



20/20 VISION:

Preparing Our Store to Meet the Needs of Members for the Next 10 Years

By David Lester, General Manager and Brita Nelson, Board President

Professionals and consultants in the grocery industry suggest updating and refreshing stores about every 5-7 years to stay relevant and keep up with trends in the grocery business to meet the needs of their customers. It has been ten years since we opened our doors in our current store location and we need to remodel and refresh our aging store and equipment.

Currently, our board and management team are in the very early stages of planning for this project to happen. It is clear to us from previous member surveys and weekly comments and suggestions that our membership needs have changed. In order to meet these needs and to keep current with what industry experts recommend regarding store layout and product mix, we are exploring the best possible options for the Co-op. Our most recent discussions have envisioned the option of a two-phase remodel project. The first phase would address energy efficiency issues with our refrigeration and HVAC systems. These efficiency improvements have less than a four-year payback and will allow for the addition of new refrigeration to our system in the future. The second phase would improve our current 6,000 square foot retail floor. Based on initial projections, we expect it to be approximately a three-month project with as little disruption to business as possible. Our customer and member needs have changed dramatically

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PRST STD
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Decorah, IA
Permit 25



By David Lester, General Manager

Almost a year ago I reached out to Dr. Liang Chee Wee, President of Northeast Iowa Community College (NICC) about a growing problem in the Decorah area to attract and hire qualified food service workers. In the 20+ years I have been in the food service industry, I don't think I've seen the lack of trained food service workers like I've seen the past two years in the Decorah area. Area restaurants and even our own Deli have had a difficult time recruiting talented workers in this field to work in our kitchens. Increased tourism to our area has made the situation even more difficult and we needed to start thinking about alternative solutions to grow the worker pool in this industry.

In early 2018 Dr. Wee and his staff at NICC began organizing conversations with several industry partners like Oneota Community Co-op, Luther College/Sodexo, Spectrum Network, T-Bock's and others to help move towards creating a Culinary Foundations Certificate program. By sharing our resources, we could find the facility and food service personnel to teach this course. Spectrum Industries' new kitchen facility is almost ready to be the location for the classroom and area chefs from Luther/Sodexo and other restaurants will be involved in the teaching of this 10-week class.

At the Co-op we are thrilled to announce that any of our kitchen staff will be eligible to take this class and have a portion or potentially all of the cost of the class paid by the Co-op if they agree to meet certain criteria. This is one of the many ways the Co-op invests in its staff and builds on their skills to better serve our members and customers. This has been an enjoyable and collaborative community building process that will prepare more of our area residents for an exciting career in the foodservice field. Many thanks to Dr. Wee and the NICC staff for making this course happen!

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A PERFECT TIME TO SPEND THE DAY IN DECORAH!

Saturday, September 29th - schedule of events

8:00 am - Loop de Loop Race (see link below to left)

8:00 - 11:00 am - Winneshiek Farmers Market (lot behind the Co-op)

9:30 - 11:00 am - Yoga on Water Street with Laree from Reefuel

(312 W Water St) Join and leave as you wish. Bring your own towel, mat, and energy for an awesome outdoor session of yoga!

11:00 am - Food, beverages, and kids activities start (300 block of Water St)

12:00 noon - 4:00 pm - Live music, food, beverages, kids activities - FUN - all on the 300 block of West Water Street in downtown Decorah!

WATER STREET Music & ONEOTA COMMUNITY FOOD COOPERATIVE PRESENT:

LIVE ON WATER STREET

FREE ENTRY

SATURDAY SEPTEMBER 29

WATER STREET 29 DECORAH, IA

NOON TO 4:00 PM

AVEY/GROUWS BAND THE SAVAGE HEARTS TRIO THE LOWEST PAIR

FOOD STARTS @ 11AM KIDS ACTIVITIES WITH ARTHAUS BEER

PULPIT ROCK BREWING CO. POTOSI FOUNDATION, INC. PIVO BREWERY CO. TOPPING COLLIER BREWING CO.



SEPTEMBER 29, 2018 8 am
DECORAH, IOWA. 7TH ANNUAL

5k. 10k. and HALF MARATHON!

Register at runsignup.com/race/ia/decorah/loopdeloop

LIGHTEN UP WITH



LEMONY LENTIL SPINACH SOUP
Serves 4. Prep time: 10 minutes active, 6 hours & 10 minutes total.

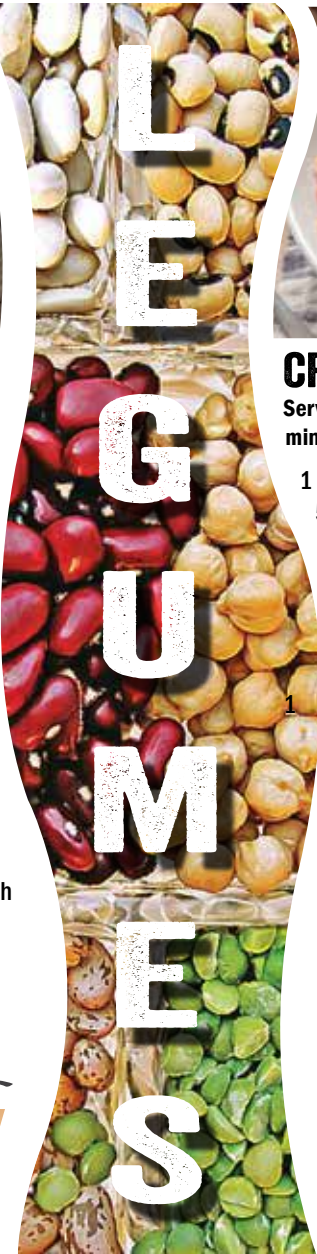
- 1 cup lentils
 - 1/2 large lemon, seeds removed
 - 2 large carrots, chopped
 - 4 cups water
 - 1 teaspoon oregano
 - 3/4 teaspoon salt
 - 1/2 teaspoon freshly ground black pepper
 - 4 cups fresh spinach, chopped
 - 1/2 cup fresh parsley, chopped
1. Place the lentils, lemon half, carrots, water, oregano, salt and pepper in the slow cooker. Cover and set on low, and cook for 6 hours.
 2. At 6 hours, take off the lid and stir in the spinach and parsley. Stir for 1 minute to wilt, adjust seasonings and serve.

Add oregano and a crumble of feta to give this lemony soup a Greek flavor profile. Serve with pita wedges and hummus.



SPLIT PEA SOUP WITH SPINACH
By Robin Asbell
Serves 4-6. Prep time: 30 minutes active, 2 hours total

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



- 1 1/2 cups split peas
- 7 cups water
- 1 medium potato, cubed
- 3 ribs celery, chopped
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1 bay leaf
- 1 teaspoon thyme
- 1 teaspoon salt
- 4 ounces baby spinach, chopped
- 1/2 teaspoon black pepper

Paired with a hunk of crusty bread, creamy split pea soup is comfort food that will warm you from the inside out.



CROCKPOT RED BEANS & RICE
Serves 4-6. Prep time: 15 minutes active, 7 hours & 15 minutes total.

- 1 cup dried kidney beans
 - 5 cups water
 - 1/2 cup long grain brown rice
 - 1 large red bell pepper, chopped
 - 1 large carrot, chopped
 - 2 tablespoons Cajun seasoning
 - 1 bunch collard greens, chopped
 - teaspoon salt
1. Heat a pot of water to boiling, add kidney beans and boil beans for ten minutes. Drain beans.
 2. Combine 5 cups water, drained kidney beans, brown rice, bell pepper, carrot and Cajun seasoning in a slow cooker. Cover and set on low, and cook for 6 hours.
 3. Open the cooker, add the collard greens and salt, and stir. Cover and cook for another hour.
 4. When the beans are tender, serve or transfer to containers to refrigerate or freeze.

This New Orleans classic is incredibly easy to prepare in a slow cooker. Try it as a side dish to roasted chicken, or as an entrée with a slice of cornbread.

1. Pick over the peas for any stones or twigs, if necessary, then put in a large pot with the water and bring to a boil. Reduce to a simmer, and add the potato, celery, onion, carrot, bay leaf, thyme and salt. Simmer for an hour and a half, checking ccasionally to stir and add water if needed.
2. When the split peas are falling apart, stir in the spinach and simmer just until the spinach is wilted. Add black pepper. Serve hot.



