Cost: \$18 member/owners, \$20 community members

What Makes You, YOU? Get to Know Your Own Constitution
Wednesday, January 25, 5:30pm-7:00pm
Have you ever wondered why we are the way we are? What makes us all different and unique? We each have a constitution that largely determines our personality, physical body type, what food we crave, what types of diseases we may develop as well as how we generally react to life and stress. In this class, you will learn your basic constitution and begin to understand how your constitution relates to the way you think, feel, walk and talk. This is a fun and interactive class filled with discussion and discovery.
Class Code: L
Max participants: 20
Instructor: Brent Barness
Cost: \$8

CLASS INSTRUCTOR BIOS:

ANDREW JOHNSON
is a member of Green Iowa Americorps. A recent graduate of Luther College, Andrew is trained in Biology and Secondary Education. He is passionate about being outdoors, sustainability, and working with children of all ages.

LAUREN MORDINI
is a member of Green Iowa Americorps. A recent graduate of Luther College with a degree in environmental studies. She is passionate about habitat restoration and working with people of all ages in the community to engage in environmental stewardship.

CHEF STEPHEN LARSON
is the former owner and chef of Quarter/quarter in Harmony, MN. Originally from Brandon, South Dakota, Stephen started cooking full-time while finishing his high school education. Stephen attended St. Paul Vocational College and accepted his first head chef position three weeks before graduating. Stephen also has experience as a cooking instructor through Cooks 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.

MICHAEL 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, drug, hormone, chemically treated and processed foods are healthy life priorities for Michael.

TEDDIE JO LENSING, LPN
has been a licensed practical nurse in long term care since 1994, and has developed an appreciation for Ketogenic cooking as a means for helping to manage a variety of health conditions. She received her teaching degree 9 years ago and is presently sub-teaching elementary school. She is ACE certified and teaches exercise classes as well.

JUSTIN SCARDINA
Currently the Sous Chef for the Norse Culinary team at Luther College in Decorah, IA. He spent the past 15 years working in fine dining restaurants in Northeast Iowa and Wisconsin, most notably La Rana Bistro in Decorah, IA and Cafe D'vine in Onalaska, WI. He has been published in many magazines and was ranked in the top of Iowa chefs by Best Chefs of America. He resides in Decorah with his daughter, Adina, and cat, Sushi.



Try this at home!

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co-op Kitchen video series you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food, plus easy recipes for delicious homemade meals. See what's cooking in the Co-op Kitchen!

Visit www.strongertogether.coop/coop-kitchen.



Be sure to check out the FREE Co-op Kitchen iPad® app in the App Store™.

coop kitchen

YOU CAN LEARN AT HOME TOO!



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!

JANUARY CONT...

Game Day Snacks
Tuesday, January 31, 5:30pm-7:30pm
Join us for an evening of simply delicious snacks and appetizers that are great for any party, and perfect for that football party you are planning or attending. We'll focus on some of our favorite recipes with an emphasis on options that are not overwhelming to prepare, but sure do show off the best of your cooking. Can you say nacho cheese, guac, and bacon? What could go wrong? Oh, and how about some beer pairings as well?
Class Code: DM
Max participants: 20
Instructor: Johanna Bergan and Joel Zook
Cost: \$12 member/owners, \$15 community members

FEBRUARY

Aromatherapy for the Heart
Wednesday, February 8, 5:30pm-7:30pm
Join us right before Valentine's day for an evening of nurturing and romantic smells. We will talk about oils that speak to the heart and ones that spark that loving feeling. We will make a lip balm and a body scrub that you can gift someone you love...or keep for loving yourself.
Class Code: HO
Max participants: 12
Instructor: Gretchen Fox Schempp
Cost: \$15 member/owners, \$18 community members

Smoothies with a Purpose: From Frivolous to Fortifying
Thursday, February 9, 5:30pm-7:30pm
It may be cold and white outside, but a rainbow of color has overtaken the Co-op Kitchen Classroom. Join in a class that is sure to satisfy your taste buds and fill you up. Smoothies are so much more than breakfast and can be used for afternoon pick-me-ups, healthy cocktails worthy of sharing, and protein-packed meal replacements. This class will include tested recipes and lots of samples to help you find the smoothie that has been missing from your diet.
Class Code: DM, VN, GF
Max participants: 20
Instructor: Johanna Bergan
Cost: \$15 member/owners, \$18 community members

LOOKING TO STAY UP-TO-DATE

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



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Twitter - @oneotacoop

Subscribe to our weekly e-newsletter "The COMM POST" through links on Facebook and on our website - oneotacoop.com.

FEBRUARY CONT...

Matches made in Heaven: Stouts and Porters
Sunday, February 12, 2:00pm-4:00pm
In this beer and food pairing class, we will explore the darkest side of beer with a sampling of stouts and porters. Even in today's "beer enlightened" society, some would argue that porter and stout are descriptions of beer that are/were used interchangeably. Come see the difference yourself in this session, served along with the different foods that go with each.
Class Code: DM
Max participants: 14
Instructor: Chef Stephen Larson
Cost: \$30 member/owners, \$35 community members

Shrimp Stock
Saturday, February 18, 1:00pm-3:00pm
All great soups start with great stock. Let's learn to make a wonderful shrimp stock for your shrimp bisque or seafood chowder. We'll make the stock in class and see how it tastes in the finished product. A "soup-erb" way to spend a Saturday afternoon.
Class Code: DM
Max participants: 16
Instructor: Sherill Ryan
Cost: \$15 member/owners, \$18 community members

The French Connection
Sunday, February 19, 2:00pm-4:00pm
Bistro style food, especially upscale bistro, in France is red hot right now. In this class we will explore a few updated classics and wash it down with some great French style wines. Come hungry.
Class Code: DM
Max participants: 14
Instructor: Chef Stephen Larson
Cost: \$30 member/owners, \$35 community members

Fatigue, Anxiety and Depression: A New Perspective
Wednesday, February 22, 5:30pm-7:00pm
Our health is always challenging, particularly when we have many different symptoms that we can't explain. This class will focus on the very common experience of chronic fatigue, anxiety and depression, or FAD. These symptoms often arise together and create many challenges to our quality of life, whether it's still relatively mild or has become more severe. This class will give you a new perspective on how to understand this complex experience.
Class Code: L
Max participants: 20
Instructor: Brent Barness
Cost: \$8

CLASS INSTRUCTOR BIOS:

KATHY GOTTL, RN
has many years of professional experience in the healthcare field, as well as years of personal experience working to managing her own Crohn's Disease diagnosis. She holds a wealth of knowledge regarding supplements, essential oils, Oil Drop Therapy, natural and alternative treatment methods.

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

MARGRET ZOOK
a local 4th grader, was forced into the world of food at the age of 3. She manages her gluten and dairy free diet by learning all she can about food and taking an active role in choosing and cooking for herself. Her favorite job may be making the grocery lists, but she cuts a mean carrot salad when necessary.

BRENT BARNES
is a licensed acupuncturist who been studying and practicing integrative medicine for 12 years. He was previously the co-founder of Everspring Health, a health care cooperative based in Minneapolis, where he now serves on the board. Currently he is the owner and practitioner at Decorah Wellness Center. In addition to his clinical practice, he is interested in personal development, community building and education.

JOEL ZOOK
loves to cook, mostly for himself, but for other people too. He is a Decorah native who has cultivated his robust love of food since a young age. His teaching style is direct and down to earth, with the intent to help you recreate everything you learn in class at home. Today he cooks for a young family with diverse dietary needs, causing him to explore gluten free and vegan deliciousness.

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



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CITRUS GROVE

By: Megan Molenti, Wedge Community Co-op, Minneapolis, MN

Glenn County, California is nestled upon the valley floor between the Mendocino National Forest to the west and the Sierra Nevada Mountains to the east.

Like much of the rest of the Sacramento Valley, this area is primarily agricultural with almond and walnut plantations dominating the landscape. But if you wind your way up a ribbon of road known as Pilot Peak Lane, past grazing longhorns and Canada geese bathing in irrigation ditches, you come to the Johansen Family Farm - the northernmost citrus grove in America and perhaps even the world.

This is where Rich Johansen grows the seedless Satsuma and Clementine mandarin oranges so beloved and eagerly awaited by Wedge shoppers each year. You know the ones - the sweet, juicy, easy-to-peel treats that come in three-pound bags and five-pound gift boxes for just a short time each November and December. They all come from Johansen's 80-acre ranch. He is a rare third-generation farmer in this land of Wall Street cash-infused farming developments. Back in 1910, his grandparents joined the great western migration, leaving the Dakotas for California and settling the land that Rich now farms with his wife Mila. Though they've been an organic operation since 1990, the Johansen's commitment to sustainable practices goes back much further.

In the 60s, Rich's grandparents were transitioning the orchard from peaches and apricots to oranges and mandarins. Rich's mom was very allergic to pesticides; so they had to develop alternative ways to address fertilization and pest control. Luckily, they had help from their farm manager, a native Cherokee, who taught them his extensive knowledge of natural farming techniques. They learned that mandarins really don't like direct applications of nitrogen. It's jarring to their systems. So instead, they put compost and hydrolyzed fish around the trees. The slow release acted more like a one-a-day vitamin of nitrogen, and the trees thrived.

