



Improving Our Store through ENERGY EFFICIENCY

David Lester, General Manager

Achieving End 4: A business that promotes environmental and financial sustainability.

A significant portion of the design of our recently remodeled store this Spring was the purchase and implementation of a new refrigeration system. Our new parallel rack refrigeration system replaced our older, separate compressor system. In essence, we now have one piece of equipment replacing eighteen separate pieces of refrigeration equipment. This major upgrade in efficiency was projected to save the Co-op up to 20% in electrical costs. Grocery stores are big users of electricity due to the refrigeration and lighting needs. What we didn't know was that this investment would pay off in even more ways.

Our older refrigeration system had eighteen separate compressors that were located in a tunnel in our basement level of the building. This tunnel needed a very large fan to exhaust the massive amount of heat created by these compressors. In the winter months, the store benefitted by directing some of this heat to the store to supplement the heat created by natural gas. The savings was noticeable in the winter months, but this type of system was a large liability in the warmer months. When this fan was in full use, it used a significant amount of electricity and it was so strong that it would pull our outside doors open and draw in humid, outside air. This created a problem with our

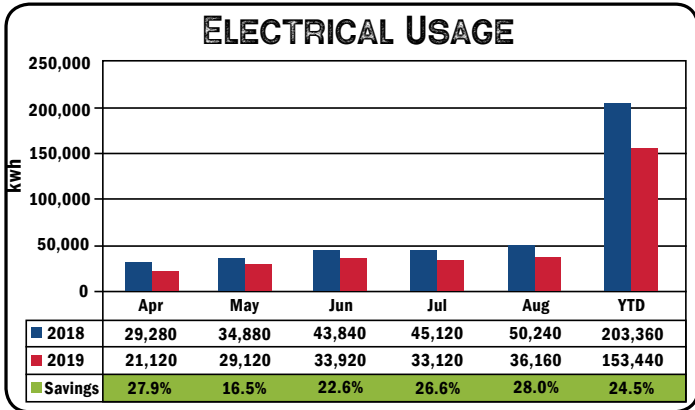
air-conditioning systems and meant that they needed to work much harder to cool and dehumidify the store from April to October. During these months, our freezers and coolers would have condensation and frost that blocked the view of products in these cases and created expensive repair visits from our refrigeration repair technicians. Multiple times during the summer, compressors would stop working altogether and create long down times causing even more customer dissatisfaction. This was a very inefficient system that needed to be replaced.

The new refrigeration system works simply. The equipment that holds the refrigeration and distributes it to the freezers and refrigerators is located in the existing tunnel. The compressor, or part that creates heat, is located on the roof of the store. By taking the heat out of the tunnel, there is no need for the tunnel fan. Our HVAC/air conditioning units are operating normally and the store is more temperate throughout the whole store. If one set of coolers or refrigerators loses refrigerant, it is supplied by other units, which nearly eliminates down times. Riester Refrigeration from Red Wing, MN installed our

new refrigeration system and estimated that it would save us 20% on our electrical usage. Combined with natural gas and maintenance savings, this new system had a 5-year payback.

The new system went live in mid-April. We noticed efficiencies right away and were quite surprised by the savings we were seeing on our electrical bill. As you can see by the graph below, we are seeing an average of 24.5% savings in electrical usage and have reduced our usage by 50,000 kilowatt hours since mid-April.

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THE CHALLENGES OF ORGANIC APPLE HARVEST - HOW USING FEWER CHEMICALS COSTS MORE

By: Harry Hoch, Hoch Orchards

Harvest of organic apples in the Midwest can be a challenge on a commercial orchard. Picking apples at the perfect stage of ripeness is not as easy as it sounds. Before I get into the harvest, I should go over the physiological aspects of the apple.

Apples have a few characteristics that give them their unique apple eating experience. Texture, flavor, and sweetness are what define the different varieties of apples. Texture is huge with apples. More so than just about any other fruit. Most people expect an apple to be firm and crunchy. For my personal taste, I can enjoy an apple no matter what its texture. I can still remember hunting squirrels as an adolescent in November with my older cousin John. We would walk along the edge of the orchard next to the woodland. We only had one single-shot rifle so we would take turns carrying the gun. We rarely shot anything in our hunting expeditions so one of us was always turning our attention away from the woods and looking at the ground or the apple trees. Every now and then we would find some apples deep in the grass under the big old McIntosh trees. McIntosh ripens in early September so these apples had been laying under the grass on the cool ground for weeks. Finding one that was intact was a bigger treat than getting a squirrel in the site of the rifle. The apples were a deep burgundy color and with the red pigments bleeding into the white flesh of the apple. The aromatic components were off the scale and the sugar level was as high as it could be, giving these gems a flavor and richness of honey and spice. Since McIntosh is a very tart variety there would be a hint of tanginess lingering keeping the taste from tipping to insipid. This is a flavor treat that is burned into my memory. The fact that these apples had the texture of a brown banana

did not reduce the quality of the apple eating experience for me!

Some apples are light bodied with a delicate juicy texture like Zester and Honeygold. Others are on the softer side like McIntosh and Cortland. Then you have the dense apples like Fireside or Golden Russet. Then there is the apple that is known for its texture, the famous Honeycrisp. Scientists have looked closely at this variety and found that it has unusually large cells in the fruit tissue. These large cells tend to shatter when you bite into the apple as opposed to shearing off between the cells like most apples. When the cell wall breaks open the contents of the cell spill out giving you the experience of a serious crunch with juice squirting out and running down your chin.

As an apple ripens on the tree the varietal characteristics begin to develop. Most apples taste about the same a few weeks before harvest. They are hard and green, juicy, acidic, and starchy. As the apple ripens the starch in the fruit tissue converts to sugar making the apple taste sweeter. The texture softens and the acid level drops. While all this is going

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The Oneota Community Food Co-op hosted a “Round-Up at the Register” campaign July 22nd through August 5th. 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 the Humane Society of Northeast Iowa (HSNEI). The campaign held in July/August raised just over \$2,000. The Humane Society of Northeast Iowa is a no-kill humane society founded in 1995 in Decorah, Iowa to help abused, neglected, abandoned, and unwanted companion animals in the five-county area of Northeast Iowa – including Allamakee, Clayton, Fayette, Howard, and Winneshiek counties. Their rescue and adoption programs provide temporary care at the Love & Friendship Adoption Center and in foster homes for unwanted and abandoned animals. For more information about the Humane Society of Northeast Iowa (HSNEI), check out hsnei.org.

Pictured in photo: (left to right) David Lester, Oneota Community Food Co-op, Cheyenne Christopher, incoming HSNEI Executive Director, Caroline Ellrich, current HSNEI Executive Director.



Greetings from the Board

We are sincerely thankful and excited as we embark on another wonderful year in support of all the amazing people and projects cooking at the Oneota Community Co-op. In April the Board of Directors learned that, unfortunately, Aimee Viniard-Weideman would be moving away from Decorah and would not be able to complete the last two years of her appointment. Since our 2019 election ran uncontested, we were faced with a choice – hold another election in the Fall, or reach out to see if there were any known candidates who might be willing to immediately fill the big shoes that Aimee left behind. Luckily, we knew of an extremely capable member who had considered running in the past, and we are all very lucky that she has joined us on the Board.

In July we unanimously appointed Detra Dettman to fill the remainder of the vacant two-year term. Detra grew up in Northeast Iowa and returned to the area three years ago. She currently serves as a District Supervisor for the DNR. Before this, Detra worked closely with the local food scene in Fairfield, Iowa, for 18 years. She was a Coordinator, and then Executive Director for Pathfinders RC&D and was instrumental in the growth and vibrancy of the Farmers Market and many local foods projects in SE Iowa. She spent her last year in

Fairfield serving as the Executive Director of the Chamber of Commerce. Detra brings real depth and experience in her knowledge of local foods, business development, and strategic planning. The entire board was enthusiastic to snatch her up as we begin a strategic planning process this Fall, on the heels of our lovely renovation and as our vision develops for the future. Please welcome Detra if you see her perusing the aisles, we are all very lucky that she is willing to pitch in and serve! Thank you Detra!

In partnership,
Scott Timm
Oneota Co-op Board President



Welcome Detra!

IMPROVING OUR STORE THROUGH ENERGY EFFICIENCY

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Aside from one major maintenance call due to a failed valve, we are seeing noticeable savings in maintenance costs as expected and are on track to pay off the system in five years as originally expected.