WALDORF SALAD WITH YOGURT & HONEY
Serves 4-6. Prep time: 30 minutes

- 1 lemon, juice and zest (about 2 to 3 tablespoons juice)
 - 1/2 cup Greek yogurt
 - 1 teaspoon honey
 - Salt and pepper to taste
 - 2 cups apple (1 large apple), cut into bite-sized pieces
 - 1 cup seedless grapes, halved
 - 1 cup celery (2 to 3 ribs), cut into 1/2-inch pieces
 - 1/2 cup toasted walnuts, coarsely chopped
1. In a small bowl, whisk together the lemon juice, zest, yogurt and honey. In a large salad bowl, gently toss the apples, grapes, celery, and walnuts with the dressing. Season to taste with salt and pepper. Substitute nonfat Greek yogurt for a lower-fat version if you like.

Breakfast, lunch and dinner — or anytime in between — there are endless ways to enjoy apples all day. Visit StrongerTogether.coop to find more delectable apple recipes.

FRENCH TOAST WITH WARM APPLE PECAN COMPOTE

- Serves 6. Prep time: 60 minutes
- | | |
|------------------------------|---------------------------------------------------|
| Compote | 1/4 cup chopped pecans |
| 3/4 cup water or apple juice | 3 cups apple, peeled and cut into 1/2-inch pieces |
| 1/4 cup brown sugar | Pinch of salt |
| 1/4 cup maple syrup | 1 tablespoon cornstarch |
| 1/2 teaspoon cinnamon | 2 tablespoons butter |
| 1/4 cup raisins | |
- French Toast**
- 2 tablespoons butter
 - 5 large eggs
 - 1 cup milk
 - 2 tablespoons maple syrup
 - Pinch of salt
 - 1-pound loaf of soft-crusted bread (such as brioche or challah) cut into 1-inch thick slices

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

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CHANCES TO SHOP

MEMBER APPRECIATION DAYS

SALE

10% OFF storewide*

TUESDAY & SATURDAY

November 6 & November 10

May be combined with all other member discounts.

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

1. To make the compote, bring the water, brown sugar, maple syrup, cinnamon and raisins to a boil in a saucepan. Add the pecans, apples and salt. Bring the mixture to a simmer and cook for about 15 minutes, stirring occasionally. Add the cornstarch and butter and simmer another 3 to 5 minutes until slightly thickened. Keep warm while preparing the French toast, or prepare the compote the night before and reheat.
2. Heat the oven to 300° F. Place a metal rack in the oven to keep pieces of finished French toast warm while the rest is cooking. Melt a little of the butter in a large skillet (or two skillets to make the process go faster) over medium-low heat. Whisk the eggs, milk, maple syrup and salt in a large bowl. Soak each slice of bread in the egg mixture for about 30 seconds on each side. Place in hot skillet and cook each side for 3 to 4 minutes until golden brown. Add more butter for each new piece of toast added to the pan. Slice French toast into triangles and serve topped with warm apple compote.



A HEARTY Welcome Back FROM OUR NEW DELI MANAGER

By: Liz Lesser, Deli Manager

“Local and organic food should be accessible to everyone regardless of income or dietary restrictions.” -Liz Lesser

While interviewing for jobs and planning the next move in my life, what struck me about the Oneota Community Food Coop was how General Manager, David Lester, had signed his email - "Where organic and local aren't just a corner in our store, they're the cornerstone of our business." I knew at that moment that our beliefs were aligned and this was an organization I could devote myself to.

I am a lifelong lover of food cooperatives. My mother, a goat farmer in Black Hammer, Minnesota, brought me to my first co-op as a toddler - the Oneota Community Co-op. The Bluff Country Co-op in Winona, Minnesota was my first support as a new mother discovering food allergies in my child. The Kickapoo Exchange Natural Foods Co-op in Gays Mills, Wisconsin is where I learned to become more involved as a member and a volunteer. The People's Food Co-op in La Crosse, Wisconsin was where I crossed over from member to head chef and restaurant manager of Hackberry's Bistro. Now, I have been led back here to the Oneota Community Co-op as your Deli Manager.

This is a beautiful community and everyone has been so welcoming to me and my children as we move and adjust to a new town. I have four children: Stace (13), D'mitry (11), D'avianna (8), and Clementine (8). We moved here in August. When I'm not working, you can find me playing with them. We love hiking, camping, bike rides, kayaking, gardening, and flash dance parties. They are amazing children and are the driving force behind everything I do.

I have been cooking since I was a child. I was trained under my first chef at 16 and still remember those first culinary lessons. I began pursuing the organic niche within the culinary market as it



aligned with my personal beliefs. I started my own pastry company, Kozi Pie Shoppe. I offered 145 flavors of pie, wedding cakes, birthday cakes, cupcakes and cheesecakes; all available gluten free or vegan – if need be. My mission behind this was that I believed there was a demand for local organic desserts - indulgences that you could feel good about. Boy was there ever! It was a great success, and I only walked away from it fully a year into my job at Hackberry's Bistro.

Hackberry's Bistro was struggling when I came on board, but I knew in my heart it was a diamond in the rough and the struggle was unnecessary. I was reluctant to take the job but I couldn't stand to see it fail. I believed I could fix it. Hackberry's needed a complete overhaul and a commitment to local, organic foods. It took a year to completely turn the restaurant around, but we kept moving forward with the mantra of “doing the right thing for the right reason.”

Hackberry's is now considered one of the top places to eat in La Crosse, has been awarded best gluten-free restaurant by Explorelacrosse.com, nominated for best farm-to-table restaurant and best vegan cuisine by La Crosse Tribune and highlighted in the Star Tribune of Minneapolis.

I chose to leave Hackberry's because the pace of a successful full-service restaurant took me away from my children more than I was willing to be. I was seeking to continue to work with local and organic foods but in an environment more forgiving of the time I wished to spend with my kids. The Deli at Oneota Community Co-op seemed like the perfect fit.

Coming to work at the Oneota Co-op Deli, my first impressions were mixed. I was thrilled to find a wonderful team of people already in place and the opportunity to work with them. Sadly, there were a number of items on the menu that we no longer made in-house. I am happy to say that this has changed significantly, and nearly everything you now find on our Hot Bar, Salad Bar, Soups, and Grab-n-Go is made from scratch in our own Deli kitchen.

The Oneota Co-op Deli team has been wonderful through the process, running with all the changes and supporting them as we go. Changes such as a new hot bar menu, new deli sandwich menu, extended hot bar hours, and new grab-n-go and soup recipes. Deli staff have undergone a lot of pressure to get our Deli headed in the right direction in the past several months. If you see them in the aisles, please join me in giving them praise for all their hard work.

Where will we go from here? Here's a taste of things already in place and what's to come in the near future:

- All of our produce ingredients are from local and/or organic sources.
- 90% of the dry ingredients that we use are organic.
- A seasonal rotation for our menu – in line with the local harvest schedules.
- 80% of our Grab & Go food is made without gluten ingredients.
- 50% of our Grab & Go food is vegan.
- Our Hot Bar always has a meat and vegan entrée option.
- The Hot Bar is now always available during regular Deli hours, 7 days a week.
- A new catering menu featuring scratch-made platters and entrees.
- We are thoroughly committed to serving local and organic foods as much as possible.

DELI HOURS

Monday-Saturday

Hot Bar

8:00 am to 10:00 am: Breakfast Burritos & Breakfast Hot Bar options

10:00 am to 12:00 noon: Breakfast & Lunch Hot Bar options

12:00 noon to 4:00 pm: Lunch Hot Bar options

3:00 pm until gone: Whole Oven Roasted Chickens

4:00 pm to 7:00 pm: Dinner Hot Bar options & Whole Oven Roasted Chickens

Salad Bar, Soups, Deli Sandwiches 11:00 am to 7:00 pm
Coffee/Tea 8:00 am to 7:00 pm

Sunday

Hot Bar

10:00 am to 1:00 pm: Breakfast Burritos & Breakfast/Lunch Hot Bar options

1:00 pm to 4:00 pm: Breakfast & Lunch Hot Bar options

3:00 pm until gone: Whole Oven Roasted Chickens

4:00 pm to 6:00 pm: Dinner Hot Bar options & Whole Oven Roasted Chickens

Salad Bar, Soups, Deli Sandwiches 11:00 am to 6:00 pm
Coffee/Tea 10:00 am to 6:00 pm

Plus our grab-n-go cooler is always stocked with fresh sandwiches, wraps, salads, dips, spreads, and desserts anytime the Co-op is open!

START YOUR CULINARY CAREER NOW WITH A CULINARY FOUNDATIONS CERTIFICATE

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More information about this Career Pathway certificate from NICC:

The Culinary Foundations Career Pathway Certificate is an 80-hour hands-on program designed to prepare students with little or no culinary experience for a rewarding career in the culinary field. Successful students will be ready for entry-level positions as cooks or servers in a variety of hospitality settings.

