

VOLUME 43 • NUMBER 1 • SPRING 2017

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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

The BULK of the Matter

By Nate Furler, Marketing and Outreach Manager

The Co-op started a very tough change this past December. We changed the layout, inventory, and some would say, the heart of the Bulk department – if not the heart of the store.

Bulk shopping is very important to us at the Co-op and this change was not made hastily. In fact, as outlined in an article composed for the Fall 2016 Scoop publication, a great deal of time, energy, and thought has been devoted to this project.

We understand the change is dramatic. We don't deny that this department overhaul may appear catastrophic to many seasoned Bulk shoppers. We agree with the sadness that can be elicited by the changes that have occurred. We, too, are saddened by the need for the change.

Marketing of, and attention to, the Bulk department has not waned. Over the past several years, there has been additional focus on Bulk in an attempt to increase sales in the department including sales on entire



categories on a rotating basis, educational outreach, and advertising. This attempt was met with little to no success. The decline of sales continued in the department – resulting in a roughly \$54,000 budget deficit in sales in 2016.

When we moved to the current store location in 2008, sales naturally increased. The Co-op grew in size. The Bulk department expanded. (You can see the historical data below.) Growth of the department stalled in 2009 and then resumed an upward trend. In 2014 sales growth started to diminish and we are now back to levels of bulk sales below what was seen in 2013:

2006	\$243,380	+56,661 yr/yr	2012	\$493,047	+36,723 yr/yr
2007	\$312,775	+69,395 yr/yr	2013	\$532,014	+38,967 yr/yr
2008	\$410,420	+97,645 yr/yr (new store)	2014	\$545,767	+13,753 yr/yr
2009	\$415,151	+4,731 yr/yr	2015	\$548,687	+2,920 yr/yr
2010	\$442,126	+26,975 yr/yr	2016	\$510,485	(-38,202) yr/yr
2011	\$456,324	+14,198 yr/yr			

Change

Many things have changed over the years. At one time, the price of a bulk item compared to a similar packaged grocery item proved advantageous to the Co-op and the consumer. Bulk was oftentimes cheaper than the exorbitantly packaged product of similar quality. This has changed – not because of our internal pricing structure, but because of the products and pricing available to us through our suppliers.

One might say that a solution is to simply lower the margin on Bulk items and raise the margin on packaged grocery. However, there are critical issues with this strategy that we must avoid.

One issue is the fact that not everyone wants to take the extra time to shop in Bulk versus Packaged Grocery. This one item pertaining to shopping pattern, time, is huge as of late. We are fighting what appears to be the shift in shopping patterns of the current consumer. We thought the age of convenience was already upon us several years ago. However, especially in the grocery world, convenience is increasing in demand and availability. Online sales of grocery products are increasing. Even in Decorah, and amongst typical Co-op shoppers, this convenience is winning out.

Food For Thought

Think about the fact that Bulk shopping is not one, but two steps removed from this convenience. Not only do you have to go to an actual physical grocery store, you have to bag, package, or box your own bulk product to purchase it. If people are willing to spend more to have groceries delivered to their front door, they certainly are not willing to stop at a store to put their chosen product into a container.

As you have noticed, we made the decision to start repacking certain items in the Bulk department. Some of these items were awesome sellers for the department and not found on our packaged grocery shelves, so we decided to add an in-house-packaged product for shoppers – also referred to as “repack.” Our hope is that this ease of shopping will increase

Continued on page 9

MEMBER APPRECIATION DAY

SALE

10% OFF storewide*

Tuesday, March 14th
& Tuesday, May 9th

8:00 AM - 8:30 PM

Stock Up
AND
Save

May be combined with all other member discounts.

*discount excludes Co-op and Member Deals sale items and special-order case discounts. Everything else is fair game!

Join during the

MEMBER/OWNER drive

March 6th - 17th

NEW member/owners signing up between March 6th & 17th will have the \$5 sign-up fee waived, & will receive a chocolate bar & coupon for a free Co-op class of your choice. (a \$20 value)

In addition, NEW member/owners that join paying their membership/share in full (\$140) will also receive a free meal for two at the

Water Street Cafe

fresh organic local

(a \$20 value)

Cast Your Vote!

2017 BOARD ELECTION



By: Alicia Trout, OCC Board Vice President

Greetings member/owners of the Oneota Community Food Co-op. The 2017 Board election is upon us and we need your vote. This year, 2017, we have two positions to fill on the Oneota Co-op Board of Directors as Alicia Trout and Scott Hawthorn complete their terms on the board.

Board candidates for the 2017 election include the following (five) individuals to fill the two, 3-year term slots on the Co-op Board: Randall Duvall, Scott Hawthorn, Bridgette Hensley, Lilly Jensen, and Emily Neal. An abbreviated candidate statement for each individual can be found in this Scoop publication as well as a calendar for the remaining election period.

The members/owners of the Oneota Co-op have the responsibility to review the candidate statements and vote for your Co-op Directors during the month of March. The full candidate statements can be found on the Co-op website (www.oneotacoop.com) and are included with electronic voting materials online. Candidate statements are also available at the Co-op Customer Service Desk and posted on the bulletin board in the Oneota Co-op foyer. Plus, join us as we get to know these candidates at an informal reception on Wednesday, March 8th at the Co-op from 5:30-6:30 pm. Please thank these candidates for their willingness to serve on the Oneota Co-op Board of Directors.

All members in good standing as of February 1, 2017 will be/were mailed a detailed letter containing election details, announcement of the Annual Meeting of the Membership, and a personal ID and password unique to each member/owner which will be used by the member/owner to vote electronically in the 2017 election. If the Co-op has record of a valid email address for any member/owner in good standing as of February 1st, they will also receive an election email from Simply Voting. If any member in good standing receives a letter containing their electronic voting materials and wishes to instead submit a paper ballot, there will be paper ballots available for pick-up

at the store during business hours. In addition, if a paper ballot needs to be mailed we will be happy to do so by request.

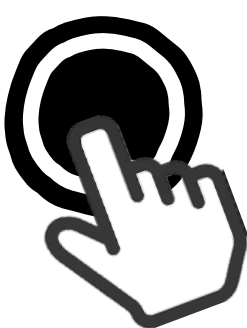
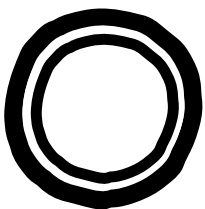
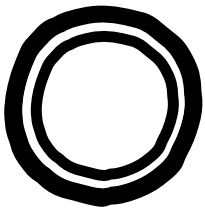
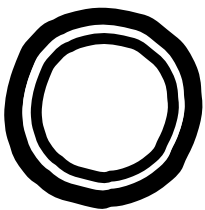
Any member/owner who becomes a member in good standing after February 1st, but before March 1st, will be mailed a letter announcing the election details and date of the upcoming Annual Meeting of the Membership, 2017 Candidate Statements, and a paper version of the 2017 ballot for returning to the Co-op.

Any member/owner who becomes a member in good standing after March 1st, but before the end of business on April 1st, will be given a letter announcing the election details and date of the upcoming Annual Meeting of the Membership, 2017 Candidate Statements, and a paper version of the 2017 ballot for returning to the Co-op.

If you do not receive election materials and believe that you should, please call the Co-op at 563-382-4666 to verify your address and membership status.

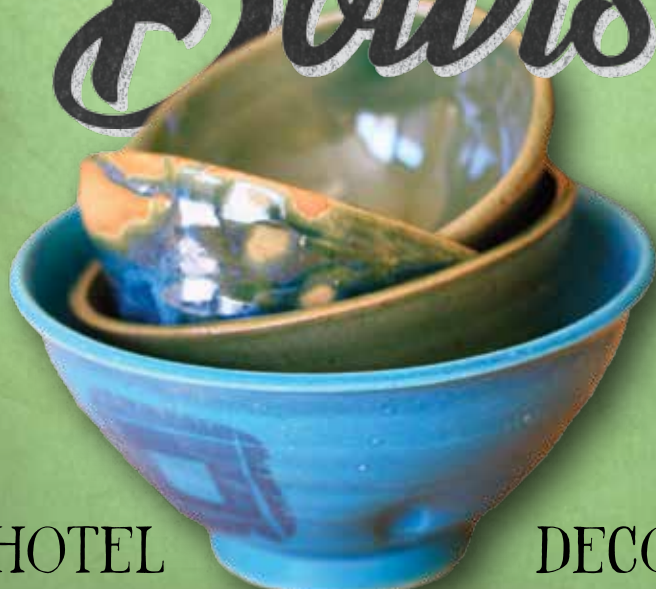
Completed ballots, electronic and paper, must be received at the Co-op no later than 8:30 pm on Saturday, April 1st.

The Annual Meeting has been scheduled for Thursday, April 20th at 7:00 pm and will be held at Good Shepherd Lutheran Church in Decorah. All member/owners of the Co-op are welcome and encouraged to attend the meeting. The meeting will include a presentation by Oneota Co-op General Manager, David Lester, recapping the previous year and plans for the year ahead. There are always delicious snacks and beverages as well.



2017

Empty Bowls



HOTEL WINNESHIEK DECORAH, IOWA

APRIL 9TH • 11 AM – 2 PM • \$20

Come Celebrate



FREE ADMISSION!

EARTH DAY

WITH THE ONEOTA CO-OP IN WATER STREET PARK

RAIN LOCATION:
COMMUNITY BUILDING
@ WINNESHIEK COUNTY
FAIRGROUNDS,
MONTGOMERY STREET,
DECORAH

DANCING

featuring live music from
Absolute Hoot

EATING

Fresh-grilled burgers, brats and veggie
burgers for sale outside the Co-op.

KIDS ACTIVITIES

SATURDAY,
APRIL 22ND
5:00 - 7:00 PM

Our Visitors Center Garden Store Opens March 1
Open daily 10-5

Start growing!
We have seeds, tools, books & more

March 24, 25, April 7, or April 8
Apple Grafting/
Apple School*
*Registration Required

May 6 - Heritage Plant Sale
May 6 - Spring Garden School*

 Seed Savers EXCHANGE



3074 North Winn Road, Decorah, IA • 563-382-5990 • seedsavers.org

WELLNESS WEDNESDAY

FIRST WEDNESDAY of every month

members receive

5% off Wellness products
(excludes already marked down DEALS sale items)



MEET THE CANDIDATES:



**BRIDGETTE
HENSLEY**

- 3-year term candidate

How long have you been a member/owner of the Co-op and why are you interested in serving on the Board?

I have been a member of the Co-op since moving to Decorah in 2013. I am interested in serving on the Board because I'd like to be more involved in my community. I greatly appreciate the value that the Co-op adds to our community in terms of employment, promoting sustainable agriculture/ local growers, fair trade, and encouraging a healthy lifestyle.

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

I definitely enjoy the friendliness of the staff and patrons of the Co-op the most. I really like the sense of community I get when I shop at the Co-op. I would like to see the Co-op continue its strong presence in the community, build membership and remain a financially successful business. Furthermore, I would like to see more opportunities to educate and encourage youth to make healthy choices about food and wellness, in general. It may also be fun and challenging to have some programming about the psychology of food (i.e. the relationship between food and people, mindful eating, etc).

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

Over the years, I have been a member of numerous community and work groups, as well as task forces. This has afforded me the opportunity to collaborate with diverse team members and local and regional organizations to achieve common missions and goals across a broad array of issues (i.e. suicide prevention, sexual violence prevention). As a previous administrator, I am versed at managing budgets and ensuring that services and programs align with the missions and values of an organization.

What experience do you have in working with a group process?

Because of my previous experience as a member of numerous committees and task forces, I am very comfortable working with the group process and enjoy collaborating with others to reach a common goal. I value diverse ideas and perspectives. I realize that flexibility and compromises are a must if the work of a group is to be successful.