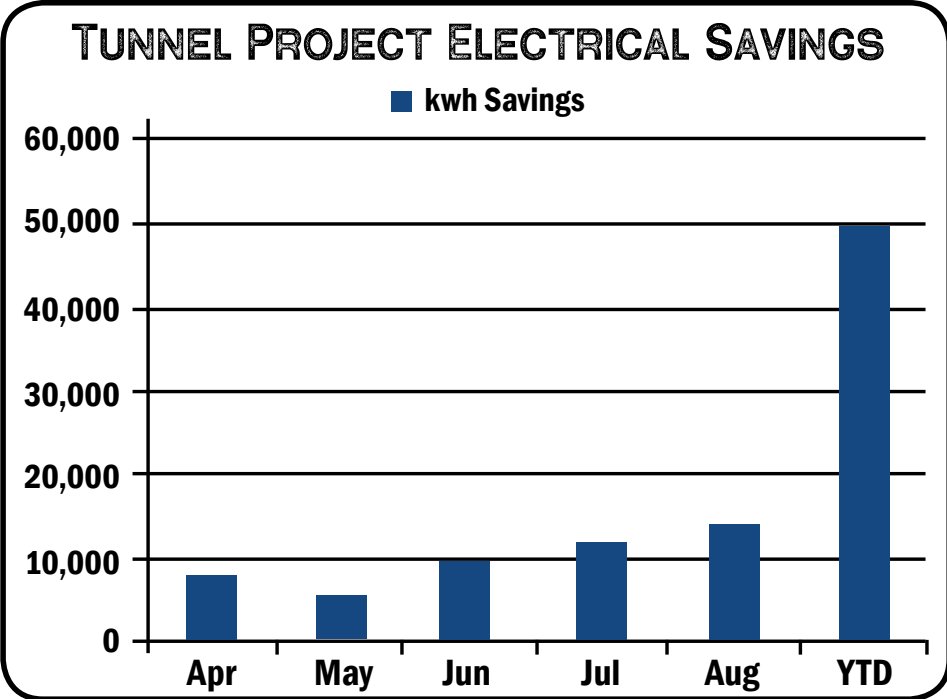
The second highest category of electrical needs in a grocery store is lighting. In our remodel, we retrofitted all of our fluorescent T-8 bulbs that are mounted on our ceiling to LED bulbs. Each bulb is about 30% more efficient than the fluorescent tubes and there are other benefits like longer lifespan resulting in less waste and less harmful elements used in production of these bulbs like mercury. Previously, our store lighting was dim and had a washed-out feeling. It was difficult to read product labels, especially on the lower rows of shelving. Nate Furler, Marketing Manager, worked with local electrician, Joel Teslow with Decorah Electric, to design a better lighting plan. By adding additional LED bulbs in the form of track lighting, we were able to highlight all rows of shelves and create lighting that brightens up the retail floor and helps the customer see the products better. Additionally, the lights mounted to the ceiling are dimmable and we can control the amount of light on our sales floor much better.

We worked with our electrical contractor, Decorah Electric, to help us with qualifying rebates for our project. Once our project was complete, we received a \$2,408 rebate for our LED lighting upgrades and we are still in the process of receiving a custom rebate on our new refrigeration rack system from Alliant Energy.

In late 2013, we installed a 20KW solar array on the roof of our store. At that time, it was supplying about 9-10% of our electrical needs. Rebates at that time were an incentive to the project and our board of directors knew that it was an important visual statement of fulfilling our mission. Once this was completed, we became the most efficient grocery store in the state of Iowa according to the EPA's Energy Star program. We wore this designation with pride, but we knew we could do better and improve our operations even more over time. Now, we are seeing this system produce about 15% of our total power needs due to efficiency improvements. A future project slated for Spring or Summer of 2020 are a couple of electric car chargers in the city lot next to the Co-op...stay tuned!

An area that is difficult to calculate and provide actual data to support it is staff happiness. It is apparent to me and the management team that staff are more comfortable and more efficient with their work with the newly remodeled space. There are more smiles in the aisles with a brighter, re-freshed space. We are still developing new systems in each department to adapt to this new space and layout and we hope that you, the customer, are mostly happy too. It is our hope that, over time, we will begin to see higher staff retention rates due to the changes we've made.

- Efficiency by the numbers:
- In August, we reduced our electrical usage by 28% compared to last year.
 - Over \$4,000 in electricity cost savings since mid-April.
 - Installed 99 new LED recessed/can fixtures and 147 new LED track fixtures.
 - Our 20KW solar array on our roof provides about 15% of our electrical needs.
 - Since its installation (December 2013) our 20KW roof-top solar array has produced over 126 megawatt hours of electricity.





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THE CHALLENGES OF ORGANIC APPLE HARVEST -
HOW USING FEWER CHEMICALS COSTS MORE

continued from page 1

on the flavors become more intense with the aromatic components increase. This ripening process continues after the apple is harvested. Many apples will get sweeter after harvest as the last of the starch turns to sugar. The acid level continues to drop making the apple taste even sweeter while it loses its tanginess. The texture will soften until the flesh becomes applesauce. Generally, the aromatics continue to increase up until the apple begins to decay.

Where in this ripening process do you like your apples? Do you love the rich flavor of a fully ripe apple, or is the crunchy texture what gets your attention? Did my reminiscing about finding my prize McIntosh give you pleasant memories of autumn in the Midwest, or make you squirm when imagining biting into that mealy apple? The majority of apple eaters notice texture above all else. Knowing that fact, most apple growers will harvest apples on the immature side, making the majority of apples in the box firm and crunchy. Some will be underripe and lacking in flavor, but none will be soft.

Apple varieties vary in ripening characteristics. Some ripen evenly. All the apples on the tree turn color at the same time with the flavor and sugar level being consistent among all the fruit on the tree and in the orchard. The old Red Delicious has this advantage. When grown in the arid northwest on the desert side of the mountains the weather is as consistent as can be. Apple growers can schedule the harvest of Red Delicious by choosing a date after they turn red.

Unfortunately, many apple varieties ripen unevenly requiring several pickings over a week or two. Some varieties will drop the apples as they ripen while others will hang onto the fruit so the tree will have overripe and underripe apples at the same time. Harvesting these apples requires training the staff how to harvest the fully ripe fruit while leaving the rest for the next picking. Timing the harvest is critical, especially on the varieties that can get overripe and soft. You have to be sure to pick the ripe ones before they get to that state or you end up with lots of beautiful but soft apples in the box.

There are a lot of ways an apple grower can lose money at harvest time. Pick too early and the apples are poorly colored and lack flavor. Wait too long and many of the apples will drop before harvest or a portion of the crop will be overripe and not marketable. Our midwestern climate can complicate harvest with hot sunny days followed by warm nights (which advances ripening without developing color) or we can have cool cloudy weather (which delays ripening and coloring). These conditions can change literally overnight. Then throw in the occasional fall thunderstorm with high winds to blow off the apples that are just about ready to harvest. A thunderstorm in the three-day forecast when Honeycrisp is in season means drop everything else and pick as many apples as possible before the storm blows them off.

What apples really like are dry sunny days with cold nights. This stimulates the tree to ripen the apples and develop the maximum red color. That is why Washington state became the top apple growing state in the

country! Cool sunny irrigated desert land can grow beautiful apples with much less effort than the humid regions of the country.

You are probably wondering how these big orchards can get all their apples picked when tens of thousands of bushels are ripe at the same time. It also seems impossible for the little apple orchards to get the fruit harvested at the right time when the owner is managing an apple stand, giving tours, making caramel apples, and doing this all on weekdays so they can focus on sales on the weekends? The answer is plant growth regulators or PGRs. There are several different chemicals that can be sprayed on the apple trees right before harvest. Some keep the apples from dropping by inhibiting the development of the abscission zone in the apple stem. Others block the development of ethylene which promotes ripening. You may have heard of the old trick to ripen fruit or vegetables by placing them in a bag with an overripe banana. The banana is breaking down and producing lots of ethylene which then speeds up the ripening of the other produce in the bag.

These chemicals are readily available at most farm stores or pesticide dealerships. Company reps and sales people promote the use of these products as necessary tools to help the farmer make ends meet. They can spray an apple variety a few days or a couple weeks before harvest to slow down maturation. Other chemicals will allow maturation but keep the apples from dropping. Some products will stop drop but delay color development. No problem, there is another chemical you can spray to turn the apples red. Most apple growers big and small cannot afford to NOT use these products. Price pressure is huge in the produce industry, a grower can't lose a percentage of his crop to drop and compete with the grower who gets 20% more fruit because no apples fell.

If you don't trust this information coming from an organic apple grower here are some of the products that can be used to manipulate apple maturation. Do a quick search and look them up yourself.

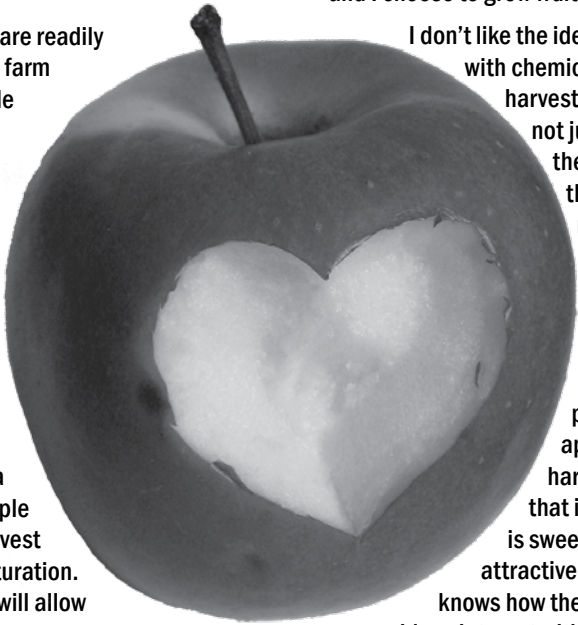
- Harvista – contains 1-mcp which binds up ethylene receptors on the plant cell membrane making them unresponsive to the ripening affects of ethylene. Can be applied three days prior to harvest.
- Retain – contains aminoethoxyvinylglycine which binds irreversibly with a key ripening enzyme. For best results apply with an organosilicone surfactant such as Silwet L-77 or Slygard 309.
- NAA - naphthalenacetic acid is a synthetic auxin that interferes with the enzymes that create the abscission zone in the apple stem. There are several formulations available: Fruitone L, Fruitone N, PoMaxa,

RefineWSG, Refine 6.25L, Refine 24.4L.

- Ethephon - This chemical promotes red color but can also cause early fruit drop. It is usually used with one of the products above to keep the apples from falling. Some of the brands available are: Ethephon 2, Motivate, and Verve.

All these products are approved for use on apples. None of them will kill you or make you sick right after ingesting these chemicals. In my opinion the long-term affects or interaction with other chemicals are not looked at very thoroughly when considering registration. Besides, the small risk to the consumer is minimal compared to the benefit of more apples being harvested with lower prices to the public. Right?

I think I have a fairly good understanding of these products and how they work. I have a Masters degree in science and have an undergraduate degree in Integrated Pest Management. I feel I have a little better understanding of these products than the average Joe. I am not a backwoods old hippy spouting about government conspiracies and with little to no knowledge about agriculture. I am an educated middle-age hippy living in the backwoods, and I choose not eat food that has been treated with these chemicals and I choose to grow fruit without them.