The training provides an overview of the culinary industry, including terminology, techniques and standards, from front-of-house to back-of-house. A core skill track that covers effective communication, professionalism, teamwork and conflict resolution is combined with instruction in food safety and proper operation of cooking equipment for a safe work environment. Students will learn and practice knife skills, become familiar with measurement for small and large food production, acquire knowledge about general cooking and serving methods, and learn how to provide superior customer service. Upon completion of the certificate program and an additional online Food Protection Manager class, students will be prepared to the ServSafe® Food Protection Manager Certification test (Additional Cost to Participant). *Please note this ServSafe® Certification test is not required but highly recommended to complete the Culinary Foundations Certificate requirements. Cost \$1,995.00

You may qualify to earn a Career Pathway Certificate at NO COST if all eligibility requirements are met. To determine eligibility, contact Northeast Iowa Community College Business and Community Solutions. Each student is to complete and successfully pass a background check. Dates: Call 563.562.3263 for more information on start dates.

Time: 5:00 pm-9:00 pm

Location: Spectrum Network Commercial Kitchen, Decorah, Iowa

For More Information or to Register Please contact:

Kyra Bellrichard, Director of Open Enrollment and Career Pathway Certificate Programs
563.562.3263, ext. 380 • bellrichardk@nicc.edu

20/20 Vision:

Continued from pg 1

in the last ten years and we are excited for the opportunity to remodel the store to fit the needs of today's Co-op shopper.

It is important to know that we are in the very early planning stages of this process and will be setting timelines, budgets and planning events to reach out to members for their input. As was the case in previous remodel and expansion projects, the board is strongly considering opportunities for members to participate in funding these projects as well. We will be inviting our members to learn more about this opportunity in the coming months.

We are intentionally approaching this project with concern to our financial resources and choosing a design which will provide the most benefits for our members and customers. Our mission and ends statements will guide our work to make sure that we have a store that continues to be a vital resource for our community.

Major potential benefits of this project include:

- Expanded Fresh Departments options (Deli, Produce, Meat/Fish)
- Large self-serve deli hot bar and salad island
- Larger grab-n-go deli cooler
- More shopper-friendly entrance and aisles
- New checkout lanes
- More Deli seating
- Updated “rack system” for refrigeration compressors
- Updated equipment and incorporation of greener design elements, resulting in more energy savings
- New bulk fixtures/containers and better visibility for our bulk department
- General update of interior finishes, lighting and offices



CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events



CLASS KEY

GF Gluten Free

VG Vegetarian

VN Vegan

HO Hands-on and Let's Eat

DM Demonstration and Let's Eat

L Lecture

Please call ahead to register for classes. Classes without a minimum number of attendees may be cancelled.

★ **Events held in the Co-op Kitchen Classroom at 308 W. Water St. unless otherwise noted.** ★

The Co-op Kitchen Classroom's programming is continually growing & expanding. We encourage you to check out our online education list & online registration options!

★ CLASS ★ REGISTRATION INFORMATION

Co-op Member/Owners: Pay at the time of registration, either by phone and charge class fees to your Co-op account which you pay when you come in to shop, in person at the Customer Service Desk or online at www.oneotacoop.com/education-events.

Non-Members: To register you will need to either pay at the store when you register or give us a credit card number when you call in your registration or pay when you register online at www.oneotacoop.com/education-events.

Classes will be fully refunded if called in 24 hours prior to the class. In cases where minimum class size is not reached three days prior to class, the class may be cancelled. To register or cancel, please call 563-382-4666 during store hours and speak to Customer Service.

ALL PARTICIPANTS MUST SIGN IN AT CUSTOMER SERVICE BEFORE ATTENDING CLASS.

(The classes offered by the Co-op do not necessarily reflect the views of the Co-op and its members.)

OCTOBER

STAY HEALTHY THIS WINTER - USING HERBS
Wednesday, October 3rd, 6:00-7:30pm
Preparing for winter is not just tuning up the snowblower and pulling out warm clothing. Eating the right foods, getting proper rest, and dressing for the season are all crucial factors for staying healthy. What can we do to keep our immune system strong? How does the immune system work with digestive or lymphatic systems? How often do we think of the “Herbal” medicine cabinet stocked with remedies for the winter? Bonnie is going to discuss herbs for the immune system, teas to warm the body, remedies for little ones with runny noses, cough tonic when congestion sets in, and much more. Stay healthy this winter!

Class Code: L
Max participants: 24
Instructor: Bonnie Kreckow, Clinical Herbalist
Cost: \$15 member/owners, \$18 community members



(DELICIOUS) PLANT-BASED, WHOLE-FOODS COOKING
Sunday, October 21st, 1:00-3:00pm
A plant-based, whole foods diet has been recommended by physicians like Caldwell Esselstyn, M.D. of the Cleveland Clinic (How to Prevent and Reverse Heart Disease), Michael Greger, M.D. (How Not to Die) and Alana Pulde, M.D. and Matthew Lederman, M.D. (Forks Over Knives) in order to prevent and even reverse illnesses like diabetes and heart disease. This (vegan) diet has been proven to be curative, AND it can be delicious. Katherine Hannigan will demonstrate and share some of the best recipes she's found, cooking tips, and more information about this way of cooking and eating. It's good for the planet, too!

Class Code: DM, VG, VN, GF
Max participants: 12
Instructor: Katherine Hannigan
Cost: \$12 member/owners, \$15 community members



NOVEMBER

DIGESTIVE COMPLAINTS - IS YOUR DIGESTION OUT OF CONTROL?
Wednesday, November 7th, 6:00-7:30pm
Gas, bloating, indigestion, or heartburn may play a major role in your daily routine. Do you consume large amounts of Tums or Roloids, not realizing what they are doing to your digestive process? Did you know some simple herbs and changes in eating habits can help? Foods, especially the massive conglomeration of processed foods, can wreak havoc on both our liver and digestive processes. Bonnie, our herbal practitioner from Winona, has treated digestive issues in her practice for many years. You can have a healthy digestive tract! Heartburn can go away! Come listen and learn what 18 years of working with herbs for digestive complaints can do for you. Just in time for the Holidays!

Class Code: L
Max participants: 24
Instructor: Bonnie Kreckow, Clinical Herbalist
Cost: \$15 member/owners, \$18 community members



FULL CLASS LINEUP ONLINE AT ONEOTACOO.COM /EDUCATION-EVENTS/

MEMBER DEALS 10/3/18 - 10/30/18

* Regular prices subject to change	Reg Price	SALE Price	Savings
Packaged Grocery			
MAPLE HILLS CREAMERY, Blueberry Grassfed Yogurt, 5.3 oz	\$1.89	\$1.49	\$0.40
Plain Grassfed Yogurt, 5.3 oz	\$1.89	\$1.49	\$0.40
Plain Grassfed Yogurt, 24 oz	\$4.79	\$3.99	\$0.80
Strawberry Grassfed Yogurt, 5.3 oz	\$1.89	\$1.49	\$0.40
Vanilla Grassfed Yogurt, 5.3 oz	\$1.89	\$1.49	\$0.40
GINGER PEOPLE, Original Ginger Chews, 24/3 OZ	\$2.69	\$2.29	\$0.40
Organic Arjuna Ginger Bar, 1.23 OZ	\$1.99	\$1.79	\$0.20
Ginger Gings Candy, 3 OZ	\$2.59	\$2.29	\$0.30
HONEY STINGER, Organic Strawberry Honey Chews, 1.8 OZ	\$2.29	\$1.79	\$0.50
ZEVIA, Orange Sparkling Water, 8/12 OZ	\$5.99	\$4.49	\$1.50