If elected, can you commit to a three-year term?
Yes.

Are you willing to assure adherence to policy governance and a code of ethics?

Yes, I am. As a psychologist, my work is guided by a code of ethics that I value and adhere to as it serves to protect the people that I serve as well as my profession. I believe in leading by example and to that end I have held myself accountable to the same policies to which I expect staff to adhere.

What other interests do you have outside the Co-op?

I enjoy cooking, biking, swimming, traveling, and spending time with friends, family, and my pets.



EMILY NEAL

- 3-year term candidate

How long have you been a member/owner of the Co-op and why are you interested in serving on the board?

I have been a member of the Co-op for fifteen years. I think it is fair to say, that for most of that time, the Co-op has been a part of my daily life. From grabbing a cup of coffee in the morning, to enjoying lunches with my girlfriends and from shopping for healthy local food to running out for late night chocolate. The Co-op is not only an extension of my pantry, but a large part of my community and identity. I am interested in being on the board so that I may offer my skills and services to support the Co-op and to give back to my most beloved community!

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

My top 10 things I love about the Co-op:

10. The diversity of food
9. Quick healthy deli options
8. The easy, friendly, convenient shopping
7. Rotisserie chickens
6. Food I can feel good about buying
5. The warm friendly atmosphere
4. The MOST incredible produce department ANYWHERE
3. That I trust the food and items I buy there to be of high value
2. The education and outreach provided by the Co-op
1. All the people that shop, work and play at the Co-op!!!

Plus, sunlight coming in the front windows on Water Street, the smell of the Co-op Classroom, that I can leave a note at the front counter for a friend in the community, I love that the cashiers know me by name and that I can always find a friendly face or interesting conversation going in.

Vision: My greatest vision for the Co-op is that it continues to offer the same community feel and high value added products, along with great educational opportunities while still being able to compete in a more competitive market place!

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

I am a creative-ideas person, with good communication skills and strategic thinking. I like to get things done! As an educator for over 20 years, I have experience working with others, communicating messages, solving problems and being innovative in order to make the world a better place!

What experience do you have working with a group process?

As the Assistant Director for the Center for Sustainable Communities at Luther College and a member of the Northeast Iowa Food and Fitness Initiative's (FFI) operations team, I have worked collaboratively over the last 10 years on building vibrant healthy communities throughout Northeast Iowa. FFI operates with a shared-leadership model, where decisions are made collaboratively by leaders in the initiative. I have served on the Montessori School Board, and I am a member of the Decorah Schools Wellness Team and Shareholders parent advisory group.

If elected, can you commit to a three-year term?

Yes.

Are you willing to assure adherence to policy governance and a code of ethics?

Yes.

What other interests do you have outside the Co-op?

A life-long learner, I'm interested in education, politics and the environment. I love being with my friends and family! I enjoy making things with my hands, singing, playing the Native American flute and being outside. I love to read books, watch movies, hike, camp, run, and play games (preferably ones that make you laugh so hard you pee your pants).



LILLY JENSEN

- 3-year term candidate

How long have you been a member/owner of the Co-op and why are you interested in serving on the board?

I have been a member/owner of the Co-op since 2010. I am interested in serving on the Board as a way to give back to an organization that has become an important part of my life and that helps to create a strong, vibrant, caring community.

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

As a shopper, my favorite aspects of the Co-op are the bulk section and the high quality produce. I appreciate that the Co-op often stocks harder to find ingredients and I like to be able to stop in for healthy ready-to-eat options and the occasional treat.

In more general terms, I value that the Co-op pushes me to rethink my shopping habits and make more intentional decisions about the kinds of food and products I purchase and what constitutes a "good deal." I appreciate that the Co-op strives to play an important role in improving and supporting its community, from sponsoring non-profit endeavors to hosting its own community-building events.

I hope that the Co-op can continue to be a force for good in our community, through the products it offers and the community it creates and supports. I would like to see its membership and usage expand to encompass a broader sector of the Winneshiek County and northeast Iowa communities.

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

As an employee of the Winneshiek County Conservation Board, I have experience working under a board-directed entity and feel that I understand and respect the advisory role of board members. However, I also am currently in the last months of a 6-year term as a board member with the United Way of Winneshiek County and know the essential volunteer role that board members can and should play. I look forward to finding ways that my skills and interests can help meet Co-op needs.

Professionally, I work with all Winneshiek County school districts as well as numerous other organizations and groups, which has allowed me to create strong personal relationships across the entire community. In addition to providing environmental education in Winneshiek County for students from Pre-K through college, I have also facilitated meetings, workshops, and conferences for colleagues and teachers across the state. I am highly organized, have strong written and oral communication skills, and work collaboratively with others very well.

What experience do you have working with a group process?

I have served on or chaired several committees organizing large, state-wide professional development conferences. These projects, my work within a small department, and my time with the United Way have all shown me the importance of allowing everyone to express their opinions, of finding ways to meet as many needs or goals as possible, and of delegating duties to ensure maximum efficiency and success. They have also taught me the importance of knowing when it is time to close discussion, finalize decisions, and move on.

If elected, can you commit to a three-year term?

Yes.

Are you willing to assure adherence to policy governance and a code of ethics?

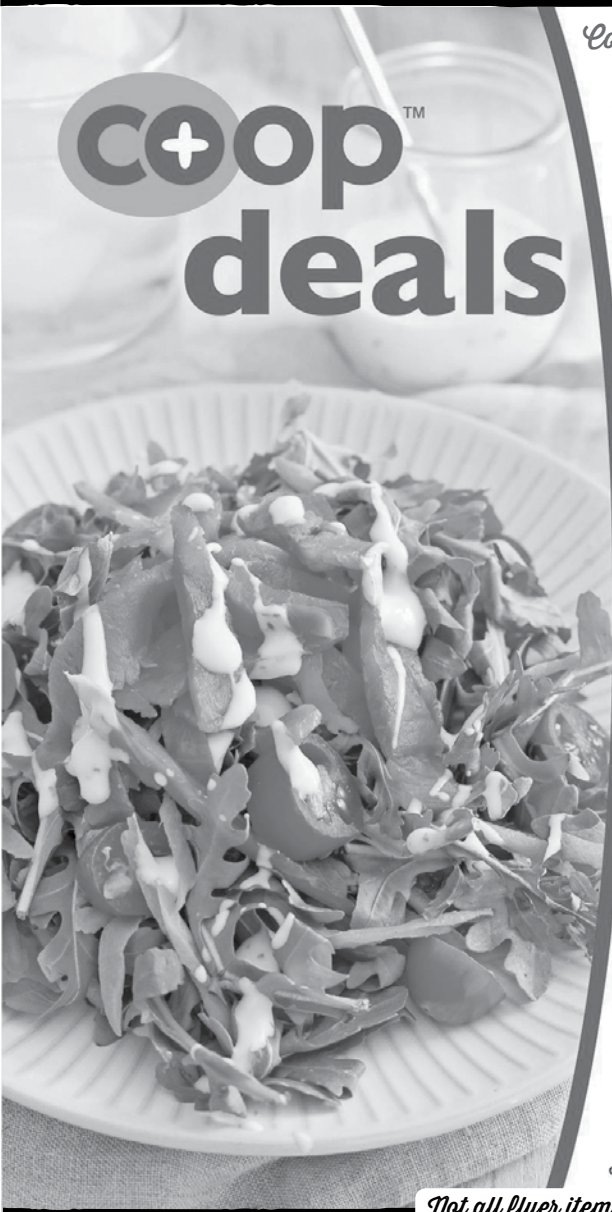
Yes.

What other interests do you have outside the Co-op?

I am an avid gardener, mostly vegetables but I've become more interested in native flower gardens the last few years. I love to spend time outside walking, jogging, and hiking, especially with my family. I enjoy cooking and baking. And I spend a lot of time playing with tractors and reading books with my two sons.

CANDIDATES CONTINUED ON NEXT PAGE....

.....these sales valid **MARCH 1 - MARCH 21, 2017**



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



2/\$4
CASCADIAN FARM ORGANIC
Frozen Vegetables
10 oz., selected varieties



\$7.99
ARTISANA
Organic Raw Coconut Butter
14 oz.



\$5.69
ONCE AGAIN
Organic Peanut Butter
16 oz., selected varieties



\$2.99
BLUE DIAMOND
Almond Breeze Almondmilk
64 oz., selected varieties



2/\$5
BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties



4/\$5
PROBAR
Organic Nut Butter
1.15 oz., selected varieties
Probar Almond varieties also on sale



\$2.99
NATURE'S PATH
Organic Instant Oatmeal
8 ct., selected varieties



\$2.69
NEWMAN'S OWN
Fig Newmans
10 oz., selected varieties
Other Newman's Own Cookies also on sale



\$3.39
CASCADIAN FARM ORGANIC
Granola Bars
6.2-7.4 oz., selected varieties



\$3.99
DR. BRONNER'S
Toothpaste
5 oz., selected varieties



\$3.99
ZEVIA
Zero Calorie Soda
6 pack, selected varieties



4/\$5
ANNIE'S HOMEGROWN
Pasta & Cheese Dinner
5.5-6 oz., selected varieties



\$3.19
ANNIE'S HOMEGROWN
Organic Yogurt
32 oz., selected varieties

Featured Inside:

- Add some fresh flavor to your spring dishes by growing your own herbs
- A pesto recipe that will live on just about any pasta dish
- Arugula is in season! Find unique ways to use the peppery greens
- Gut check: learn how probiotics can aid in digestive health



Making Salad Dressing

A simple homemade dressing is one of the easiest ways to transform a salad. There are so many wonderful combinations you can try — and a tasty, freshly made dressing is a great addition to cooked grains, fish, chicken or tofu, too. Try lime juice vinaigrette, made with good olive oil and crushed garlic, on a tomato and avocado salad. Drizzle a basic balsamic dressing on freshly-steamed green beans for a slightly sweet side dish. Adding a spoonful or two of Dijon mustard and snippets of fresh garden herbs to a basic oil and vinegar dressing will brighten up a mixed green salad.

Visit www.strongertogether.coop for recipes and a quick video tutorial on making your own salad dressings.

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

MEET THE CANDIDATES cont.



RANDALL DUVALL

- 3-year term candidate

How long have you been a member/owner of the Co-op and why are you interested in serving on the board?

I have been a member/owner for 3 years. My interest in serving on the Board is to assist in being proactive to develop and maintain the integrity for the present and the future of the Co-op.

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

What I enjoy most about the Co-op is entering the door. The second is that each employee can assist in any department with information requested or they will find the answer. The third is I can shop for local or otherwise and know the products are safe to use.

My vision for the Co-op, as I have been working as a volunteer in a few areas of the Co-op, I'm inspired by the changes that have been made for better customer access and service.

What kind of leadership or other experiences could you bring to the Co-op as a Board Member? What experience do you have working with a group process?

The kind of leadership that I will bring is one of listening and compromise. I worked in the health care field for 17 years with hiring, training and scheduling of personnel. Many times I had to "listen" and "appreciate" an individual's story. Then on the side of business I had a decision to make for the patient care. So I also had to listen to the patient with their story. Compromise was very important in this field. I worked with doctors and nurses to bring all facets together "happily".

I assisted in bringing the "Empty Bowls" event to the Peace and Justice Center after discovering Luther College was no longer sponsoring the event. I was also on that board of Peace and Justice for a short time.

If elected, can you commit to a three year term?

Yes.

Are you willing to assure adherence to policy governance and a code of ethics?

Yes.

What other interests do you have outside the Co-op?

I have been involved with knitting groups and have become a decent knitter - starting a men's knitting group with another local knitter - Phil Iverson. This past summer I assisted with the first "backpack program" lasting the summer months. I also volunteer at Seed Savers Exchange just outside of Decorah. In my downtime I enjoy spending time with friends, as well as my two dogs and one cat.