I don't like the idea of treating fruit with chemicals shortly before harvest. The PGRs are not just on the surface, they are absorbed by the apple tree and make physiological changes to the apple just before it is picked! In addition to the PGRs extra pesticides are applied close to harvest because that is when the apple is sweetest and most attractive to pests. Who knows how these pesticide residues interact with the PGRs in the fruit? Nobody tests for that. Many of the synthetic pesticides that are applied late in the growing season have very short day to harvest restrictions.

I don't trust the way the safety rules and restrictions are established. Unfortunately, the rules are set up by several different regulatory divisions that don't all look at the available information in the same way. One crazy example are pesticides that have a shorter field reentry interval than the day to harvest interval. In this case the farm workers representatives have more influence on the labeling than the consumer groups. Another issue to keep in mind is that many of the pesticide's labels recommend treatment intervals that are longer than the day to harvest interval. If you don't believe this look up the label for Sevin SL from Bayer. The label suggests that you will get control of pests by treating apples on a 14-day schedule, yet you are allowed to apply it four days before harvest. You can control pests for 14 days and you are safe to eat the fruit in four days.

What is considered "safe" does not follow any logical scientific method. Of course, everything is based on peer reviewed scientific studies, but the results are interpreted differently by different "authorities". Much of the safety labeling

is decided by the industry with the most influence or money to fund their own studies. Labeling and safe use of pesticides is all over the place and often defies logic.

If you want to see a convoluted label look at the label for Malathion 50% EC. This is one of the oldest organophosphate insecticides that is still legal. It is a common pesticide to use late in the season because it has a short day to harvest interval. On strawberries the pesticide can be applied up to three days before harvest and you can reenter (REI) the strawberry patch within 12 hours of application. On pears you can apply the pesticide one day before harvest. On grapes you can harvest three days after application, but you cannot allow workers to handle the vines for three days after application. With peaches you cannot apply within 7 days of harvest and the REI is 24 hours.

When it comes to application of Malathion on vegetables it is even more crazy. With celery you have to wait 7 days between application and harvest and the REI is 24 hours. With cucumbers you have to wait one day after application to harvest and the REI is also 24 hours. With head lettuce you have to wait 14 days after application to harvest. This variation on vegetables is listed on the same label with the same rate of application. It does not take a degree in chemical engineering to figure out there will be the same amount of pesticide residue on a cucumber as there is on a head of lettuce after two days. If you believe your conventional produce is perfectly safe because the EPA or FDA says it is, I have a bridge to sell you!

I have to control the same pests in my organic orchards as the conventional apple growers do. I will also spray insecticides close to harvest if my insect-monitoring and computer models tell me the crop is at risk. The big difference between organic insecticides and synthetic insecticides is the synthetics are designed to have much more residual activity. For example, a natural pyrethrin insecticide will only be active for a day before it naturally breaks down. A synthetic pyrethroid resists break down for weeks. Pesticides that come from natural sources do not hold up to sunshine, rain, or oxygen. This year has had unusually high pest pressure with the heat and record-breaking rainfall. I am still monitoring pest pressure with insect traps. Activity of two major pests has remained high much longer than in other years. Apple growers will be spraying pesticides on late apple varieties after the early varieties are harvested.

It is not hard to understand why it is more expensive and riskier to grow apples without PGRs. More labor and management are required to harvest apples without PGRs. The pesticides used by organic growers are much less affective and usually cost more than conventional pesticides. In most cases we make more applications (because the pesticides break down quickly) to control the same pests with products that cost more and allow more pest damage.

The next time you are making the decision about buying an organic apple or saving money and buying a conventionally grown apple for a dollar a pound less, think about all the chemicals that were applied to that apple a few days before it was picked. How much poison are you willing to feed your family in order to save a couple bucks on a bag of apples?



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The Road to Reduce

THE CONSTANT BATTLE

Members of our staff work diligently to stay up-to-date and understand what items our recycling center has found a market for. Because of this, we attempt to remain agile in our buying practices - seeking to utilize as much plastic packaging as possible for in-store use that can be recycled at our local county recycling center or that is manufactured with plant-based, renewable ingredients.

We did have an unfortunate instance several months ago where some of our research was misunderstood internally and led us to purchase number 3, 4, and 5 plastic containers for our Bulk and Produce departments thinking that we could recycle them in this area. Once we became aware of this, we immediately began phasing out these types of plastics. We are happy to report that most of these plastic 3, 4, and 5 containers have been used up and the number 1 and 2 plastic containers in these departments have made their way back to the shelves.

IN THE DELI

Our in-house Deli has taken a slightly different approach and has made the choice to switch to compostable plastic clamshells and other hard plastic containers for items that are packaged in-house. It was a difficult decision because neither of the currently available packaging solutions is ideal. Recyclable plastic is petroleum-based, which is not renewable but can be recycled. On the flip side, compostable plastics will only break down efficiently in relatively precise, commercial composting setups - which we do not have in our area. However, they are composed of renewable, plant-based ingredients instead of petroleum. It's undoubtedly a trade-off and neither is a perfect scenario at this point. But we remain hopeful that advancements will soon lead to a product that can be broken down more easily by the natural world.

PLASTIC KEEPS FOOD FRESH LONGER

Another big factor we are aware of is that plastic keeps food fresh longer - reducing food waste. This is extremely important and has dramatic impacts when we consider fresh products such as those in our Deli and Produce departments. The Deli has been performing an evaluation to determine what items can be packaged in plastic alternatives - such as cardboard. This has led to us shortening the expiration dates of items while also tracking the waste levels to determine which items can affordably be in cardboard and which cannot. In addition, some items just do not function for our customers, such as the current paper chicken bags which leak.

Plastic protects produce from spoilage (particularly dehydration) much better than cardboard. This means that products shipped thousands of miles do not hold up well in cardboard and the resulting waste of product negates the use of the cardboard. Only in certain circumstances (ideal harvest and growing conditions included) will fresh product work to be packaged in cardboard alternatives to plastic. (You've likely experienced firsthand the difference between the shelf life of salad greens and mixes packaged in hard plastic clamshells versus their bulk counterpart.)

MOVING FORWARD

Members of our staff continue to meet with local recycling professionals to understand where our plastics go, to help us determine which plastics to purchase to ensure recyclability, and how to set up the best recycling system within our organization to capture and sort items efficiently and successfully. This process is ongoing for us as the market for both recycled material and new packaging are routinely in flux.

Other team members have spent countless hours researching possible alternatives to plastic altogether, meeting with vendors at trade shows, visiting other co-ops and looking at what they are using to package their products, and putting sales representatives to work searching for better alternatives.

For the Deli in particular, we also researched a glass container exchange program for items such as soups and dressings. Unfortunately, we were advised by the Iowa Health Department that we could not take this route in this department.

Plastic usage, recycling, and waste is a complex problem that we as a society must take responsibility for - just like climate change and the fair treatment of workers throughout the globe. At the Co-op, we are constantly challenging ourselves, our shoppers, and our community to be diligent in finding solutions to these human-created problems. It's easy to become complacent or lose hope. But we must remain diligent and affect change - one cardboard package, one fair trade organic cup of coffee or bar of chocolate, or perhaps one refillable bulk container at a time. We won't stop trying. Join us.

¹ <https://www.pbs.org/newshour/science/humans-made-8-3-billion-tons-plastic-go>
² <https://www.theguardian.com/us-news/2019/jun/17/recycled-plastic-america-global-crisis>

By: Liz Lesser, Deli Manager, and Nate Furler, Marketing Manager

According to PBS “since 1950, cumulative plastic waste has amassed to 6.3 billion metric tons. Twelve percent (800 million metric tons) has been incinerated and nine percent (600 million metric tons) has been recycled.”¹ The balance continues to accumulate in our landfills and landscapes. According to the Washington Post almost half of America’s recycling was being shipped to China until 2018 when China announced they would not buy it anymore. “Since the China ban, America’s plastic waste has become a global hot potato, ping ponging from country to country,” reported The Guardian.² Plastic waste, not just from the United States, is a global crisis. Solutions are being sought by world leaders, consumers and businesses. We continue to be one of those businesses.

Since the Co-op’s incorporation in 1974, we have had options available to reduce plastic consumption at the shopper level. In our bulk sections in both Grocery and Wellness, customers have always had the option to bring in their own containers to fill with an assortment of products.

CHECKOUTS

We have resisted the urge to supply what has become the ubiquitous plastic bag at the checkout. We continue to offer paper bags and cardboard boxes - both of which are renewable, have recycled content, and are also recyclable. Our cardboard boxes are on (at a minimum) their second life when they arrive at our checkout stands due to the fact that they are what our products arrived in.

We also have a “borrow-a-bag” program that allows shoppers to borrow a reusable fabric bag that they use and return to the store the next time they shop. We do still have a small supply of plastic bags on-hand at our checkouts, but they are only used for the occasional leaky product.

PLASTIC BAGS IN THE STORE

We do offer plastic bags for customers to utilize in our Bulk, Produce, and Meat departments. The bags that we supply on rolls have nearly all been transitioned to recycled content. However, we are working to go a step further and secure a compostable version of these roll bags. We have heard reports from other co-ops that the compostable bags are considered too brittle by some consumers. We have ordered some to test them out ourselves - with the hope that we will be able to transition to these instead.

The best part about these plastic bags in particular is that they will be compostable in a home composting system. Typical compostable plastics that are hard like clamshells and round containers are only compostable in very specific commercial facilities. So this would be something many of our owners and shoppers would be thrilled to see.

REUSABLE WATER BOTTLES

A number of years ago the Co-op decided to not charge customers to refill their “single-serving” reusable water bottles at our taps in an effort to encourage reusable drinking containers. With the remodel we have made it even easier for this to happen with the addition of a faucet and drinking water dispenser in our seating area, as well as the water dispenser located right next to our checkouts.