Even though mandarins don't require pollination to bear fruit, the farmers also planted clover and mustard fields on the property to create healthy environments for beneficial insects such as bees and butterflies. "We want to have healthy, vibrant soil," Rich says, "that's where it all starts. To do so, you have to have an awareness about how things are interrelated."

This ethic of creating soil health and treating the orchard as an interconnected ecosystem has permeated all of the farming decisions the Johansens have made over the years. In 1993, the farm transitioned to a microsprinkler system which uses much less water than traditional irrigation. By targeting the trees' drip lines- the area directly under the outer circumference of the branches where the tiny rootlets that take up water for the tree are located, thus putting water only where the trees are going to pick it up. They also worked with the National Resource

Conservation Service to put in a retention pond on the property to allow for more flexible water storage. Twenty years ago, no one had such systems, but the Johansens have helped lead the way for agricultural water conservation in Glenn County. In October 2015, the area around their ranch was identified by a University of California-Davis study as one of the only three aquifers in the state of California that gets fully replenished every year. Scientists are hopeful this can serve as a model for other farmers interested in improving the groundwater situation in California. With continued droughts, water tables have plummeted by more than 100 feet in some parts of the state.

Rich acknowledges that some of his success in managing both pests and water resources are due to his location. Being so far north means more annual rainfall. The cold also keeps his orchards isolated from a lot of problematic insects. But it is not without its challenges. "We're kind of farming on the edge of disaster," he says. "We need a rootstock that is more hardy, and we're constantly contending with rain during the harvest which can make things really unpredictable. Each piece of citrus has to be hand-clipped from the tree, and because it can't be done in the rain (they have to be dry when picked) the window for harvesting can be very short." But despite the difficulties, and perhaps because of them, the Johansen's citrus has an incomparably complex flavor. "We're a long ways up here," says Rich, "fact is, we had to go with a slow-growing, cold-hardy root stock, but the benefit is we get better flavor."

In 1960, Rich's dad planted 2,000 Satsuma mandarin trees with this cold-hardy root stock, a variety called Owari. It took them eight years to bear fruit, and when they finally did, they were pretty awful. His dad panicked, but a farming friend convinced him to keep the trees. They just needed time to mature. By the `70s things were a bit better, but not much. Rich was a young man then, going door to door to try to sell the citrus one box at a time. Then the `80s hit, and they finally started to taste good. Really good. They quickly became a holiday favorite for kids and adults alike. "With these trees, a 20-year-old tree is better than a 10-year-old, a 30 better than a 20," says Johansen. "Our trees today are 55 years old. And they make a dang tasty mandarin."

Finding people to take his Satsumas and Clementines is no longer a problem. In fact, they are in such high demand that Rich had to take down his website because he got tired of turning people away. He now sells to only five buyers, and he has no plans for getting bigger. One of those buyers is Rick Christianson of CPW, whom Rich met more than 20 years ago when Rick was at Roots and Fruits. Rich says Rick is the reason the Wedge gets his highly prized mandarins, even as he has stopped shipping to the East Coast. "The Wedge is it," says Johansen. "You're the farthest east we go. We do it because we made that commitment a long time ago. And

we want to make sure you get everything you want."

The Johansen's Satsumas will be available starting in November. "With luck," Rich

says, "they'll make it all the way through 'til Christmas." But don't worry if you miss them, the Clementines should keep rolling in through the New Year.

Oneota Co-op is fortunate to receive these same Satsumas and Clementines each year as well. Look for them in our Produce department.

Article originally printed in "The Share", a publication of Wedge Community Co-op, Minneapolis, MN. Reprinted with permission.

RICE AND BEANS WITH ORANGE KIWI SALSA

While rice and beans and citrusy salsa might seem an unusual pair, the combination is refreshingly delicious.

- Ingredients
- 1 tablespoon vegetable or coconut oil
 - 1 yellow onion, diced (reserve 2 tablespoons raw onion for the salsa)
 - 2 garlic cloves, peeled and minced
 - 1/2 teaspoon allspice
 - 1/2 teaspoon thyme
 - 1/4 teaspoon red chili flakes
 - 1 14-ounce can coconut milk
 - 1 cup water
 - 1 cup brown rice, rinsed and drained
 - 1 15-ounce can kidney beans, rinsed and drained
 - 1 1/2 tablespoons red wine vinegar
 - Salt and pepper to taste

- Salsa
- 2 kiwis, peeled and diced
 - 2 oranges, peeled, seeded and diced
 - 1 teaspoon fresh ginger, finely minced
 - 1 small jalapeño, seeds and ribs removed, finely minced
 - 2 tablespoons lime juice
 - 2 tablespoons minced yellow onion

Preparation

In a large pot, heat the oil over medium-high heat. Sauté the onion for 2-4 minutes. Add the garlic and cook for another minute. Add the allspice, thyme, chili flakes, coconut milk, water and rice, and bring to a boil. Reduce the heat to simmer, cover the pot, and cook for approximately 30 minutes, or until the rice is tender and most of the liquid is absorbed.

While the rice is cooking, gently stir together the kiwi, oranges, 2 tablespoons minced yellow onion, ginger, jalapeño, and lime juice in a mixing bowl. Set aside.

Once the rice is done, add the kidney beans, red wine vinegar, and salt and pepper to taste. Stir well.

Serve with the orange kiwi salsa on the side.


Serving Suggestion

This Jamaican-style dish is delicious with grilled meats or fried fish and a ginger beer. Try the salsa on broiled, steamed or baked flaky fish or just with a handful of plantain chips.

Recipe by StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.





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New In Wellness

By: Gretchen Fox Schempp, Wellness Buyer

We are always excited to introduce new items in our department. Sometimes these items come recommended by our distributors based on trends, often times our customers dictate what you will find new on the shelves, and sometimes we just get excited about something and want to share it with our community! Check out some of our new offerings!

MINERAL FUSION DRY SHAMPOO

Dry shampoos were all the rage in the 70's. Psssst... They are back and they are better than ever. Mineral Fusion's lightweight powder refreshes hair between washings. Vegetarian keratin with olive and lavender help boost hair health, fullness and lift. Available for light hair and medium to dark.



BETTER LIFE HAND SOAP & BODY LOTION

You may be familiar with Better Life's awesome cleaning products. Now you can find simple and clean hand washes and body lotions by this St. Louis, Missouri company. Two super fresh scents available for great prices. Clary Sage and Citrus Mint.



TERRY NATURALLY BOSMED INTESTINAL BOWEL SUPPORT

This product is intended to soothe the intestinal lining so you can experience comfortable and predictable digestive function. It combines BosPure Boswellia with supercritical CO2 oil extracts of coriander, fennel, caraway seed and peppermint for support of healthy bowel regularity. Additionally providing soothing relief from bloating, gas, cramping, diarrhea and other digestive discomforts. Terry Naturally guarantees their products for effectiveness. If you are not satisfied with their product, return it to us for a refund.

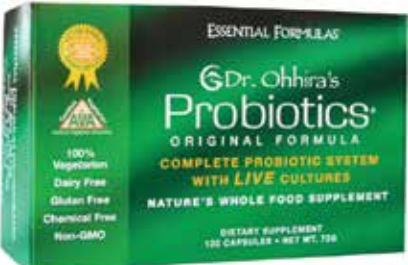


DR. OHHIRA'S PROBIOTICS - ORIGINAL FORMULA

I am so excited about Dr. Ohhira's Original Probiotic! This is my go-to probiotic from

I am so excited about Dr. Ohira's Original Probiotic. This is my go-to probiotic from now on. I was recovering from a waterborne illness this past summer while at a conference and suffering from some serious nausea. I was given a sample of Dr. Ohira's Original Probiotic. I popped one immediately and within 15 minutes my nausea was gone. What makes this probiotic different from our other choices?

"Your gut contains hundreds of probiotic strains, some of which are completely unique, adapted solely to your internal environment. You have your own probiotic fingerprint! Award winning microbiologist Iichiroh Ohira, Ph.D. and research scientists from Okayama University developed a naturally fermented probiotic formula that supports BOTH the supplemented strains and the pre-existing beneficial flora in your gut. Dr. Ohira's Probiotics Original Formula is fermented for



three years using twelve strains of carefully selected lactic acid bacteria. These are encapsulated with their own nutritious prebiotic culture medium and naturally occurring organic acids, vitamins, minerals, enzymes and amino acids. It's like sending probiotic support into the digestive tract with its own bag lunch and tools for maintaining whole health."

In addition, studies are showing probiotics to be supportive to mental health. During the three year fermentation process, classical music is played all the while. I can't help but believe this infusion of calm and harmony affect the end product.



KISS MY FACE NATURAL MAN 4 IN 1 SHAVE

Get up close and personal! This 4-in-1 natural shave crème combines nourishing antioxidants Sea Buckthorn (for a close shave), Vitamin E (for soft skin), Goldenseal, Lemongrass, Aloe (razor relief) and olive and coconut oils (lubricants). Comes in two scents: Invigorating Aqua and Energizing Sport. For guys and gals alike.



ACURE DRY OIL BODY SPRAY

We love Acure. Our customers love Acure. It's just good stuff and it's not wildly priced. The new Dry Oil Body Sprays are ultra-light and easily absorbed. Appropriate for body, hair or even after shave. They come in three choices: Rose, Coconut and Citrus Ginger.