SCOTT HAWTHORN

- 3-year term candidate

How long have you been a member/owner of the Co-op and why are you interested in serving on the board?

I've been a member/owner of the Co-op for 18 years, first buying my membership with the money I made selling winter squash to the Co-op. The principles which guide the Co-op have always been important to me, and are the foundation of why I became a member and volunteer. Over the past years of my Co-op involvement,

I have been able to see and experience the many ways in which our store serves the community. I and my family, have developed deep roots here and the Co-op is more than just a store to us; it is a sustaining, vibrant, community force. Last year, I ran for a one-year position on the Board and have been

serving since. Over the past year, I've worked with my fellow board members to guide the management team in its strategic planning, and serve as a direct link to the Co-op members. I am deeply interested in the Co-op's future and continued service to its member/owners. Local food, organic food, sustainable development - I want to help be a part of continuing this in our community.

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

I like that the Co-op is locally owned and run, and thoroughly enjoy the community of people involved with the Co-op. I love seeing it grow and change, and I love the food. And it's motivation is not greed. I'd like to see the Co-op continue to thrive; growing sustainably, reaching out to the larger community through education and projects, and being a source of healthy, locally sourced, and affordable food choices.

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

I've run my own stone masonry business here in Decorah for 20 years. During this time, I've worked with many different customers and contractors on various projects. I think my flexibility to work with individuals and groups are a benefit. I also think my long-term experience of running a small business makes me a valuable member of the board. During my past year as a board member, I've had the pleasure of serving on multiple committees within the board and look forward to continued efforts.

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

What experience do you have working with a group process?

I feel that in group process, not just the efforts of one person, but the combined experiences of many can lead to a much more comprehensive solution.

In my line of work (construction), I have to be able to work with teams of various individuals towards a shared goal. Coordinating with architects, carpenters, plumbers, electricians and masons for a client's endeavors has its challenges. I've had many years of experience successfully doing this. Listening to each interest and engaging with the shared goal for a mutually respectful resolution requires patience and perseverance.

If elected, can you commit to a three year term?

Yes.

Are you willing to assure adherence to policy governance and a code of ethics?

Yes.

What other interests do you have outside the Co-op?

Historic preservation and restoration have been interests of mine for years. I enjoy learning more, seeing what other communities have done, and have been involved in various preservation/restoration projects in this community. My family and I enjoy traveling all around the driftless area; hiking, checking out caves, going to historical sites, listening to music, and generally enjoying our friends and family!

..... these sales valid **MARCH 1 - MARCH 21, 2017**



Charred Snap Peas with Mint and Lemon

Serves 5. Prep time: 15 minutes.

- 2 tablespoons olive oil
- 1 pound snap peas
- 2 cloves garlic, peeled and minced
- 2 tablespoons minced fresh mint
- 2 teaspoons lemon zest
- 1 tablespoon lemon juice
- Salt to taste

Heat the oil in a large wok or skillet over medium-high heat. Add the snap peas and garlic and sauté over high heat, stirring frequently, for about 5 minutes until the peas are tender-crisp and slightly charred or blistering. Remove from the heat and stir in the mint, lemon zest and juice and a pinch of salt. Taste and add more lemon juice if desired before serving warm.

Serving suggestion: Poultry and fish pair well with this simple vegetable dish and leftovers can be chilled and served in tomorrow's lunch salad. Change the profile of this dish by using a flavored olive oil or seasoned, smoked or coarse-crystal salts, such as kosher or Maldon. But proceed with caution, as flaky salts dissolve faster than granular salts on the tongue, resulting in a saltier flavor. Crush the flakes between your fingers and add a pinch at a time to suit your taste.

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

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



\$9.99

XLEAR
MAX Natural Saline
Sinus Spray
1.5 oz.



\$2.19

BULK
Organic Kidney Beans
per pound in bulk



\$2.19

BULK
Organic Pinto Beans
per pound in bulk



\$9.99

VERIDITAS
Organic Frankincense
2 ml.
other Veriditas products
also on sale



\$1.09

LUNDBERG
FAMILY FARMS
Short Grain Brown Rice
per pound in bulk
Long Grain Brown Rice \$1.19
per pound



\$4.99

LUNDBERG
FAMILY FARMS
Organic Brown Basmati
Rice
32 oz.
other 32 oz. Rice varieties
also on sale



\$6.99

WELEDA
Skin Food
1 oz.
other Weleda products
also on sale



2/\$4

WOLFGANG PUCK
Organic Soup
14.5 oz., selected varieties



\$2.99

IMAGINE
Organic Soup
32 oz., selected varieties



\$6.99

ACURE
Brightening Facial Scrub
4 oz.
other Acure Facial Care
also on sale



\$5.19

WILDBRINE
Fermented Vegetables
18 oz., selected varieties



\$3.39

DAIYA
Cheese Style Shreds
8 oz., selected varieties



2/\$10

ANDALOU
NATURALS
Shampoo or Conditioner
11.5 oz., selected varieties



\$3.99

MISO MASTER
Organic Miso
8 oz., selected varieties



Herb Gardening

Fresh herbs are not just flavorful additions to your favorite dishes; they're also lovely to look at. That may be one of the many reasons more than 14 million households in the United States grow herbs. Parsley, chives, thyme, basil and rosemary (or whatever other herbs you favor) are wonderful additions to a backyard garden, or, for apartment-dwellers, a window box or row of pretty plant pots on a sunny windowsill.

Visit www.strongertogether.coop if you'd like to learn more about growing your own herbs, as well as information on ways to use them.

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

Flowers, Herbs, & Veggies from



RIVER ROOT FARM

SPRING PLANT SALES

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Springtime Pesto

Serves 6. Prep time: 25 minutes.

- 4 cups lightly packed arugula
- 1/2 cup lightly packed fresh parsley leaves
- 1 clove garlic
- 1/2 cup shredded Parmesan cheese
- 1/4 cup frozen peas, thawed
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon salt
- 3 tablespoons olive oil
- 1/2 teaspoon lemon zest
- 1 pound whole wheat penne pasta

Process the arugula, parsley, garlic, Parmesan and peas in a food processor until they form a smooth paste, stopping to scrape down the sides of the bowl twice. Add the lemon juice, salt and olive oil and process, scraping down as needed, to make a smooth, creamy pesto. Place the pesto in a bowl, and stir in the lemon zest.

Cook the pasta according to package directions; drain and toss with the pesto. Serve with additional Parmesan cheese and freshly ground black pepper to taste.

Serving suggestion: Spread this light, fresh pesto on a prepared pizza crust and top with goat cheese before baking or broiling, and cut in small triangles for a seasonal appetizer. Add halved cherry tomatoes and snips of fresh herbs or garlic scapes if you like.

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

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

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

4/\$5
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4/\$5
THINKTHIN
High Protein Bar
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\$10.99
CALIFORNIA OLIVE RANCH
Everyday Extra Virgin
Olive Oil
25.4 oz.

2/\$3
ZEVIA
Energy Drink
12 oz., selected varieties

5/\$5
LARABAR
Fruit and Nut Bar
1.6-1.8 oz., selected varieties

\$2.39
FIELD DAY
Organic Tomatoes
28 oz., selected varieties

2/\$5
LATE JULY SNACKS
Organic Multigrain
Tortilla Chips
5.5 oz., selected varieties

2/\$3
ESSENTIA
Electrolyte Enhanced
Water
33.8 oz.

3/\$7
BELA-OLHAO
Sardines
4.25 oz., selected varieties

\$2.99
HAIL MERRY
Miracle Tart
3 oz., selected varieties

\$2.69
MI-DEL
Cookies
8-10 oz., selected varieties

2/\$5
ANNIE'S NATURALS
Dressing
8 oz., selected varieties



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



Arugula

A Mediterranean native, arugula is a delicate, tender green with a distinctive, peppery flavor in every bite. The most tender, flavorful arugula is available in spring and early summer, but you can find arugula by itself or in salad mixes year-round. With its spicy, mustardy zip, arugula adds spark to green salads and pasta salads alike, dressed with a simple vinaigrette and dusted with freshly grated Parmesan and coarsely ground black pepper. It also makes a fantastic flatbread or pizza topping with mozzarella and balsamic vinegar drizzled on top. Any dish featuring melon or smoked meats or fish will also benefit from the addition of arugula.

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

CO-OP EVENTS & CLASSES
oneotacoop.com/classes-and-events

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!

CLASS KEY

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

MARCH

Ethiopian Eats

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

Ethiopian cuisine is a pleasure for the senses! Get ready to excite taste, smell, and touch. Yes, touch. Many Ethiopian dishes are eaten solely with a piece of injera in the right hand. Injera is a sourdough flatbread that is a staple in the traditional Ethiopian diet. With spices ranging from cardamom to coriander, turmeric to fenugreek, these dishes are sure to create a unique experience for your nose and your taste buds.

Class Code: DM, HO
Max participants: 12
Instructor: Austin Bauer
Cost: \$12 member/owners, \$15 community members

Zesty Zinfandels

Sunday, March 19, 2:00-4:00pm

No one has embraced this delicious wine grape quite like Californians. They are producing some exceptional wines right now that, by and large, don't have exceptional price tags to go with them. The 2014 and 2015 vintages are known for their low yields and high quality, and are in stores now, so we're going to take advantage of that while we can. California cuisine will flavor the food for this pairing.

Class Code: DM
Max participants: 14
Instructor: Chef Stephen Larson
Cost: \$30 member/owners, \$35 community members

It Ain't Just Sauerkraut Anymore!

Tuesday, March 21, 5:30-7:30pm

Jeff Abbas presents a "do it yourself" course on a couple of his favorite fermented foods, sauerkraut and, well... everything else! Release your inner fermentista, sign up for this class and go home with your own batch of kraut AND a delicious fermented sweet corn/red pepper relish. Jeff will provide additional spice in the form of his good-natured dialogue.

Class Code: DM, HO, VG, VN, GF
Max participants: 10
Instructor: Jeff Abbas
Cost: \$15 member/owners, \$18 community members
Sustainable Kids: Energy Savers

MARCH

Thursdays, March 23, 30, and April 6, 13, 20, 3:30-4:30pm

During this FREE 5-week course, 3rd and 4th grade students will engage in fun, hands-on activities to learn about living sustainably and being stewards of the environment with a focus on clean energy and energy conservation. Kids will be picked up via Walking School Bus from Carrie Lee Elementary.

- March 23:** Introduction to Energy. Game and introduction on what energy is and why we like to conserve it.
- March 30:** Home Energy. Kids learn about saving energy at home through hands on activities.
- April 6:** Local Foods. Kids learn about how buying local saves energy. Includes a tour of the Co-op, and making a snack from local ingredients.
- April 13:** Solar Cars. Kids will learn about renewable energy and construct model cars that run off of solar energy.
- April 20:** Smoothie Bike. Kids learn about energy transfer by using a pedal -powered bike blender.

*Class concepts and activities are subject to change without notice
Class Code: HO
Max participants: 10
Instructors: Andrew Johnson and Lauren Mordini

Intro to Fruit Tree Pruning

Saturday, March 25, 1:30-3:30pm

In this class, we will cover the basic tools and techniques used to prune fruit trees. We will cover the differences in pruning apple, pear, and peach trees as well as other fruits including raspberries, blackberries, and blueberries. Class participants will be given the opportunity to practice their new skill during the second half of the class by helping to prune plants. Class will be held outdoors at a residence approximately 6 blocks (8 minute walk) from the Co-op, so please come dressed for the weather and bring work gloves if you have them. We will meet in the Water Street Park and walk or carpool to the class location.

Class Code: HO
Max participants: 12
Instructor: Jeff Scott and The Northeast Iowa Fruit Growers
Cost: \$12 member/owners, \$15 community members

Spice Up Your Life!

