

THE SCOOP

VOLUME 45 • NUMBER 1 • SUMMER 2019



LIKE US ON FACEBOOK • FOLLOW @ONEOTACOOP ON TWITTER

WWW.ONEOTACOOP.COM

HOURS: MON.-SAT. 8:00-8:30 • SUN. 10:00-7:00 312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666

By David Lester, General Manager

At the Annual Meeting of the Membership on Tuesday, April 23rd we celebrated the success of the past year and the completion of our major store remodel that has been occurring this Spring. Over two years of planning and preparation culminated in a fast and furious construction project from mid-March to late April. We celebrated key staff who helped make this project happen, and we celebrated the 78 member/owners who loaned us the full amount of \$626,500 to pay for the remodel. Our member/owners are very passionate, dedicated people who value what we have here in Decorah. It is something very special that you do not see at every co-op across the country, and I'm honored every day to walk through our doors and work at a place that is this unique.

The 50+ members who attended this meeting also learned about the difficulties this past year with our inefficient and outdated equipment. Having coolers and freezers breaking down and HVAC equipment working harder than it should to cool and heat the store took a toll on the staff and our budget. Investing in more efficient systems will set us up for more success in the future and allow the staff and me to be better grocers.

I think our mantra for the next few years will be "save." We are already seeing bigger than expected savings with the installation of our new refrigeration system. It was expected to save us at least 20% on our cost to run the refrigeration system, but we are actually seeing about a 41% reduction in overall electric usage with about a 21% reduction in gas usage at this point. It is pretty early, but I see these improvements in efficiency continuing as we get into our warmer months. This level of savings would approximately pay off this new system in about four years.

Our member/owners and customers have probably already noticed a lot of new products on the shelves in certain departments which we were unable to carry before and additional savings throughout the store. With more sales volume in our fresh departments (Deli, Produce, Meat/Fish, Refrigerated)

\$626,500

\$500,000

WE DID IT!

Thank You

\$300,000

for all your help!

\$200,000

\$100,000

customers will see more savings as we purchase more and get even better deals from our suppliers. We will also be focusing on promoting more sales with local products within these departments and furthering our mission to provide the best quality local and organic products.

We have also put together a savings plan to repay the \$625,000 we raised to fund this project through member/owner loans. These loans will be paid off in fewer than six years including principal and interest. We successfully paid off our previous member/owner loans a couple of years ago and it

was obvious that our member/owners were willing and able to loan more money to make this project happen. That is one of the beautiful things that the cooperative business model allows member/owners to become more invested in the business.

The theme of saving will continue with our labor costs as we have invested in more efficient equipment and a store design that is more efficient. We can do more volume of sales with a staff of similar size in the past due to more efficiently designed work spaces and sales floor. It's just a lot easier to move product, produce food in our kitchen, and easier to move throughout the store. We love it!

Plus, we hope that you will save time when you are shopping at the newly renovated store. That is something that is important to almost everyone I talk to about their shopping experience. We think it is a more pleasant, open and inviting space which makes people feel good the moment they walk through those automatic doors. The store is more welcoming and accessible for parents with strollers and people with disabilities. And, we now have an electric shopping cart for customers to use who have mobility issues.

A huge thank you to past and current board members, Co-op staff, and especially to those 78 members who participated in our member/owner loan campaign for making this project happen. It is truly an example of what a community can do to create positive change and make our community a happier, healthier place to live and work. We did it and we did it right. Thank you.

In Cooperation,
David

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

Grand Reopening

CELEBRATION

details on page 4



AT THE ONEOTA CO-OP THIS JUNE!

DOUBLE UP FOOD BUCKS START AT THE CO-OP ON MONDAY, JUNE 10TH.

By: Nate Furler, Marketing Manager

The health food incentive program Double Up Food Bucks (DUFb) began at Iowa farmers markets in 2016 to help low-income families eat more fruits and vegetables while supporting farmers and growing local economies.

It's a win for Iowa, for local farmers, and for participants!

In 2018, Double Up Food Bucks was available at 14 locations across Iowa, including 11 farmers markets and three grocery stores. In 2019, Double Up Food Bucks is expected to reach as many as 150,000 residents in 14 farmers markets and 19 grocery stores in 12 counties across Iowa – including the Oneota Community Food Co-op and Winneshiek Farmers Market!

How it works.

Double Up Food Bucks provides participants in the SNAP program with a one-to-one match to purchase healthy, locally grown fruits and vegetables. (SNAP stands for the Supplemental Nutrition Assistance Program formerly known as food stamps.)

How it's funded.

In August 2018, the USDA awarded Iowa partners a \$480,044 Food Insecurity Nutrition Incentive (FINI) grant to expand the statewide initiative. The federal funds were matched by resources from 12 local funders for a total program budget of nearly \$1 million.

Helps low-income consumers

- Low-income Iowa shoppers spent \$46,669 in combined SNAP and Double Up Food Bucks to purchase fresh, nutritious fruits and vegetables during the 2018 season.
- 98% of participants said their families are eating more fruits and vegetables.
- 80% reported eating less "junk" food.
- 55% of shoppers were able to try fruits and vegetables they have never tasted before.

Helps Iowa farmers

- Double Up Food Bucks benefited more than 300 Iowa farmers in 2018.
- 73% of participating farmers thought the market was stronger.
- 75% of those farmers said they are making more money because of Double Up Food Bucks.
- 100% of the farmers plan to participate again in the program next year.

How to use Double Up Food Bucks at the Oneota Community Food Co-op.

- Step 1: Visit the Oneota Community Co-op in Decorah.
- Step 2: Pick out your favorite fresh fruits and vegetables.
- Step 3: For every \$1 you spend on fresh produce with your SNAP EBT card you will earn \$1 in Double Up Food Bucks! Earn up to \$10 in Double Up Food Bucks per day.
- Step 4: Use your Double Up Food Bucks to buy locally-grown, fresh produce. Use them immediately, or save them for later!

For more information visit:
iowahealthieststate.com/double-up-food-bucks



The Oneota Community Food Co-op hosted a “Round-Up at the Register” campaign May 6th through May 20th. During this time, customers at the Co-op were given the opportunity to round-up their sale to the nearest whole dollar with these funds going to support Neighbors Helping Neighbors. The campaign held in May raised over \$1,400.

Neighbors Helping Neighbors is a fund established by Decorah UCC to assist immigrants and their families in rebuilding their lives following an immigration related crisis. This community effort is funded through individual donations, local congregations, and local organizations. Funds currently assist local families in need of items such as household supplies and beds as they establish new homes following release from ICE custody.

For more information about Neighbors Helping Neighbors at Decorah UCC, check out decorahucc.org/neighbors.

For more information about “Round Up at the Register” at the Oneota Co-op, check out oneotacoop.com/about-us/community.

Pictured in photo: (left to right) Laura Wright, Decorah UCC, David Lester, Co-op General Manager.