LOCAL, FRESH APPLES

We have sweet, crunchy Honeycrisp.

OPEN WEEKENDS

starting Sept 21st



Saturdays 9:00 am - 5:00 pm
Sundays 12:00 noon - 5:00 pm
Hayrides, Sundays 2:00-4:00 pm
through October

Take Highway 8 east from Decorah to
intersection of Hyway 51, go north on
Apple road (gravel) and follow the signs.

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APPLEGATE (bacon, sliced deli meat, frozen sausages, chicken tenders/nuggets, hot dogs)

- No antibiotics
- No GMO ingredients
- 100% vegetarian diet, no animal by-products
- No nitrites or nitrates added
- No artificial ingredients or preservatives
- Applegate humanely raised (Five Freedoms of Animal Welfare - Freedom from Hunger and Thirst, Freedom from Discomfort, Freedom from Pain, Injury, or Disease, Freedom to Express Normal Behavior, Freedom from Fear and Distress)
- Farms are third-party certified to ensure animals are raised and handled humanely and in line with the Five Freedoms.

BEELER'S (ham, stub tenders, brats, shanks, pork chops, sausages, ground pork, ground sausage, bacon, weiners)

- No gestation crates used
- Pigs have space and roam free
- Pigs are fed a certified non-GMO diet of corn and soybean meal
- No antibiotics
- No growth promotants
- No Ractopamine (paylean)
- No nitrites or nitrates added
- No MSG
- No phosphates
- No gluten
- Le Mars, Iowa

LORENTZ (bacon)

- 100% vegetarian diet, no animal by-products
- No MSG
- No nitrites or nitrates added
- No antibiotics
- No hormones
- Cannon Falls, MN

THOUSAND HILLS CATTLE CO.

(ground beef, hot dogs, select cuts, sausages, meat sticks, brats, snack packs)

- 100% grass fed beef - lifetime grazed
- Regenerative agriculture practices
- No GMO or conventional ag components in forage supply
- No antibiotics
- No added hormones
- No grains - ever
- No nitrites or nitrates added

NIMAN RANCH (sausages, pork chops)

- 100% of farms are certified humane (certifiedhumane.org)
- No cages, no crates
- No added hormones or antibiotics
- Livestock are always raised outdoors or in deeply bedded pens
- All vegetarian feeds

NUESKES (bacon)

- No nitrites or nitrates added
- No artificial ingredients
- Gluten free
- No MSG

SMART CHICKEN (thighs, drums, breasts)

"Natural" line

- No antibiotics
- No nitrites or nitrates
- No MSG
- 100% vegetarian fed
- harvested utilizing Controlled-Atmosphere Stunning (CAS) - puts birds to sleep before sacrifice
- Butchered and trimmed by hand
- Air-chilled (not water)

"Organic" line

Same as natural plus the following:

- Free-range (access to outdoors)
- Certified humane through HFAC (Humane Farm Animal Care) program
- Certified non-GMO diet

JUST BARE (thighs, breasts, tenders, whole chicken)

- No antibiotics
- Vegetarian and grain diet
- No artificial ingredients
- No added hormones (federally prohibited)
- Third-party, independent audits - American Humane Certified

SPENCE & CO (smoked fish)

- Farm raised salmon from Scotland, Norway, Canada, and Chile
- No preservatives, artificial colors or flavorings
- Wild salmon sourced from well managed sustainable fisheries
- Do not use genetically modified salmon
- Kosher certified Tablet-K

LOKI (smoked salmon, salmon cuts)

- Wild Alaskan salmon
- Gillnet caught
- Bleeding, dressing, and immersing the salmon on-board the boat they were caught
- Marine Stewardship Council certified as sustainably harvested
- Free of nitrates and preservatives

FERNDALE MARKET (ground turkey, hot dogs, smoked breasts, frozen tenderloins, frozen thighs, whole turkey)

- Free-range
- No antibiotics
- No artificial growth promotants
- Fed corn and soybean meal sources from area farms
- Custom blended feed containing probiotics, yeast, and natural herbs
- Outdoor access - Spring, Summer, Autumn
- No additives
- Cannon Falls, MN

OLLI (salami)

- 100% vegetarian fed
- No antibiotics
- Slow cured
- Nitrate free

LARRY SCHULTZ ORGANIC (frozen whole turkey, frozen whole chicken, frozen chicken breast, frozen legs and thighs, sliced deli meats, ground chicken, ground turkey, gizzards, livers, hearts)

- Certified organic
- Cage-free
- Free-range
- No hormones
- No antibiotics

COASTAL SEAFOODS (frozen or raw tilapia, frozen or raw shrimp)

- Committed to responsibly sourced seafood - harvesting or farm raising seafood responsibly with consideration for the long-term health of the environment and the livelihood of the people that depend on the environment

BEARD BEEF (ground beef, assorted beef cuts)

- Certified organic
- Grass fed
- Decorah, Iowa

HIGHLAND VIEW FARM (ground beef, assorted beef cuts)

- Scottish Highland Beef
- Grass fed
- Grass finished
- Decorah, Iowa

ROCK CEDAR RANCH (ground beef, liver)

- Grass fed
- Organic corn finished
- Decorah, Iowa

BREEZY LANE FARM (ground pork, pork chops, brats, shanks)

- Heritage breeds - primarily Berkshire
- Non-GMO feed grown on the farm
- Humanely raised
- Limited antibiotic use - only when needed
- Plenty of room to run, root, and roam
- Nora Springs, Iowa

HARMONY NEIGHBORS (brats, ground pork, ground sausage)

- Limited antibiotic use - only when needed
- Heritage breed - Berkshire
- Plenty of room to run, root, and roam
- Harmony, MN

LUNA VALLEY FARM (ground lamb, assorted lamb cuts)

- 100% grass fed and finished
- No grain
- No antibiotics
- Born on pasture
- Decorah, Iowa

FORTUNE FISH (Lock Duart Norwegian farm-raised, net-caught salmon; domestic, wild-caught catfish; select smoked herring and other varieties of fish.

- Preferentially sourcing and selling environmentally-responsible seafood that addresses local, regional, and global concerns regarding environmental performance
- Sourcing only from suppliers that share their commitment to sustainability and transparency

GERBER CHICKEN (thighs, breasts)

- No antibiotics
- No animal or bakery by-products
- No arsenic
- No growth stimulants or hormones
- 100% vegetarian diet
- FACTA LLC humane certification standards

BAKALARS (Cello cod and haddock)

- Wild caught Cod from Iceland
- Iceland responsible fisheries
- Wild caught Haddock from Iceland

THE GUIDE TO RECYCLING

in Winneshiek County

	WHAT WE TAKE	WHAT WE DON'T TAKE
CARDBOARD	Basic corrugated boxes or sheets, cereal boxes, or similar containers. Brown paper sacks and brown Kraft paper packaging are also considered to be cardboard. Please remove all Styrofoam, plastic bags, and any other packaging. Staples, tape, and labels are OK to leave on. *Corrugated cardboard is not allowed in our landfill. Please recycle it.*	Milk or juice cartons, drink boxes, plastic or wax coated boxes, or any cardboard contaminated with oil.
PAPER	Newspapers, magazines, catalogs, office paper, egg cartons, phone books, junk mail, paperback books, and shredded paper. Please deliver hard cover books directly to the recycling center as they need to be processed separately from all other forms of paper.	Paper towels, plates, or cups, toilet paper, wall paper, waxed paper, Christmas wrap, and stickers.
PLASTIC	Items stamped with #1 or #2, such as milk jugs, soap bottles, buckets, water bottles, clam shells, dairy supply barrels and drums.	Styrofoam, plastic bags, toys, vinyl siding, lawn edging, PVC pipe, plastic feed sacks, films, rubber, carpet, foam, silage bags, Tyvek, field tile, bubble wrap, or motor oil bottles.
METAL	Tin cans, pop cans, aluminum foil, frying pans, bicycles, license plates, lawn mowers, tread mills, brass items, electrical cords, electric motors, power tools, Christmas lights, bed frames, and wall chargers.	Nails and screws. These escape all containment systems and cause major damage to equipment.
GLASS	Glass is only accepted directly at the recycling center. Please do not put it in the recycling bins as it contaminates everything else and is a major safety hazard.	

It is not possible to list every item that has the potential to be recycled. Please call or e-mail us with any of your recycling or waste disposal questions. The recycling center is open from 6:00 a.m. till 3:00 p.m. Monday through Friday. There is a 24 hour drop-off building in front of the recycling center and numerous collection bin sites throughout Winneshiek County.

THANK YOU FOR RECYCLING

Recycling is market driven. Without viable markets, recycling cannot happen.