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This new product contains Mastic Gum, Zinc L-carnosine, chamomile and probiotic strains saccharomyces boulardii and Bifidobacterium longum to support a balanced intestinal inflammatory response to normal internal stressors.



THISTLE FARMS

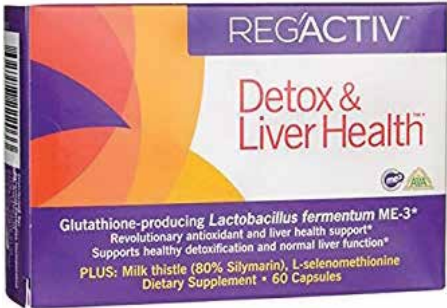
Thistle Farms is a sanctuary for healing for women survivors of abuse, addiction, trafficking and prostitution. We are a community of survivors, advocates, employees, interns, volunteers, and friends from all across the world. We are young and old, women and men. We want to change a culture that still allows human beings to be bought and sold. We believe that in the end, love is the strongest force for change in the world.

The women of Thistle Farms have developed guidelines for living that describe practical ways we can love one another without prejudice or judgment. Influenced by the Benedictine Rule, our programs are grounded in 24 simple principles about living gracefully in community. From candles and cards to essential oils, check out our selection of products from Thistle Farms.

KAMPUKI BEAUTY BAR

The Kampuku Beauty Bar is a merging of ancient Japanese fermentation skills and modern science to create a clarifying and balancing skin cleanser suitable for all ages and all skin types. Coupled with Dr. Ohira's Original Probiotics, you have a great support for troubled skin.

Regactiv Detox and Liver Health by Dr. Ohira is a revolutionary antioxidant and liver health support product. With Glutathione-producing Lactobacillus fermentum ME-3, it supports healthy detoxification and liver function.



REG'ACTIV DETOX & LIVER HEALTH

by Dr. Ohhira's is a revolutionary antioxidant and liver health support product. With Glutathione-producing Lactobacillus fermentum ME-3, it supports healthy detoxification and liver function.



AMERICAN PROVENANCE

I love this story behind the evolution of this brand. Kyle LaFond was a science teacher in New Glarus. It all started as an assignment making deodorant he'd given to his students. As he walked the halls of the school he taught at, he would choke on the smells of the chemicals the kids were spraying on themselves. He thought this assignment would be a great way to teach the kids about the potential dangers of the products they may be using and to empower them in creating their own body care product. Out of this was born a whole line of clean and effective products.

American Provenance offers bar soaps, body sprays, hair pomades, beard balms, solid perfumes, deodorants and even leather and wood conditioners. The scents are fashioned from your Grandma's vanity, using only purely essential oils. Supercool artwork by his local tattoo artist dons the labels and the names are pretty hip too.... Daggers and Diamonds, Fastballs and Fisticuffs, Horseshoes and Handgrenades, Pinups and Paramours...you get the idea. Stop by and smell some nostalgia.



ALAFFIA REISHI LINE
Super-good-doers, Alaffia's products not only are good for you, but also good for communities and good for the environment; they are awesome. They use only sustainable wildcrafted ingredients, pay fair trade wages and empower mothers and families.

Their new Coconut Reishi line covers all the bases: hair, face and body.

Hydrating Coconut Hand and Body Lotion is light and absorbent. Coconut is soothing, Reishi mushroom is nourishing and Kpagnan butter is moisturizing. This lotion hydrates your skin and protects it from the elements.

The Coconut Vanilla Hand and Body Cream is a little thicker and a great option for deep penetrating hydration. Plus it smells yummy.

Cleansing Coconut Shampoo has strengthening properties with henna, shea and Reishi. Pair it with the Nourishing Coconut Conditioner and your hair will

be protected from the elements. I am most excited though, about the Hydrating Coconut Cleansing Conditioner. Cleansing conditioners are used alternately with traditional shampooing and conditioning. They are a great way to nourish and wash hair without using a shampoo every day.

Two lovely body balms in this line are useful for lips, elbows, hands, hair, cuticles, knees, heels and beards. They come in the signature coconut of this line and a lavender coconut too.

The accompanying facial care line includes:

- Purifying Coconut Facial Cleanser
- Coconut Baobab Face Serum with Argan and Reishi
- Toning Coconut Facial Mist
- Nourishing Coconut Day Cream
- Hydrating Coconut Night Cream

A GROCER. A COMMUNITY. A CAREER.

By: Kristin Evenrud, Grocery Manager

Let me tell you the story of how I fell in love with the Oneota Community Food Co-op. When I was a young college student at Luther, I would come down off the hill and poke around town - checking out the local businesses like Ben Bear, The Family Store, Rambo Pharmacy and the Oneota Co-op.

What a great "hippie" store, I thought - referring to the Co-op of course. At the time, I bought henna, "round" oatmeal (rolled oats), aloe soaps and Nature's Gate shampoo and conditioner. My hair was thick and shiny and I smelled so good.

Although I didn't admit it then, walking into that small store at 521 West Water Street was pretty intimidating. At that time most of the food was in bins and I wondered how a young college kid was going to cook rice and oats and stuff. Even though I was warmly greeted by a super cool and smiling hippie chick in a long skirt and peasant blouse - and I loved the "idea" of the Co-op (especially that wonderful smell and the sweet people) I wondered if I would really ever be health-conscious enough to shop for food at the Co-op on a consistent basis.

Lucky for me, Decorah became the place I felt most at home and after graduation, I stayed. I got married and over the next few years I shopped intermittently at the Co-op, still buying shampoo and soap, every once in a while some herbs and spices, and on one adventuresome shop I splurged on buying the "Joy of Cooking" cookbook. I am sure I was offered the chance of becoming a member/owner various times over the years, but I remember this instance in particular and that the timing just wasn't right for me - not

enough extra cash and quite frankly the thought of potlucks scared me.

Many years later I came back to the Co-op in earnest. Like many folks who explore the Co-op but are not regular shoppers, I was having a health emergency. I was having migraines that just wouldn't stop. After exploring traditional options, including an MRI and many doctor visits, we came up flat. With the advent of the internet I discovered the MSG (monosodium glutamate) connection to headaches. As you may or may not know, MSG can come in many forms. Such as the ingredients yeast extract, hydrolyzed vegetable protein, or textured vegetable protein just to name a few. These ingredients are common in processed foods.

At that time, I started to buy food at the Co-op - real food, whole food, and especially food without those ingredients added to it. It tasted different, sometimes looked different, but I got used to it. I appreciated not only the foods available at the Co-op, but the dedication the staff had to assisting me. The staff provided me with knowledge and expertise I couldn't find anywhere else in Decorah. It's a level of service that we continue to strive towards today.

Though my eating habits changed and I was feeling better by avoiding MSG, my family still wanted to eat Dorritos and drink Diet Pepsi. Meals at home became a battle. I remained diligent about my diet. I made food for them and food for me and that worked for a while.

A little later we found out our oldest child had food sensitivities. He was tested at Allergy Associates in La Crosse, Wisconsin and was found to be sensitive to dairy, wheat and eggs. Even though I was a pretty good

GRIMM FAMILY FARM

By: Carl Haakenstad, Bulk Buyer

You may have noticed that there are a lot of "Minnesota Grown" signs in the Bulk department at Oneota. But, have you noticed that there is only one Iowa Grown sign? The one current Iowa Grown sign is on the black beans. Soon there will be two (doubled, woohoo!) when we are able to bring in pinto beans from the Grimm Family Farm, located southwest of Iowa City in North English, Iowa.

Grimm Family Farm is a true family operation with Jason Grimm, the youngest farmer, working alongside his parents and grandparents. Grimm Family Farm raises vegetables, dry beans, pastured poultry, hay, corn, and oats for a truly diverse mix of agricultural products. Their website defines their mission as:

Grimm Family Farm strives to provide fresh, healthy, locally grown meat, produce, dry beans and vegetables to our local and regional community from our family run farm. Our animals are raised on pasture with feed from crops grown on our farm or other local farmers' fields. All our garden and field crops are grown with sustainable practices, including mechanical weed cultivation, crop rotations, and use of cover crops.

With so much of Iowa's crop acres dedicated to corn and soybeans which are not destined for human consumption, it is a wonderful opportunity to sell a field crop that IS meant to be eaten by people.

In another article on the Grimm Family Farm I read that Jason uses the same fanning mill for winnowing his dry beans that his Grandpa used for winnowing wheat in the 1940s (winnowing means separating the wheat from the chaff or the dry beans from the pod). The original screens for running beans through the old fanning mill were in perfect condition because they had never been used. A great example of taking from the old and the new to create a sustainable family farm.

continued on page 16



label reader by now, I was still pretty scared. How was I going feed my kid?! I doubled down my efforts at the Co-op and discovered soy milk, alternative cheeses and dairy free ice cream. They also had wheat-free noodles and I learned how to cook (and pronounce) quinoa (keen-wah) and we started to eat differently as a family. My "Joy of Cooking" cookbook was getting pretty well worn.

At this time I also decided to make the investment and become a Co-op member/owner. It now fit into my budget and I wanted to support the organization that had supported me. For a \$20 per year investment over 7 years, I could help ensure the organization was around for the long term.