SHOPPING THE CO-OP HELPS YOUR COMMUNITY.

By: Niki Sanness, Finance Manager

Unlike most corporately-owned businesses that make decisions primarily to maximize profits; co-ops make decisions to maximize services to their member/owners and their community.

The Oneota Co-op contributes thousands of dollars annually to local organizations in the form of sponsorships, gift baskets, and donations. Co-op shoppers give back thousands of additional dollars to local non-profit organizations through spare change donated through our “Round Up at the Register” program.

Below are a few of the organizations that the Co-op has contributed to in some manner in recent years. By spending your dollars at the Oneota Co-op you are helping to support the larger community of northeast Iowa and beyond. Thank you for your continued support of the community!

- Downtown Decorah Betterment Association
- The Cornucopia Institute (An Environmental Non Profit Group Protecting Your Food Rights)
- Winneshiek County Convention & Visitors Bureau
- Winneshiek County Development
- Decorah Area Chamber of Commerce
- Farm to School program
- Iowa Environmental Council
- St Ben's Mardi Gras
- Winneshiek County Cattlemen's Assn.
- Nordic Fest
- Banquet of Blessings
- Boy Scouts
- Wisconsin Public Television
- Northeast Iowa Artist Studio Tour
- Northeast Iowa Peace and Justice Center Inc.
- Decorah Viking Athletic Booster Club
- Decorah Music Boosters
- National Alliance on Mental Illness of Northeast Iowa
- Habitat for Humanity
- MOSES- Midwest Organic and Sustainable Education Service
- Thunder Road
- PVMA-Food for Change
- Decorah High School Homecoming
- HSNEI-Humane Society for NorthEast Iowa
- Luther Women's soccer
- Oneota Valley Community Orchestra
- Food Coop Initiative
- Decorah Human Powered Trails
- Winneshiek County Neighbors Helping Neighbors
- Kid's Lunch Club
- Arthaus
- Decorah Pride
- Decorah Walking School Bus
- Decorah 1st Lutheran Church Food Pantry
- Upper Iowa River Clean-up



GABI MASEK, L.A.C

ACUPUNCTURE & CHINESE MEDICINE

563.382.4312
111 Winnebago St
Decorah, IA 52101

wildcraftedacu@gmail.com
wildcraftedacupuncture.com



OPEN MAY - OCTOBER. FRIDAYS 4-8 PM



LUNA VALLEY FARM

WOOD FIRED PIZZA. GLAMPING.
SMALL BATCH BEEF, PORK, & LAMB.

3012 Middle Sattre Rd, Decorah, IA . lunavalleyfarm.com



Specializing in sustainable residential & light commercial construction

David J. Wadsworth • 563.419.0390 • wadsworthconstruction.com





WELLNESS WEDNESDAY

FIRST WEDNESDAY of every month

members receive

5% off Wellness products

(excludes already marked down DEALS sale items)

Senior Citizen Discount Monday

Every Monday members who qualify for senior discount (60 years of age or older) receive an extra 5% off most purchases.

(excludes already marked down Co+op Deals sale items)

KDEC FM 100.5 & Good Time Oldies AM 1240

Inspired by music AND NOW POWERED BY THE SUN!

...from our solar array to your radio waves!

kdecradio.com



Convenience – WORKING TO KEEP IT GREEN

By: Nicole Brauer, Grocery Manager
& Nate Furler, Marketing Manager

Following and implementing the trends of the grocery world are a difficult task for retailers across the globe. As with any retailer, our biggest task is getting customers what they want as quickly as possible. And in this day and age, it is all about pre-packaged convenience and creativity.

We (people) are all going a hundred miles an hour – and in many different directions. The last thing a busy person wants to think about these days appears to be “what am I making for supper?” Co-op shoppers are no different and the trend towards a meal kit or Deli grab-n-go entrée to fill their need for healthy, less-planned time in the kitchen has taken center stage over the last several years.

Our Deli offers a tasty selection of grab-n-go entrees and sides – which will only expand as our Deli gets completely up-to-speed in our newly expanded kitchen. But convenience is also a hot commodity in other departments in the store – including Bulk and Meat.

Our staff take care of our meat repacking – including fresh shrimp and fish items. This allows us to secure better pricing and control the freshness of our products. Our redesigned prep area is now better set up to handle this type of work and our retail meat cooler is better prepared to handle the demands of member/owners and customers.

In addition to in-house repack, we recently launched our Bulk repack collaboration with The Spectrum Network in Decorah. Services at The Spectrum Network are designed and operated to help adults with disabilities, mental illness, and other barriers to work and life succeed and live happy, productive lives.

Spectrum picks up bulk shipments of candy and dried fruits at the Co-op, repacks them into containers at their commercial kitchen facility, and then delivers them back to the Co-op for stocking on our shelves. This partnership is something the Co-op has been working on for some time now and we are thrilled to see the benefits to our staff, customers, and the clients at Spectrum.

Another important thing to note about Bulk is that, though we did shrink and shift the allocation of several categories throughout the Grocery sub departments, Bulk was not one of them. Our new Bulk fixture has allowed us to fit our existing spread of products into that space. However, this also means that some of our products still reside in pre-packaged containers. Our Bulk department is a work in progress as we strive to make the

space as functional as possible in the amount of space that can reasonably support this department.

PACKAGING

Our staff continue to work diligently to pave the way for a greener environment. Through close relationships with both Winneshiek County Recycling and National Co-op Grocers (NCG) we are able to secure safe and, for the most part, recyclable packaging for our region. Unfortunately, at this time there is not a market for plastic bags to be recycled locally – but the demand remains from the majority of our customers. Therefore, plastic bags remain a staple on our shelves in Bulk. As an alternative to plastic bags, the Co-op does offer paper bags for use in Bulk and they are a staple at our registers where the two options we offer are paper bags and cardboard boxes.

Our biggest advocate helping us secure safe and/or recyclable packaging materials is National Cooperative Grocers (NCG). They have been working with suppliers to ensure safe packaging products get into the hands of our consumers. Most recently, items containing PFAS (Per- or poly-fluoroalkyl substances) were found to be used in some of our packaging materials. PFAS are a class of man-made chemicals that have been commonly used in a wide array of household and packaging products worldwide since the 1940s. PFAS repel grease, water and stains in paper-based packing such as pizza boxes,

fast food wrappers, and to-go containers. Studies have shown that PFAS can accumulate in living organisms and the environment, and may be linked to human health issues. The Environmental Protection Agency has worked with industry to conduct a voluntary phase-out of hundreds of chemicals in the PFAS class for two decades and that work continues. NCG has worked diligently to eliminate PFAS from our packaging stream and we are fortunate that they have been nearly completely phased out of our Co+op branded containers – including coffee bags and branded deli paperwares.

We are faced with a market of convenience and we view it as our responsibility at the Co-op to educate and supply the safest and most recyclable options with that convenience included. We agree that plastic is not what we want filling up our landfills and polluting the world. Our continued conversation with our suppliers and our local recycling facilities ensure that we continue to change with the market in order to keep our landfill stream as minimal as possible.