Supplements, Body Care & Gifts:			
DR OHIRAS, Dr. Ohira probiotic , 30 CAP	\$35.99	\$29.99	\$6.00
Dr. Ohira probiotic , 60 CAP	\$58.99	\$49.99	\$9.00
Kampuku Beauty Bar, 2.82 OZ	\$10.99	\$8.99	\$2.00
ENER-C, Ener C 30 pack, 30 PACK	\$15.99	\$11.99	\$4.00
MEGA FOOD, Daily Energy Powder, 1.86 OZ	\$19.99	\$16.99	\$3.00
Daily Turmeric powder, 2.08 OZ	\$21.99	\$16.99	\$5.00
Vitamin C powder, 2.25 OZ	\$21.99	\$16.99	\$5.00
URBAN MOONSHINE, Cider Vinegar Bitters, 2 FZ	\$17.99	\$13.99	\$4.00
Liver Health Bitters, 2 FZ	\$18.99	\$14.99	\$4.00
Maple Bitters, 2 FZ	\$18.99	\$14.99	\$4.00
Original Bitters, 2 FZ	\$18.99	\$14.99	\$4.00
Energy Tonic, 2 OZ	\$18.99	\$14.99	\$4.00
BADGER, Chest Rub, 2 OZ	\$8.99	\$6.99	\$2.00
Baby Balm, 2 OZ	\$8.99	\$6.99	\$2.00
Badger Balm, .75 OZ	\$5.99	\$3.99	\$2.00
Badger Balm, 2 OZ	\$7.99	\$5.99	\$2.00
Unscented Badger Balm, 2 OZ	\$6.99	\$5.99	\$1.00
Beard Balm, 2 OZ	\$14.99	\$10.99	\$4.00
Belly Butter, 2 OZ	\$8.99	\$6.99	\$2.00
Cuticle Care, .75OZ	\$5.99	\$3.99	\$2.00
Foot Balm, .75 OZ	\$5.99	\$3.99	\$2.00
Foot Balm, 2 OZ	\$8.99	\$6.99	\$2.00
Headache soother Stick, .60Z	\$7.99	\$5.99	\$2.00
Mustache Wax, .75 OZ	\$8.99	\$6.99	\$2.00
Night Night Balm, .75 OZ	\$4.99	\$3.99	\$1.00
Sleep Balm, .75 OZ	\$5.99	\$3.99	\$2.00
Sore Muscle Rub, 2 OZ	\$8.99	\$6.99	\$2.00
Stress Soother Stick, .60Z	\$7.99	\$5.99	\$2.00
Tattoo Balm, 2 FZ	\$8.99	\$6.99	\$2.00



MEMBER DEAL



KETTLE

Krinkle Cut Potato Chips

limit 2 bags per customer



\$3.89

Reg. Price \$4.69
SAVE \$0.80

sale valid 12/2014 - 12/16/14



These items are on sale all month for members only.

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

LOOKING TO STAY UP-TO-DATE?

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



Follow us on Facebook - Oneota Community Food Co-op

Twitter - @oneotacoop

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



Simply Antiques

Nancy Lerdall

801 East Water • Decorah, IA 52101

563-382-8806



Join us Fridays 4-8pm from May thru October

Wood Fired Pizza
Local Beer • Pastured Meat
Community • Glamping

3012 Middle Sattre Road
Decorah, Iowa 52101

lunavalleyfarm.com





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



BREEZY LANE FARM

It's Not Confinement Pork

By: Harlee Cooper, Front End Staff

When you think local pork, what comes to mind? We're hoping you think of local Breezy Lane Farm. Breezy Lane Farm, owned by Bill and Karla Salier, is a small, third generation family farm in Nora Springs, Iowa specializing in GMO-free Berkshire and other heritage breed pork. When they say GMO-free, they mean all the way down to the corn stalk bedding the pigs sleep and gnaw on. They grow all their own feed and bedding right on their farm - free of synthetically bio-engineered inputs.

Breezy Lane believes heritage breeds of pork are superior in all categories compared to the modern confined breeds, including taste, marbling, and flavor. The Berkshire heritage breed is from England and has been celebrated for over 300 years for its flavor, juiciness, and tenderness. Trust me when I say this pork is out of this world!

You can really tell Breezy Lane Farm is passionate about what they do and how they raise their animals. They have been raising pork for over 15 years. During this time they gained experience with both free-range, outdoor methods as well as confinement-style pork production. Their current practices grew from the desire to go back to "the way we used to raise and produce pork."

"We didn't like that the pigs were crowded, never saw sunlight or felt it on their skin," says one family member. "We like our pigs outside in the sun and rain and breeze, and yes, even snow, doing what pigs should be doing."

All of their animals are raised humanely, outdoors with free access to shelter, of course, but also fresh water, space, sunshine, and even rain puddles. They believe stress will affect an animal's quality of life, so they do everything possible to ensure a calm, non-confined life cycle. When it comes to antibiotics, its use is limited to only instances when the animal becomes ill - "because it's the humane thing to do."

I am happy to tell you that the Co-op is offering a greater variety of Breezy Lane Farm pork products at new lower prices. Not only will you be supporting a local farm and the Co-op with your purchases, but also you will be getting product you can trust and tastes absolutely out of this world. I know we're all clinging on to the last few warm days of summer, but there's still time for another cookout. Consider giving Breezy Lane Farm brats, pork chops and patties a try. Besides, what's more exciting than cooking with the best ingredients from the Co-op for family and friends.

Teriyaki Pork Chops with Blueberry-Ginger Relish

Ingredients

4 bone-in center cut pork chops, (about 1 3/4 pounds), trimmed of fat

Marinade

3 tablespoons reduced-sodium soy sauce
2 tablespoons dry sherry
2 cloves garlic, crushed
1 teaspoon brown sugar
1/4 teaspoon crushed red pepper

Blueberry-Ginger Relish

1 cup fresh blueberries, coarsely chopped
1 shallot, chopped
1 serrano chile, seeded and minced
1 tablespoon chopped fresh cilantro
1 tablespoon lime juice
1 teaspoon minced fresh ginger
1/4 teaspoon salt

Preparation

To marinate: Place pork chops in a large sealable plastic bag. Whisk soy sauce, sherry, garlic, brown sugar and crushed red pepper in a small bowl. Add the marinade to the bag, seal and turn to coat. Marinate in the refrigerator for at least 2 hours or overnight.

To prepare relish: About 20 minutes before grilling the pork, combine blueberries, shallot, chile, cilantro, lime juice, ginger and salt in a small bowl.

Preheat grill to high. Remove the pork chops from the marinade (discard marinade). Grill the chops 3 to 5 minutes per side. Let them rest for 5 minutes before serving with the relish.



From: EatingWell Magazine, August/September 2006
By Carolyn Malcoun, Eatingwell Senior Food Editor



CINNAMON APPLE COFFEE CAKE

This moist cake featuring dried cranberries and whole grains is sure to become a coffee break favorite.

Servings: 8. Prep time: 55 minutes; 15 minutes active.

1/2 cup whole wheat flour
1/2 cup all-purpose flour
1 cup rolled oats
3/4 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon allspice
1 1/2 teaspoons cinnamon
1 cup sugar
1/2 cup vegetable oil or melted coconut oil
1 egg, beaten
1/4 cup milk
1 teaspoon vanilla
1 cup diced apple
1/4 cup dried cranberries

1. Heat the oven to 350°F. Butter or oil an 8 x 8 inch pan.
2. In a large mixing bowl, whisk together the flours, oats, baking soda, salt, spices and sugar. Stir in the remaining ingredients until just combined. The batter will be very thick. Spread the batter evenly into the pan. Bake for 35 to 40 minutes or until a toothpick stuck in the middle comes out clean. Let cool before slicing.

BUTTERNUT APPLE BISQUE

1 medium onion, diced
1 tablespoon butter or vegetable oil
1 tablespoon curry powder
(or more, to taste)
1 butternut squash, about 1 1/2 pounds, seeded, peeled & cubed
1 Granny Smith apple, cored, peeled & cubed
5 cups low-sodium vegetable stock
Sea salt to taste

1. In a 4-quart pot, heat the butter or oil and saute the onion over medium heat until soft, about 5 minutes.
2. Add curry powder and sauté 3 more minutes, being careful not to burn.
3. Add squash, apple and vegetable stock to the pot and bring to a boil.
4. Reduce to a simmer, cover and cook 20 to 30 minutes, or until the squash is tender.
5. Puree the soup in a food processor or blender and salt to taste.

Tip: For some extra spice, add 1 tablespoon ginger, peeled and chopped, to the pan at the same time as the onions, or add chopped candied ginger as a



these sales valid **OCT 3 - OCT 16, 2018**



2/\$6
Rebel Organic Elixir
12 oz., seleted varieties
other Rebel products
also on sale



5/\$5
Honest Organic
Ready-to-Drink Tea
16 oz., seleted varieties



\$9.99
Everyday Shea
Lavender Body Lotion
32 oz., selected varieties



\$8.99
Aura Cacia
Lavender Essential Oil
.5 oz., other Essential Oils
also on sale



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



2/\$5
Alter Eco Organic
Chocolate Bar
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seleted varieties



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Ecover Non-Chlorine
Bleach
64 oz., Ecover Laundry
detergent also on sale



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Seventh
Generation
26-32 oz
selected varieties



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



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Bamboo Bath
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Single Roll



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MyCommunity Immune Support
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products also on sale



\$54.99
Nordic Naturals
Ultimate Omega
150 ct., other Nordic
Naturals products also on sale



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16 oz.,
selected
varieties



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Easy Iron 25 mg
90., other Country
Life products also on sale



\$13.99
Country Life Vitamin D3
5,000 IU
200 ct., other Country
Life products also on sale



\$14.99
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Golden Milk
3.7 oz.