Well, to make what could be a really long story short, I eventually applied for a job and was hired at the Co-op in 2006. I started as a cook in "the old store" - 415 West Water Street. After holding several other positions in the store, I became the Grocery Manager in 2010. This current position includes oversight of staff that purchase and fill the shelves of our coolers, freezers and other grocery and bulk areas. A job which our

buyers and I take very seriously.

When I started working at the Co-op I fell in love with it all over again. Not only was I in love with the products on the shelves, but I found the people. People that loved food and wanted to know where it came from. I found farmers that were passionate about their animals and devoted to providing the freshest local vegetables. I found member/owners and customers looking for soda without high fructose corn syrup or aspartame and asking what "GMO" meant. Once I looked behind the curtain and I knew I wanted to play an even bigger part in the mission of this cooperative: to build vibrant communities and ecosystems by providing organic, locally produced and bulk foods, as well as other products and services that are sustainable for those who consume and produce them.

I urge you to consider becoming a member/owner of the Oneota Co-op the next time you are in the store. And if you already are a member/owner of the Co-op - thank you for your continued commitment to this community-focused, member-owned, cooperative grocer.

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Butter Up

By: Beth Hoven Rotto, Chill and Cheese Buyer

Many people use butter with the belief that they are consuming a product better than margarine or vegetable oils. But beware: all butter is not the same because all milk/cream is not the same. Let's talk about some of the brands of butter we carry at Oneota Community Food Co-op.

Have you tried the popular Kerrygold Butter? It's made in Ireland, exclusively in the summer, when cows can graze on lush Irish pastures. Kerrygold is a large cooperative of Irish farmers whose average herd size is 80 cows. I was amazed to read that a hectare of land in Ireland changes hands only once every 400 years. That means that there is a very long tradition within farming families, and often three generations are working together on a farm. We carry three types of Kerrygold Butter. The salted (gold foil) uses fresh cream, and the unsalted (silver foil) is made from cultured cream. Cultured cream is made by a fermentation process that converts the milk sugars into lactic acid, making a more "buttery" tasting product, preferred by many. They also make a Naturally Softer Irish Butter that is more spreadable from the refrigerator and is still only made with two ingredients: cream and salt. The one downside of Kerrygold Butter is that it must travel a long way to get to our store.

Chemical analysis shows that butter made from the milk from grass-fed cows has the most balanced ratio of omega-6 to omega-3 fatty acids which is a good thing. This is in sharp contrast to butter made in places where a large amount of land is devoted to oil seed production – including the United States and Canada. Butters in these countries have a worse omega-6 to omega-3 ratio which research has implicated in heart disease, gastrointestinal inflammation and cancer. Cattle (as well as poultry, salmon and hogs) are fed corn, soybeans and processed canola seed meals. This oily feed changes the profile of the milk. There is good reason to eat grass-fed dairy products.

One of the requirements for being certified organic by the USDA is that cows must graze on pasture during the grazing season, which must be at least 120 days a year. Lucky for us, we have a brand of butter that is

both organic and local: our Organic Valley brand, packaged in both salted and unsalted sticks. Organic Valley also makes a Grassmilk Butter which is a cultured butter made only during the summer months. We also carry a regionally produced, organic-certified butter from Kalona Organics, made in central Iowa. I've written the praises of this company and their high standards before. Check out "A Visit to Kalona Organics" on our website – oneotacoop.com. The article can be found in our Winter 2015 Scoop publication.

The closest facility making butter for us is WWHomestead Dairy. The milk/cream comes from just two farms near Waukon and Lansing and is rBST free (no artificial growth hormones.) The

animals in these farms are kept indoors in what is called a free stall, where the animals have plenty of room, fresh air and soft material to stand and lie on. WWHomestead makes a hand-rolled butter wrapped in white butcher paper and delivered to our store shortly after it is made.

I like to try other butters on a rotating basis, including butter made from the grass-fed cows at Nordic Creamery near Westby, Wisconsin - such as their Maple Butter. Right now we have Shepherdess Butter from the Wisconsin Sheep Dairy Cooperative. Aren't we lucky to have so many good options?

In celebration of butter, here's a recipe from Kerrygold.

BRAISED RED CABBAGE

Serves 4-6

Ingredients:
50g (2 oz) (4 tbsp) Kerrygold Pure Irish Salted Butter
1 small head red cabbage, finely shredded (core discarded)
2 red onions, thinly sliced
2 cooking apples, peeled, cored and grated
500ml (18fl oz) (2 cups) pomegranate or cranberry juice
2 tbsp balsamic vinegar
4 tbsp light brown sugar
½ tsp ground cinnamon
½ tsp pumpkin pie spice
Good pinch of ground cloves
Salt and freshly ground black pepper

Directions:
Tantalize your tastebuds with this stunning side dish. It looks divine and it tastes even better. The easiest way to cut the red cabbage and onions is on a Japanese mandolin but if you don't have one, a sharp knife or a food processor will do the trick. Fabulous with a Sunday roast or for a light supper, try it with baked jacket potatoes and a dollop of sour cream and chives.
Heat a very large, heavy-based pan. Add the butter and once it has melted, tip in the red cabbage and onions. Sauté over a medium to high heat for about 10 minutes until they begin to soften.
Stir the apples into the cabbage mixture and then add the pomegranate or cranberry juice, balsamic vinegar, sugar and spices. Bring to the boil, stirring occasionally, then reduce the heat and simmer for about 1 hour over a low heat, stirring every 20 minutes until the cabbage is meltingly tender. Transfer to a warmed dish and serve at once.



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By: Kristin Eggen, Communications Specialist at Winneshiek Energy District
and Oneota Co-op Member

BECOME AN ENERGY DISTRICT MEMBER TODAY

OUR VISION:

100%
BY
2050 | LOCAL
RENEWABLE
Energy

DEFENDING OUR RIGHTS TO OWN SOLAR
ON FAIR TERMS...
FOR CUSTOMERS AND COMMUNITIES ALIKE

- **TWO YEARS OF EXTENSIVE ENERGY DISTRICT TESTIMONY** to the Iowa Utilities Board (IUB), and creation of a local action network that has empowered dozens of additional comment submissions from around NE Iowa
- **A MAJOR VICTORY** to preserve net metering for three more years ... **BUT** the IUB decision is not yet final!
- **MORE SOLAR PER CAPITA** than any community in Iowa



KEEPING OUR ENERGY DOLLARS LOCAL



- **OVER 1,000 CUSTOMERS SERVED** with technical and economic analysis, direct installation of efficiency measures, solar site assessment, and more
- **OVER \$10 MILLION INVESTED** in clean energy thanks to our technical assistance and project development
- **CREATING AND SUPPORTING JOBS**, including electricians, HVAC, builders and more

OUR GREEN IOWA AMERICORPS TEAM:
providing in-home energy assessments and environmental education for the seventh year in a row!



STARTING A MOVEMENT... RIGHT HERE IN WINNESHIEK COUNTY

- **ENERGY DISTRICTS: THE PERFECT MODEL** for locally-led clean energy transition and climate resilience ... everywhere
- **CLAYTON COUNTY ENERGY DISTRICT** is up and running ... Howard County Energy District is in formation
- **ENERGY DISTRICT AUTHORIZING LEGISLATION** conversations happening with legislature



DO YOU CARE ABOUT

- ✓ Keeping and reinvesting our energy dollars locally?
- ✓ Clean, renewable, locally owned energy for all?
- ✓ Preserving a healthy environment and stable climate for our kids?

MAKE THIS VISION REALITY
BECOME A MEMBER OF *your* ENERGY DISTRICT TODAY!

On my fridge there's a magnet that says "Yay! Local!"

Maybe you have seen such magnets, marked by enthusiastic sentiments such as "Yay! Cats!" "Yay! Gnomes!" "Yay! Bacon!" We are in an enthusiasm epidemic. Yay!

Compared to cats, gnomes, or bacon, the noun "Local" may seem oddly abstract or lacking trendy cuteness. Yet we show up for the delightful things that are found in the closest proximity to our own existence: our locale.

The Oneota Co-op and it's members are well versed in the value of local food, governance, and membership. They know better than anyone how our farmers, religious communities, environmental conservation, businesses, t-ball games, and our member-owned co-operatives make up the social, environmental and economic threads that weave the rich fabric of a place, creating vibrant and comfortable communities.

So how about local energy?

The Winneshiek Energy District has been working to promote locally owned clean energy in northeast Iowa for the past seven years with the values of sustainability, stewardship, localism, and leadership at its core. The nonprofit is a member organization that thrives on participation, feedback, and financial support from its members. This allows it be relevant to local needs and offer locally-focused energy conservation programs, energy education, renewable energy alternatives, and so much more. It functions off the idea that real change starts

Read what your fellow Co-op member/owners have to say about the Energy District, and join today at www.energydistrict.org.

Craig Mosher

"I'm a member of the Co-op and the Winneshiek Energy District because I believe both groups are working to help create a more sustainable world where we live healthy lives more in tune with nature and with our community. Oh, and I can save energy dollars with better insulation, LED bulbs, solar PV, etc."

Benji Nichols

"The tireless work of the Winneshiek Energy District is an incredible asset to not only Winneshiek County, but our region in general. As we look to tackle issues, educate ourselves on opportunities, and conserve our resources, the Energy District leads the way. Just as soil districts of the past brought a common platform to helping preserve some of our most valuable resources - supporting the work of the Winneshiek Energy District just makes sense."