As always, if you have comments and questions regarding packaging in particular, please don’t hesitate to contact the Co-op at customerservice@oneotacoop.com. Though we keep our eyes and ears open, we can always use your input to help us improve the work we do!

THE FRUIT & VEGGIE GRILLING GUIDE

Giving fresh vegetables, stone fruit, and even lettuce a turn on the grill will intensify their flavor, with delicious results.

By: Tara Duggan

While most people associate outdoor grilling with burgers, hot dogs and steaks, the grill imparts big flavors to fruits and veggies, too. A wide array of produce paired with spice rubs, marinades and sauces galore will keep your patio table overflowing with delicious additions to your grilling repertoire.

Seasonal summer vegetables just happen to be perfect for grilling: zucchini, eggplant and bell peppers are naturally tender and become even sweeter on the grill. Slice these vegetables about 1/4-inch thick and toss them in an easy marinade for 30 minutes (or better yet, overnight) before grilling for a few minutes per side.

A simple combination of wine vinegar, olive oil, chopped garlic and herbs, and salt and pepper are all you need for a tasty marinade. This easy mix will turn grilled vegetables into Italian antipasti to serve with bread, olives and cheese.

Or change the blend to vegetable oil, sesame oil, soy sauce, rice vinegar, and chopped garlic and ginger for Asian-flavored vegetables that are delicious with rice. Store-bought dressings with a vinegar base make wonderful marinades as well.

Summertime peaches, apricots, nectarines and figs are delicious grilled. Cut fruit in half and remove any pits, then coat lightly with oil. For a sweet-savory side dish to grilled pork, chicken or lamb, sprinkle on a little salt, pepper and balsamic vinegar, then grill for a

few minutes per side. And for dessert, dust with brown sugar, then place the halves on a clean part of the grill for a few minutes per side before serving with ice cream or pound cake (or both).

GRILLING TIPS

Use moderate heat, not high.

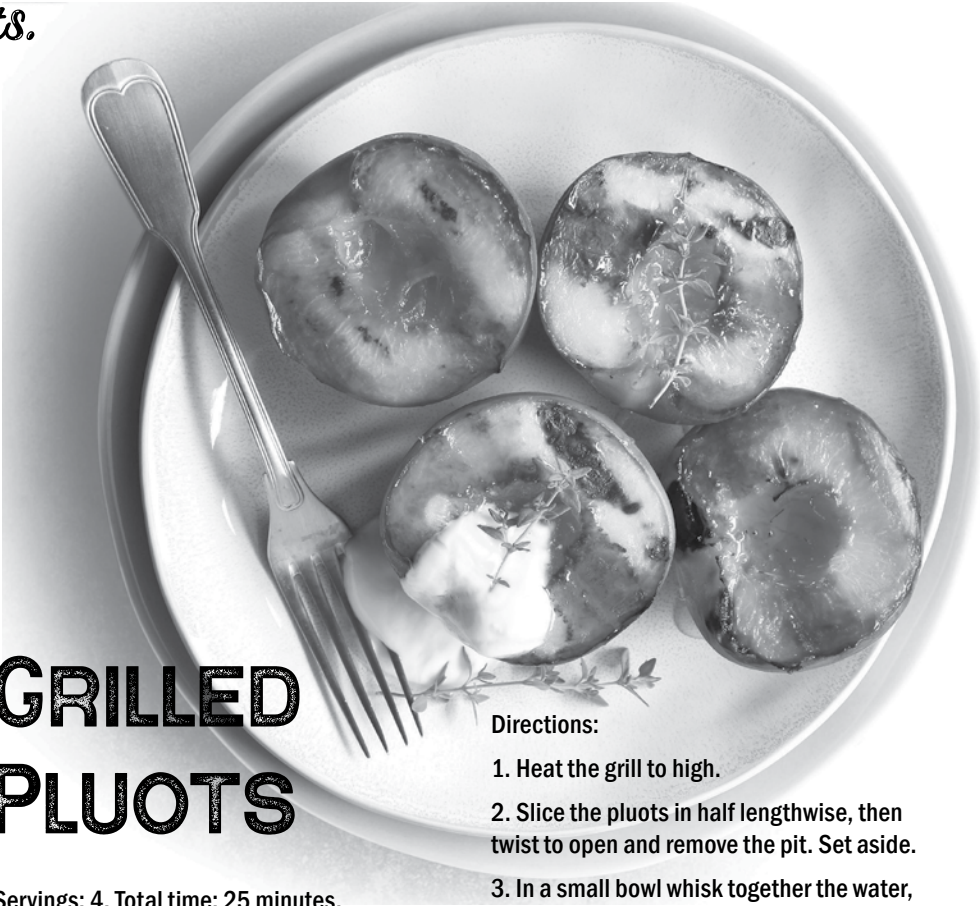
If it’s a charcoal grill, move the charcoal to one side and grill your fruits and veggies on the other side, over indirect heat.

Oil your grill thoroughly. Fruits and vegetables are high in natural sugars, which means they can easily burn and stick to the grill. Before you begin cooking, clean the grill well, preheat it, and then use several layers of paper towel dipped in vegetable oil to grease it.

Cut vegetables into the largest possible pieces. This will prevent them from falling through the grill grate and avoid extra time spent flipping more pieces. For example, cut zucchini in slices along the length of the vegetable, rather than slicing into small rounds.

Give corn on the cob a head start. Blanch it in boiling water for a few minutes, then grill for 5 to 10 minutes to finish cooking and add smoky flavor.

Reprinted by permission from StrongerTogether.coop. Find more recipes, plus information about your food and where it comes from at www.strongertogether.coop.



GRILLED PLUOTS

Servings: 4. Total time: 25 minutes.

Ingredients:

4 pluots

2 teaspoons water

1/8 teaspoon cinnamon

2 tablespoons orange marmalade

1 cup vanilla ice cream

1/4 cup cinnamon-flavored granola (optional)

Directions:

1. Heat the grill to high.
2. Slice the pluots in half lengthwise, then twist to open and remove the pit. Set aside.
3. In a small bowl whisk together the water, cinnamon and marmalade until well blended, then brush the mixture onto each pluot half. Place the pluots, flesh side down, on the hot grill and cook for 3 to 4 minutes, brushing occasionally with more marmalade. Turn the pluots skin side down, brush the flesh with marmalade and grill 2 more minutes until tender and caramelized. Remove from the heat, place the grilled pluots on a dessert plate, top with ice cream and sprinkle with granola.