\$3.49
Wyman's Frozen Wild Blueberries
15 oz. other Wyman's Frozen Fruit
also on sale



2/\$5
Alexia Fries
16 oz.,
selected
varieties



\$7.99
Tofurky Ham
Style Roast
16 oz.



4/\$5
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Fruit Smoothie Filled Bar
1.76 oz., selected varieties



\$2.99
Jovial
Organic Gluten-Free Pasta
12 oz., selected varieties



\$3.49
Wild Planet
Wild Albacore Tuna
5 oz., selected varieties
other Tuna items also on sale



\$9.99
California Olive Ranch Everyday
Olive Oil
16.9 oz., selected varieties
other 16.9 oz varieties also on sale



\$2.99
Montebello
Organic Pasta
16 oz., selected
varieties



3/\$5
Lotus Foods
Ramen Cup
2 oz., selected
varieties



\$4.99
Pacific Organic
Bone Broth
32 oz., selected
varieties



\$1.69
Field Day Organic
Vegetables
15 oz., selected
varieties



2/\$5
One Culture Foods
Noodle Cup
1.88-3.7 oz.,
selected varieties



\$3.99
Organic Valley Organic
Cultured or Pasture
Butter
8 oz., selected varieties



\$2.29
Field Day
Organic Broth
32 oz., selected
varieties



\$5.99
Guayaki Organic
Traditional Yerba
Mate
8 oz.



\$2.99
Nature's Path
Organic Cereal
10-14 oz.,
selected varieties



2/\$5
Brew Dr.
Organic Kombucha
14 oz
selected varieties



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



2/\$5
Amy's Burrito
5.5-6 oz, selected varieties
other Amy's Frozen items also
on sale



3/\$5
Eden Foods
Organic Beans
15 oz, selected
varieties



2/\$4
Perfect Bar Organic
Protein Bar
1.6-2.5 oz,
selected varieties



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



\$2.99
Silk Soy Creamer
32 oz
selected varieties



\$2.99
Lightlife
Smart Dogs
12 oz., other Lightlife
products also on sale



\$3.99
Organic Valley Organic
Parmesan Cheese
4 oz., Shredded or
Grated, selected varieties



5/\$5
Justin's Almond Butter Squeeze Packet
1.15 oz., selected varieties other Justin's nut
butter varieties also on sale



4/\$5
Siggis
Icelandic
Style Yogurt
4.4-5.3 oz
selected
varieties



4/\$3
Brown Cow
Cream Top
Yogurt
5.3 oz
selected
varieties



5/\$5
Chobani
Greek
Yogurt
5.3 oz
selected
varieties



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



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Free Puffs
12 oz., selected varieties All
Jackson's Honest items on sale



3/\$5
Lenny & Larry's
The Complete Cookie
4 oz., selected varieties



\$3.49
Vita Coco
Coconut Water
33.8 oz., selected
varieties



4/\$5
Siggis
Icelandic
Style Yogurt
4.4-5.3 oz
selected
varieties



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Brown Cow
Cream Top
Yogurt
5.3 oz
selected
varieties



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Chobani
Greek
Yogurt
5.3 oz
selected
varieties



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Kite Hill
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Yogurt
5.3 oz
selected
varieties



\$2.99
Glutino Gluten-
Free Crackers
4.4-7 oz.,
selected varieties



\$4.99
Farmhouse Culture
Organic Kraut
16 oz.,
selected varieties



\$3.99
Gardein Meatless
Chick'n Tenders
9-11.5 oz., selected varieties
other Gardein items also on sale



2/\$5
Late July Snacks
Organic Catina Dippers
8 oz., selected varieties



2/\$4
Terra Vegetable Chips
5-6 oz.,
selected varieties



\$3.99
Glutino Gluten-Free
Pretzels
14.1 oz.,
selected varieties



2/\$5
Kettle Brand Avocado
Oil Potato Chips
4.2 oz.,
selected varieties



\$6.99
Spectrum
32 oz., other Cooking
Oils also on sale



2/\$4
EVOL Burrito
6 oz., selected varieties
big burritos also on sale



2/\$7
Rising Moon Frozen Pasta
8 oz., selected varieties
16 oz. Frozen Pasta also on sale



2/\$5
Kevita Organic Kombucha
15.2 oz., selected varieties



\$3.99
Green Valley Organics Cottage Cheese
12 oz.



\$3.79
Bulk
Organic Dry Roasted Peanuts
per pound in bulk
Great for freshly ground nut butter



\$2.29
Bulk
Organic White Quinoa
per pound in bulk



\$9.99
Bulk
Organic Roasted &
Salted Pistachios
per pound in bulk



**Co-op
deals**

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

amazingly delicious chips!




The perfect chip to dip, Late July Tortilla Chips are USDA Organic, non-GMO and gluten-free. Plus they're available in seven delicious flavors!

2/\$4
Late July Snacks Organic Multigrain Tortilla Chips
5.5 oz., selected varieties


soil—the root of it all



Most of the food and beverages we consume all have roots in the soil. So it stands to reason that healthy food comes from healthy soil - and co-ops are strong supporters of farmers and suppliers who strive to use practices that conserve and enhance soil health. Whether it's composting food scraps at home or developing practices and policies to support regenerative agriculture, we're all stewards of the soil.



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



2/\$7
Annie's Homegrown Gluten Free Cheddar Bunny Tails
7.5 oz., selected varieties

ingredients you can see & pronounce



We believe you can't pronounce an ingredient, it shouldn't go into your body. Actually, it shouldn't even go into your pantry. KIND products are made from nutritionally-dense ingredients like whole nuts, fruits and whole grains - no secret ingredients and no artificial flavors, preservatives or sweeteners.

3/\$4 **\$3.99** **2/\$5**
Kind Bars **Kind Healthy Grains Clusters** **Kind Healthy Grains Bars**
1.4 oz., selected varieties 11 oz., selected varieties 1.2 oz., selected varieties

sip and enjoy



Yogi has been creating deliciously purposeful teas since 1984. All Yogi teas are made with organic ingredients, most of which are certified organic.

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

from farm to bottle



We're particular about the fruit that goes into our juices. And our partners are ever bit as selective. R.W. Knudsen Family is proud to provide certified USDA Organic choices, like Organic Cranberry Pomegranate juice!

\$2.99
R.W. Knudsen Organic Juice
32 oz., selected varieties
Organic Pear Juice on sale for \$3.49



2/\$5 **2/\$6** **\$6.99** **\$8.49**
Equal Exchange Extreme Dark **Equal Exchange Organic Tea** **Equal Exchange Organic French Roast** **Equal Exchange Organic Bulk Coffee**
2.8 oz., selected varieties 1.41 oz., selected varieties 10 oz., selected varieties per pound in bulk, select bulk varieties also on sale

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.



\$3.99 **\$4.49** **\$4.99**
Udi's Gluten-Free Sandwich Bread **Udi's Gluten-Free Pizza Crusts** **Udi's Gluten-Free Frozen Pizza**
12-14.2 oz., selected varieties 8 oz., selected varieties 10.1 oz., selected varieties

gluten-free for all

Udi's is committed to making delicious food that just happens to be gluten-free, because we believe you shouldn't have to compromise on taste to live a gluten-free lifestyle. Try our new bread with softer texture, incredible taste and big slices!

let it grow non-GMO!



Celebrate Non-GMO Month with Andalou Naturals, the first beauty brand to be Non-GMO Project Verified.

\$15.99
Andalou Naturals
1.7 oz., selected varieties other Andalou Skin Care products also on sale.



5/\$5 **2/\$6** **2/\$6** **2/\$7**
Annie's Organic Mac & Cheese **Annie's Organic Sunny Grahams** **Annie's Organic Fruit Snacks** **Annie's Organic Fruit Snacks**
6 oz., selected varieties 7.5 oz., selected varieties 4 oz., selected varieties 4 oz., selected varieties

Annie's. More than just food.