DECORAH HERITAGE DINNER

2019

Water Street - Decorah, Iowa

MENU

Appetizer

RIVER ROOT FARM HEIRLOOM TOMATO CAPRESE

heirloom tomato** • basil* • fresh mozzarella • sea salt
cracked pepper • microgreens* • balsamic

Salad

RIVER ROOT FARM ORGANIC GREENS &
CANOE CREEK PRODUCE ORGANIC CUCAMELONS

roasted sweet corn* • red onion* • cherry tomato* • cucamelon** • walnut
goat cheese • pumpkin honey mustard dressing

Main Course

LUNA VALLEY FARM MEATLOAF WITH
PATCHWORK GREEN FARM VEGETABLES

roasted summer & zucchini squash* • rosemary smashed potatoes*
port wine ancho chile gravy

Dessert

PEAKE ORCHARDS CARAMEL APPLE NAPOLEON

apple* • candied pecans • espresso sea salt • crema

*denotes local ingredient +denotes Seed Savers Exchange seeds used



Local producers featured: River Root Farm, Patchwork Green Farm,
Canoe Creek Produce, Luna Valley Farm, Peake Orchards, Harrington's

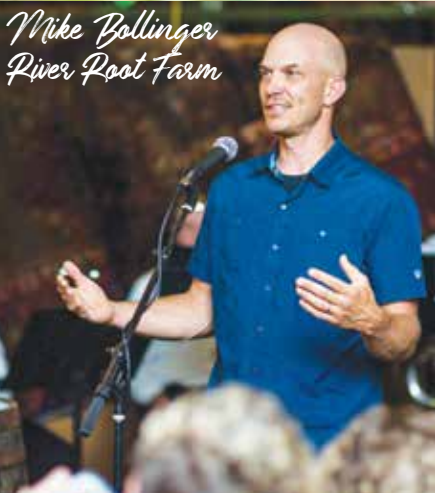


\$10,500

raised for
Farmers Market
Voucher Program



Mike Bollinger
River Root Farm



Maren Beard
Luna Valley Farm



Jud Barclay
Decorah Community Food Pantry



Thank you for attending Decorah Heritage Dinner 2019

Communities around the world are sponsoring open-air dinner events that celebrate the beauty of local architecture and topography, as well as the diversity of local businesses and organizations. Downtown districts in rural communities have become increasingly rare. Decorah's downtown is vibrant and thriving, and this meal, held on Water Street in the heart of the downtown, seeks to honor the heritage of this place - the heart of our community.

The goal of this event is to provide a unique experience with a philanthropic component and to build awareness. We are thrilled that the roughly 100 tickets available went quickly, which shows the support, enthusiasm, and generosity that exist in Decorah. This event is expected to become an annual celebration intended to lift up local non-profit organizations, promote and support the local economy, and build community pride and excitement.

We are proud to designate this year's proceeds to the Decorah Community Food Pantry. These funds will be used specifically to help fund the Farmers Market Voucher Program through the Pantry. This program seeks to ensure individuals and families are able to access fresh, local produce, and other items directly from farmers at the market.

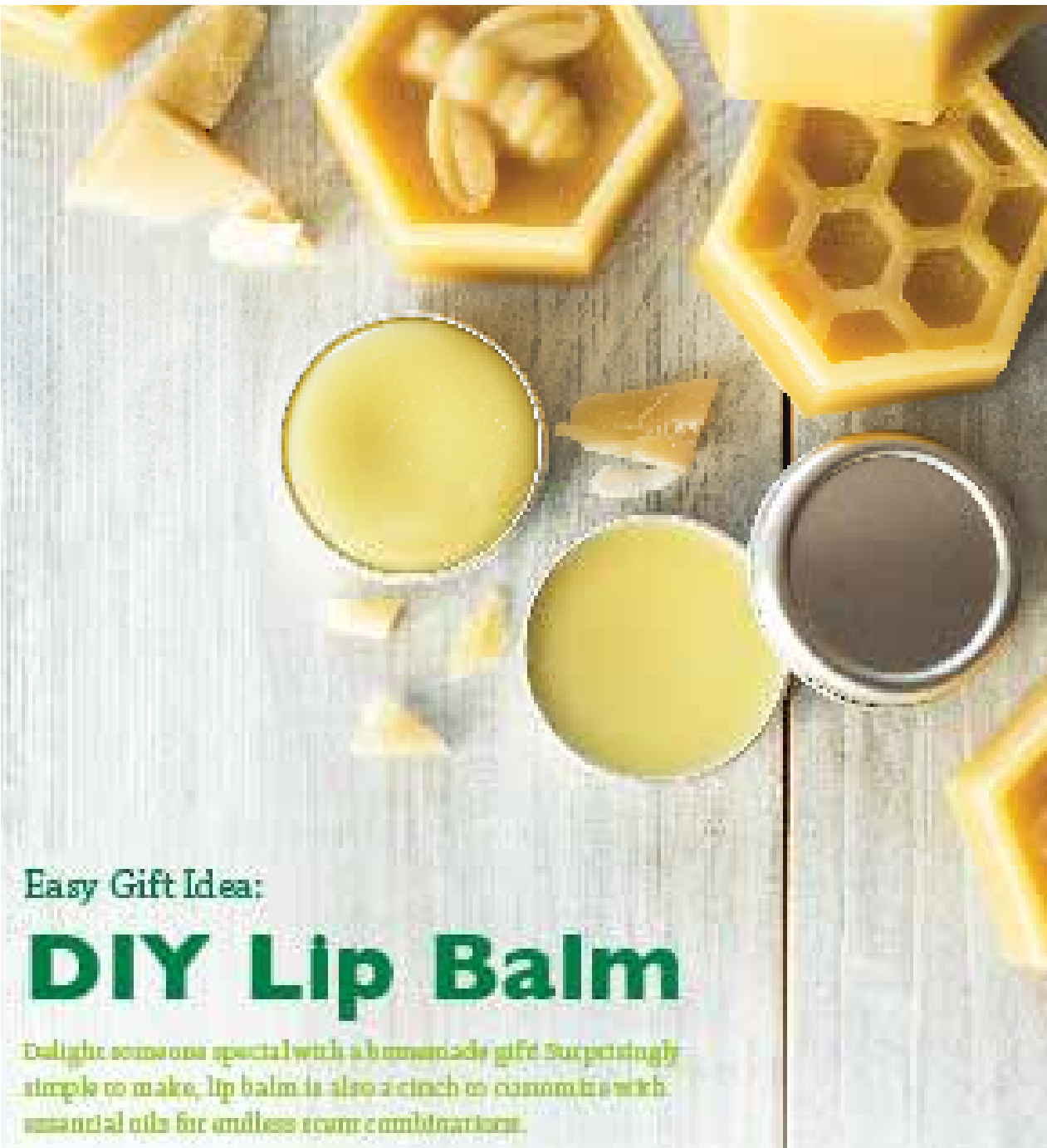
As we look to the days, weeks, and years ahead - remember the basic needs of the community are no different than our own. And in order for a community to truly grow and thrive, these basic needs - food, water, shelter, warmth, rest, security, and safety - must be met equally for everyone.

Much more work must be done in order to make organizations and programs like the Decorah Community Food Pantry obsolete. We each can, and should, play a key part in making it a reality. We encourage you to continue to support organizations and efforts to make our community resilient and accessible for everyone.

To learn more and give to the Decorah Community Food Pantry, please check out decorahpantry.org.

Thank you to our sponsors:





Easy Gift Idea:

DIY Lip Balm

Delight someone special with a homemade gift. Surprisingly simple to make, lip balm is also a cinch to customize with essential oils for endless scent combinations.

Making your own lip balm is super easy. In under 10 minutes, you can create lip balm to give as gifts (and use to keep for yourself, too). What makes DIY lip balm so great? Not only can you make it just the way you like it, you can control the ingredients and ingredients used — the perfect reason to try!

Thankful for all the feedback of the regulars, we want to take your feedback on-board and improve our recipes. A lot of you have asked for the recipe for the lip balm. We've included a few of our favorite recipes for lip balm.

Customize Your Creation

To tint or color lip balm, add 1/2 teaspoon of lip oil to the solid ingredients when melting (just take a tiny dip off the end of a purchased lip oil). You can also use a drop or two of natural red food coloring, or a small amount of beetroot powder or a loose mineral powder (like blush).

- Lip Balm Recipe**
(It's a little bit, really)
- 1 tablespoon beeswax pellets (or grated, solidified coconut oil)
 - 1 tablespoon shea butter
 - 2 tablespoons carrier oil (sweet almond, coconut, jojoba)
 - 10-15 drops essential oil
 - 1 teaspoon vitamin E
1. Melt the beeswax, shea butter and oil together in a small bowl in the microwave. Stir in a double boiler or a heat-safe bowl over simmering water.
2. Stir until ingredients are fully melted and combined. Stir well.
3. Transfer to a large spoon, a small bowl, or container with a spout, and stir in the carrier oil. Stir well. Spoon the mix or take.

Some Ideas

Essential Oil	Essential Oil (approximate amount)
Cherry blossom	2 drops peppermint, replace shea butter with cocoa butter
Cherry blossom	4 drops vanilla, 4 drops cinnamon, 2 drops mango oil
Cinnamon	100 essential oil or shea butter oil
Vanilla orange	3 drops vanilla, 3 drops orange
Peppermint	3 drops vanilla, 3 drops peppermint, 2 drops vanilla
Vanilla	3 drops vanilla, 3 drops rose
Peppermint (or other essential oils)	3 drops vanilla, 3 drops peppermint



BROCCOLI

If you love broccoli, thank your genes. A genetic predisposition explains why some people can taste the bitter compounds in the vegetable while others can't. It seems there are plenty of us with broccoli-loving genes, though; broccoli is the most popular cruciferous vegetable in the United States.

Originally a type of wild cabbage grown along the Mediterranean, the plant was bred into several sub-species, including broccoli, cauliflower, kale, kohlrabi and Brussels sprouts. In fact, broccoli's Italian name means "cabbage sprout." Broccoli was introduced to France in the 1500s and to England in 1720. Italian immigrants in New York began commercial production in the 1920s, while at the same time the D'Arrigo brothers from Messina, Italy, began production in California. Today, 90 percent of the broccoli grown in the U.S. comes from California.

Actually an edible, unblooming flower, broccoli has one of the highest nutritive values of any vegetable. It's especially high in vitamin C and vitamin A (in the form of beta carotene). It's also a good source of protein, vitamin E, thiamin, riboflavin, pantothenic acid, calcium, iron, magnesium, phosphorus, selenium, vitamin K, vitamin B6, folate, potassium and manganese. It's high in dietary fiber and contains antioxidants to boot.