Wednesday, March 29, 5:30-7:00pm

Awaken your senses in this introductory class on spices. Using your senses of sight, smell and taste (of course!) you will learn ways of incorporating common spices to liven up your everyday cooking.
Class Code: DM, VG, GF
Max participants: 16
Instructor: Rachel Sandhorst
Cost: \$12 member/owners, \$15 community members

CLASS INSTRUCTOR BIOS:

AUSTIN BAUER

Is currently an assistant coach at Luther College and recently completed his MS in entomology from UW - Madison. Growing up, his interest in critters was matched only by his passion for cooking. After recently experiencing Ethiopian food for the first time, he became determined to recreate the fundamentals of the style for himself and his family. This is a style of cooking that he eagerly looks forward to sharing with the Decorah community.

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.

JEFF & MARY ABBAS

live near Dorchester on an acreage with both cropland and woodlands. Living by the mantra that all that grows on and shares that land with them is precious and should be treated so, has given them tremendous insight into the value of sustainability. It is their desire to share the knowledge of how to identify, employ, preserve and pass along the accumulated knowledge of all those who came before them on that land. "We like to think the old ways are best", say Mary and Jeff. "From making your own wild herbal teas, to sauerkraut, to shagbark hickory syrup, living off the land becomes more than a dream, it becomes a sustainable reality."

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.

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these sales valid

MARCH 1 - MARCH 21, 2017

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Smoked Salmon and Arugula Salad

Serves 4. Prep time: 10 minutes.


- 1 small clove garlic
 - 1/4 cup plain Greek yogurt
 - 2 Tablespoons mayonnaise
 - 1 Tablespoon fresh lemon juice
 - 1 teaspoon sugar
 - 1/2 teaspoon salt
 - 2 Tablespoons olive oil
- 4 cups arugula, washed and dried
 - 1 large carrot, shredded
 - 2 cups cherry tomatoes, halved
 - 8 ounces smoked salmon, thinly sliced, cut in bite-sized pieces

In a blender or food processor, mince the garlic, then add the yogurt, mayonnaise, lemon juice, sugar and salt, and puree. Scrape down and repeat if necessary, then drizzle in the olive oil with the machine running. Reserve.

Arrange the arugula on each of four salad plates, then top it with carrot shreds and tomatoes. Pile the salmon in the center. Drizzle with dressing and serve immediately.


Serving suggestion: This simple salad is a great lunch, and the soft, salty salmon pairs perfectly with the crisp greens and creamy dressing. Use fat-free yogurt and low-fat mayo if you want to cut the fat content, and snip some fresh dill over the salad before serving.

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16 oz., selected varieties




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Organic Catina Dippers
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8 oz., selected varieties



\$2.69

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Decaf Breakfast Blend Bulk Coffee \$11.99




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SMARI
Organic Icelandic Yogurt
5 oz., selected varieties




\$3.99

ORGANIC VALLEY
Organic Grassmilk Yogurt
24 oz., selected varieties



2/\$6

CASCADIAN FARM ORGANIC
Cereal
8.6-14.6 oz., selected varieties




\$5.69

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



\$2.69

GOLDEN TEMPLE
Granola
per pound in bulk



\$1.19

CHOBANI
Greek Yogurt
5.3 oz., selected varieties




4/\$5

STONYFIELD
Organic Greek Yogurt
5.3 oz., selected varieties



2/\$3

BLUE DIAMOND
Almond Breeze Almondmilk
32 oz., selected varieties



\$2.99

LOVE GROWN
Cereal
7-12 oz., selected varieties



Probiotics

If you've spent any quality time with your yogurt container lately, you may have noticed the words "probiotics" or "active cultures" on the label. The World Health Organization and the United Nations Food and Agriculture Organizations define probiotics as "live organisms, which, when administered in adequate amounts, confer a health benefit on the host." Or in more delicious terms, yogurt and other fermented foods like kefir contain living cultures that are similar to the healthy bacteria in the human intestinal tract. Common probiotics include *S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, and *bifidus*. By giving your healthy flora a boost with the living cultures found in some brands of yogurt and other fermented products, you may have a positive effect on your digestion and overall health!

Visit www.strongertogether.coop for more information about healthy eating.

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

BEHIND THE SCENES: THE MAKING OF FOOD

By: Co-op, stronger together

Today, the vast majority of U.S. food is produced by an industrial system that churns out commodity crops (like corn and soybeans), which are then turned into processed foods for human consumption or fed to livestock to produce cheap meat. But now, more than ever, people are showing interest in finding local, sustainable alternatives.

Humans first started cultivating land some 10,000 years ago, and incredibly, farming remained much the same for millennia, despite developments like irrigation, crop rotation, fertilization, and pesticide application (early pesticides were mercury, arsenic, and lead).

Since 1900, however, a new era of agriculture has taken shape. Machines and synthetic fertilizers and pesticides have replaced human labor and crop systems that naturally replenish themselves. As a result, instead of raising a smaller but more diverse volume of crops that nourishes the soil, farmers are cultivating staggering amounts of one or two crops on huge tracts of overworked land.

And the changing face of agriculture doesn't stop there. For example, companies have begun genetically modifying plants by inserting DNA from one species into the cells of another, altering the natural ecosystem in a profound way.

As industrial agriculture continues its monumental spread, the list of worries that accompany it grows in parallel:

- Water pollution from petroleum-based fertilizers and chemical pesticides
- Contamination of foods with drug-resistant E. Coli and other pathogens
- Farm subsidies that singularly encourage large-scale production of corn
- An epidemic of obesity linked to increased consumption of processed foods
- The health impacts of pesticides
- The decline of family farms and rural communities

But there's positive momentum in the food industry, too, largely due to increasing awareness of these and other issues. A wellspring of support for organic, sustainable, and local food has emerged, and while its market share remains small, interest is growing steadily.

Many local farms are small-scale practitioners of sustainable, organic farming, which focuses on the health of soil, the environment, and the consumer.

While local isn't always sustainable and organic, and organic isn't always small, these categories substantially overlap and share common farming practices:

- Crop rotation, the practice of alternating various crops in the same field to avoid a build-up of crop-specific pathogens and pests and avoid soil depletion
- Managed grazing, or creating grazing patterns across farmland to avoid over-

grazed areas and allow for regeneration of a pasture's grasses (animals raised in this way are often referred to as "pastured" or "pasture-raised")

- Cultural pest control, which involves methods such as crop rotation, combining various types of crops, timing of planting and harvest, weeding, and planting of "trap" crops to naturally divert pests
- Drip irrigation, a method that saves water and starves weeds by dripping water slowly to the roots through a network of valves, pipes, and tubes

Local farmers frequently sell at food co-ops, farmers markets, and through community-supported agriculture (CSA) ventures, in which people "subscribe" to receive weekly shares of fresh produce from the farm during the growing season.

Organic farmers can pursue organic certification from the USDA, which grants them use of the "USDA Organic" label on their food products. Some producers who adhere to organic practices lack the means to gain and maintain this certification. For consumers, however, the availability of Certified Organic food at the supermarket provides assurances about how their food was grown, particularly when they don't have access to a local co-op or farmers' market.

Wherever you are, you have power to influence the agricultural industry with the choices you make. Learn as much as you can about organic and sustainable farming practices, get to know

your local farmers and food producers at the co-op or farmers' market, and above all,

vote with your dollars by buying from producers whose food production methods you believe in.



CO-OP MYTH

I have to pay an annual fee to be a member/owner of the Oneota Co-op.

* THE TRUTH *

To become a member/owner of the Co-op, you invest a small amount of money in the form of shares. You to buy your share all at once or over time (but most member benefits start at once). Your shares make you a co-owner of the Co-op along with the other members. If for any reason you decide to leave the Co-op, there is a process to get your investment refunded.

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Ginger Tuna Salad

Serves 4. Prep time: 30 minutes.

- 1 12-ounce can water-packed tuna, drained well
- 2 stalks lemongrass, outer stalk removed, tender inner parts thinly sliced
- 1 Tablespoon fresh ginger, minced
- 1/2 cup red bell pepper, thinly sliced
- 2 green onions, thinly sliced
- 1 jalapeño pepper, seeded and minced
- 1/4 cup fresh lime juice
- 2 Tablespoons fish sauce
- 1 Tablespoon vegetable oil
- 1/4 cup roasted, unsalted peanuts, roughly chopped

In a large bowl, mix all ingredients together thoroughly, breaking any large chunks of tuna into smaller pieces.

Serving suggestion: Enjoy this lively, Asian-inspired tuna salad in a lettuce leaf wrap or atop chilled soba or rice noodles, accompanied with a cup of miso soup and rice crackers.

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



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



\$2.69
BACK TO NATURE
Crackers
3.5-8 oz., selected varieties



2/\$5
NATURAL SEA
Chunk Yellowfin Tuna
5 oz., selected varieties



\$3.99
WOODSTOCK
Organic Pickles
24 oz., selected varieties
other Woodstock Condiments
also on sale



\$3.69
BULK
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Peanuts
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freshly-ground nut butter



2/\$5
KISS MY FACE
Olive Oil Bar Soap
8 oz., selected varieties



\$6.99
EVERYONE
Soap
32 oz., selected varieties
other Everyone products
also on sale



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EARTH FRIENDLY
Ecos Dishmate
25 oz., selected varieties



\$10.99
ECOVER
Laundry Detergent
93 oz., selected varieties



\$7.99
SEVENTH GENERATION
Unbleached Bath Tissue
12 oz.,
other Unbleached Paper
products also on sale



\$5.99
BIOKLEEN
Bac-Out Stain & Odor
Remover
32 oz.,
other Bac-Out products
also on sale

The BULK of the Matter

Continued from page 1

the purchase of these products by those demographics not willing to shop from a bulk bin. We also hope that by further education through signage – and articles like this – we can pass on our passion for bulk shopping and potentially convert a few shoppers to filling their own, reusable containers.

Issue Number Two

A second critical reason we cannot simply raise our packaged grocery margin is we must remain competitive in a market where, even in Decorah, our products are increasingly showing up on conventional store shelves. If the seasoned bulk shopper is small in number, barely existent is the shopper who purely wishes to pay more for a product – even if it is supporting a small local organization like the Oneota Co-op. In a time of fixed incomes and dual working-parent households, budgets and calendars are tight.

In addition, I don't doubt that conventional grocers are using their conventional products to compensate for a lower margin on their organic products. The consumer is less likely to notice a price increase on a conventional product when there is a more expensive organic product nearby. And that organic product can surely use a little less margin to make it a cheaper retail price.

Beyond Price

In reference to the earlier article, when determining what to remove from the Bulk department offerings, we also looked at shelf life of products. When looking at average shelf life of specific products in the department, we noticed there were clearly products we could not assure were the best quality leaving the store en route for long term storage in the home kitchen. In other words, we do the best we can with holding items in coolers and dry environments at the Co-op. But, sometimes products still don't move quickly enough to ensure the quality we feel is of vital importance for consumers.

This illustrates why some of our products that may have been “okay” sellers in Bulk, were

- shifted to a packaged grocery item. A good example of this are some specialty flours, grains, seeds, herbs, and spices. There is little question that a packaged, sealed product will last much longer than its counterpart held in a bulk bin.