Simply Antiques

Nancy Lerdall

801 East Water • Decorah, IA 52101

563-382-8806



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

Grand Reopening CELEBRATION

THURSDAY, JUNE 13TH

10:00 am - Chamber Ribbon Cutting

11:00 am - 1:00 pm - Vendor Sample/Demos

4:00 - 6:00 pm - Vendor Sample/Demos

FRIDAY, JUNE 14TH

11:00 am - 1:00 pm - Vendor Sample/Demos

5:00 - 7:00 pm - Beer Sampling featuring:

Firetrucker Brewery - Ankeny, IA

Lake Time Brewery - Clear Lake, IA

Millstream Brewing Co- Amana, IA

Pearl Street Brewery - LaCrosse, WI

Potosi Brewing Co - Potosi, WI

Pulpit Rock Brewing Co - Decorah, IA

Single Speed Brewing Co - Waterloo, IA

Toppling Goliath Brewing Co - Decorah, IA

SATURDAY, JUNE 15TH

11:00 am - 5:00 pm LIVE MUSIC

11:00 am - 2:00 pm - Kid's Activities with
Arthaus and Green Iowa Americorps

11:00 am - 5:00 pm - Vendor Sample/Demos

KIDS

Enjoy fun kids activities (and samples)
courtesy of Arthaus and Green Iowa Americorps
in Water Street Park (or in the Co-op Kitchen
Classroom if it's raining).

Join us!

SAMPLES

Join us (and our vendors) for samples
inside the store. A perfect opportunity to
sample select products before you buy!

GIVEAWAYS

Register anytime during these three days for
a chance to win prizes like - baskets full of
Co+op Basics items, t-shirts, hats, and Co-op
gift cards!

BREWS

Beer is a big deal for us here in northeast
Iowa. With two top-rated breweries right here
in Decorah, it just makes sense to bring in as
many local beer crafters as possible to host a
delicious tasting in the store!

DEALS

Familiarize yourself with our newly remodelled
store and shop all the amazing special deals
we're offering these three days!

MUSIC

We'll feature live local music inside the store
from 11:00 am to 5:00 pm on Saturday. The
Footnotes will be making an appearance!

Stay up-to-date with all the details at
www.oneotacoop.com
and on our Facebook page!

Grand Reopening

3-day

SALE

Thursday, June 13th – Saturday, June 15th

Oxylent Drink Powders



25%
off

Santa Cruz Organic Lemonades



32 oz

4/\$5

Kettle Brand Potato Chips

5 oz



4/\$7

Annie's Homegrown Mac & Cheese

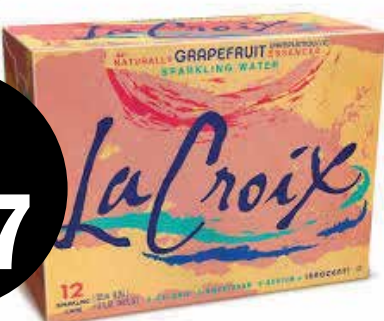
6 oz



8/\$6

La Croix Sparkling Water

12 packs



2/\$7



GT's
Kombuchas
16 oz

2/\$4

Annie's
Salad Dressings

8 oz



2/\$4



Cascadian Farm
Cereals
9.2-16 oz

2/\$5

Cedar Ridge Eggs

1 dozen



\$1.00
off

15%
off

ALL
FROZEN
ITEMS*

*excludes frozen meat

Hubert's
Lemonades

16 oz



10/\$10



Epic Bars
1.3-1.5 oz

2/\$3

Woodstock
Organic Pickles

24 oz



2/\$6



Maxine's
Ice Cream
1.5 qt

\$4.99
each



WW Homestead Dairy
Cheese Curds
1 pound bag

\$1.00
off



Country View Dairy
Yogurts
all sizes

40%
off



Smart Chicken
Poultry Products

\$2.00
off



Stretch Island
Fruit Leathers
.5 oz

4/\$1



Kevita
Probiotic Drinks,
Tonics, & Kombuchas
15.2 oz

2/\$4



Clif Meal Bars
2.4 oz

8/\$6



Wild Carrot
assorted body care
products

25%
off

Dr Bronner's
Bar Soaps
5 oz

2/\$4



Nordic Naturals
assorted products

25%
off



Our expanded entryway with automatic doors & an electric shopping cart!



Lots of new signage throughout the store!



New, larger produce coolers



Increased & improved lighting throughout the store.



New produce dry racks!



Bulk has moved towards the front of the store.



Wine! →



← Cheese!

← Beer!



A new color palette for the walls & wall text signage.



↑ New, larger fresh meat cooler & increased offerings!



↑ Frozen meat



New wall surfaces to distinguish certain departments and provide a fresh warm look.



Bulk body care items

New Wellness desk & CBD case



An overall lower profile in the front of the store to really invite you in!



New registers!

↑ (Don't forget to help out the cashiers by unloading your basket onto the belt!)



Lowered wall with glass top for sound control with maintained visibility.

↑ New tables & chairs!

ONEOTA DELI

Stay tuned for additional new offerings!



Lots of new screens throughout the store.
Efficient signage with less paper waste!

Hot-to-go

MADE-TO-ORDER MENU

Rise & Shine \$5.69	Turkey Mango Madness \$6.99
egg, choice of meat, goat cheese, kale, lemon dressing, strawberry balsamic mustard, blackberry sauce, on fresh-baked croissant	sliced turkey, roasted red pepper, provolone, mango mayo on Waving Grains Bakery Sourdough
Vegan Breakfast \$5.69	BBQ \$6.89
vegan breakfast patty, maple turmeric spread, spinach, tomato on Bialy	turkey or mushroom (vegan), tomato, cucumber, caramelized onion, sprouts, house-made barbecue sauce, whole grain mustard, avocado spread, on Waving Grains Bakery Sourdough
Buffalo Chicken Wrap \$6.79	Smokey Sweet \$6.59
Larry Schultz Organic chicken, buffalo sauce, bleu cheese, caramelized onion, tomato, on La Perla tortilla	sliced ham, smoked provolone cheese, caramelized onion, sprouts, whole grain mustard, on Waving Grains Bakery Sourdough
Falafel Wrap \$6.79	Kraut Hammer \$6.99
beet & carrot falafel, house-made hummus, spinach, cucumber, red onion, tomato, lemon tahini dressing, mild hot sauce, on La Perla tortilla	sliced roast beef, Swiss cheese, sauerkraut, caramelized onion, sprouts, whole grain mustard, horseradish and chipotle mayo, on Waving Grains Bakery Rustic Cracked Wheat
Taste of Heaven \$7.59	
chicken or eggplant (vegan), roasted red pepper, artichoke hearts, red onion, spinach, tomato, house-made garlic basil mayo (vegan), on Waving Grains Bakery Sweet Onion Bialy. (feta cheese optional - add \$.49)	

Gluten Free Bread AVAILABLE

YOU CAN ALSO Build Your Own! SIMPLY USE THE FORMS BELOW

Get your Made-to-order sandwiches & wraps at our new Deli counter, or grab something premade from the Hot-to-go unit.