You'll find green, blue-green and purple broccoli. One of the most popular varieties is the Italian green (Italian broccoli, sprouting broccoli or Calabrese, named for the city in Italy where it's grown). Broccolini, or baby broccoli, is a mix between broccoli and Chinese broccoli (gai-lan). Broccoli raab (broccoli rabe or rapini) is a popular Chinese vegetable, but it's not actually broccoli. And broccoflowers are a broccoli/cauliflower combo.

For maximum nutrition and flavor, cook broccoli as soon as possible after harvest, but don't overcook, or it will become mushy. Lightly steaming produces the perfect texture, and it's said to provide higher nutrient availability than serving broccoli raw.

The stalks and head (clusters of tight buds) are all edible. If you find the stalks too tough, simply peel them.

For a classic side dish, broccoli is delicious steamed, spritzed with lemon and sprinkled with coarse black pepper and other favorite spices.

Broccoli florets are lovely in a salad. Make this *Mediterranean Broccoli Salad* ahead of time to allow the flavors to meld. For quick and easy, pick up a bag of broccoli slaw mix and combine with lemon yogurt, mayo and dried fruit for an almost-instant Super Slaw.

Broccoli is hearty enough for a strong performance in main dishes, too, such as *Chinese Beef and Broccoli*. Add it to lasagna, grain casseroles and stir-fries. *Broccoli Cheddar Frittata* makes for a stellar meal at breakfast, lunch or dinner.

Soup is a great way to use the broccoli stems that you may have accumulated while making recipes with the florets. No soup repertoire would be complete without a solid *Broccoli Cheese Soup*, in this case enriched with dark beer and Dijon mustard. Or maybe you'll prefer this simple *Creamy Broccoli Soup*, with rice and sour cream. Either would be a nurturing dish on a winter's day.

While it's available in the produce aisle all year, broccoli is at its peak from October through April.

Look for fresh-smelling specimens with strong, dark green color that isn't yellowed. The stems should be lighter green than the buds and easy to pierce with your fingernail (not hard, dry or woody). Avoid heads with flowering bud clusters, opting for tight, compact buds instead. The leaves should look healthy, too.

Store unwashed broccoli in loose or perforated vegetable bags in the vegetable drawer of the refrigerator. Try to serve it within three to five days, because the flavor will become stronger and less sweet if it's stored longer.

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

We ♥ our Spectrum Partnership

By: Nate Furler, Marketing Manager

Late in 2018, a long discussed collaboration between the Spectrum Network and the Oneota Co-op became a reality.

The Spectrum Network works to “increase the independence of adults with disabilities, mental illness, and others with barriers to work and life – helping them to lead more productive, independent lives.” The programs are offered in Winneshiek and Howard Counties in Northeast Iowa. Through continued growth, innovation, and investment in these programs, The Spectrum Network strives to create customized solutions to meet the needs of the adults they serve and to enhance the communities where they live.

For a number of years the Co-op has employed individuals with special needs to perform tasks in our operation. Now, thanks to the certified space of the Spectrum Kitchen, we are able to expand our efforts by sending the work of repacking bulk case lots to the Spectrum Kitchen to be completed.

Through this collaboration over 1,900 units (on average) of product have been repacked by Spectrum clients in any given month. The Co-op purchases product and recyclable containers from our suppliers and sends these materials for repackaging by Spectrum clients. The Co-op pays roughly \$.40 to Spectrum for each individual container of product that is processed at the facility.

It is welcome work and experience for individuals seeking the services of The Spectrum Network and we couldn't be happier with the work they are doing. It is a great partnership that we hope to continue for years to come.

Thank you to all the Spectrum clients for the professional service you are able to offer us here at the Co-op and throughout the community. We appreciate you!

KDEC FM 100.5 & Good Time Oldies AM 1240

Wennes Communications
looks forward to serving the KDEC listener!

2 CHANCES TO SHOP

MEMBER APPRECIATION DAYS

SALE

10% OFF *storewide**

TUESDAY November 5th **&** **SATURDAY** November 9th

May be combined with other member discounts.

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

Saturdays
12-2 pm

...in the Co-op!

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

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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IT Coordinator, Theresa Kleve..... it@oneotacoop.com

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Graphics Coordinator, Kaija Kjome..... kaija@oneotacoop.com

Member Volunteer Coordinator, Nate Furlermembervolunteers@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

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Detra Dettmanoneotadettman@gmail.com

Scott Hawthorn - Vice President oneotahawthorn@gmail.com

Bill Iverson - Secretaryoneotaiverson@gmail.com

Emily Neal - Treasurer oneotaneal@gmail.com

Andy Sassaman..... oneotasassaman@gmail.com

Scott Timm - President..... oneotatimm@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:

Linda Rose

Tia McInroy

Mary Haas

Sue Anderson

Frances Rhodes

Miranda Stark

Madeline Kuehn

Madeline Flom-Staab

Amanda Peterson

Levi Bird

Rachel Schuman

Rose Tilleraas

Cheryl Phillips-Fish

Theresa Smith

Terre Wenthe

Jean Thompson

Matthew Anderson

Wanda Gardner

Mallory Askelson

David Young

Stephanie Hoff

Chontel Syfox

Jennifer Joy Bahnemann

Edna Jacobson

Rachel Zander

Joan Nelson

Lois Kuennen

Michael Ellingsen

Carla Wood

Erica Riha-Reynolds

Carrie Bisantz

Amanda Lindsay

Wil Hansen

Fernando Balandran-Oviedo

Jenny Klotzbach

Lori Ostlie

Jenifer Ward

Staci Lammers

Erin Gjere

Megan Gates

Linda Silber

Lisa Goodwin

Anna Yoder

Mary Larew

Barry Christensen

Carlotta Callahan

David Larson

Brian Crow

Nicole Tayek

Virginia Pazour

Betty Koch

Ellen Dostal

Janet Starr

Kristi Lynch

Elizabeth Wiste

Markus Buchite

Evie Milbrandt

Kathleen Rupert

Michelle O'Connell

Member Volunteers - May/Jun/Jul/Aug

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.

Scott Hawthorn

Scott Timm

Aimee Viniard-Weideman

Emily Neal

Michelle Barness

Bill Iverson

Andy Sassaman

Michelle Chamlee

Jerry Aulwes

Cathy Baldner

Sabrina Claman

Brittney Claman

Annette Schweinefus

Wendy Stevens

Louise Hagen

Katie Lawless

Johanna Bergan

Onita Mohr

Carol Bentley-Iverson

Janet Snider

Cynthia Lantz

Joanne Wu

Michael McElrath

Kristin Eggen

Arllys Adelmann

Jon Hart

Mary Hart

Barb Dale

Jim Stevens

Linda Martin

Brenda Burke

Amy Jensen

Karen Martin-Schramm

Curt Iverson

Diana Fern

Taylor Claman

Russell Baldner

Randall Duvall

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

OCT 2 - OCT 15, 2019

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



it's co-op month

CELEBRATE THE CO-OP DIFFERENCE!
October is Co-op Month around the world. Originally formed by people in your community who wanted access to healthy, delicious, eco-friendly foods, co-ops remain community-owned to this day. Every time you shop at a co-op, invest in ownership or tell your friend about the co-op, you help continue the proud tradition. You are the co-op difference.

your cat deserves the best



3/\$4
PetGuard Cat Food
5.5 oz, selected varieties
other PetGuard varieties also on sale



1.79
Green Forest Bath Tissue
6 pack



3.49
Citra-Solv Dish Liquid
25 oz, selected varieties



9.99
Ecos Liquid Laundry Detergent
100 oz, selected varieties



4/\$5
Liberté Organic Yogurt
5.3 oz, selected varieties



5/\$5
Brown Cow Cream Top Yogurt
5.3 oz, selected varieties



2/\$4
Hail Merry Cups
2 ct, selected varieties



5.99
Walaby Organic Greek Yogurt
10 oz, selected varieties



3.99
Rumano Organic Cheese
8 oz, selected varieties



3.99
Organic Valley Snack Kit
2.36 oz, selected varieties



3.99
Andrew & Everett Sliced Cheese
7 oz, selected varieties



5/\$5
Honest Organic Tea
16 oz, selected varieties



3.99
Bhakti Iced Chai
16 oz, selected varieties



3.99
Lightlife Organic Smoky Tempeh Strips
6 oz, selected varieties



2.29
So Delicious Coconut Milk Creamer
16 oz, selected varieties



2/\$7
Silk Non-Dairy Beverage
64 oz, selected varieties



4.99
Organic Valley Lactose Free Milk
64 oz, selected varieties

Be Tanka!



\$5.99
Tanka Bites
3 oz, selected varieties



2/\$4
Tanka Buffalo Bar
1 oz, selected varieties

To "Be Tanka" means to LIVE LIFE POWERFULLY. Founded in 2006 on the Pine Ridge Indian Reservation, Tanka is committed to providing you with the very best foods that are sustainably grown by Native American producers and minimally processed with care and respect, to help feed your mind, body and spirit. Made from tart-sweet cranberries and prairie-raised buffalo, Tanka bars, sticks and bites are delicious real food protein snacks for people on the go!



3.49
Ocean's Halo Organic Kelp-based Broth
32 oz, selected varieties



2.79
Annie's Naturals Organic Ketchup
24 oz, selected varieties

fair trade and organic



11.99
Riojana Extra Virgin Olive Oil
750 ml
Limited supply available.



3/\$5
Epic Performance Bar
1.87 oz, selected varieties

From family farms to your family table **Riojana** offers organic, fair trade, cooperatively produced olive oils and wines. This extraordinary extra virgin olive oil is entirely first cold-pressed and comes from hand-selected olives grown in the Riojana province of Argentina. Great for cooking and finishing, this nutty, peppery oil pairs perfect with crusty breads alongside Riojana wines!



1.49
Field Day Organic Beans
15-15.5 oz, selected varieties



2/\$7
Explore Cuisine Organic Bean or Lentil Pasta
8 oz, selected varieties



5.99
Alter Eco Organic Heirloom Quinoa
12 oz, selected varieties



4.99
Victoria Pasta Sauce
24 oz, selected varieties

scoop up the savings in bulk!