This is more than just food. These are real, organic bites of yum that turn school lunches into bunny snack-packed fun and turn weeknight dinners into easy, cheesy wins for all. Annie's makes food that keeps kids, parents and the planet happy.

support true fair trade!



\$5.99 **\$10.99** **\$9.99**
Dr. Bronner's Organic Whole Kernel Coconut Oil **Dr. Bronner's Organic Whole Kernel Coconut Oil** **Dr. Bronner's Pure-Liquid Castille Soap**
14 oz. 30 oz. 32 oz., select varieties

APPLE RASPBERRY "NACHOS"



Servings: 4. Prep time: 20 minutes.

1 cup frozen or fresh raspberries	1/4 cup pecans, chopped
1 tablespoon maple syrup	2 tablespoons shredded coconut
1/2 cup chocolate chips	2 tablespoons plain or vanilla yogurt
2 large Honeycrisp apples, halved, cored and sliced thin	1. In a small pot, simmer the raspberries and maple syrup for 5 to 10 minutes, stirring frequently. Remove the raspberry sauce from the heat and pour into a small container through a fine mesh strainer to remove the seeds. Set aside the finished sauce.

2. Melt the chocolate chips either in a double boiler or by microwaving for about 3 minutes on low, in a microwave-safe bowl.

3. To build the nachos, spread out or overlap the apple slices on a platter or large plate. Lightly drizzle the apple slices with the melted chocolate and raspberry sauce, sprinkle pecans and coconut over the top, and serve with yogurt as a dipping sauce.



**Wine
AND
Beer
Sampling**

Saturdays
12-2 pm

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Gingered Beet and Apple Salad

Serves 6. Prep time: 30 minutes

1 pound beets, peeled
1 apple (about 1/2 pound)
1/4 pound carrots, peeled
1/2 cup fresh parsley, minced
2 tablespoon apple cider
2 tablespoon apple cider vinegar
1 tablespoon fresh ginger, minced
2 tablespoon olive oil
Salt and pepper to taste

Directions -
Using the shredding blade of a food processor or a grater, shred the beets, apple and carrots. Mix well with the remaining ingredients. Season with salt and pepper. Serve immediately or refrigerate to let the flavors blend.

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

Oneota Community Food Co-op

MISSION STATEMENT

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



Ends Policy

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

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

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

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

- 1

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

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

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

A business that promotes environmental and financial sustainability.
- 5

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

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

Oneota Community Food Co-op Staff

General Manager, David Lester.....	gm@oneotacoop.com
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"The Scoop" Newsletter Staff

Editor	Nate Furler
Design/Layout	Kaija Kjome and Nate Furler
Proofing	Cathryn Baldner
The Scoop is published quarterly and distributed to 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.	

2018-2019 Co-op Board of Directors

Flannery Cerbin-Bohach - Secretary.....	oneotacerbinbohach@gmail.com
Scott Hawthorn - Vice President	oneotahawthorn@gmail.com
Emily Neal - Treasurer	oneotaneal@gmail.com
Brita Nelson - President	oneotanelson@gmail.com
Dennis Pottratz	oneotapottratz@gmail.com
Scott Timm	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:

Hannah Slater	Lisa McGraw	Kyle Moon	Jessica Paul
Anneke Knauss	Larry Wright	Larry Conway	Nancy Lukes-Jirak
Brenda Hackman	Tatum Miller	Jen Kinson	Deb Schwickerath
Aren St. Louis	Marcella Meza	Melanie Tietz	Linh Luong
Francine Fosselman	Heather Haynes	Alyssa Vondersitt	Chelsy Gray
Joe Goetzke	Micheal Owens	Steven Alcorn	Dylan Reed-Maxfield
Daniel Slagel	Kelly Sharp	John Dunt	Kathy Meyer
Diane Tisue	Elizabeth Abbas	Meghan Anderson	Hannah Gross
Hurma Gurre	Shelly Girolamo	Judith Bockoven	Kara Guyer
Ashley Brink	Nora Beckjord	Jay Huemmer	Nahaylem Ellis
Kim Grinna	Diana Fern	Cindy Kiester	Madison Speer
Sandy Koester	Melissa O'Rourke	Steve Rarick	
Rob Vreatch	Craig Daniels	Kiley Korey	

Member Volunteers - May/June/July

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

Flannery Cerbin-Bohach	Annette Schweinefus	Katie Lawless	Sarah Frydenlund
Scott Hawthorn	Arlyls Adelmann	Marti Runyon	Christine
Emily Neal	Janet Snider	Matthew Jensen	Gowdy-Jaehnig
Brita Nelson	Rachel Sandhorst	Lara Martinsen-Burrell	Mark Faldet
Dennis Pottratz	Merit Olsen	Brittney Claman	Jim Stevens
Scott Timm	Jerry Aulwes	Sabrina Claman	Cathy Baldner
Aimee Viniard-Weideman	Ginny Clement	Michelle Chamlee	LeAnn Popenhagen
Barb Dale	Mary Hart	Cynthia Lantz	John Kjome
Randall Duvall	Jon Hart	Louise Hagen	Johanna Bergan
Michael McElrath	Carol Bentley Iverson	Onita Mohr	Georgie Klevar
Joanne Wu	Wendy Stevens	Dave Jensen	

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

By: Beth Hoven Rotto, Cheese Buyer

Autumn is a great time for cheese. Think of sharp cheddar and apples or apple pie, Swiss cheese in broccoli quiche, scalloped potatoes with gruyere, parmesan on pesto pasta, and feta cheese on winter squash. It's also time to warm some brie and top with preserves, or snack on some fresh Co-op made bocconcini after practice, or nibble something entirely new with a glass of wine, beer, or apple cider.

This quote is from Adam Moskowitz, a third generation cheese importer. I'm including it here for you because it rings true with me. I also hope it will remind and inspire you to regularly check the cheese case at the Oneota Community Co-op to try a new cheese or a new recipe with a cheese you already like.

"Cheese is so simple. Great cheese only needs four ingredients. How well you treat an animal determines the quality of the milk. Depending on how you handle the milk determines the quality of the cheese. How the supply chain handles the cheese determines the cheese's relationship with the consumer. Great cheese equals great flavor equals great memories. What other food is welcome at every meal and has so many varied aromas, textures and tastes? When you support artisan cheese, you are supporting earnest, hard-working stewards of pastoral traditions. And eating artisan cheese is as important for the environment as driving an electric car. Great cheese serves as the best flavor ambassador of terroir."

Even if you aren't going "back to school," consider starting a notebook for yourself with a list of your favorite cheeses. Unless you have a photographic memory, you're bound to forget some useful cheese tidbits that you'll wish you could recall later!



POTATO LASAGNA

Serves 4-6. Prep time: 1 hour: 30 minutes

The High Five

- 3 medium potatoes, scrubbed clean
 - 1 pound part skim ricotta cheese
 - 2 cups shredded Parmesan cheese
 - 1 stalk broccoli, chopped into bite-sized pieces
 - 2 cups thick spaghetti sauce
- Pantry and Kitchen Items
- 1 tablespoon olive oil

1. Heat the oven to 400°F. Drizzle olive oil in a 2-quart baking dish and tilt dish until the bottom has been evenly coated. Set aside.
2. Place potatoes in a pot and cover with cold water, then place on the stove over high heat. Bring to a boil and cook for about 20 minutes, then check the tenderness of the potatoes by piercing with a paring knife. When they are tender but not falling apart, remove from heat and drain. When cool enough to handle, slice potatoes into 1/3-inch thick rounds.

3. Line a fine mesh strainer with two layers of paper towels, place over a bowl, and dollop the ricotta on the paper towels. Gently pat the cheese and let stand to drain off as much liquid as possible, at least 20 minutes. Scrape the cheese into a medium bowl and stir in 1/2 cup of the Parmesan.
4. Assemble the casserole: Place a layer of sliced potatoes on the bottom of the prepared pan. Dollop the ricotta mixture over the potatoes and spread to make an even layer. Sprinkle the broccoli over the ricotta and press gently to make a level surface. Cover the broccoli and ricotta with the remaining potato slices, then top with spaghetti sauce and spread evenly. Cover the sauce with the remaining Parmesan cheese.
5. Bake lasagna, uncovered, for 30 minutes. The sauce will be bubbling vigorously around the edges and the cheese will be golden brown. Let stand 5–10 minutes before slicing.



BAKED SALMON PROVENÇAL WITH OLIVES

Servings: 4. Prep time: 35 minutes; 5 minutes active.