Self-serve coffee & tea

DELI HOURS

MONDAY - SATURDAY
Hot Bar, Hot To-Go & Made-To-Order Sandwiches & Wraps, Coffee/Tea:
8:00 am – 7:00 pm
Pastries, Coffee/Tea:
8:00 am – 7:00 pm
Salad Bar & Soups:
10:00 am – 7:00 pm
Whole Oven Roasted Chickens:
3:00 pm until gone

SUNDAY
Hot Bar, Hot To-Go & Made-To-Order Sandwiches & Wraps, Coffee/Tea:
10:00 am – 6:00 pm
Pastries, Coffee/Tea:
10:00 am – 6:00 pm
Salad Bar & Soups:
10:00 am – 6:00 pm
Whole Oven Roasted Chickens:
3:00 pm until gone



On the go? Stop by our new Grab & Go cooler for something quick, tasty, & healthy!

Fresh-baked goods in our new bakery case!



New salad bar, hot bar, soup island with easy access all around!



Green Plate Program - Version 2.0

By: Nate Furler, Marketing Manager

Mindfulness when it comes to waste has always been a priority for the Co-op. Our dedicated recycling and composting efforts have diverted tons of plastic, paper, cardboard, food waste, and other materials from the landfill waste stream.

Several years ago, the Co-op Deli launched what we call the "Green Plate Program." This program allows our Deli diners to utilize a reusable container that is made of recycled, BPA-free plastic for to-go foods from the salad bar and hot bar as well as our hot soups.

Originally the program cost a small fee to participate – the cost of one hot bar/salad bar and/or soup container. But we've changed the rules and are happy to announce that our Green Plate Program is free to all customers – provided they bring back their containers.

You can find these green-colored plastic to-go containers next to our disposable to-go containers at our Deli island. Simply fill up the plastic container the same way you would any disposable container and proceed to the registers to pay for the weight of your food inside. (Note that soup is now sold by the "each".) Feel free to take your container with you and bring it back in a clean state. When you bring back the clean container, just drop it off in one of the bus tubs in our Deli seating area. We run them through our sanitizing dishwasher as well before putting them out for the next person to utilize.

Join us in our effort to reduce waste by using a Green Plate the next time you enjoy a meal from the Co-op Deli.



Oneota Community Food Co-op

MISSION STATEMENT

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



Ends Policy

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

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

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

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

- 1

A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed and affordable. A business that encourages the expansion of sustainably grown local food sources.
- 2

A community that is educated about food and other products which are healthy for people and the environment.
- 3

A business that promotes the development of cooperation and cooperative enterprise.
- 4

A business that promotes environmental and financial sustainability.
- 5

Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.
- 6

A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.

Oneota Community Food Co-op Staff

General Manager, David Lester.....	gm@oneotacoop.com
Marketing and Outreach Manager, Nate Furler	nate@oneotacoop.com
Financial Manager, Niki Sanness.....	finance@oneotacoop.com
HR Coordinator, Kristin Evenrud	hr@oneotacoop.com
IT Coordinator, Theresa Kleve.....	it@oneotacoop.com
Produce Manager, Betsy Peirce.....	produce@oneotacoop.com
Grocery Manager, Nicole Brauer.....	grocery@oneotacoop.com
Deli Manager, Elizabeth Lesser	deli@oneotacoop.com
Front End Manager, Kristin Evenrud.....	frontend@oneotacoop.com
Wellness Manager, Gretchen Schempp	wellness@oneotacoop.com
Education & Demo Coordinator, Andrea Springmeier	andreas@oneotacoop.com
Pricing and Commitment Coordinator, Frances Kittleson	frances@oneotacoop.com
Bulk Buyer, Nicole Brauer	bulkfoods@oneotacoop.com
Bakery Buyer, Jergen Teslow	groceryassist@oneotacoop.com
Graphics Coordinator, Kaija Kjome.....	kaija@oneotacoop.com
Meat Buyer, Nicole Brauer	meat@oneotacoop.com
Cheese & Dairy Buyer, Beth Rotto	beth@oneotacoop.com
Member Volunteer Coordinator, Andrea Springmeier.....	membervolunteers@oneotacoop.com
Customer Service, general inquiries	customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

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

2019-2020 Co-op Board of Directors

Michelle Barness	oneotabarness@gmail.com
Scott Hawthorn - Vice President	oneotahawthorn@gmail.com
Bill Iverson - Secretary	oneotaiverson@gmail.com
Emily Neal - Treasurer	oneotaneal@gmail.com
Andy Sassaman.....	oneotasassaman@gmail.com
Scott Timm - President	oneotatimm@gmail.com
Aimee Viniard-Weideman	oneotaviniardweideman@gmail.com



WELLNESS WEDNESDAY

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

Senior Citizen Discount Monday

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

The Statement of Cooperative Identity

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

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

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

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

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

MEMBER-OWNERSHIP

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

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

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

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

everyone can shop. everyone welcome. no membership required.

Welcome to these new member/owners:

Laurie Draper	Winneshiek County	Michael Economopoulos	Jacob Gonnerman
Sarah Tobiason-Teff	Development Inc	Nicole Benzing	Mary Kay Stee
Cassandra William	Jennifer Rand	Heather Quandahl	William Feilbach
Christina Gerleman	RAL LC	Scott M Gamm	Breanna Wild
Laurie Tallman	Deb Kiple	Judilyn Schell	Tom Lockard
Debra Morris	Toppling Goliath	Joyce Marovets	Andrew Craft
Lisa Bina	Brewing Co.	Rita Kunkle	Jolene Peterson
Joel Palmer	Erin Oftellie	Bonnie Hill	Sarah Thorson
Nancy Elsbernd	Jim Eckblad	Jackie Loomis	Mandy Deters
Stephanie Novotny	Lindsay Cuvelier	Barbara Helms	Jan Tilleraas
Martin Klammer	Shawna Todd	Cherly Haggerty	Peyton Lapel
Gracie Platt	Angela Leuenberger	Mallory Jensen	Kyle Gilberg
Sarah Cousins	Teressa Kadlec	Teresa Watson	
	Elise Nelson	Alena Toberman	

Member Volunteers - Dec/Jan/Feb/Mar/Apr

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	Michael McElrath	Joanne Wu	Wendy Stevens
Flannery Cerbin-Bohach	Jerry Aulwes	Katie Lawless	Zach Maxon
Scott Hawthorn	Carol Bentley-Iverson	Kristin Eggen	John Kjome
Scott Timm	Brittany Claman	Michelle Chamlee	Cynthia Lantz
Aimee Viniard-Weideman	Jon Hart	Amy Jensen	Katie Lawless
Dennis Potttratz	Mary Hart	Merit Olsen	Taylor Claman
Emily Neal	Wendy Stevens	LeAnn Popenhagen	Oscar Claman
Michelle Barness	Arllys Adelmann	John Snyder	Randall Duvall
Bill Iverson	Cynthia Lantz	Janet Snider	Claire Hamilton
Andy Sassaman	Onita Mohr	Ted Wilson	Sabrina Claman
Barb Dale	Louise Hagen	Mary Lockwood	Christine Gowdy-Jaehnig
Georgie Klevar	Annette Schweinefus	Johanna Bergan	Jim Stevens
If you are interested in learning about the member volunteer program at the Co-op, please contact us at membervolunteers@oneotacoop.com.			

these sales valid

JUNE 5 - JUNE 18, 2019

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

summer and spice

DELIGHTFUL DIPPERSThe perfect picnic, whip up a batch of homemade salsa with locally-grown produce from the co-op! Tomatoes, onions, jalapeño peppers and cilantro team up to make the perfect blend with just the right bite. Grab a couple of bags of Late July Cantina Dippers to load up with the garden-fresh taste of summer salsa!