Barbara Massman

"As a 23-year veteran of real estate sales and property management, I have seen the effects of poor indoor air quality and exorbitant utility expenses in a home. Homeowners are so busy living their lives, raising their children, and planning meals that the Winneshiek Energy District's assistance to homeowners and energy education programs is needed and has been most welcomed."

Maren Beard

Oneota Co-op Board Member

"When it comes to food and energy, the Oneota Food Co-op and the Winneshiek Energy District are working to help us transition together toward a more sustainable future. Local food and local energy make our communities stronger by building the local economy and connecting us more deeply with each other and our natural resources. For me, these two community-based organizations represent what it means to care deeply about a place, strive for change through community collaboration and create a more resilient world. I am a member of the WED because I strongly support the work the organization does to make homes more efficient, promote renewable energy and build a replicable model for other communities."

at a grassroots level.

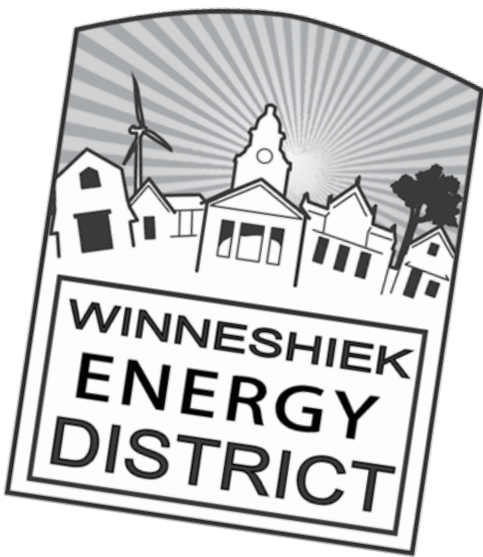
Will you support this work by becoming a Winneshiek Energy District member?

The "Yay! Winneshiek Energy District!" magnet has not yet found its way to production, but If you like what the Energy District is doing in your community and want to support further efforts, you can snip out this template and stick it to your fridge as a reminder to become an Energy District member by going to www.energydistrict.org/about/contribute . Once you become a member you will receive an



bumper sticker.

Thank you for supporting the good work being done in your community, for your community. Yay! Local!



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 comm unity.

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

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Member Volunteer Coordinator membervolunteers@oneotacoop.com

Customer Service, general inquiries..... customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

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Proofing Cathryn Baldner

The Scoop is published quarterly and distributed to 18,000+ residents and members. If you are interested in advertising in The Scoop, please contact Nate Furler at the Co-op - 563.382.4666 or nate@oneotacoop.com.

2016-2017 Co-op Board of Directors

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Carl Peterson, Treasurer..... oneotapetersonc@gmail.com

C. Bryan Stuart..... oneotastuart@gmail.com

Alicia Trout, Vice President..... oneotatrout@gmail.com

Member Volunteers - Aug/Sep/Oct

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

Brita Nelson

Alicia Trout

Maren Beard

Carl Peterson

Flannery Cerbin-Bohach

Scott Hawthorn

C. Bryan Stuart

Randall Duval

Carol Bentley-Iverson

Joan Johnston

Arllys Adelman

Janet Snider

Yvonne VanVeldhuizen

Cynthia Lantz

Dalton Little

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Kelley Claman

Johanna Bergan

Perry-O Sliwa

Barb Dale

Michael McElrath

LeAnn Popenhagen

Kristin Albertson

Jon Hart

Mary Hart

Wendy Stevens

Kristin Eggen

Claire Jensen

Dennis Carter

Jerry Aulwes

Louise Hagen

Georgie Klevar

Onita Mohr

Steffen Mirsky

Daniel Henry

Pamela Burns

Jim Stevens

Cathy Baldner

Ruth Huffman

Sabrina Claman

Taylor Claman

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).

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:

Elizabeth Doty

Joanne Wu

Danielle Bucknell

Jutta F. Anderson

Cynthia Peterson

Erica Reiser

Erin McCargar

Anita Halvorson

Peter Dodington

Dita Mallon

Erin Blase

Sheila Corcoran

Melissa Mefford

Brian Barnet

Robin Hines

Kathlene Azevedo

Christine Baade

Jennifer Bliven

Dianne Allen

Andrew Avila

Ron Snell

Josh Phillips

Harleigh Boldridge

Jade Nustvold

Alexandra Wicks

Migdalia Loyola

Juliet Storlie

Tim Grabe

Harry Waters

Benjamim Tokheim

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

ONEOTA COMMUNITY FOOD COOPERATIVE

decorah, iowa

Water Street Café

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

• • • • • these sales valid

DEC 14, 2016 - JAN 3, 2017

• • • • •



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

\$6.99
EQUAL EXCHANGE
Organic Coffee
10-12 oz., selected varieties
Decaf Coffee 10-12 oz. \$8.99

\$12.99
BULK
Organic Walnuts
per pound in bulk, selected varieties

\$9.99
BULK
Organic Roasted Salted Pistachios
per pound in bulk, selected varieties

\$4.69
ORGANIC PRAIRIE
Mighty Beef Jerky
2 oz., selected varieties

2/\$4
CASCADIAN FARM
Organic Vegetables
16 oz., selected varieties

\$5.99
EQUAL EXCHANGE
Organic Hot Cocoa
12 oz., selected varieties
Baking Cocoa also on sale

2/\$5
EQUAL EXCHANGE
Organic Chocolate Bar
2.8 oz., selected varieties

2/\$6
BACK TO NATURE
Cookies
6.4-9.5 oz., selected varieties
Select Cookies 2/\$8

\$3.69
CROFTER'S
Organic Premium Fruit Spread
16.5 oz., selected varieties
10-11 oz. Fruit Spread also on sale

\$3.99
Q TONIC
Tonic Water
750 ml.
other Q Drinks also on sale

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

2/\$5
NATIVE FOREST
Organic Pineapple
14-15 oz., selected varieties
other Native Forest Fruit also on sale

\$9.99
SPECTRUM
Organic Unrefined Extra Virgin Olive Oil
25.4 oz.

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

\$2.99
ORGANIC VALLEY
Organic Sour Cream
16 oz., selected varieties

2/\$7
GARDEN OF EATIN'
Corn Tortilla Chips
16 oz., selected varieties

Featured Inside:

- Celebrate the new year with traditional good luck foods
- Hearty stuffed collard greens make for a down-home main dish
- Visit the co-op for New Year's Eve party trays, drinks and appetizers
- Impress your guests (or help your host) with a goat cheese pesto torta