1.29
Bulk Organic Millet
per pound in bulk



1.29
Bulk Organic Split Red Lentils
per pound in bulk



2.99
Organic Raw Sunflower Seeds
per pound in bulk

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

PROBAR is pro you!

PROBAR is food with purpose. Delicious whole superfoods like nuts, seeds and fruits nourish your body and fuel your success on high performance days and every day.

2/\$4
Probar Meal Bar
3 oz, selected varieties



2/\$10
Andalou Naturals Body Lotion
8 oz, selected varieties



5.99
Giovanni Shampoo or Conditioner
8.5 oz, selected varieties



6.99
Now Lavender Oil
1 oz



1.79
Noka Organic Smoothie
4.22 oz, selected varieties



2.29
SweetLeaf Stevia Sweetener
35 ct.
other SweetLeaf sweetener products also on sale



2/\$6
Vita Coco Coconut Water
33.3 oz, selected varieties




23.99
Maple Valley Organic Grade A Dark & Robust Maple Syrup
32 oz




27.99
New Chapter One Daily Multi
48 ct, selected varieties



36.99
Vital Proteins Collagen Peptides
20 oz



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Nordic Naturals Ultimate Omega
180 ct



17.99
Gaia Herbs Golden Milk
3.7 oz



9.99
Source Naturals Wellness Formula
45 ct




10.99
Boiron Oscillococcinum
6 dose




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Jarrow Formulas Jarro-Dophilus EPS
60 ct




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Terry Naturally Curcumin
60 ct, selected varieties



12.99
Nature's Way Umcka Coldcare Syrup
4 oz, selected varieties




24.99
Om Organic Mushroom Superfood
90 ct, selected varieties




6.99
Schmidt's Deodorant
2-3.25 oz, selected varieties

more than just food



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



2/\$5
Annie's Homegrown Deluxe Mac and Cheese
11 oz, selected varieties



2/\$5
Annie's Homegrown Bunny Snack Crackers and Grahams
15 oz, selected varieties



2/\$5
Annie's Homegrown Fruit Snacks
4 oz, selected varieties



2/\$7
Organic India Organic Tulsi Tea
16 ct, selected varieties



6.99
GT's Organic Kombucha
48 oz, selected varieties



2/\$4
Wolfgang Puck Organic Soap
14.5 oz, selected varieties




2/\$5
Que Pasa Organic Tortilla Chips
11 oz, selected varieties

fair trade supports climate solutions!


Dr. Bronner's organic and fair trade farmers have planted 250,000+ trees, produce and apply 10,000+ metric tons of compost each year, utilize cover cropping, and practice conservative tillage and dynamic agroforestry! These practices build soil, sequester carbon, improve soil's water-holding capacity, and foster biodiversity. Buy Dr. Bronner's to support climate change solutions!




3.99 Dr. Bronner's Peppermint Pure-Castile Liquid Soap 16 oz
6.99 Dr. Bronner's Organic Virgin Coconut Oil 16 oz
10.99 Dr. Bronner's Peppermint Pure-Castile Liquid Soap 32 oz
12.99 Dr. Bronner's Organic Virgin Coconut Oil 32 oz




3.99
Gardein Meatless Chick'n Tenders
9-11.5 oz, selected varieties



6.99
Cappello's Pizza
11-12 oz, selected varieties



2/\$6
Quorn Meatless Nuggets
16 oz



3.99
Feel Good Foods Egg Rolls
9 oz, selected varieties



3/\$7
Amy's Burrito
5.5-6 oz, selected varieties



4.99
Sweet Potatoatoes
16 oz, selected varieties



2/\$6
Silver Hills Bread
14-22 oz, selected varieties



3.99
Halo Top Ice Cream
16 oz, selected varieties



2/\$6
Woodstock Organic Frozen Mangoes
8-10 oz, selected varieties



3.99
Talent Gelato or Sorbetto
16 oz, selected varieties



2.79
Truwhip Vegan Whipped Topping
10 oz

Nature's Path, sustainable food

Nature's Path is a fiercely independent, family-owned business that has been committed to organics and sustainability for over 30 years. Nature's Path adheres to a triple-bottom line of being socially responsible, environmentally sustainable, and financially viable. Through this vision, Nature's Path is on a mission to "leave the Earth better than we found it" which is the guiding principle in everything our company does. We are on Nature's PATH to Sustainable food for ALL!



2.99
Nature's Path Organic Hot Cereal
16 oz, selected varieties



3.79
Nature's Path Organic Nut Butter Bars
5.2 oz, selected varieties




6.99
Nature's Path Organic Ecopac Cereal
32 oz, selected varieties




3.99
Hope & Sesame Organic Sesamemilk
13.8 oz, selected varieties



5.99
R.W. Knudsen Organic Just Tart Cherry Juice
32 oz
other R.W. Knudsen Just Juices also on sale



2/\$4
Blue Diamond Almonds
32 oz, selected varieties



8.99
Once Again Almond Butter
16 oz, selected varieties



2/\$6
Annie's Homegrown Organic Cereal
10-10.8 oz, selected varieties



2/\$4
GoMacro Organic Macrobar
2-2.5 oz, selected varieties



2.79
Lundberg Family Farms Organic Whole Grain Rice Mix
6 oz, selected varieties



3.49
Ancient Harvest Organic Polenta
18 oz, selected varieties



2/\$6
Ancient Harvest Organic Spaghetti
8 oz, selected varieties



2/\$5
LaiKi Rice Crackers
3.5-5.5 oz, selected varieties



2/\$6
Glutino Rice Crackers
4-4.7 oz, selected varieties

time to celebrate

Late July has the snacks that everyone is talking about! Our amazingly delicious Mild Green Mojo Multigrain Tortilla Chips are the perfect chip to dip!



2/\$5
Late July Snacks Organic Multigrain Tortilla Chips
5.5 oz, selected varieties



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

happy co-op month!

From small family farmer co-ops to **Equal Exchange**, a proud worker-owned co-op, to your local community co-op! Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound; foster mutually beneficial relationships between farmers and consumers; and demonstrate the contribution of worker co-ops and fair trade to a more equitable, democratic and sustainable world.



2/\$5
Equal Exchange Organic Earl Grey Tea
2.6-5.5 oz



2/\$7
Equal Exchange Packaged Teas
40-540 oz



4.49
Equal Exchange Chocolate Chips
10 oz



6.99
Equal Exchange Packaged Coffees
10-32 oz

Our Favorite BRAIN BOOSTING SUPPLEMENTS



By: Carrie Johanningmeier, Wellness Buyer

There are things you can do that may increase your brain power and your ability to remember. Here are some of our favorite supplements that may help boost that memory, keep you focused and motivated, and eliminate that brain fog to keep you better concentrated.

MULTIVITAMIN

A multivitamin includes a combination of vitamins and minerals to ensure you have an adequate daily supply. **Megafood** has Non-GMO, vegetarian, certified glyphosate residue-free multivitamins made with real food and added nutrients. To make it easier than ever for you to get the nutrition you need, **Megafood** now offers **Multivitamin Soft Chews** - an easy and delicious way to help fill the gaps in your diet.

B-COMPLEX

In addition to a multivitamin, additional B vitamins can be helpful for improving cognitive function. They are essential for producing neurotransmitters that can influence mood and can be helpful for anxiety and depression.

OMEGA-3

A fish oil supplement is the best way to get the appropriate dose of omega-3 fatty acids. A combination of both EPA and DHA is important for supporting nervous system function leading to potential improved learning, attention and concentration. Consider supplementing with **Nordic Naturals**

Nordic Omega-3 Gummies to keep your child's brain boosted or **Ultimate Omega** soft gels for high quality concentrated fish oil.

GINGKO BILOBA

A great herb for increasing circulation to the brain and ensuring those nutrients are delivered to where they need to go. Increases neurotransmitter function helping to improve cognition and short term memory. Available in liquid and capsule form.

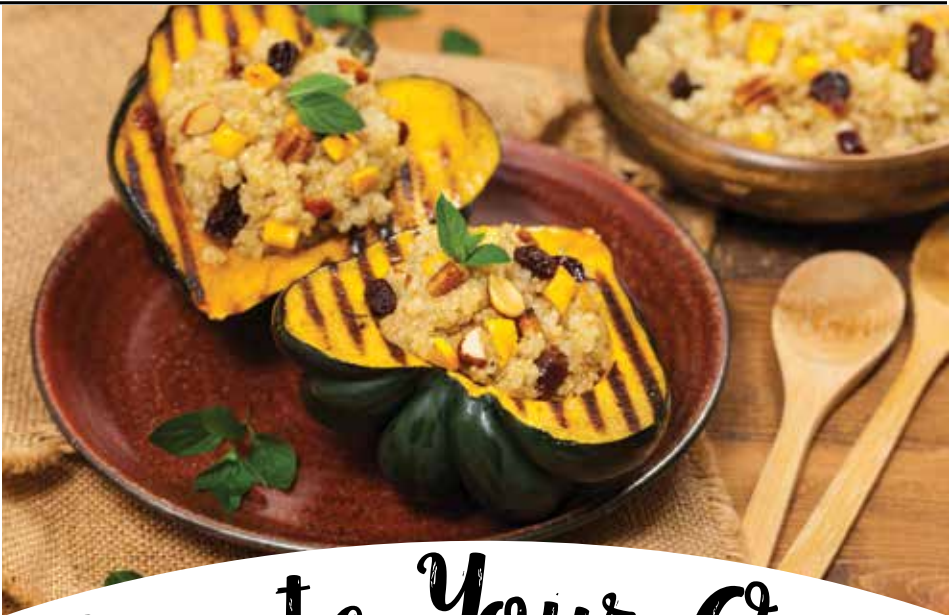
HOST DEFENSE

Host Defense MycoBotanicals Brain is a mixture of Ginkgo, Bacopa and Gotu Kola together with Lion's Mane, Reishi and Cordyceps to form a product that is known for its purposes of enhancing cognitive performance.