Perceptions

- Over the past several years, co-ops across the nation have seen dramatic declines in Bulk department sales. This may seem counter to what shoppers notice at conventional grocery stores where they have made the move to start carrying bulk grocery items. My bet is that when you walk into a conventional grocery store and see a bulk section, you probably think it looks more like your neighborhood food co-op. Conventional grocers are going for the “market” feel and the perception of eco-friendliness – which food co-ops have thrived on for decades. They want what we have, and they have the ability to do it cheaply and quickly. We are living this reality even in Decorah.
- Co-ops have been seen as expensive for as far back as I can remember. Oneota is no exception. The main reasons for this are the types of products carried on our shelves, our supply chain, and the size of our store. If we could, we would offer the same price for an identical product that Walmart might have. But Walmart's price for purchasing that item to sell on its shelf is dramatically cheaper than what the Co-op will ever see. Compared to Walmart, Hy-Vee, and other conventional grocery stores, our volume of purchasing is comparable to a drop of rain in the nearest lake. That is even with our combined buying power with other member co-ops associated with National Co-op Grocers (NCG).

Forward

We have additional ideas concerning Bulk that are being explored. Perhaps an online buying club portal on our website that would allow for special order of cases and also split cases of product. We also continue to fine-tune the Bulk department revamp, working to make the product mix as inclusive and in-line with the bulk shopper as possible.

Please continue to share your comments – positive or negative. We appreciate your feedback.

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NETI POTS & NETTLES: *Tis the Season*

By Gretchen Fox Schempp, Wellness Buyer

I am one of those “lucky” people whose allergies disappear with the first frost. Maybe this is one reason I love winter and long for frozen earth come late November. Many not so lucky folks suffer all year round with allergies, from dust and mold, animal dander, certain foods and pollen. I think I can safely say that the coming of spring is welcome by all (even me), but for seasonal allergy sufferers it can open a whole new bag of symptoms to deal with.

As it is early talk about boosting potential invaders. for your immune system combatting the colds and flus common. There are amazing things with diet, exercise and supplements to our systems. Here we will talk about some ideas for preparing the body for the next season of the year.

in the season, it is a good time to the system to be ready for these Hopefully you’ve been caring all winter long, that are we can do boost

DIET One thing I do know along the lines of diet is this: Dairy and sugar consumption make my allergies worse. Studies show that high sugar consumption makes your white blood cells 40% less effective at killing germs. Sugar affects your white blood cells by competing with Vitamin C for space in those cells. The more sugar in your system the less Vitamin C can get into those cells, and this directly affects our immune system. Additionally, sugar is an inflammatory substance. There are a huge range of conditions related to low grade inflammation: arthritis, allergies, asthma, depression, irritable bowel syndrome, diabetes, stroke, cancer...the list goes on. Check out Dr. Andrew Weil’s website <http://www.drweil.com/diet-nutrition/anti-inflammatory-diet-pyramid/dr-weils-anti-inflammatory-food-pyramid-2-2/> for more information on anti-inflammatory dietary suggestions.

Dairy, oh dairy, how I love you...cheese in particular, you are my BFF, I want you on a daily basis. My own little experiment a few years ago led me to find that dairy, maybe, just maybe, was indeed, NOT my best friend. Not for digestive reasons, like many have, but for respiratory reasons. I have read for years that dairy is mucous forming and is implicated in just about all respiratory issues from hayfever, sinusitis, colds, bronchitis and runny noses. Then I came across an article debunking this “myth.” (I mean, you can find anything on the internet to support whatever it is you’re wanting to think). Finally, awesome, I’m thinking, it’s all in my head, this mucous situation... It’s not the dairy...but as they say, the proof is in the pudding, or the fondue in this case. I couldn’t deny it though, that when I am eating copious amounts of cheese and other dairy creamy yumminess, I am suffering. I can’t get a good inhale and exhale in yoga. I huff and puff up the hill at home. My face is even swollen around my nose and eyes. And all those years that I suffered from March thru October with allergies to everything in the air, all the while being addicted to sugar and eating whatever was set in front of me. Hmm...a connection. It wasn’t until I did some looking at my diet, for reasons of weight loss, that I gave up the sugar and slowed down on the dairy and wheat (which is a whole other article!). As a side effect of this new diet/lifestyle, my seasonal allergies were allayed.

Assessing how certain foods affect you personally can be an involved process. There are great resources that can assist in this process. One popular method is with the Whole 30 Program. It can feel like a big commitment to change your diet in a big way, but when discomfort is the symptom, in whatever form, it may just be worth it to know more about yourself and what your triggers are. Just go to whole30.com for more information.

EXERCISE Move, move, move! I can’t express enough the need for movement in our lives. Like many of you, my work is lacking in the physical, so I have to find other options to get moving. Regular physical activity can help relieve the symptoms of allergies by improving blood flow in the body, promoting the removal of allergens. Be aware of your symptoms and be sure to warm up. It just takes getting your blood pumping to help, it doesn’t have to be the most intense or challenging activity. When exercising outdoors be aware of your surroundings (grassy fields, dusty roads, etc.),



pollen counts and overly windy days. These may be good times to seek out an indoor class or gym to get your sweat

Exercises such as Yoga and Pilates promote proper breathing and can be of great help for allergy sufferers. Perform workouts that strengthen the heart and lungs, such as resistance training and stop-and-go forms of exercise.

ADDITIONAL SUPPORT There are many items that you can find in our Wellness department to help gear your system up for allergy season. Herbs, such as Stinging Nettle, get great attention as the season gears up. The leaf of the nettle plant is the part used to allay allergy symptoms. It is a good idea to start your use of nettles as early as possible in the season. Stinging nettle leaf contains a quality that blocks histamine receptors. This is what common allergy treatments such as Claritin or Allegra do. Nettle does this without the side effects that often accompany these remedies. The best way to use nettle leaf is in supplement or in an infusion. 300 mg 2-3 times a day is the recommended dose for keeping allergy symptoms at bay. Be sure to get nettle leaf and not nettle root. Nettle root has different uses than the leaf, such as prostate support and water retention. Another way to use nettle leaf is to make an infusion. Basically, an infusion is a stronger version of tea. Take 1 cup of dried herb to 1 quart of boiling water. Steep for 8-10 hours. Solar infusions can be done in warmer temperatures.

I like to pick fresh young nettles early in the spring and make teas, infusions and food with them. They can be used in place of spinach in any cooked recipe and they lose their sting when cooked. They are great in soups, stews, lasagna or as a simple sauté.

There are other various herbal combinations, homeopathic remedies and oils that can be used to ease the discomfort of allergy symptoms.

Regular cleansing of the sinus cavity with a neti pot can be helpful for many. Nasal irrigation can help clear the sinus passages of allergens, dust and pollen. Additionally, it supports ears, nose and throat health. I find very helpful to use my neti pot as soon as I know that I have inhaled allergens or after being potentially exposed to contagious illnesses.

Natural Patches of Vermont recently came out with an allergy aromatherapy patch. These patches are infused with essential oils specific to different uses.

Homeopathic remedies can be helpful in acute situations, often used with frequency until symptoms subside. There are a handful of options in this realm in the store. We have a water based spray by **King Bio** that is specific to our region. This is a tasteless spray that you use orally.

Clearlife Allergy Relief is a blend of homeopathic ingredients that address sinus, eye and skin allergies. This is a sublingual (dissolves under the tongue) tablet.

Boiron’s Sabadil is also a dissolvable tablet that is specific to eyes, nose and throat. You can also purchase the single remedy Histaminum hydrochloricum by Boiron, this is effective for many people. These are small pellets that you take sublingually and are best used if you don’t handle them. They have a special dispenser so that you don’t have to touch them.

BioAllers makes a remedy for grass pollen and mold and dust and yeast. We have both on our shelves.

A few herbal other combinations we have in house are:

Herb Pharm Pollen Defense: This is a liquid extract you take in a small amount of water or beverage. I find liquids can be fast acting, as you absorb them quickly. This is a blend of nettle, eyebright, goldenseal, horseradish and yarrow.

Herb Pharm Inflamma Response: This liquid extract is comprised of turmeric, chamomile, meadowsweet, licorice and St. John’s Wort. As allergies are an inflammatory situation, this can be additional support. Studies show that meadowsweet and St. John’s wort have pain relieving qualities as well.

Eclectic Institute Sinus Support: One of my favorites! I can’t sing the praises any louder for a sinus product. This encapsulated herbal formula gets the work done for me. One capsule and I am breathing better quickly. I always have a bottle in my sample spot, so ask to try one when you stop in. It costs a little more than some other products but when you try it and it works, it’s worth it. It is a blend of nettle, eyebright, elder and horseradish.

Herbalogic Easy Breather: This is a newer product to our store and I’ve been getting good feedback on it. It is a blend of Chinese herbs designed to address respiratory symptoms from pollen and mold. It is available both in capsules and in liquid form.

Eclectic Institute Nettle Quercetin: A long time best seller. It’s just good stuff. It has both nettles, as talked about above and quercetin, a bioflavonoid used for inflammation. This encapsulated blend can be used for acute symptoms but is best used in advance and built into the system to potentially negate strong symptoms.

HERES TO A HAPPY & HEALTHY, SNIFFLE FREE SPRING!

IN TIME OF CHANGE, STEP FORWARD TO

ADVOCATE FOR SUSTAINABLE, ORGANIC FARMING

By: Harriet
Behar, MOSES

When the Organic Food Production Act was being debated and developed in 1989, there was much discussion on why the organic community would want to have the government oversee and enforce the organic label. Those who did not want government involvement expressed concern over watering down of the organic standards, misunderstanding or even sabotage of the label due to lobbying by non-organic agribusiness, and the weight of government bureaucracy that would slow or prevent continuous improvement. Those who supported regulatory oversight cited clarity and trust in the label in the marketplace, consistency among organic certifiers, ease of trade both within the U.S. and globally, and enforcement that punishes willful noncompliance with the law.

I am a supporter of the National Organic Program with a long history of involvement as a certified organic farmer (since 1989), an organic inspector, educator and advocate. Consumer trust in organics and sales of organic products has grown tremendously since the organic law was passed in 1990. The organic program is not perfect; but, I believe that 95 percent of what we have in place is good. We have strong standards and a good system of verification and enforcement. However, **there is still a lot of work to be done on that 5 percent.**

I now have one year under my belt as a member of the National Organic Standards Board. From the “inside,” I can say that government bureaucracy can be both frustrating and amazing in its complexity and apparent slow movement. I now see that both of these attributes are in place for a good reason, even though they can be infuriating at times. Moving slowly and requiring that many entities within the government weigh in on any changes made to the organic rules allows for there to be more acceptance and fewer issues with regulatory conflicts.

For a farmer, like me, this slowness can be difficult. You make a decision to do something on your farm and then you do it. Typically, you can see results in a few weeks or a season. Farmers are not quite used to making a decision and waiting 10 years to see any result. We understand long-term benefits, but we do like to see results sooner rather than later.

It is not always easy for other governmental agencies to understand why we want a specific change to organic rules, since we approach agricultural production differently from what they are accustomed to seeing. Typically, we want our regulations to be stricter over time—the pending organic animal welfare regulations are a good

example.

It is important to us as organic producers to have a high standard, maintain consumer trust, and to continually improve our production activities to produce healthy soil, healthy ecosystems, healthy livestock and healthy food and fiber for people. As we learn more about natural systems, it makes sense that we will want to improve our organic regulations. This viewpoint is quite different from other agricultural production areas, where less regulation is usually promoted by producers.

Another foundational aspect of the National Organic Program, is the transparency and openness to working with all stakeholders. The written comments submitted to the NOSB for the November 2016 meeting totaled over 40,000 pages. Granted, many pages were not full text, but it does take quite a bit of commitment to read and absorb the, at times, emotionally charged and personal pleas within those communications. In addition, there were more than 12 hours of verbal public comment at the meeting, with each person saying how our decisions would affect their operation, and their lives, in a positive or negative way. It is a huge responsibility for the NOSB members to listen to and evaluate these comments, review the scientific literature and discuss what should be done. The NOSB also has a wide variety of stakeholder representation, with each member seeing an issue from a different perspective. Believe me, we have lively—and respectful—discussions on just about every topic!