5/\$4
KOYO
Ramen
2.1 oz., selected varieties

2/\$3
DR. MCDOUGALL'S
Soup Cups
1.8-2.5 oz., selected varieties

2/\$5
AMY'S
Pocket Sandwich
4-5 oz., selected varieties

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

* Regular prices subject to change			
Packaged Grocery			
BIXBY, Peanut Butter Milk Chocolate Candy Bar	\$2.69	\$2.00	\$0.69
Peanut Butter Dark Chocolate Candy Bar	\$2.69	\$2.00	\$0.69
BOB'S RED MILL, Gluten-Free Pie Crust Mix	\$3.79	\$3.39	\$0.40
Gluten-Free Muffin Mix	\$4.29	\$3.99	\$0.30
EMERALD COVE, Organic Nori Seaweed	\$6.99	\$4.69	\$2.30
Organic Sushi Nori Seaweed	\$6.99	\$4.69	\$2.30
Arame Seaweed	\$10.99	\$7.99	\$3.00
Kombu Seaweed	\$5.49	\$3.99	\$1.50
FRONTERA, Citrus Garlic Marinade	\$2.49	\$1.99	\$0.50
Maple Flavoring	\$4.99	\$3.69	\$1.30
Peppermint Flavoring	\$4.69	\$3.99	\$0.70
Organic Vanilla Extract	\$10.99	\$7.69	\$3.30
Organic Alcohol-Free Vanilla Extract	\$6.99	\$4.69	\$2.30
Organic Korintje Cinnamon	\$5.99	\$3.99	\$2.00
Pumpkin Pie Spice	\$4.99	\$3.69	\$1.30
Organic Rosemary Leaf	\$4.39	\$3.39	\$1.00
Saffron	\$9.99	\$7.99	\$2.00
Organic Rubbed Sage Leaf	\$3.39	\$2.39	\$1.00
GINGER PEOPLE, Originals Gingins Candy	\$3.99	\$3.39	\$0.60
HEALTH VALLEY, Organic Cream of Celery Soup	\$3.29	\$2.69	\$0.60
Organic Cream of Chicken Soup	\$3.29	\$2.69	\$0.60
Organic Cream of Mushroom Soup	\$3.29	\$2.69	\$0.60
FRONTIER, Cream of Tartar	\$6.69	\$4.99	\$1.70
LIFEWAY FOODS, Eggnog Kefir, 32 oz	\$3.59	\$2.99	\$0.60
IMMACULATE BAKING, Pie Crust Ready to Bake, 15 oz	\$3.79	\$2.99	\$0.80
SO DELICIOUS, Yogurt Greek Milk, 24 oz	\$5.99	\$4.99	\$1.00
Yogurt Coconut Milk Vanilla, 24 oz	\$5.99	\$4.99	\$1.00
Organic Culinary Coconut Milk	\$2.39	\$1.69	\$0.70
KALONA SUPERNATURAL, Yogurt Greek Plain Organic 5 oz	\$2.29	\$1.99	\$0.30
Yogurt Greek Vanilla Lavender Organic, 5 oz	\$2.29	\$1.99	\$0.30
Supplements, Body Care & Gifts			
SUNLEAF, Plant Scent Moisture Stick,			
Clary Sage Lavender Chamomile, Neroli Geranium Grapefruit,			
Yakima Mint Black Currant Vanilla, .75 oz	\$8.99	\$7.99	\$1.00
Reed Diffuser Amyris Bergamot, 1 oz	\$12.99	\$9.99	\$3.00
Reed Diffuser Cedar Mint, 1 oz	\$12.99	\$9.99	\$3.00
Reed Diffuser Clary Sage Lavender, 1 oz	\$12.99	\$9.99	\$3.00
Reed Diffuser Lemon Vetiver, 1 oz	\$12.99	\$9.99	\$3.00
Reed Diffuser Olibanum Spruce, 1 oz	\$12.99	\$9.99	\$3.00
Reed Diffuser Cinnamon Cypress, 1 oz	\$12.99	\$9.99	\$3.00
Reed Diffuser Orange Ginger, 1 oz	\$12.99	\$9.99	\$3.00
Reed Diffuser Rosy Geranium, 1 oz	\$12.99	\$9.99	\$3.00
Preserve, Kids Toothbrush Soft	\$3.99	\$1.99	\$2.00
Toothbrush Soft	\$3.99	\$2.39	\$1.60
Toothbrush Ultra Soft	\$3.99	\$1.99	\$2.00
Toothbrush Medium	\$3.99	\$2.39	\$1.60
RISING TIDE, Cotton Canvas Passport Bag	\$21.99	\$19.99	\$2.00
Cotton Fleece Heabband	\$15.99	\$14.99	\$1.00
Felted Wool Coin Purse	\$15.99	\$14.99	\$1.00
Fingerless Gloves Cotton Flowers	\$23.99	\$19.99	\$4.00
Fingerless Gloves Wool Polka Dot	\$23.99	\$19.99	\$4.00
Fingerless Gloves Wool Fair Isle	\$25.99	\$21.99	\$4.00
Fingerless Gloves Wool Recycled Silk	\$31.99	\$27.99	\$4.00
Velvet Flower Pin Hat	\$43.99	\$39.99	\$4.00
Wool Earflap Hat	\$29.99	\$25.99	\$4.00
Wool Fair Isle Hat	\$31.99	\$25.99	\$6.00
BIG DIPPER, Holiday Blend Candle, 6.8 oz	\$18.99	\$17.99	\$1.00
Pine Spruce & Fir Candle, 3.2 oz	\$8.99	\$7.99	\$1.00
Pine Spruce & Fir Candle, 4.2 oz	\$14.99	\$12.99	\$2.00
EVOLUTION, Salt Lamp Aromatherapy	\$27.99	\$21.99	\$6.00
Salt Lamp Pyramid	\$30.99	\$25.99	\$5.00
Salt Lamp Raindrop	\$21.99	\$14.99	\$7.00
Salt Lamp Sphere	\$33.99	\$25.99	\$8.00
MAGGIE'S, Classic Crew 3 Pk Raspberry Navy Forest	\$17.99	\$15.99	\$2.00
Classic Crew 3 Pk Navy Natural Black	\$18.79	\$15.99	\$2.80
Classic Crew 3 Pk Eggplant Gold Teal	\$17.99	\$15.99	\$2.00

oneota community food co-op

MEMBER DEAL

EXAMPLE

KETTLE
Krinkle Cut Potato Chips
limit 2 bags per customer

\$3.89

Reg. Price \$4.69
SAVE \$.80

EXAMPLE

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.

Stop Back for

Sunday Chicken Dinner!

2:00-6:00 pm

► Oven-roasted Chickens whole, half, & quarter sized

► Mashed Potatoes & Gravy

► Variety of Sides

HIDDEN-SPINACH BERRY SMOOTHIE

Start your day with a big spinach salad? You will enjoy a salad's worth of healthy spinach in this luscious smoothie, and hardly notice it's there. Try freezing your own local berries when they are in season to use in smoothies all year long. When bananas start getting soft, just peel them, pop them in a freezer bag, and freeze to use in smoothies. Using frozen berries and bananas will give you a thick, almost ice-cream texture, and you may need to add a little milk to help it blend.

- Ingredients
- 2 cups (8 ounces) frozen or fresh red berries, raspberries, strawberries, or a mix
 - 3 cups (3 ounces) spinach (packed)
 - 1 cup yogurt, kefir, or a non-dairy alternative like almond milk
 - 1 large banana, fresh or frozen

Preparation

Put the berries and spinach in the blender first, and add the yogurt and banana. Process, scraping down as needed. Blend until smooth and serve.

Recipe by Robin Asbell, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.

• • • • • these sales valid

DEC 14, 2016 - JAN 3, 2017

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Stuffed Collard Greens

Makes 8 rolls. Prep time: 30 minutes active; 1 hour total.

- 8 collard leaves, large stems removed
- 1 tablespoon olive oil
- 1 cup diced yellow onion
- 1 celery stalk, diced
- ½ red or green bell pepper, seeds removed, diced
- 2 cloves garlic, minced
- ½ pound ground turkey

- 1 teaspoon chili powder
- ½ teaspoon dried thyme
- Pinch of cayenne (optional)
- ¾ cup chicken broth
- 1 ½ cups cooked rice
- Pinch each of salt and black pepper
- ¾ cup Carolina-style barbecue sauce

Heat the oven to 350 degrees F. Oil or butter an 8 x 8 inch casserole dish.

Bring a large pot of water to a boil. Gently place the collard leaves in the water and cook for about 3 to 5 minutes until just tender. Remove the leaves, drain and cool. In a large skillet, heat the olive oil over medium-high heat and sauté the onion, celery, bell pepper and garlic for 5 minutes. Add the turkey and spices and cook another few minutes until the turkey is almost cooked through. Add the broth and rice and cook another few minutes until the broth is absorbed. Season the meat with salt and pepper to taste and remove from heat.

Gently lay out a collard leaf on a dry cutting board, stem end facing away from you. Divide the turkey mixture into eight portions. Place one portion of turkey near the stem end of the leaf. Fold in the side edges of the leaf and roll up the collard around the filling, like a burrito. Place the collard roll in the casserole dish, seam side down. Repeat with the rest of the collards and filling. Drizzle barbecue sauce over the top of the rolls, cover with aluminum foil and place in the oven. Bake for about 30 to 40 minutes until the collard rolls are tender. Serve warm.



Good Luck Foods

There are lots of New Year's traditions around the world that call for eating particular foods for good luck. You may have heard of the Southern custom of eating Hoppin' John, a dish made from black-eyed peas, which are thought to resemble pennies and bring prosperity. But you may not be as familiar with the Italian version: a savory dish of sausage with plump green lentils – thought to also look like coins. In Turkey, pomegranates are lucky fruits; their abundant red seeds represent health, wealth and fertility. And in many parts of Asia, a New Year's Day tradition features a delicious bowl of "long-life noodles."

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

\$5.99
LUNDBERG FAMILY FARMS
Organic White Basmati Rice
32 oz.
other Packaged Rice also on sale

2/\$4
BLUE DIAMOND
Almond Breeze
Almond Milk
32 oz., selected varieties

\$2.99
LOVE GROWN
Chocolate Power O's
Cereal
7-12 oz., selected varieties

\$3.99
BAKERY ON MAIN
Happy Oats
24 oz., selected varieties

\$4.99
BETTER THAN BOUILLON
Organic Base
8 oz.
other Bouillon Base also on sale

\$5.99
ENDANGERED SPECIES CHOCOLATE
Chocolate Spread
9.7 oz., selected varieties

\$2.99
IMMACULATE
Organic Crescent Rolls
8 oz.
other Ready-to-Bake products also on sale

\$3.99
EARTH BALANCE
Vegan Spread
10-16 oz., selected varieties

\$7.99
SPECTRUM
Organic Refined Canola Oil
32 oz.
other Cooking Oil also on sale

\$2.99
SILK
Almond Milk
64 oz., selected varieties

\$3.99
APPLEGATE
Sunday Bacon
8 oz., selected varieties
other Applegate products also on sale

\$4.69
ORGANIC VALLEY
Organic Brown Eggs
doz., selected varieties

\$2.99
ANNIE'S NATURALS
Organic Dressing
8 oz., selected varieties

\$3.99
ORGANIC VALLEY
Organic Half & Half
32 oz., selected varieties

\$2.99
ORGANIC VALLEY
Organic Half & Half
16 oz., selected varieties

\$3.39
STONYFIELD
Organic Yogurt
32 oz., selected varieties

2/\$4
MUIR GLEN
Organic Tomatoes
28 oz., selected varieties

\$1.69
SO DELICIOUS
Non-Dairy Creamer
16 oz., selected varieties

\$5.99
UNCLE MATT'S
Organic Juice
59 oz., selected varieties

2/\$4
NOOSA
Yoghurt
8 oz., selected varieties

\$9.99
EQUAL EXCHANGE
Organic Bulk Coffee
per pound in bulk, selected varieties
Bulk Decaf Coffee not on sale

\$3.39
EQUAL EXCHANGE
Organic Tea
20 ct., selected varieties

2/\$4
BADGER
Lip Balm
.15 oz., selected varieties
other Badger products also on sale

2/\$6
DR. BRONNER'S
Bar Soap
5 oz., selected varieties

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

\$3.99
TEATULIA
Organic Tea
30 ct., selected varieties

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

\$6.99
ALAFFIA
Shampoo or Conditioner
8 oz., selected varieties

\$9.99
SHIKAI
Borage Therapy Lotion
8 oz., selected varieties
other Shikai products also on sale

\$2.39
EARTH FRIENDLY
Ecos Dishmate
25 oz., selected varieties

\$9.99
EMERGEN-C
Vitamin C Dietary Supplement
30 ct., selected varieties

\$7.99
SPECTRUM
Chia Seed
12 oz.
other Chia Seed products also on sale

\$9.99
HERB PHARM
Rapid Immune Boost
1 oz.
other Herb Pharm products also on sale

\$19.99
MEGAFOOD
Complex C
60 ct.
other MegaFood products also on sale

\$21.99
GARDEN OF LIFE
Dr. Formulated Probiotics Once Daily
30 ct.
other Probiotics also on sale

\$5.99
BACH
Rescue Pastilles
50 gr., selected varieties

REAL, NUTRITIOUS, MUSIC.