Host Defense Lion's Mane is a mushroom noted for support of memory, focus, and nerve health. A smart way to help supercharge your brain and nervous system.

Host Defense MycoBotanicals Brain Energy Powder naturally supports your ability to keep your mental edge. Combines cognition-strengthening lion's mane with Yerba Mate and the adaptogen eleuthero to promote brain function with a boost of energy to help you through your day.

Host Defense MycoBotanicals Brain and Body Powder includes organic Turmeric and Ginger to support whole body health. Reishi supports heart health and Lion's Mane promotes mental acuity and brain health.



Create Your Own CHEESY Stuffed Squash

By Beth Hoven Rotto, Cheese Buyer

Fall harvest brings us a variety of delicious squash from the garden, farmers market or piled high on Co-op shelves. I always treasure the first delicata squash as I do the last of the zucchini. For this recipe you need to begin by choosing a squash. From my days as Seed Librarian at Seed Savers Exchange, I remember several different species that are all called squash. *C. maxima* includes the really large types of winter squash (and some smaller ones.) These are some of the most delicious squash. (But how do you cut up those really big ones. One of my friends suggested dropping them from a height onto a hard surface (but good luck.) *C. pepo* includes pumpkins, acorn squash and lots of summer squashes, *C. moschata* includes the Butternut squash and *C. mixta* includes the cushaw varieties. If you have a favorite squash, find out its species then give a new squash from the same species a try. I love trying new types!

Once you've decided on your squash and are ready to make dinner, wash the squash, cut in half, scrape out the seeds, brush cut sides with olive oil, set cut side down in a pan with sides and bake at 350 for 25-40 minutes, until tender (but not collapsing. Stick with a fork to check its tenderness.)

While it's baking, gather ingredients for your filling. Since this is Cheesy Stuffed Squash, begin by choosing the cheese. This will hold things together so you will want a good melting cheese, like Swiss, Cheddar (younger cheddar works better than well aged cheddar), Comte Gruyere, Jarlsberg, Monterey Jack, Gouda or Asiago. Make your choice and cut about 1 cup or more into small cubes, or grate if you prefer and toss into a mixing bowl.

Next choose your favorite nut or seed, chop, and add about 1/4 cup. Try walnuts, pecans, sunflower seeds or pumpkin seeds. If those don't appeal, substitute some cooked bacon crumbles - or a little of both.

Choose at least one of the following as well: finely chopped apple, raisins, pomegranate seeds, ribbons of tender greens, or diced red onion. Add to the bowl.

Pair an herb with your choices so far - think parsley, thyme, rosemary, and/or chives. And season with a little salt and pepper.

Now look in your refrigerator/cupboard for anything else that appeals in connection with the choices you've made. Perhaps cooked grains, leftover cornbread, small amounts of leftover cooked veggies. I read once that whatever food you have leftover is perfect for use in another dish. (Remember this to avoid food waste.) Stir and sample your creation with each addition to see if you like the way things are going. Mix it all well.

When your squash is done to perfection, remove from oven and increase heat to 425 degrees. Scoop the filling into the squash cavities, piling as high as necessary to use up your stuffing. Return to the oven for 10 minutes. Enjoy. If you love what you've created, be sure to write it down. Even if you don't follow it exactly next time, you can use it for good ideas!



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

CREAMY BROCCOLI SOUP

By: Robin Asbell

If you are making other broccoli dishes in which you really only want the florets, save the stems and use them within the week for this. You only need 2 cups of florets to stir in after pureeing, so make up the difference with peeled and chopped stems in the soup. Alternately, just use a big bunch of broccoli, and use up every bit of it.

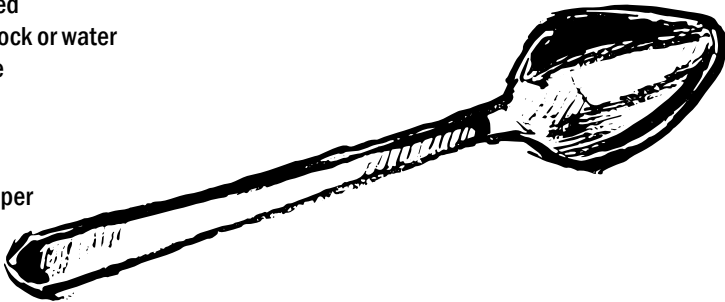
Ingredients

- 1 1/2 pounds broccoli, stems peeled, 2 cups florets reserved OR a heavier ratio of stems: 1 1/4 pound stems and 5 ounces broccoli florets
- 1 medium onion, chopped
- 1 1/2 cups vegetable stock or water
- 3 tablespoons white rice
- 1 cup sour cream
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried basil
- Croutons

Preparation

Peel and chop broccoli stems and onion, reserving the broccoli florets. Put in a big pot, add rice and stock or water. Bring to a boil and reduce to a simmer until vegetables and rice are very tender, about 15 minutes. Reserve 2 cups of broccoli florets, then add the rest of the florets to the soup and simmer for 5 more minutes. Steam or microwave the remaining 2 cups broccoli florets just until crisp tender.

Puree the broccoli mixture in batches to a smooth consistency, adding sour cream and milk as it becomes smooth. Return to pan and gently reheat, whisking in just enough milk to thin to a consistency of your liking. Stir in broccoli florets, salt, pepper and basil. Warm just to serving temperature. Be very careful not to boil.





CINNAMON APPLE CHIPS WITH DIP

Homemade apple chips with peanut butter yogurt dip hit the spot for an anytime snack.

Ingredients

- 4 large apples
- 2 teaspoons cinnamon
- 1 tablespoon sugar
- 2 teaspoons vegetable or coconut oil
- 1/4 cup creamy peanut butter
- 1/4 cup Greek yogurt
- 2 tablespoons honey

Preparation

Heat oven to 200°F. Cut apples in half. Remove seeds, stems and bottoms. Use a sharp knife to make thin crosswise slices. Place the half-rounds in a large bowl, and sprinkle with cinnamon and sugar. Toss to coat.

Drizzle two sheet pans with oil, then spread the apple slices on the pans. Bake for 2 1/2 hours. Place on racks to cool.

While apple chips cool, combine peanut butter, yogurt and honey in a small bowl and stir. Place apple chips on a plate with the bowl of dip in the center and serve.

Serving Suggestion

Make ahead of time as an after-school snack for hungry kids, or jazz up breakfast oatmeal with a side of apple chips and dip. Chips will keep in an airtight container at room temperature for up to 4 days.

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The Co-op
WILL BE CLOSED
NOVEMBER 28TH
for Thanksgiving

ONEOTA
COMMUNITY
FOOD
COOPERATIVE
decorah, iowa

CREAMY CHICKEN & RICE SOUP

By: Robin Asbell

Wild rice is native to the upper Midwest, where it is still hand harvested by knocking the grains into a canoe. Real, wild harvested wild rice is mottled gray and cooks more quickly than cultivated wild rice. Cultivated wild rice is shiny, black, and has much larger grains than the wild kind. If you can find really wild wild rice, buy it, and the rest of the time enjoy cultivated rice for the nutty, chewy grain it is.

Ingredients

- | | |
|---------------------------|---|
| 1/2 cup wild rice | 1 teaspoon dried sage |
| water | 1/2 teaspoon salt |
| 2 tablespoons butter | 1/2 teaspoon black pepper |
| 1 large onion, chopped | 3 tablespoons unbleached flour |
| 2 medium carrots, chopped | 3 cups chicken stock |
| 2 ribs celery, chopped | 1 medium cooked chicken breast, chopped |
| 1 teaspoon dried thyme | 1/2 cup cream |

Preparation

In a small saucepan, bring wild rice and 3 cups water to a boil, then reduce to medium low. Cook for 30 minutes for hand harvested rice, 45 minutes to an hour for cultivated wild rice. Test the rice for doneness by removing a few grains and biting into them, they should be tender. When fully cooked, drain the rice and reserve.

In a large pot, melt the butter over medium heat, then add the onions, carrots and celery. Sauté for 5-10 minutes, until the onions are soft. Add the thyme, sage, salt and pepper and stir for a minute, then sprinkle over the flour and stir to coat the vegetables. Sauté for a minute, until the flour starts to stick a little. Gradually stir in the stock, scraping up any flour coating the pan. Bring the liquid to a bubble, and add the chicken, cooked wild rice and cream and stir until the soup thickens slightly and all the ingredients are warmed through.

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



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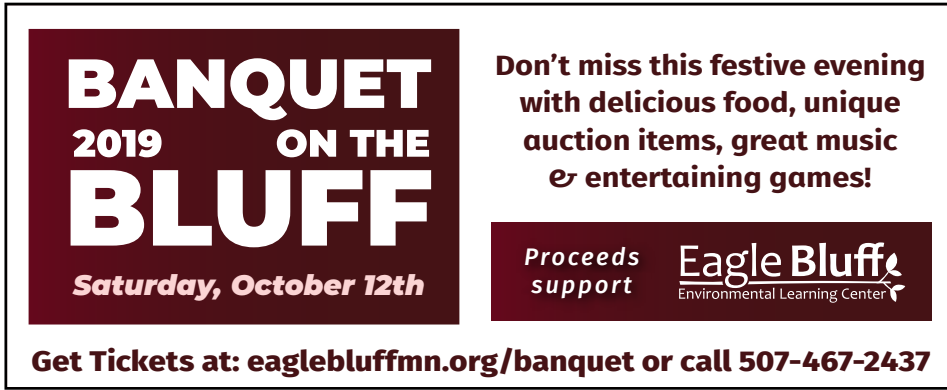
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October 5 noon-4pm

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