Within the NOSB there is a hierarchy that provides for continuous feedback up and down the chain from the issue subcommittees to the executive subcommittee to the National Organic Program. The various subcommittee meetings are only once or twice per month, and getting feedback can take a month or more as the issue is moved up and down the chain. At first, this seemed cumbersome,

but now I can see that this allows for input at all stages of development, whether it is a material that is being reviewed, or a discussion document or final proposal for a change to our regulations.

Change is never an easy thing. The recent election surely will bring change to many federal, state and even local policies. As I write this article, we do not know who will be the nominee for the next USDA secretary. It is difficult to assess what the impact of last November's elections will be. Will the National Organic Program continue on course, or will it be stifled by administrative maneuvers or by reduced funding? Will natural resource conservation and environmental health be considered a worthy area for funding and research? Will beginning farmers have access to educational programs and financial options to help them be successful in a farming career? What can we all do to make sure that organic farming remains a viable and expanding production method?

To preserve what we've worked for in the organic standards and continue the expansion of organic production in this country, we need to continue to be strong advocates. **Don't underestimate the power a few focused, passionate people can have on congressional representatives.** One phone call or handwritten personal letter has more power than thousands of signatures on a petition or a form letter.

A letter to the editor of a regional farm paper or local paper describing how organic farming has helped protect your farm's natural resources, for example, can go a long way to help others understand that organic is not a threat to them, but a viable opportunity. Members of Congress are always paying attention to what they may need to do to get elected next time. **Let them know you are a voter and you are paying attention to what they are doing.** Visit their in-district office, or attend a local event when they return home from Washington. A simple statement asking them to support organic agriculture, can make a positive difference. Nudge them when

they are leaning the wrong way, and praise them when they do something positive for organic and sustainable agriculture.

You can count on MOSES to support you by providing talking points when needed. Watch for updates in the Organic Link (our monthly enews), check the policy page on our website, and take action when we notify you of a pending critical vote.

We may be farming a small percentage of all working acres in the U.S., but we still have the right to farm as we choose with our own land, free from unwanted chemicals and GMOs. This protection of our farming choice is something any American can understand, no matter what their political leanings are. As one politician said to me, **“No one complains when an organic farmer moves in next door.”**

Organic farming is always a “good” story—tell your story. We may be a small group, but we can be powerful. **Don't let the future of organics be driven by those who do not want us to succeed. I encourage you to be the change you want to see.**

Harriet Behar is the Senior Organic Specialist for MOSES & a member of the National Organic Standards Board.

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CO-OP MYTH

**I have to be a member/
owner to shop at the
Oneota Co-op.**

* THE TRUTH *

**Everyone is welcome to shop
at the Oneota Co-op.**

Just do your shopping like you would anywhere else. Once you've discovered the benefits of Co-op shopping, you might want to find out more about the benefits of membership, too.

NEW LAW PLAYS HIDE-AND-SEEK WITH GMO LABELING

By Harriet Behar, MOSES

On July 29, 2016, President Barack Obama signed into law a bill that requires all food packages to indicate whether or not they contain genetically modified Ingredients (GMOs). This bill, the “National Bioengineered Food Disclosure Standard,” was passed by both houses of Congress about two weeks before this signing. Consumer advocacy groups and other organizations had nicknamed this bill the DARK Act—Denying Americans the Right to Know.

So what does this bill actually require? Not a clear on-package statement. Manufacturers could choose to put statements such as “produced with genetic engineering,” “partially produced with genetic engineering,” or “may be produced with genetic engineering” depending on the type of food in the package and its ingredients, as had been required by Vermont. (Vermont’s labeling law has been superseded by the passage of this Federal law.)

However, this clear and easy-to-read statement is not required. Instead, the law requires manufacturers only to disclose this information through the use of a QR (quick response) code—those strange-looking matrix barcodes that you can scan with a smartphone to access a website with additional information. The package needs a statement such as, “Scan here for more food information.” The label also could state “Call for more food information” and list a toll-free number, or provide a website where consumers can find information.

The new labeling law requires only a QR code, such as this one, to inform consumers about the genetically modified ingredients in a product. (Our own truth-in-labeling disclosure: this QR code will take you to the MOSES donation form.)



This bill enables food manufacturers to hide the information and forces the public to seek it out. The statement is not even mandated to explain that the “more food information” is actually the place you need to go to find out the GM content of the food you are buying and eating. To confuse things further, the bill does not use the common identifier “genetically engineered or modified,” but instead introduces a new term, “bioengineered.”

It is estimated that 80 percent of all processed foods sold in the United States include ingredients that originated from genetically modified crops. Most American consumers have no idea that they have been consuming GMO foods. Even for consumers who purchase organic foods, it is difficult to avoid any GMOs in their diets, especially when the food package does not tell you whether or not GMOs are in it.

The Food and Drug Administration is concerned that this new labeling law, to be implemented by the USDA, would conflict with FDA’s required statements on food packaging. The concern for the FDA (and many others) is that the definition of bioengineering is confusing and misleading. That definition, which states “Bioengineering...refers to a food (A) that contains genetic material that has been modified through in vitro recombinant deoxyribonucleic acid (DNA) techniques; and (B) for which the modification could not otherwise be obtained through conventional breeding or found in nature.”

The FDA correctly points out that a food such as soybean oil, may have originated from a genetically engineered soybean. However, since the oil does not contain the “genetic material” protein where the genetically modified DNA is present, it would not technically need to be labeled as bioengineered. Many question if this loophole actually provides the “truth in labeling” that a real labeling law should clarify.

The FDA also stated, “It may be difficult to demonstrate that a particular modification could not be obtained through conventional breeding or even that it could not occur in nature.” With the many new genetic engineering techniques of turning genes on and off, moving their location within the DNA and more, this statement offers a huge loophole to food manufacturers in order to “hide” the genetic modification of their foods. How does one prove that something could not occur in nature?

Livestock products that come from animals fed GMO (bioengineered) feeds, do not need to inform consumers through the QR code, website or toll free number that these are bioengineered, because under this law, they are not considered GMO. On this point, there is a good aspect to this law, at least these same livestock products cannot use the non-GMO label in the marketplace.

Senator Tammy Baldwin of Wisconsin was able to get it on the public record that she had contacted an author of this bill, Senator Debbie Stabenow of Michigan, and received clarification that this law will not, in any way, cause the Organic Food Production Act or its regulations to change to meet the requirements of this new legislation. The organic regulations have their own definition of genetic engineering, under the “excluded methods” section of our rule. (The National Organic Standards Board is developing a recommendation to update the excluded methods definition, to keep pace with changes in biotechnology.) Senator Stabenow stated this law “is only intended to require that USDA consider aligning the rules and regulations of the new GMO disclosure program established under this bill with the rules and regulations of the existing National Organic Program, not the inverse.... (This law) does not provide any authority to amend the Organic Foods Production Act or its rules and regulations.”

The USDA is required within a year to conduct a study that identifies potential technological challenges consumers may have in accessing bioengineering digital disclosure statements. This study is supposed to determine if landline telephones are available in stores so consumers can call toll free numbers. Wireless or cellular network availability for access to the internet for the QR codes and websites will be determined as well as the challenges retailers may have in meeting these infrastructure challenges.

The law does not ask the study to consider how long it may take for a consumer to make calls, or access the internet while pushing a grocery cart full of food in comparison to the transparency and ease of finding out the information if it were mandated to be written clearly on the package. A busy parent with children in tow, is not going to take the time to make a phone call or look up a website. Food shopping is not usually considered a recreational activity, with lots of leisure time associated with it in order to go web surfing.

The law also mandates the solicitation and consideration of public comments on this topic. The first of these public comment periods closed Sept. 16. That one focused on the USDA Performance-Based Work Statement (PWS), which highlights the steps and processes needed to complete a project (i.e., the scope of the project, applicable documents, summary of requirements, and time frame), according to the National

Sustainable Agriculture Coalition. There will be other opportunities going forward. We’ll share those comment opportunities in our publications and social media outlets.

Within two years, the USDA is mandated to have a national standard for all food manufacturers to meet this bioengineered food standard. **Consumers have been told there now is a GMO labeling law—but this law requires consumers to take extra steps to access the GMO information.**

Another provision of the regulation specifies that food manufacturers cannot “collect, analyze, or sell any personally identifiable information about consumers or the devices of consumers.” This is supposed to protect the privacy of consumers who access websites where manufacturers disclose GMO ingredients. But, there is concern that once you have contacted a food manufacturer on this subject, you could be subject to advertising, data mining, or other communications.

This bill does not allow either bioengineered food or non-bioengineered food to state it is “safer” than its counterpart. In addition, the USDA cannot recall any products that do not provide bioengineering disclosure on packaging when this law requires it. Nor does it give the USDA any authority to levy fines or other types of punishment if the law is not followed.

The purpose of this legislation, and the reason that it was passed overwhelmingly by Congress and signed by the President, was to prevent a patchwork of differing state labeling laws, which had the possibility of impeding interstate commerce and confusing consumers. Instead, **we have a labeling law that does not mandate a label.**

Lastly, this law caused some division within the organic community, with the Organic Trade Association leadership breaking ranks with many of its members to provide strong support for this bill. OTA has said that the assurances that our organic regulation would not need to change its definition of GMO to meet this bill, the fact that organic foods can now carry a non-GMO label without additional testing, and that non-organic livestock products cannot use the non-GMO label if those livestock were fed GMO feed, were significant enough “wins” to not hold out for a better bill. There was concern that a bill was going to be passed, and in order to get these few provisions in the bill, it was necessary to accept the many problems within it.

It is true that consumers who seek out non-GMO foods can purchase organic foods to meet their desires. However, if there were a true GMO label on foods and livestock products that originated from GMOs, many feel this transparency would cause even more consumers to seek out organic foods.

Senator Richard Blumenthal of Connecticut has publically stated he plans to repeal this bill and introduce a true GMO labeling bill in the new Congress in early 2017. He is counting on some new faces after the election, and hopes there will be a legislative fix to this bad labeling law. The USDA is also mandated to write rules and to make sure the provisions of the bill do not make the bioengineered disclosure statement inaccessible to the majority of consumers. We will have a chance to make our voices heard on this aspect of the law—the fight is not over.

Harriet Behar is the Senior Organic Specialist for MOSES & a member of the National Organic Standards Board.

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Check out these local CSA providers online at csadecorah.com

CSA DECORAH

Community Supported Agriculture - Share the risk. Share the bounty. Know your farmer.