KDEC
fm 100.5
for people who love music

LOCALLY OWNED. INDEPENDENT RADIO.

THREE SISTERS SOUP

- Total Time: 80 minutes
- Servings: 8
- The Three Sisters (corn, squash and beans) was a Native American growing technique that capitalizes on the strengths of each individual ingredient. Cooked together they make a great soup that is popular with vegetarians and vegans.

Ingredients

- 4 pounds of your favorite winter squash (butternut, acorn, sunshine)
- 4 quarts vegetable stock (or water)
- 2 small yellow onions, diced
- 1/4 cup olive oil
- 1/4 cup garlic, chopped
- 2 teaspoons dried thyme
- 1 teaspoon ground black pepper
- 1 pound fresh or frozen corn kernels
- 4 (23-ounce) cans cannellini beans
- 1 bunch green onions, sliced
- 1/2 cup white wine
- 1 large bay leaf

Preparation

Preheat the oven to 350°F. Halve the squash and scoop out the seeds, then roast for 40 minutes, or until soft. Remove from the oven, cool, and scoop the flesh of the squash into a large bowl (save any liquids!). Puree the cooled squash in a blender or food processor (add a little liquid if needed).

In a large stockpot, heat the oil over medium heat and sauté the onions until they begin to brown. Add the garlic, thyme, and black pepper and cook, stirring often, until the garlic turns light brown in color.

Add the stock, bay leaf, wine, and squash and bring to a simmer. Add the remaining ingredients and salt, and simmer for 15-20 minutes. Taste and adjust as needed.

Recipe by Renee Russel, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.

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Goat Cheese Pesto Torta

Serves 12. Prep time: 31 - minutes active, 12 hours total.

- 1 pound chevre, softened
- 4-ounces cream cheese, softened
- 1/3 cup prepared basil pesto
- 1/4 cup prepared sun-dried tomato pesto or roasted red pepper puree
- 1/4 cup olive tapanade

Drain the basil pesto in a fine mesh colander to remove any excess oil. Oil a small loaf pan and then line the pan with parchment paper or plastic wrap, making sure that there is enough wrap hanging over all four sides of the pan to be able to wrap the torta after it's been assembled.

Using a hand-held electric mixer on low speed, blend together the goat cheese and cream cheese. Divide the cheese mixture into four portions; spread one portion evenly in the bottom of the pan. Carefully spread additional layers as follows: the basil pesto, another layer of cheese, the sun-dried tomato pesto (or red pepper puree), another layer of cheese, the olive tapanade, ending with a final layer of cheese. Wrap the ends of the parchment paper or plastic wrap over the top of the torta, ensuring the entire torta is wrapped well, and refrigerate for about 12 hours. When firm, gently remove the torta from the pan, unwrap and place on a serving platter.

\$4.69 WOODSTOCK Organic Baby Kosher Pickles 24 oz. other Woodstock Pickles also on sale	2/\$3 MORI-NU Silken Tofu 12-12.3 oz. selected varieties	3/\$5 NEAR EAST Dinner Mix 5.4-10oz selected varieties
\$3.99 KINGDOM Organic Cheddar Cheese 6 oz. selected varieties	\$2.99 MONTEBELLO Organic Pasta 16 oz. selected varieties	\$2.69 POMI Tomatoes 26.46 oz selected varieties
\$4.69 K II NATURALS Organic Artisan Crisps 5.3 oz. selected varieties	\$5.99 FIELD DAY Organic Coconut Oil 14 oz.	\$1.99 WILD PLANET Sardines 4.375 oz selected varieties
\$10.99 EQUAL EXCHANGE Organic Cashews per pound in bulk	\$3.99 LING LING Asian Appetizers 11-13 oz selected varieties	\$3.99 UDI'S GLUTEN FREE Dinner Rolls 7.41 oz selected varieties
\$2.69 ORGANIC VALLEY Organic Cream Cheese 8 oz.	\$5.99 ALDEN'S ORGANIC Organic Ice Cream 48 oz selected varieties	\$3.99 LUNA & LARRY'S Organic Coconut Bliss 16 oz selected varieties



Collards

Southerners have a tradition of eating collard greens and cornbread on New Year's Day to ensure wealth in the coming year. The leaves represent paper money, while the accompanying cornbread represents coins. While it may not necessarily bring you wealth, enjoying collard greens year round is a healthy and delicious choice. Mildly flavored and slightly bitter collards go well with onions, garlic, hot or sweet peppers, coriander and cumin. Sautéed or steamed and dressed with a bacon vinaigrette, they're a tasty side dish. Add to soups and stews or use as a substitute for rice paper in making veggie spring rolls.

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



Incredible Cheese to Delight Your Senses

By: Beth Hoven Rotto, Cheese and Chill Buyer

Do you delight in cheese like I do? I hope so! I've got many incredible cheeses coming to our store this November and December especially for your enjoyment while gathering around the table with family or friends. Many of these cheeses had to be ordered some weeks ago to allow time for the cheesemakers to produce and age enough for increased holiday demand. That means, when you see a cheese you want, don't wait to pick it up. I may not be able to reorder.

To create a cheese board for a simple meal at home or for entertaining a crowd, choose 3-5 cheeses of different types. I've listed some of the cheeses expected by category below to help you see some of the variety we will have over the coming weeks. In addition to the

cheeses, put out a selection of small amounts of things, including dried or fresh fruit, crackers, nuts, olives, meats, preserves, chutney, and sourdough or whole grain breads. Then start nibbling for a festive tasting experience. The cheeses expected include the following:

- Fresh and soft cheeses like Quark, a German style cream cheese made in Iowa, and Petite Truffle cheese made in California.
- Cheeses like Bulgarian Feta and Organic Bio Feta in brine.
- Semi-soft cheeses like Smoked Gouda from

- Minnesota and Morel and Leek Jack from Wisconsin.
- Cheddars like Snowdonia from Wales with a variety of plain and flavored cheddars, including Amber Mist made with Scotch whiskey or Ruby Mist with the warmth of Port and Brandy.
- Hard cheeses like Beenster's Paradiso made in Holland.
- Blue cheeses like the Artisan Cheese Exchange Blue Jay, a juniper berry infused quintuple creme blue, and Fior d'Aranicio, an Italian blue cheese soaked in sweet, fruity wine.
- Washed-rind cheeses like Good Thunder which is washed with Surly Bender Beer and made in Minnesota and Taleggio Italian cheese.
- Goat cheeses like Apricot-Thyme Goat Crumbles from Vermont or the French Beurre

Chevre Caramel (yes, that means caramell!).

- Mixed milk cheeses like Dalmatinac, a cow and sheep's milk cheese from Croatia and Benedictine made from sheep, cow and goat milk in Wisconsin.

Also, remember that we regularly carry cheeses that are also holiday favorites including Norwegian brown Geitost, English blue veined Stilton, Manchego from Spanish sheep's milk, soft French Brie, and hard Italian Parmesan.

Don't forget to come to the Co-op for wonderful local cheese, which is really the backbone of our selection. Look for Organic Valley, Yellow River Dairy, Montchevre, Mount Sterling and our store line of Discover Local cheeses among others. Remember that we have small pieces in our Bits and Bargains bin that are good as a sample size, for small households, or just for variety.

Bon Appetit!

 Commercial • Residential Traditional Limestone Masonry Landscaping: Freestanding/Retaining Walls, Pavers, Flagging Mortar Work: Building Cladding, Columns, Piers, Foundations, Chimneys, Tuck Pointing Fireplaces: Rumfords, Masonry Furnaces, Baker's Oven, Kits/Inserts	 Chimney	 Chimney
 Dry-Laid Stone	 Retaining Wall	 Dry-Laid Stairway
 Fireplace Insert		

CO-OP cheese club

SPECIAL ARTISAN CHEESES - EVERY MONTH!

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

Artisan cheese: Cheeses that are handmade, or made using relatively small scale specialty techniques in small batches. Artisan cheese captures the uniqueness of each product and the artisan who makes it.

Farmstead cheese: Cheese produced on the farm from the milk produced on that farm.