The High Five

- 1 cup cherry tomatoes, halved
- 1/4 cup Greek olives, coarsely chopped
- 1 teaspoon fresh rosemary, chopped
- 1/4 cup white wine
- 1 pound salmon filet, cut in four portions

- Pantry and Kitchen Items
- 2 tablespoons olive oil, divided
 - 1/2 teaspoon coarse salt
 - 1/2 teaspoon freshly ground black pepper

1. Heat the oven to 400°F Lightly oil a 9-inch square pan or small casserole.
2. Pour 1 tablespoon of the olive oil into the pan, and add the cherry tomatoes, olives, rosemary and white wine; toss to mix. Place in oven and roast for 15 minutes.
3. Place the salmon filet, skin side down, on the vegetable mixture, then salt and pepper the salmon portions and drizzle with remaining olive oil. Return to the oven and bake for 15 minutes, until the salmon flakes when pierced with a paring knife.

SPECIAL ARTISAN CHEESES - EVERY MONTH!

2018 will feature Artisan, Specialty or Farmstead Cheeses in all the Co-op Cheese Club bags. Join the Co-op Cheese Club for a hand picked selection of 2-4 cheeses and something to accompany them in a bag put together for you each month. Membership is \$150 for 6 months or (\$30 for 1 month.) Join by the last day of the month for pick up in the middle of the following month.

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

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

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

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Cheese Club

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

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- "The choices have been amazing. Very enjoyable and worth every cent."
- "We plan to renew! We enjoy having new cheeses every month."
- "Loving this cheese club."
- "I really, really, really appreciate your efforts to bring us tasty selections."
- "Another home run for the cheese club! Thanks so much."



BROCCOLI & CHEDDAR RICE CASSEROLE

Servings: 6. Prep time: 55 minutes; 25 minutes active.

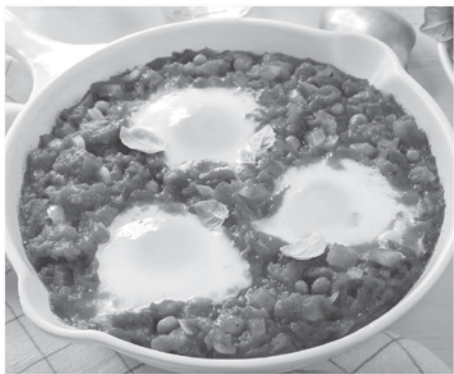
The High Five (Four!)

- 1 cup basmati rice
- 1 1/2 cups milk
- 8 ounces cheddar cheese, shredded, divided
- 4 cups broccoli florets

Pantry and Kitchen Items

- 1 tablespoon oil
- 1 1/2 cups water
- 1 teaspoon salt, divided
- 2 tablespoons flour

1. Heat the oven to 375°F and lightly oil a 2-quart baking dish.
2. In a 1-quart pot, bring the water to a boil and add the basmati rice and half of the salt. Return to a boil, cover tightly, and reduce the heat to low. Cook for about 15 minutes, until all the water is absorbed. Take off the heat, fluff and let stand for 5 minutes, then scrape into the prepared baking dish in a pile to cool.
3. In a small saucepan, whisk the flour and milk and place over medium heat. Whisk until the milk starts to boil and thicken slightly, take off the heat and pour over the rice.
4. Sprinkle in all but half a cup of the cheese and add the broccoli, then stir to combine. Pat the mixture flat with the back of your spoon and top with the remaining cheese.
5. Bake, uncovered, for 25 to 30 minutes, until the top is golden brown and melty. Serve warm.



EASY EGG CURRY

Servings: 4. Prep time: 20 minutes.

The High Five (Four!)

- 1 cup chopped yellow onion
- 1 15-ounce can diced tomatoes with juice
- 1/2 cup frozen peas
- 4 large eggs

Pantry and Kitchen Items

- 1 tablespoon oil
- 1 tablespoon curry powder
- 1/2 teaspoon salt

1. Place a large sauté pan over medium-high heat and drizzle with oil. Add the onions and stir. When they begin to sizzle, reduce the heat to medium-low. Stir frequently for about 10 minutes.
2. When the onions are soft and golden, add the curry powder and stir for several seconds until fragrant. Add the tomatoes, peas and salt and stir. Raise the heat to medium-high and bring mixture to a boil.
3. Simmer for about 4 minutes, or until slightly thickened. Use your spoon to form four indentations in the tomato mixture, evenly spaced around the pan. Carefully crack an egg into each indentation. Cover the pan and reduce the heat to medium. Cook for about 4 minutes, until the whites are set but the yolks are still runny, or longer if you want a firmer yolk. Serve hot.



HARVEST STEW

Servings: 8; Total time: 60 minutes.

- 2 tablespoons olive oil
- 1 cup yellow onion, diced
- 1 cup red bell pepper, diced
- 1 tablespoon garlic, minced (about 3 cloves)
- 1 tablespoon curry powder
- 1 14.5-ounce can diced tomatoes
- 1 15-ounce can kidney beans, rinsed and drained
- 1 cup diced russet potatoes (1/2-inch cubes)
- 1 pound butternut squash, peeled, seeded, and diced
- 1 cup diced apple
- 4 cups vegetable or chicken broth
- 1 cup white wine (or water)
- 3/4 cup pearly barley, rinsed and drained
- 2 teaspoons each salt and black pepper

In a large stock pot, sauté the onion and red pepper in the olive oil over medium-high heat for about 5 minutes; add the garlic and curry powder and sauté for one minute more. Add the barley and 3 cups of vegetable or chicken broth; bring to a boil, then lower the heat and simmer for 30 minutes, stirring occasionally. Add the tomatoes, kidney beans, potatoes, butternut squash, apple, remaining broth, wine, salt, and pepper. Simmer for another 20 minutes or until the barley is tender. Taste for salt before serving. This hearty stew is delicious with crusty bread and a green salad, or accompanied by a toasty grilled cheese sandwich on whole-grain bread.

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Find these and ther recipes, plus information about your food and where it comes from at www.strongertogether.coop.

What's New in WELLNESS?

By: Carrie Johanningmeier, Wellness Buyer

FOUR SIGMATIC MUSHROOM SUPERFOOD DRINKS:

This group of Finnish friends have made taking medicinal mushrooms even better! Try a delicious golden latte with Shiitake and Turmeric or an instant coffee with Lion's Mane and Chaga. These mushroom powders are sold individually for grab-and-go or in whole boxes for the regular user. Find focus, energy, or adaptogenic support in a packet. Easy to take along for a mid-day cup of tea or to mix in your morning smoothie. Be it Cordyceps, Lion's Mane, Chaga, Reishi, or Shiitake - we've got you covered in fungi!



URBAL ACTIV CBD PRODUCTS:

Find 5mg CBD (cannabidiol) mints in Key Lime or Peppermint flavors in a handy tin in the CBD case. This tasty and easy-to-use CBD option is great for those looking to try out CBD without the commitment of a whole bottle. Just 12 mints per pack for \$12.99. Great for pocket or purse.

We also have CBD for your pets! Urbl Activ's Serenity Snacks come in 2 flavors for 2 sizes of dogs and albacore tuna for your kitties. We also have pet specific CBD tincture available.

NATURE'S WAY ALIVE MULTIVITAMIN FOR MEN AND WOMEN:

These food-based blends are gender and age specific, have a great price point and truly do energize. I've tried them myself and they are my go-to multi these days.



PALEOPRO GRASS-FED BONE BROTH COLLAGEN:

Collagen is all the rage and PaleoPro's Aztec Vanilla Bone Broth Collagen is 16 grams of protein per serving with Turmeric Root. Made from pastured, grass-fed beef collagen. This protein powder can be enjoyed hot or cold or mixed with your favorite smoothie.

SMARTY PANTS GUMMY VITAMINS:

The delicious and high quality gummy vitamins have been popular for the kids for some time but we now have Men's, Women's, Prenatal, Teen Girls and Teen Guys options. These gummies pack more vitamins and minerals than the average gummy with added Omega-3's and probiotics for digestion.



SCHMIDT'S TOOTHPASTE AND BAR SOAP:

I LOVE everything Schmidt's does. Our top selling deodorants are from this sweet little company out of Portland, Oregon. Now they are expanding in the body care world to oral care and soaps. The toothpastes are all SLS (sodium lauryl sulfate) and fluoride free with no artificial flavors. These new toothpastes come in four fun flavors, including Lime Coconut, Jasmine Spearmint, Vanilla Chai and Wondermint.

The bar soaps are nice and scrubby and come in the same fun scents as the deodorants: Lime Bergamot, Cedarwood Juniper, Lavender Sage, Rose Vanilla, Ylang Ylang Calendula and unscented. They are long lasting and contoured for ease in handling.