2/\$5
GT's Organic Kombucha
16 oz., selected varieties

2/\$7
Mary's Gone Crackers Organic Crackers
5.5-6.5 oz., selected varieties

3.99
Applegate Sliced Deli Meat
7 oz., selected varieties

3/\$5
Boulder Canyon Potato Chips
5 oz., selected varieties

7.99
Chameleon Cold Brew Organic Coffee Concentrate
32 oz., selected varieties

2/\$6
Koia Protein Drink
12 oz., selected varieties

5.99
Organic Valley Lactose-Free Milk
64 oz., selected varieties

3.99
Three Twins Organic Ice Cream
16 oz., selected varieties

3.99
So Delicious Frozen Cashewmilk Dessert
16 oz., selected varieties

2/\$7
Alden's Frozen Novelties
12-14 oz., selected varieties

sustainable ice cream social

SCOOP AND SAVEPut together a build-your-own sundae bar that will taste great and be good for the environment too! Start with reusable bowls and spoons to eliminate waste, and shop the co-op's bulk aisle—nuts, trail mix, dried fruit and candies are tasty toppers. Fair trade chocolate sauce? Yes, please!

18.99
Klean Kanteen TKPro Wide Kanteens
12 oz., selected varieties

2/\$3
Kite Hill Almond Milk Yogurt
5.3 oz., selected varieties

3.99
Nancy's Probiotic Whole Milk Yogurt
32 oz., selected varieties

2/\$3
Stonyfield Organic Kids Yogurt
3.5 oz., selected varieties

4.99
Redwood Hill Farm Goat Milk Kefir
32 oz., selected varieties

8.99
Quorn Meatless Chick'n Nuggets Value Pack
32 oz., selected varieties

3.99
Dr. Praeger's Breakfast Bowl
6.3-8 oz., selected varieties

4.49
Canyon Bakehouse Gluten-Free Bread
14-18 oz., selected varieties

2/\$5
Que Pasa Tortilla Chips
10-11 oz., selected varieties

6.99
Nature's Path Organic Eco-Pac Cereal
26.4-32 oz., selected varieties

5.99
Field Day Organic Apple Cider Vinegar
32 oz., selected varieties

10/\$10
Annie's Homegrown Mac and Cheese
5.25-6 oz., selected varieties

99¢
Bulk Organic Regular Rolled Oats
per pound in bulk

1.79
Bulk Organic Black Turtle Beans
per pound in bulk

5.99
Bulk Unroasted Almonds
per pound in bulk

2/\$6
Lundberg Family Farms Organic Rice Cakes
8.5-10 oz., selected varieties**2/\$6**
Montebello Organic Pasta
16 oz., selected varieties**12.99**
California Olive Ranch Everyday Extra Virgin Olive Oil
25.4 oz.**2.99**
Cardini's Dressing
12 oz., selected varieties

sparkling fruit beverages

Discover a flavorful new way to enhance your experience with a touch of taste. **SanPellegrino Essenza** has the same gentle bubbles as **SanPellegrino** mixed with a vibrant blend of Mediterranean fruit flavors. **SanPellegrino Momenti** Italian Sparkling Drinks, offer a light and crisp way to enjoy SanPellegrino with only 35 calories.

3/\$4
S. Pellegrino Sparkling Mineral Water
25.3 oz.

4.79
SanPellegrino Momenti
8-pack

4.79
SanPellegrino Sparkling Fruit Beverage
6-pack

4.99
S. Pellegrino Essenza
6-pack

14.99
Nordic Naturals Omega-3 Fish Oil
60 ct.
other Nordic Naturals products also on sale

24.99
MegaFood Multivitamin for Women 55+
60 ct.
other MegaFood products also on sale

2/\$6
Wild Planet Albacore Wild Tuna
5 oz., selected varieties**3.99**
Sir Kensington's Classic Mayonnaise
10 oz., selected varieties**2.29**
Tanka Buffalo Bar
1 oz., selected varieties

2/\$4
Proud Source Spring Water
25.3 oz., selected varieties

2/\$4
Cobra Verde Green Coffee Energy Drink
11.5 oz., selected varieties

2/\$7
Evolution Fresh Organic Fruit Juice Smoothie
15.2 oz., selected varieties

2.99
Honest Kids Organic Juice Drink
8-pack, selected varieties

2.79
Superior Switchel Sparkling Apple Cider Vinegar
12 oz., selected varieties

2/\$6
Annie's Homegrown Snack Crackers
7.5 oz., selected varieties

2.99
R.W. Knudsen Organic Juice
32 oz., selected varieties

4.49
Izze Sparkling Juice
4-pack, selected varieties

9.99
Field Day Organic Apple Juice
120 oz., selected varieties

2/\$4
Kettle Brand Potato Chips
5 oz., selected varieties

6.99
Nutiva Organic Shelled Hemp Seeds
8 oz., selected varieties
other Nutiva Hemp products also on sale

12.99
Manitoba Harvest Organic Hemp Yeah Max Fiber
16 oz., selected varieties
other Manitoba Harvest products also on sale

13.99
Andalou Naturals CannaCell Facial Cream, Oil or Serum
45-1.7 oz., selected varieties

9.99
Emergen-C Vitamin C Dietary Supplement
18-30 ct., selected varieties

5.99
Quantum Buzz Away Extreme
4 oz.
other Buzz Away products also on sale

8.99
Everyone 3-in-1 Soap
32 oz., selected varieties

49.99
Vega One All-In-One Protein Shake
24.3-26.9 oz., selected varieties

45.99
Renew Life Ultimate Flora Probiotic
30 ct.
other Renew Life products also on sale

21.99
Inesscents Fresh Flower Hemp Hydrosol
4 oz.
other Inesscents products also on sale

6.99
Avalon Organics Shampoo or Conditioner
11 oz., selected varieties

2.99
Ecover Dishwashing Liquid
25 oz., selected varieties

2/\$5
Dr. Bronner's Pure-Castile Bar Soap
5 oz.**2/\$5**
Dr. Bronner's Pure-Castile Bar Soap
5 oz.**2/\$5**
Dr. Bronner's Pure-Castile Bar Soap
5 oz.**2/\$5**
Dr. Bronner's Pure-Castile Bar Soap
5 oz.