Canoe Creek Produce – Barb Kraus

www.canocreekproduce.com

2912 Manawa Trail Road, Decorah, Iowa 52101

563-382-4899 • canocreekpro@gmail.com



Humble Hands Harvest – Hannah Breckbill & Emily Fagan

www.humblehandsharvest.com

1588 Canoe Ridge Road, Decorah, Iowa 52101

507-513-1502 • humblehandsharvest@gmail.com



Low Oaks Farm – Anne Bohl

www.lowoaksfarm.com

3175 Vanderbilt Lane, Waucoma, Iowa 52171

563-202-0399 • lowoaksfarm@gmail.com

Patchwork Green Farm – Erik Sessions & Sara Peterson

www.patchworkgreen.com

3031 Middle Hesper Road, Decorah, Iowa 52101

563-387-0837 • eriksessions@gmail.com



Prairie's Edge Farm – Jim and Caite Palmer

www.prairiesedgeiowa.com

1206 150th Street, Castalia, Iowa 52133

563-605-1336 • prairiesedgeiowa@gmail.com

The Wilders Way - Elsa McCargar & Conor Murphy

www.facebook.com/thewildersway/

2743 Hidden Falls Road, Decorah Iowa 52101

563-419-5433 • the.wilders.way@gmail.com

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
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Member Volunteer Coordinator, Andrea Springmeier.....	membervolunteers@oneotacoop.com
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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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Member Volunteers - Nov/Dec/Jan

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 Duvall

Carol Bentley-Iverson

Barb Dale

Joan Johnston

Jon Hart

Mary Hart

Wendy Stevens

Claire Jensen

Johanna Bergan

Steffen Mirsky

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Nancy Eldridge

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Elin Amindson

Bob Wilson

Jerry Aulwes

Brittney Claman

Sabrina Claman

Cathy Baldner

Dalton Little

Georgie Klevar

Jim Stevens

Alyssa Johnston

Taylor Claman

Kristin Albertson

Christine Gowdy-Jaehnig

Kelley Claman

John Kjome

Yvonne VanVeldhuizen

LeAnn Popenhagen

Louise Hagen

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:

Stephanie Fromm	Sheryl Cray	Laura Wright	Helen Leavenworth
Allan Weinand	Susi Nehls	Deanne Hosek	Chad Klegseth
Melissa Koch	Lois McElvania	Elizabeth Maurus	Nicole Kaupp
Greg Biehn	Steven Zittergruen	Brenda Sutton	Rowan Trout
Irma Hudson	Tovah Steinhof	Mark Worcester	Abbie Grinager
Ellen Kempf	Brad Schwarck	Marie McIlrath	Piper Wood
Christi	Leslie Johnson	Laura Moncada	Ginny Clement
Virginia Ashford	Luther Mathsen	Matthew Nahan	
Emily Pulsfus	Anna Yoder	Yer Vang	

Senior Citizen Discount Monday

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

the COMM POST

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

www.oneotacoop.com



ONEOTA COMMUNITY FOOD COOPERATIVE

decorah, iowa

Wilder Street Café

these sales valid

MARCH 22 - APRIL 4, 2017

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



coop deals



2/\$4

WILD PLANET
Wild Skipjack Light Tuna
5 oz., selected varieties
other Wild Planet Tuna varieties also on sale



\$9.99

SPECTRUM
Organic Unrefined Extra Virgin Olive Oil
25.4 oz.



2/\$3

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



\$5.99

NATURE'S PATH
Organic Cereal
26.4-32 oz., selected varieties

Featured Inside:

- Ditch the takeout and try your hand at homemade pho
- Three words, one delightful dip: Mango Jicama Guacamole
- Hailing all the way from Spain, Manchego is an all-star appetizer cheese
- No matter how you slice them, mangos are in-season and delicious!



\$13.99

ORGANIC VALLEY
Organic Aseptic Milk
12 ct., selected varieties



\$4.39

ORGANIC VALLEY
Organic Raw Cheddar Cheese
8 oz., selected varieties



\$2.99

BEARITOS
Tortilla Chips
16 oz., selected varieties



4/\$5

CLIF
Kit's Organic Fruit & Nut Bar
1.69 oz., selected varieties



\$2.39

SO GOOD
Organic Baby Food
3.5 oz., selected varieties



\$2.39

ANNIE'S HOMEGROWN
Pizza Poppers
5 oz., selected varieties
Pizza Bagels also on sale



\$4.39

CANYON BAKEHOUSE
Bread
14-18 oz., selected varieties



\$2.99

FIELD DAY
Organic Sandwich Cookies
12 oz., selected varieties



4/\$5

LARABAR
Organic Superfoods Bar
1.6 oz., selected varieties



2/\$4

TASTE NIRVANA
Coconut Water
16.2 oz., selected varieties



2/\$6

BLUE SKY
Natural Soda
6 pack, selected varieties



\$9.99

JUSTIN'S
Almond Butter
16 oz., selected varieties



\$2.69

FIELD DAY
Organic Crackers
4.4-8 oz., selected varieties



\$2.39

KEVITA
Organic Kombucha
15.2 oz., selected varieties



3/\$5

HUBERT'S
Lemonade
16 oz., selected varieties

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

MEMBER DEALS 3/1/17-4/4/17

* Regular prices subject to change	Reg Price	SALE Price	Savings
Packaged Grocery			
CHOCOLOVE, Chocolate Covered Almonds, 3 OZ	\$2.99	\$2.39	\$0.60
Chocolate Toffee Covered Almonds, 3 OZ	\$2.99	\$2.39	\$0.60
Mini Milk Chocolate Bar, 1.3 OZ	\$1.49	\$1.00	\$0.49
Mini Toffee Chocolate Bar, 1.3 OZ	\$1.49	\$1.00	\$0.49
Mini Cherry Chocolate Bar, 1.3 OZ	\$1.49	\$1.00	\$0.49
Mini Orange Chocolate Bar, 1.3 OZ	\$1.49	\$1.00	\$0.49
Mini Raspberry Chocolate Bar, 1.3 OZ	\$1.49	\$1.00	\$0.49
Mini Almond & Sea Salt Chocolate Bar, 1.3 OZ	\$1.49	\$1.00	\$0.49
Mini Strong Dark Chocolate Bar, 1.3 OZ	\$1.49	\$1.00	\$0.49
HAPPY BABY, Organic Strawberry Yogurt Melts, 1 OZ	\$3.99	\$3.39	\$0.60
Organic Blueberry Yogurt Melts, 1 OZ	\$3.99	\$3.39	\$0.60
Organic Apple Green Bean Snack, 0.88 OZ	\$3.99	\$3.39	\$0.60
Organic Greens Puffs, 2.1 OZ	\$3.49	\$2.99	\$0.50
Organic Sweet Potato Puffs, 2.1 OZ	\$3.49	\$2.99	\$0.50
IAN's, Italian Croutons, 5 OZ	\$4.39	\$3.39	\$1.00
KATE'S, Organic Peanut Butter Bar, 1 OZ	\$1.69	\$1.39	\$0.30
Organic Peanut Butter Trail Bar, 1 OZ	\$1.69	\$1.39	\$0.30
Organic Peanut Butter Hemp Flax Bar, 1 OZ	\$1.69	\$1.39	\$0.30
LIVE SODA, Kombucha Rootbeer, 12 OZ	\$2.79	\$1.99	\$0.80
LUNDBERG FAMILIY FARMS, Organic Brown Rice Syrup, 21 OZ	\$6.49	\$5.39	\$1.10
SIMPLY GUM, Cinnamon Gum, 15 CT	\$2.99	\$2.39	\$0.60
Mint Gum, 15 CT	\$2.99	\$2.39	\$0.60
Ginger Gum, 15 CT	\$2.99	\$2.39	\$0.60
SURF SWEETS, Jelly Beans, 2.75 OZ	\$2.29	\$1.99	\$0.30
GOOD POP, Strawberry Lemonade Popsicle, 4 PK	\$4.99	\$3.99	\$1.00
Coconut Lime Popsicle, 4 PK	\$5.59	\$3.99	\$1.60
QUORN, Spicy Quorn Patties, 9.3 OZ	\$4.59	\$3.99	\$0.60
Breaded Quorn Cutlets, 8.9 OZ	\$4.49	\$3.99	\$0.50
Quorn Tenders, 10.6 OZ	\$4.59	\$3.99	\$0.60
Quorn Cutlets, 8.9 OZ	\$4.99	\$3.99	\$1.00
SOPHIE'S, Vegan Lobster Macaroni & Cheese, 8.8 OZ	\$5.39	\$4.49	\$0.90
Vegan Jambalaya, 8.8 OZ	\$5.39	\$4.49	\$0.90
SWEET EARTH, Santa Fe Veggie Burger, 8 oz.	\$3.99	\$3.69	\$0.30
STONYFIELD FARM, Organic Strawberry Smoothie 4 pack, 6 oz	\$6.79	\$4.99	\$1.80
Organic Peach Smoothie 4 pack 6 oz	\$6.79	\$4.99	\$1.80
IAN's, Ancient Grain Bread Crumbs, 5oz	\$3.69	\$2.99	\$0.70
Original Panko, 7oz	\$3.99	\$2.99	\$1.00
EPIC, Beef Tallow, 11 OZ	\$8.99	\$7.99	\$1.00
Duck Fat, 11 OZ	\$9.99	\$8.99	\$1.00
Pork Lard, 11OZ	\$8.99	\$7.99	\$1.00

* Regular prices subject to change	Reg Price	SALE Price	Savings
Supplements, Body Care & Gifts			
ECLECTIC INSTITUTE, Ginger Capsules, 395 MG	\$13.99	\$7.99	\$6.00
Beet Juice Capsules, 50 CAPS	\$12.99	\$7.99	\$5.00
Ginger Capsules, 90 CAPS	\$23.99	\$13.99	\$10.00
Beet Juice Capsules, 90 CAPS	\$22.99	\$12.99	\$10.00
Beet Juice Powder, 90 Grams	\$18.99	\$10.99	\$8.00
Kale Powder 91 Grams	\$14.99	\$8.99	\$6.00
CV SCIENCE, Cbd 3 Grams	\$89.99	\$79.99	\$10.00
Cbd 1 Gram	\$39.99	\$34.99	\$5.00
Cbd 1 Gram	\$24.99	\$21.99	\$3.00
Oil Oz, 1 OZ	\$24.99	\$19.99	\$5.00
Cbd Oil, 1 OZ	\$24.99	\$19.99	\$5.00
Cbd Oil, 2 OZ	\$69.99	\$59.99	\$10.00
Oil Oz, 2 OZ	\$69.99	\$59.99	\$10.00
Cbd Capsules, 60 Count	\$54.99	\$51.99	\$3.00
Zen Hemp Shot, 2 OZ	\$5.99	\$4.99	\$1.00
Cbd Softgels, 10 Count	\$19.99	\$17.99	\$2.00
FIRE CIDER, Fire Cider Unsweetened, 8 OZ	\$14.99	\$10.99	\$4.00
Fire Cider, 8 OZ	\$14.99	\$10.99	\$4.00
Fire Cider, 16 OZ	\$24.99	\$19.99	\$5.00
Fire Cider Unsweeteneed, 16 OZ	\$24.99	\$19.99	\$5.00
GRANDPA'S, Pine Tar Soap, 3.25 OZ	\$3.99	\$3.39	\$0.60
CRYSTAL, Crystal Deodorant Stick, 4.25 OZ	\$6.99	\$4.99	\$2.00
Mens Crystal Deodorant Stick, 4.25 OZ	\$6.99	\$4.99	\$2.00
BADGER, Baby Balm, 2 OZ	\$8.99	\$6.99	\$2.00
Night Night Balm,	\$4.99	\$3.99	\$1.00
NUBIAN HERITAGE, African Black Deodorant, 2.25 OZ	\$6.99	\$5.99	\$1.00
Hand Cream, 4 OZ	\$8.99	\$5.99	\$3.00
Coconut Deodorant, 2.25 OZ	\$6.99	\$5.99	\$1.00
Indian Hemp Deodorant, 2.25 OZ	\$7.99	\$5.99	\$2.00
Honey and Black Seed Deodorant, 2.25 OZ	\$6.99	\$5.99	\$1.00
FORCES OF NATURE, Nerve Pain, 11 ML	\$17.99	\$11.99	\$6.00
JUNIPER, Cascade Forest Body Wash, 8 OZ	\$9.99	\$7.99	\$2.00
White Sage Body Wash,	\$9.99	\$7.99	\$2.00
White Sage Room Spray,	\$13.99	\$9.99	\$4.00
Cascade Forest Room Spray	\$13.99	\$9.99	\$4.00
JUNIPER, Cedar Incense	\$11.99	\$7.99	\$4.00
Death Valley Incense	\$11.99	\$7.99	\$4.00
Desert Pinon Incense	\$11.99	\$7.99	\$4.00
Douglas Fir Incense	\$11.99	\$7.99	\$4.00
Sweetgrass Incense	\$9.99	\$7.99	\$2.00
White Incense	\$9.99	\$7.99	\$2.00



LaRana
Bistro

Creative Midwest Fare • Local Seasonal Menus
Monday-Saturday • Lunch 11-2 • Dinner 5-9 • Bar til close
120 Washington St. • Decorah • 563.382.3067

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

oneota community food co-op

MEMBER DEAL

EXAMPLE

KETTLE
Krinkle Cut Potato Chips
limit 2 bags per customer

\$3.89

Reg. Price \$4.69
SAVE \$0.80

EXAMPLE

• • • • • these sales valid **MARCH 22 - APRIL 4, 2017** • • • • •



Pho with Shrimp

Serves 6. Prep time: 30 minutes

- 2 teaspoons vegetable oil
- 3 slices fresh ginger
- 4 cloves garlic, thinly sliced
- 8 cups chicken broth
- 2 whole star anise
- 1 stick cinnamon
- 1 teaspoon fish sauce, to taste
- 4 small heads baby bok choy, cut into 2-inch pieces
- 16 large shrimp, shelled and deveined
- 4 ounces flat rice noodles
- 1 large carrot, julienned
- 1 8-ounce package baked tofu, sliced
- 2 ups bean sprouts, rinsed
- 4 large scallions, sliced on a diagonal
- 2 large limes, halved and sliced

In a 2-quart pot, heat the oil over medium-high heat, then saute the ginger and garlic just until fragrant about a minute. Add the stock, anise, cinnamon peppercorns and fish sauce. Bring to a simmer and lower heat to keep it at a gentle bubble. Cook for 20 minutes. The stock will reduce to about 7 cups.