NEW ESSENTIAL OILS BY AURA CACIA:

Stop in and check out some new offerings from our longtime essential oil supplier, Aura Cacia. We have a great new display that is easy to shop and beautiful too. New oils include Manuka, Sweet Peppermint, Turmeric and organic oils of Cajeput, Copaiba, Holy Basil, Blood Orange, Rosemary Verbenone, and French Lavender.



PERFUME OILS BY VERIDITAS PRANAROM:

Find three beautifully scented organic perfume oils by our friends at Pranarom in Minneapolis. Certified organic essential oils make up these lovely perfume rollers: Neroli Lavender, Bergamot Sandalwood or Balsam Fir and Cedarwood. You are sure to find at least one that suits you.

INESSCENTS CBD SKIN CARE:

CBD (cannabidiol) is great for skin too. Find Inesscents' Balancing Skin Care trio on our shelves this fall - hydrosol, oil and skin balm. The Fresh Flower Hydrosol contains a rich array of beneficial and supportive terpenes known to be calming and soothing for the skin. The CBD Beauty Balm and Beauty Serum are intended to be used in tandem with the hydrosol to calm, hydrate, restore and soothe delicate facial skin. These lovely products have made a home in my cabinet along with my Evan Healy facial care.



ALL GOOD DEODORANTS:

Well-known for their superclean values and their All Good Goop, All Good has now branched out into the deodorant world. Check out solid deodorants for men and women alike in two great smelling choices, Rose Geranium and Jasmine or Cedarwood and Spruce.

MRS. MEYER'S:

Body Washes: In three signature Meyer's scents: Lemon Verbena, Basil and Honeysuckle. If you love the hand soaps, you'll love these bubbly body washes.

Mrs. Meyer's Basil Lotion: The most popular of Mrs. Meyer's scents in our store, we decided to add this lightweight lotion to our mix. Nice next to the Basil Hand Soap on your sink.



ENZYMEDICA



Purify Intestinal Cleanse is a comprehensive 10-day program to detoxify and rebalance intestinal microbes. It contains botanicals like berberine, oregano, wormwood leaf and cinnamon bark extract that work quickly to promote a balanced intestinal environment. A specialized target release capsule helps to deliver these ingredients in an optimal manner for improved absorption.

Prebiotic Superfoods Drink Mix has 50 blended fruit, vegetable, and botanical powders to help nourish the microbiome. Organic Fermented Barley Grass is added for the chlorophyll to aid in digestion and fiber from Acacia Gum to help keep your digestive system moving optimally. This formula helps boost not only your microbiome but supplemental probiotics as well.



GI Recovery Drink to help restore your digestive system to normal function quickly. Includes L-glutamine to fuel your cells along the GI tract, promoting energy, gut function, and muscle growth to support recovery from digestive distress. 50 superfoods are added to flood the microbiome with nourishment to help reset and bring balance to your digestive system.

Stop by and check out some of our new offerings!

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Healthy Kids Lunches

1 + 1 + 1 = 1

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SIMPLE IDEAS TO BANISH LUNCHBOX BOREDOM

Okay, parents. We all know that back to school is, although bittersweet for our children, pretty good for us. Our children are again occupied in noble pursuits, they get regular exercise, they have plenty of time with their friends and the echo of “I’m bored” vanishes from the halls of our homes. Things are always good for a few weeks — at least until a new boredom sets in. School lunch burnout.

For those who regularly pack lunches for an elementary school-aged child, you may have run into a few common points of friction. Namely, boredom with content, arguments over what did not get eaten that day, and issues revolving around trading for junk food. Let’s look over the issues, one at a time.

BATTLING BOREDOM.

I had always planned on being the mom who would break out the cookie cutters to make lunchtime sandwiches special, or who would creatively market sacks of carrot coins or a standup broccoli forest to my child. But the reality is, that takes time. Our family tries to put emphasis on dinner and eating (mostly) homecooked meals together at night, so with already limited time in the evenings, packing elaborate bag lunches has fallen by the wayside.

Working under time constraints might take some of the creativity out of presentation, but it doesn’t have to mean a boring or unbalanced lunch. We adopted a baseline of this equation:

1 + 1 + 1 = 1. One fruit or vegetable (e.g., carrots, banana, cucumber, apple), one protein (turkey, peanut butter, ham, cheese), and one carbohydrate (bagel, crackers, English muffin, tortillas) = one lunch. Dividing lunch-building into predictable units makes it easy for my son to participate by choosing different, changing components. One of the best side effects of this lunch style is that it teaches my son about nutrition — which types of food have what nutritional value. Now my son knows that peanut butter is a protein, not a vegetable. He knows that a banana is not a significant source of complex carbohydrates but that a whole wheat bagel is.

EMPHASIZE EFFICIENCY

There was a time, I am sure, when all kids would sit down to lunch at school with enthusiasm and dig in, focused on the task of chewing their food and getting refueled for an afternoon of learning. I believe that time was somewhere around the year 19-oh...never?

The truth is that lunch is, and has always been, an important social time for kids. This is when jokes get told, bragging gets done and where today’s hilarious sight gags are tomorrow’s doctor’s visits (raisins in the nose, anyone?). This is also when your child is supposed to focus and eat their whole lunch.

Remembering to keep portions small and the eating process efficient (think bite-size finger foods) helps ensure that

more food gets eaten. This is the way toddlers eat, but I find it works great at any age (I love a “snack lunch” at the office myself). It doesn’t have to look extremely coordinated to be a good lunch — a handful of nuts, a bag of snap peas, some cheese cubes, grapes, whole wheat bagel half. All these things are easy to eat, and more important, can be safely eaten while paying attention to at least three other things at once.

LESS LUNCH TRADING

My son reports that a lot of unsanctioned lunch trading happens. Packaged, processed foods designed for lunchboxes — fruit snacks, cookies, chips and cheese puffs — are a hot commodity. For a kid who brings a healthy lunch every day, those things help him build an argument that his mother is the meanest, most boring person alive. It’s disappointing to think that the healthy meal we spent time and money planning and purchasing could be traded for less healthy food on a whim. Though I suspect my son’s whole wheat bagel or almonds rank low in lunch table trading values.

But to alleviate the feeling that my child is going to be scarred by his health-fanatic

mom who never allowed him to have fun foods, we’ve added “mystery” items to the lunchbox — something that doesn’t fall into the main food groups: fruit leather, organic chocolate milk, natural energy bars, a single serving of chips. We shop for these mystery items, along with the rest of his lunch, at our local food co-op, where it’s easier to minimize the stuff I don’t want him to eat: high-fructose corn syrup, hydrogenated fats, artificial chemical sweeteners and dyes. My hope is that he’ll covet these treats enough that they don’t end up in trading action.

Dividing lunch-building into predictable units makes it easy for kids to participate by choosing different, changing components.

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Thank you for a wonderful 2018. See you spring 2019.



Seed Savers EXCHANGE

Keeping Heirloom Seeds in Our Gardens and on Our Tables

seedsavers.org | Decorah, Iowa

Please note: As of September 15, the visitors center will be closed for the season to make way for barn renovations and other site improvements. Looking forward to seeing you next spring!



COUNTRYSIDE ORCHARD

We received some sad news about Jaime Bjornsen of Countryside Orchard in Lansing, IA. She passed away suddenly in early August. Jaime has been selling her spray-free apples at the Co-op for many years. Jaime was always wonderful to work with - and a bundle of sunshine-y energy. Jaime knew which varieties of apples our customers (and staff) loved and would save a box or two for us. She was constantly learning about how to be a better apple grower and loved to talk shop. She made homemade caramel dip as well as many jams and jellies to sell in her on-farm store. Jaime’s family will continue to harvest her apples in her absence this season and make her famous caramel dip, as well. We are deeply saddened by the loss of a wonderful person and local grower.

A NOTE ABOUT PEAKE ORCHARD

As you may have heard, Peake Orchard was impacted by herbicide drift from a neighboring field earlier this season. Due to this, they have been waiting for test confirmation about herbicide residue on their apples. After multiple tests they are happy to inform the public that the latest test has come back free of herbicides. Peake Orchard wishes to thank everyone for their patience this season as they prepare to harvest and sell their apples. The Co-op is proud to carry this quality local product at our store and we wish the Peakes, and all our local producers, a safe fall season in the fields. You can also find Peake apples at the Winneshiek Farmers Market on Wednesday afternoons and Saturday mornings.