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

The many ways to pay for
GOODS AND SERVICES
at the Oneota Community Co-op!

By: Kristin Evenrud, Front End/HR Manager

Let's be honest – few people really like spending their hard earned money on mundane, everyday stuff like gas, insurance, electricity and groceries. Well, lucky for you, here at the Oneota Co-op groceries are anything but mundane – even if the brands and styles we carry have become more mainstream.

We specialize in luscious organic and local produce that is the freshest in town. Humanely and locally raised meat options fill our 12 foot fresh and 3 door frozen meat coolers. Waving Grain's fresh-baked bread is handmade right here in Decorah – just a block away from the Co-op. And northeast Iowa's finest selection of cheese – procured from both near and far - are hand selected by our cheese monger. We also make our own silky-smooth fresh mozzarella. I could go on about the experience that is "shopping at the Co-op" but I am digressing from the point of this article.

After you load up a cart with these super yummy, unique, flavorful, and carefully chosen items from the Co-op and head to the register, the cashier is going to ask you how you would like to pay for these items. And we have several options for shoppers.

My favorite way to pay is to use my mobile phone. Honestly, I never thought I would be a person paying with the tap of their phone, but I love it! I have an Android phone and I use **GOOGLE PAY**, but **APPLE PAY** works here at the Co-op too. You, as the consumer, are responsible for downloading the app and putting your bank or credit card info into the app. Then, when it is time to pay, you just hold your phone up to the terminal and *DING* your transaction is complete. By using this payment method no signature is required.



Another fun way to pay is with a **TAP-TO-PAY CARD**. Here the credit card has a))) symbol on it (and a little magic in it) and the customer just holds the card up to the credit card terminal and *DING* the transaction is complete with no signature required.

Of course we also take all the traditional cards - **MASTERCARD, VISA, AMERICAN EXPRESS, AND DISCOVER** - as well as debit cards. When using a chip card with our credit card terminals you will need to sign, even if your card is run as debit. And, at this time, our point of sale system does not support a cash back option. (But we do have a Decorah Bank & Trust ATM in our store for easy cash access.)



ELECTRONIC BENEFIT TRANSFER EBT/SNAP CARDS are another payment option here at the Co-op. With this type of payment the customer enters a PIN and no signature is required. Our Point of Sale system is designed to let our cashiers know what items qualify for EBT/SNAP and will automatically deduct the state and local tax from these items. Simply let a cashier know that you are or will be using an EBT/SNAP card to pay for all or part of your transaction.



We offer **TWO TYPES OF GIFT CARDS**. The first is a physical, plastic gift card. These can be purchased here at the Co-op, redeemed here at the Co-op, and can also be redeemed at most NCG co-ops across the country. You do not have to be a member/owner of the Co-op to purchase or utilize one of these plastic gift cards.



The other type of gift card is internal to our in-house point of sale system. Internally we call this a Declining Gift Card Balance. This option allows a member/owner to put money on their account and deduct their purchases when they or their family shop. This is a great option for member/owners that have kids that often stop in the store after school for a snack – and also for college students. Parents can even call in to the Co-op and utilize a credit card over the phone to add funds to a Declining Gift Card Balance.



And of course we are happy to take cash as well.

Last of all, when it comes to receipts, we now have the option to go paperless for member/owners by sending digital copies of receipts to an email address associated with the account. A cashier is always more than happy to set this up for you on your member/owner account and it only takes a few seconds. (Note that registering for receipts via email does NOT register your account to receive any communication other than these receipt copies.)

Thank you for shopping the Co-op and we look forward to serving you soon!

IS THERE A PRODUCT WE SELL THAT YOU JUST love & WANT TO TELL *everyone* ABOUT?

TELL THEM WITH A member pick!

Just go to our website under the "Contact" drop down menu tab and click on the "Member Pick" form and fill it out - it's that easy!



2 CHANCES TO SHOP
MEMBER APPRECIATION DAYS

SALE
10% OFF storewide*

TUESDAY August 6th & SATURDAY May 10th

May be combined with other member discounts.

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



Wine AND Beer
Sampling ...in the Co-op!

Saturdays 12-2 pm



LOOKING TO STAY UP-TO-DATE?

FOLLOW US FOR CLASSES, EVENTS, SALES, MENUS & OTHER THINGS HAPPENING AT THE CO-OP!

FACEBOOK: Oneota Community Food Co-op

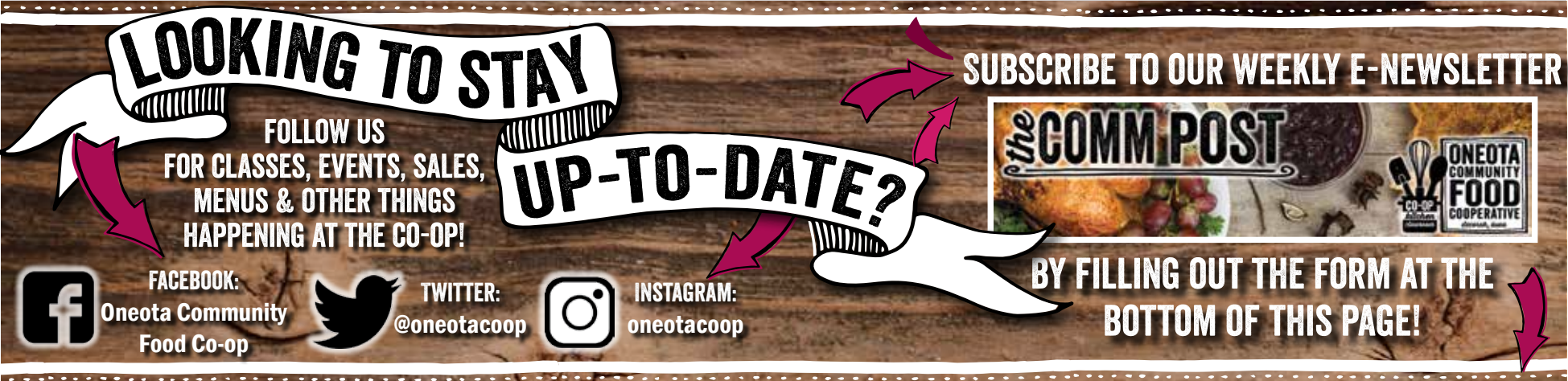
TWITTER: @oneotacoop

INSTAGRAM: oneotacoop

SUBSCRIBE TO OUR WEEKLY E-NEWSLETTER

the COMM POST

BY FILLING OUT THE FORM AT THE BOTTOM OF THIS PAGE!





By: Gretchen Fox Schempp, Wellness Manager

I've been watching over the past few years as social media tries to steer me (it's not just me, I'm sure!) towards minimalist living, creating space for joy in my life by getting rid of clutter, letting go of what or even who doesn't serve my best life. I don't know if it is the time of year or the position I am at in life, but I want to do this all so much. If you know me at all you'll know that I am NOT a minimalist, in fact I'm probably on the polar opposite end of the spectrum...maximalist?