While the stock simmers, chop the bok choy, prep the shrimp, and have all the vegetables in separate piles on a plate. Cook the noodles, and divide them between six wide soup bowls. Arrange the tofu and bean sprouts on top of the noodles.

When the stock is ready, strain it, taste for salt, adding more fish sauce if you think it needs it, and bring to a boil. When you're ready to serve, simmer shrimp bok choy and carrot in the stock until cooked, about 3 minutes, then ladle the hot soup over the noodles, tofu and sprouts. Sprinkle with scallions and serve with lime slices.



Mango Jicama Guacamole

Serves 4. Prep time: 15 minutes.

- 1/2 cup chopped mango
- 1/2 teaspoon salt
- 1/2 cubed jicama
- 1 clove garlic, smashed
- 1 tablespoon plus 1 teaspoon fresh lime juice
- 2 small scallions, chopped
- 1 pinch chili powder
- 2 large ripe avocados

Peel and chop the mango and jicama in small, even pieces; sprinkle with a teaspoon of lime juice and reserve.

Halve the avocados and remove the pits; scoop the flesh into a medium bowl. Mash coarsely with a fork, then add the remaining tablespoon of lime juice, salt and garlic and mix. Stir in the scallions.

Spread the guacamole in a small serving bowl. Sprinkle mango and jicama on top of the guacamole, then dust with chili powder. Serve immediately with chips or quesadillas.

Serving suggestion: This is a fantastic dish to serve at a party; just double (or triple) the recipe and use a wider bowl or small casserole dish. The crunchy jicama, sweet mango and creamy avocado are a delicious topping for tostadas and quesadillas, too.



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



\$11.99
NUTIVA
Organic Virgin Coconut Oil
23 oz., other Nutiva Coconut Oil varieties also on sale



4/\$5
MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties



3/\$7
CROWN PRINCE
Sardines
3.75 oz., selected varieties



\$2.39
ANCIENT HARVEST
Organic Supergrain Pasta
8 oz., selected varieties



\$2.99
LAKEWOOD ORGANIC
Pure Juice
12.5 oz., Lemon or Lime, selected varieties



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



2/\$5
AMY'S
Burritos
5.5-6 oz., selected varieties



2/\$3
WESTBRAE
Organic Beans
15 oz., selected varieties



\$1.79
BULK
Organic Black Beans
per pound in bulk



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



\$1.99
CALIFIA FARMS
Cold Brew Coffee
10.5 oz., selected varieties



\$3.99
ORGANIC VALLEY
Organic Brown Eggs
doz., selected varieties



3/\$7
CELESTIAL SEASONINGS
Herbal Tea
20ct., selected varieties



\$3.69
RICE DREAM
Organic Enriched Rice Drink
64 oz., selected varieties



\$1.19
BULK
Organic Rolled Oats
per pound in bulk



\$2.99
BULK
Organic Seedless Thompson Raisins
per pound in bulk



\$3.99
WOODSTOCK
Organic Frozen Fruit
10 oz., selected varieties



2/\$6
YOGI
Tea
16 ct., selected varieties



\$3.39
ANNIE'S HOMEGROWN
Organic Cereal
10-10.8 oz, selected varieties



\$8.99
BOIRON
Sinusalia
60 ct.



\$6.99
THAYER'S
Slippery Elm Nasal Mist
3 oz.,



\$29.99
NATURAL FACTORS
TravelBiotic
60 ct., other Natural Factors Probiotics also on sale



\$10.99
BACH
Rescue Remedy
10 ml., other Rescue Remedy products also on sale



2/\$6
SOUTH OF FRANCE
Bar Soap
6-8 oz., selected varieties



\$8.99
ALAFFIA
Everyday Coconut Body Lotion
32 oz., other Alaffia Body Care items also on sale



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



\$11.99
ALBA BOTANICA
Shampoo or Conditioner
32 oz., selected varieties



\$5.99
ALBA BOTANICA
Acnedote Face & Body Scrub
8 oz., other Acnedote products also on sale



Mangos

Colorful, juicy and sweet, mangos are a delicious dessert fruit that also complement a variety of spicy flavors like chilies, ginger and curries in savory dishes. Chopped into salad, pickled, blended in smoothies, sauces and dressings, or added to a bowl of ice cream, there are plenty of ways to enjoy this tropical treat. When shopping for mangos, the stem ends should smell fruity and the fruit should yield to gentle pressure; choose the plumpest mangos so you can truly savor their sweetness.

Visit www.strongertogether.coop for a quick overview of just a few of the over a thousand varieties of this delectable fruit.



Slicing Mangos

It's easy to slice a juicy mango without peeling it first. Stand the fruit stem end down. Cutting from the top, slice off two thick "cheeks" by running a knife down along both sides of the long, flat seed in the center. Score intersecting lines in both mango halves to create cubes, without cutting through the skin. Holding the mango in your palm, scoop out the flesh with a soup spoon. Or press the skin side of the mango to turn it "inside out" so the flesh stands apart in separate cubes, then carefully slice it away from the peel.

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

Stop Back for Sunday Chicken Dinner!

2:00-6:00 pm



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



SPECIAL ARTISAN CHEESES - EVERY MONTH!

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

Artisan cheese: Cheeses that are handmade, or made using relatively small scale specialty techniques in small batches. Artisan cheese captures the uniqueness 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

• these sales valid

MARCH 22 - APRIL 4, 2017

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



Manchego

For over a thousand years, Manchego cheese has been produced and aged in the La Mancha region of Spain. The flavor of this compact, firm, yet buttery cheese depends on how long it has been aged. Cheeses that have been aged longer taste stronger and a bit more peppery while younger cheeses are mellow. A bit salty, sweet and nutty, Manchego is flavorful enough to hold its own as an appetizer, and is a great addition to cheese platters. Marinate cubes of Manchego in an herbed vinaigrette and serve with olives and slices of crusty bread. Pair this flavorful cheese with apples, mango, hot peppers and smoked sausages.



\$3.99

NANCY'S
Organic Plain Yogurt
32 oz., selected varieties



2/\$3

LIBERTE
Organic Yogurt
5.5 oz., selected varieties



\$3.69

EVOLUTION FRESH
Defense Up Smoothie
15.2 oz.,
other Evolution Fresh products also on sale



10\$10

WALLABY ORGANIC
Lowfat Yogurt
6 oz., selected varieties



\$24.99

RAW ORGANIC WHEY
Organic Whey Powder
12 oz.,
100% Grassfed Whey Protein also on sale \$14.99



\$35.99

ANCIENT NUTRITION
Bone Broth Protein
445-505 gr., selected varieties



\$17.99

COUNTRY LIFE
Coenzyme B-Complex
120 ct.,
other Country Life Supplements also on sale



\$6.99

LILY OF THE DESERT
Organic Aloe Vera Juice
32 ct.,
other Aloe products also on sale



3/\$5

GREEN FOREST
Bath Tissue
4 pack
Green Forest Facial Tissue also on sale



\$4.69

BETTER LIFE
All-Purpose Cleaner
32 oz., selected varieties
other Better Life Cleaning products also on sale



\$4.99

SEVENTH GENERATION
Tampons
20 ct., selected varieties
other Feminine Hygiene products also on sale



\$4.99

TEA TREE THERAPY
Pure Tea Tree Oil
5 oz.
other Tea Tree Therapy products also on sale



\$4.69

MAPLE HILL CREAMERY
Organic Kefir
32 oz., selected varieties



2/\$3

SO DELICIOUS
Coconut Milk Yogurt
5.3 oz., selected varieties





Patchwork Green Farm

Erik Sessions and Sara Peterson (563)387-0837 patchworkgreen.com

Find us at the Decorah Farmers' Market from June-October.
CSA Market Shares now available.

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SOME THOUGHTS IN THESE TIMES

By Beth Hoven Rotto, Cheese and Chill Buyer

In these times, Oneota Community Co-op remains a source of strength and opportunity for me. I get inspiration and affirmation from the people I work with and the members and customers who shop here. It is satisfying to see groups gathering over tea or lunch, discussing their ideas or just checking in with each other. Some folks like to hang out in the Co-op to look out the window at who is walking by and who is walking in. Students meet to joke and let down or try to study. I notice them growing and am able to tell them when I've noticed their accomplishments. As they become older and head out into the world, I love catching sight of them as they return home and stop into the Co-op. Seeing, speaking, listening, sharing. These are strengths of our Co-op and offer many opportunities.

Our staff is diverse - some have worked here for years (I think it's 34 years for me). Overall, there is a strong commitment to the community, to service, to good sourcing of food, to care in presenting it to our member/owners and shoppers, and to our mission. Some staff are new, but have joined to work for a meaningful organization and be a part of something unique. Some staff members have been raised in the Co-op community, and several were born halfway around the world. Our staff are talented in a myriad of ways. Do we make mistakes? Of course. Do we try? Do we care? Yes, indeed! Staff is strength and opportunity.

What would I do without the Co-op I count on day in and day out for my organic milk, local bread, meat and eggs, fresh produce and my beloved cheese? Food is a great source of pleasure for me, and I am grateful for that. I love cooking and knowing where my food comes from and who produces it. I count on our wellness products when I'm under the weather and on suggestions from friends and shoppers as to what works for them, what's for supper or what's going on. I find that the more I know, the more I don't know.

When I began working at the Co-op, we were housed in a shack at the edge of town (I don't think anyone would be offended that I called it that.) I can hardly believe what we have accomplished. We have a beautiful storefront on the main street of downtown Decorah. I want to keep working with all of you to be at the forefront of what is good for our community and for the region and the world. I want it to be a model for others. I want the Co-op to flourish because people want to work together and contribute to this amazing community.

It's disheartening to hear that the Dubuque Food Co-op recently closed. I know many in that community will sorely miss that store for many reasons. It gives me renewed passion for keeping our own food co-op strong. I feel like we are in a time of rapid change, in our country and in the world. We need to be willing to change and give things a try (This is how I've been able to keep my job for so many years!). We need to be willing to support and listen to each other and to engage where we can. We need to stand up and speak up for what we believe is right. We are stronger together. Cooperatives empower us, promote food security and enhance opportunities for our community. *Carpe diem!*

Farmer's Market CSA shares available for 2017.

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

For sign-up and more details, find us on Facebook.



Canoe Creek Produce CSA

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Traditional Limestone Masonry

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