Specialty Cheese: High quality cheese that commands a premium price due to its design, limited supply, particular processing or extraordinary packaging.

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

"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."

Sign-up today
563-382-4666



Wellness VS. ILLNESS:

IT DOESN'T
HAVE TO BE
A BATTLE

By: Gretchen Fox Schempp,
Wellness Manager

Many of our customers in the Wellness section become so out of illness. The classic coughing and sniffing customer comes to us asking, “what do you have to make me feel better?” And of course we are happy to show you items from our vast array of nutritional supplements and topical treatments to help you on your way to wellness.

But what about when you are well? How does one maintain this wellness? What can we do to stay well? This is an especially good subject as we are now well into the school year and into the cold and flu season. This is something I want to suggest, the conscious movement towards wellness and away from a focus on illness. Rather than “treating” a symptom, let’s talk about preventative medicine and intention. These are some of the things I like to use and do as I focus on maintaining my wellness throughout the year.

The Daily Multivitamin

Ideally we would all be eating a diet full of antioxidant rich fruits and vegetables, whole grains, fiber and other essential nutrients. The fact of the matter is most of us aren't getting all the nutrients we need from our food. A quality whole food multivitamin can provide you with many of the vitamins and minerals you may be missing in your diet. Whole food multivitamins are not the same as synthetic vitamins. They are actually made from foods rich in the essential vitamins, minerals and antioxidants. The advantage to taking a whole food supplement vs. synthetic is that your body recognizes the nutrients as it would if you were eating the foods containing these nutrients. Not into popping a pill? Try one of our liquid multivitamins or better yet, make your own juice from whole foods and herbs. This way you also receive plenty of freshly activated enzymes and tons of other nutrients.

GRIMM FAMILY FARM

continued from page 9

Get out your crockpot or fire up the stove and try some black or pinto beans from Grimm Family Farm today. Beans are a healthy food that are low in fat and high in protein and fiber. Just remember to pre-soak them to make them easier to cook (also keeps you less flatulent). The basic cooking directions for dry beans are as follows:

1. Spread beans out on a baking sheet and pick through for any rocks or foreign material.
 2. Place beans in a large pot or bowl and cover with water three inches above the contents. Soak for up to 8 hours.
 3. Drain soaking water and cover beans with fresh water again three inches above the contents.
 4. Bring beans to boil, lower heat to simmer, and cook for 1 ½ to 2 hours.
- Pretty, easy right? Plus, in the winter it feels great to have something simmering on your stove for two hours because it will heat up the

Good Old Vitamin C

Called the king of antioxidants and the most powerful one in the body, vitamin C is required for at least 300 metabolic functions in the body - including tissue repair, adrenal gland function and healthy gums. The body cannot manufacture vitamin C so it must be obtained through diet or supplementation. Vitamin C is a water soluble vitamin that cannot be stored in the organs or fatty tissues as fat soluble vitamins such as vitamins A,D and E can. So don't worry about overdosing on vitamin C. What happens is you will reach a “bowel tolerance” and you will get a slight case of diarrhea. At this point just reduce your intake by 1,000mg a day. Most people have no trouble with 3000 to 6000 mg a day, whereas many people can tolerate up to 20,000 mg a day. The body needs to be recharged with vitamin C in six hour intervals because it is quickly used and eliminated from the body. The popular Emergen-C, Ener-C or Oxylent packets are a great way to get this boost throughout your day. If you smoke, you may need extra vitamin C as the vitamin metabolizes more quickly in smokers and second hand smokers. Each cigarette depletes the body of at least 25 mg of vitamin C. Some common signs of vitamin C deficiency include bleeding gums, increased susceptibility to infection - particularly colds and bronchial infections, joint pains, lack of energy, poor digestion, prolonged wound healing time, bruising easily and tooth loss.

The Sunshine Vitamin (D)

Vitamin D has been getting a lot of attention for the past 5 years and rightfully so. This fat soluble vitamin has properties of both vitamin and hormone and is required for the absorption and utilization of calcium and phosphorus. It is necessary for growth, especially for bones and teeth in children. It



Get Moving: The Healing Power of Sweat

Ever notice how great you feel after a brisk walk? Whenever I get to feeling bluesy or brain foggy I get up and move. A nice walk in the fresh air can change my mind about a lot of things.

Routine physical activity plays an important part in overall wellness. Individuals should include both aerobic activity and strength training to get well rounded exercise. Aerobic activity strengthens the heart and lungs. Examples include brisk walking, dancing, jogging, bike riding, swimming and skiing. For healthy adults, 30 minutes of cardio is recommended most days of the week. In addition to aerobic activity individuals should participate in strength training exercises at least 2 days a week. Some strength training exercises include weight lifting, yoga and pilates. Routine exercise improves the physical body but also has a positive mental effect. Anxiety, stress and mild to moderate depression can often be remedied with regular physical activity, studies say.

Getting outside to walk the dog, do yardwork or shovel snow are great ways to get some exercise too. And that fresh air is not just good for the body but the mind as well.

Think Positive

Studies have found that people who suffer from depression are at higher risk for heart disease and other illnesses. People under stress are found to be more susceptible to colds and flu and to have more severe symptoms when they do fall ill. Researchers at the University of Wisconsin are reporting that the activation of brain regions associated with negative emotions appear to weaken the immune response to the flu vaccine. So what does this mean to us and our wellness? That our thoughts have the potential to influence our overall health is what I'm thinking.

Pure positive thought is achieved by transforming negative thoughts into positive ones. It is about consistently assuming a mental posture of appreciation. Be grateful. I find it helpful to jot down as many things as possible each day that I am grateful for. The food from my garden, my family, my friends, my pets, my community, that I have a job.... anything to keep that positive light shining. Even simple thoughts of appreciation create a positive vibration and help heal.

Get Rubbed

On Mondays, Wednesdays and Fridays you can come into the Co-op between 12:00 noon and 2:00 pm (12:30 - 2:30 pm on Wednesdays) and get a chair massage with one of 3 licensed experienced massage therapists for a dollar a minute. Why would you want to do this unless you were racked up in pain from some overexertion or injury? Not just because it feels amazing and is a nice treat for yourself, but also because massage moves toxins out of the body, helps to prevent injuries, increases flexibility, increases metabolism, lowers blood pressure, reduces stress, increases circulation, heals muscle related injuries, relaxes, and boosts immune function. Need I say more? Get rubbed.

To sum it up...

Often we don't think of our wellness until we are feeling unwell or ill. This season I encourage you to think positive and to embrace your personal wellness. Take time for yourself, take that walk on your lunch break, have that nice cup of tea in the afternoon, breath deep and relax. You can't take care of everyone and everything else unless you take care of yourself. In wellness. Take care.

is important in the prevention and treatment of breast and colon cancer, osteoarthritis, and osteoporosis. It enhances immunity and is necessary for thyroid function and normal blood clotting. In a study reported by the New England Journal of Medicine, there are indications that vitamin D deficiency is much more widespread than previously thought, especially in older adults. The benefits of vitamin D include reduction in the risk of colon polyps and prostate cancer, less coronary artery disease, decreased chance of developing type 1 diabetes, increased muscle strength and coordination along with higher bone strength. Since this vitamin is fat soluble and is not flushed out of the body as water soluble vitamins are, it is advisable to get a vitamin D blood test from your doctor to find the correct dosing for yourself.

Get Fungal with Cordyceps

Cordyceps sinensis is a type of fungus that has been used in Traditional Chinese Medicine for thousands of years. The Chinese have long used this fungus to promote overall good health and modern research indicates that cordyceps does indeed support liver, kidney, heart and immune system function. It acts as an antioxidant as well, protecting the body from free radical damage. Cordyceps is a popular supplement among athletes because it is thought to increase lung function and energy levels. Cordyceps is also among a group of herbs called adaptogens. Adaptogenic herbs are nontoxic and cause little or no side effects, produce a nonspecific resistance in the body to all types of stressors (physical, chemical and biological) and produce a normalizing influence on the body. Cordyceps is also known for its ability to increase sex drive. Which leads us to our next section: breaking a sweat.



to cover by 1 inch. Add onion, bay leaf and bacon and bring to a boil. Reduce heat to a bare simmer, partly cover pot with lid, and cook for 1 hour, stirring occasionally. Stir in salt, paprika and cayenne, then continue simmering until beans are soft and creamy and the broth is well seasoned and lightly thickened, about 1 hour more. Remove bacon and chop roughly, then return to pot. Dish may be prepared up to 2 days ahead.

Recipe from <http://cooking.nytimes.com/recipes/1017495-simple-pinto-beans>

kitchen and moisten the dry air. If you feel like trying something bigger with your beans, try out this recipe with either dry pinto or black beans. Also, this is a great basic recipe but many other spices can be added (cumin, smoked paprika) and some commentators said to saute the onion and bacon before adding. Try it for yourself and see what you think.

SIMPLE PINTO BEANS

- 1 pound pinto beans
 - 1 small onion, halved
 - 1 bay leaf
 - ¾ pound slab bacon
 - 1 tablespoon kosher salt
 - 1 tablespoon paprika
 - ¼ teaspoon cayenne
- PREPARATION**
Pick over the beans for small rocks or debris. Rinse well, then cover with cold water and soak for 6 hours or overnight. Transfer beans to a soup pot and add water