My home is full of things of all sorts: antiques, pictures, shoes, clothes, rocks, pinecones, lichen, bark, bones....yes, just about anything you might find in the woods you can find in the window outcroppings of my house. When I walked around my living space asking myself as I touched each of these items if they brought me joy, I would be flooded with memories of the Christmas day that I found that particular cluster of pinecones on the ground in my mother's yard in Minnesota. Yes, that item brings me joy. Oh yes and that smooth black rock - my first trip to the Pacific Ocean when I was 22 years old with friends. Yes this item too brings me joy. That tree stump vase my grandpa made from a log in my woodpile at my first home in Northeast Iowa - yup. All the feathers that it is filled with, those too. And all those shoes, yes, I might wear them again next year. They are such a joyful color! Oh boy, I suck at this.....OR MAYBE....maybe I am just too full of joy?! Hey what if that is it! Then I quit and retreat to the couch with my book and snuggle with the dogs.

Another day dawns and I start again. Trying out the kitchen cupboards I end up getting rid of a few old pieces of Tupperware and a coffee mug. I put them in a box in the basement that I intend to fill with other items that are joyless and useless to me. But they sit there for a week or more and I end up suddenly thinking that I love that t-shirt that I haven't worn in 2 years and threw in the box the other day. Ugh. Letting go. Why is it so hard?

As you may have noticed we have been through some serious letting go at the Co-op lately. Our store remodel is nearly complete, but leading up to this big project we were faced with many challenges and choices. Letting go of products we have had on our shelves. Letting go of space that our departments had claimed as "ours." Letting go of ideas and ideals of our own and opening ourselves to those of others around us. It's hard work, not just the remodel but all of that letting go leading up to it. We kind of want to be "maximalists" as providers here at the Co-op. We want to offer you every choice and everything you could ever want to put in your shopping cart, we really do. But, like our homes and our inner work, we just can't have it all and really, don't need it all.

It even holds us back at a certain point. Some items lie fallow for a season. Then we have to look closer at what is really keeping us vital. There may be some missing items (which we are happy to special order for you, for a discount even for member/owners!). We will never stop being the "max" when it comes to customer service and experience though. Letting go is hard, but boy, it feels good when you walk into that new clean space and see all that you truly need is there.

You know what else is hard to let go of? That extra layer around the midsection? The late night snacking? Being hard on yourself? A toxic relationship? That soda pop habit? I think I can safely assume that most of us would love to spring into the next season feeling a little lighter in our bodies and maybe even more so in our hearts.

Many people come see us in the Wellness department for some seasonal nutritional or cleansing support. I think that an annual or even biannual cleansing routine is great! We all get in ruts in our diets and in our emotional bodies. Fresh, light and nutritious foods are a great way to reboot our systems and get out of the blahs that often accompany our lives. There are many great herbs to support sluggish digestion and movement of lymph. Some items I love for a little boost are as follows:

HOST DEFENSE LIVER OR HERB PHARM LIVER HEALTH

Host Defense Liver is a blend of medicinal mushrooms, milk thistle, turmeric and black pepper for supporting liver detoxification, function and health. This item is encapsulated and the recommended dosing is 2 capsules once a day. Herb Pharm's Liver Health is an herbal blend of dandelion, Oregon grape, milk thistle, artichoke, shisandra and fennel in a fast-absorbing liquid tincture.

ECLECTIC INSTITUTE MILK THISTLE

Milk thistle is the mother of all liver herbs and I keep her around all the time. I love Eclectic's whole-plant philosophy and the higher potency of their milk thistle at 600 mg per capsule. In Chinese medicine the liver is regarded as the seat of the emotions. In the Middle Ages and in French folk medicine depression and emotional distraught were thought to arise from a malfunctioning liver. An early spring milk thistle tonic was said to relieve winter depression by relieving pent up emotions and energy housed in the liver. (letting go)

ECLECTIC INSTITUTE DANDELION

Dandelion is known for its diuretic action and is also indicated in inflammatory conditions of the urinary tract while supporting bile flow and digestion. Fresh dandelion greens can be easily found in spring and summer and can be eaten raw or cooked. They are an excellent source of vitamin A, C and K and are rich in minerals. Make sure you are sourcing your greens from a spray-free area. Did I mention that another reason I love Eclectic Institute is their commitment to Non-GMO, US grown, raw, vegan, allergen and filler free products?

HERBS ETC. ESSIAC TONIC

Essiac tonic is a blend of burdock, sheep sorrel, slippery elm and turkey rhubarb. This is a deep liver and blood cleanser that eliminates deeply stored wastes and supports healthy cellular function. This comes in a liquid tincture.

SHIRE CITY HERBALS FIRE CIDER

Fire cider is a go-to for many of our customers for winter health. This spicy infused apple cider vinegar is great for all seasons though! Need a little boost, fire up that digestion, or soothe the sinuses. Fire cider has got what you need.

NATURE'S SECRET SUPER CLEANSE OR 15 DAY WEIGHT LOSS SUPPORT

Super Cleanse is a propriety blend of ingredients to nourish, stimulate and cleanse the lower intestinal tract. The 15 day Weight Loss Support product is a special blend of ingredients to promote cleansing, reduce bloat and encourage healthy digestion.

DETOX TEAS

For those of you who would rather drink your medicine we have great detox teas from both Yogi and Traditional Medicinals to facilitate the detoxing process. These teas are available in a few different blends and flavors.

Whatever your method is for moving into the next season whether it be a cleansing ritual with foods and herbs or an intention to be lighter in spirit, be gentle with yourself. Letting go is hard work. It is heart work. May your body and mind both be blessed as you continue on your path to joy!





28097 Goodview Drive, Lanesboro, MN 55949

Land Management

Workshop Weekend
September 7-8, 2019

Join us to learn new skills and grow your current management techniques to become a better steward of the land. Choose from 10 workshops!



Learn more & register:
Click "Events" at eaglebluffmn.org
or call 507-467-2437

Play. Explore. Grow.
hinderhausdecorah.com | 563.379.7303

Full Days Now Available!





KINDERHAUS
OUTDOOR PRESCHOOL
for AGES 3 - 6



Commercial • Residential
Traditional Limestone Masonry
Winter jobs: Foundation Re-tuckpointing, Natural Stone Tilling, Fireplaces (Rumfords, Masonry Furnaces, Baker's Oven)
Hawthorn Masonry
563-277-0036
Serving Decorah and surrounding 60 miles.
www.hawthornmasonry.com



Summer @ Seed Savers Exchange

Visitors Center Open Daily Through October (Closed July 4)
Display Gardens | Hiking | Trout Streams | And More!

FREE Events:
Conference & Campout, July 19-20
Tomato Tasting, August 31

SEED SAVERS EXCHANGE BENEFIT CONCERT
August 3 at Heritage Farm.
Visit seedsavers.org for tickets.



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