

THE SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

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312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666 • WWW.ONEOTACOOP.COM

WINTER HOURS (NOV-MAR): MON.-SAT. 8:00-8:00 • SUN. 10:00-7:00 • SUMMER HOURS (APR-OCT): MON.-SAT. 8:00-8:30 • SUN. 10:00-7:00

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

From Foodshed to 'Foodcabin'



By: David Lester - General Manager

As I sit in my office on this morning in early May wondering about the significance of a May snowfall and a high of 33 degrees, my spirits are lifted with a new product from Waving Grains Bakery. Just moments before, I warmed up a bacon cheddar scone on the Panini grill in our café and I am about to have a private, salty-cheesy-bacony moment of silence before diving into the day's work. Yummm.

It is impressive to see many local producers like Waving Grains innovating and producing unique items for our customers. Our customers expect these items to be minimally processed and made with the highest quality ingredients possible. It is not an easy task for most small, local producers. There is a lot to think about in owning your own business just to make ends meet yet most of our local producers find that valuable time to innovate and stay ahead of the competition.

The Driftless Region in which we live is a fragile, yet fertile ground for small-scale farm production and innovation. We know that our farming and business practices and the way we treat our land in this area are important for long-term health, sustainability and productivity. Oneota Co-op values and seeks producers who are certified organic or are transitioning to organic.

Our grower questionnaire asks about farming practices, so we do farm visits, and we have other safety measures in place to ensure our local products are safe and meet our high standards. Having a focus on organics helps create a healthier environment for all of us to live, work and play as well as helps create a more sustainable food system in the Driftless Region.

I had the opportunity to hear Philip Ackerman-Leist speak at Luther College on April 28th. Ackerman-Leist gave a lecture about his latest book, *Rebuilding the Foodshed*. The concept of a foodshed is similar to a watershed in the sense that it is an area of land that tracks how food flows within that area. It takes into consideration economic and physical landscape factors and barriers. What struck me the most during his presentation was that in many instances across the U.S. local foods are priced at a premium. This makes them not very affordable for many individuals and families in the community. When it comes to making food purchasing decisions in a family with a household income of less than \$30,000/year, price matters. We can talk all we want about these products being certified organic and the health benefits of being grown without the use of hormones or antibiotics, but price matters to our shoppers with

fewer economic resources. It's not easy to simultaneously make local food items affordable and reach more of our community with locally grown food.

At our Co-op we try to address this issue in different ways. For example, we place higher margins on items like Costa Rican bananas so that we can lower our margins on some basic local pantry items like onions and potatoes. Ackerman names a place where there is a lot of possibility for making local items more affordable. He calls this place "The New Middle." The new middle is a place where

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innovation for growing our local foodshed is happening. According to Ackerman, The New Middle "consists of aggregation, processing, and distribution, in a variety of forms

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a business that encourages the expansion of sustainably grown local food sources



A Sense of Place, Best Left in Place.

By: Liz Rog - Co-op Member/Owner

On perfect spring days such as these, one can almost believe that our little piece of paradise here in NE Iowa is a world apart, destined to always blossom in just this way, every spring, forever. But of course we do not, in the end, live in a bubble. Our home is subject to the same threats to its land, water, air and culture as any other place. Our fates are all intertwined.

For nearly 40 years our Co-op, its members and community members have been leaders in efforts to protect the water, land and air of our region. The Co-op has nurtured connections between consumers and local farmers, and helped to connect people's concern for the living earth with the food choices we make. It has celebrated the rich farmland, the abundant waterways and the creative, cooperative instincts of people. It has strengthened the local food system in ways unimaginable just a few decades ago. In the process, the Co-op has helped create an environment that attracts young people, many of whom are staying or returning to share their energy and good will. Visitors marvel at the strength of the local economy, the local foods and the many ways to enjoy the water, air, and land.

A proposed new industry threatens to change this.

Often now called "frac sand"

because of its connection to the hydraulic fracturing process which extracts natural gas from the ground, silica sand has been found in abundance where we live. For this reason, our hills have suddenly become extremely valuable to multinational gas and oil corporations.

A Place Nearby

We don't have to look far to see a living example of how quickly the change could come. Over the past 2 years alone, our neighbors in SW Wisconsin have watched the opening of 112 new silica sand mines, ranging in size from 300 to 1200 acres.¹ These hills are driven away in huge trucks that travel the winding county roads, passing by rural farms and homes every 15-30 seconds. Their ground water is potentially polluted with acrylamide and their air potentially polluted with cancer-causing respirable crystalline silica (silica dust)².

On October 1, 2012, Allamakee county residents learned that an application had been submitted to open a large-scale mine. Within the month, residents formed the Allamakee County Protectors. This citizens group worked quickly and successfully to

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a business that promotes environmental sustainability

Frac Sand Mining Visible Environment Before (top) After (bottom)



Photos courtesy of Winneshiek County Protectors.

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Two Tart Fruits

By: Betsy Peirce - Produce Manager

Let's begin our summer newsletter talking about two tart local fruits that bookend the summer growing season: Rhubarb and Aronia Berries. Patchwork Green Farm supplies us with rhubarb and Linus Barloon is our Aronia Berry guy.

Rhubarb

I have fond memories of summer desserts made by my mom and grandma oozing with tangy, sugary-sweet rhubarb. My favorite was my grandma's rhubarb custard pie. Rhubarb has earned the nickname "pie plant" due to the thousands of ways it can be paired and sugared with other fruits and tucked into a buttery pastry crust. Rhubarb is not limited to pie alone. It can also be made into cobblers, buckles, grunts, crisps, sauces, compotes, and, thanks to creative chefs, there are even some savory applications for this ancient fruit. Pork pairs particularly well with rhubarb chutneys and salsas.

Rhubarb is related to the Buckwheat family and has been around for centuries. It originated in China and made its way along the Silk Road through Turkey and Europe and Russia. The medicinal properties of the Rheum palmatum, R. tanguticum and R. officinale varieties made rhubarb a much sought after plant, as valuable to the Europeans as cinnamon, opium and saffron. The astringent roots from these plants were used as a purgative for more than 5,000 years since they have such a strong laxative action; they have also been used for treating burns, dysentery, appendicitis, toothache, various skin maladies and more. Rheum x cultorum, the Latin name for our culinary rhubarb, was also well sought after and considered a valued trade item along the Silk Road. It was comparable to the value of diamonds, pearls and silk.

Rhubarb first came to the United States in the 1820s, entering the country in Maine and Massachusetts and moving westwards with the European

American settlers. Rhubarb is technically a vegetable. However, in 1947 the U.S. Customs Court in Buffalo, New York passed an official ruling that rhubarb should be classified as a fruit since that is how it is principally eaten. There was an advantage gained by the state in declaring it a fruit and that was a reduction on imported rhubarb tariffs because tariffs were higher for vegetables than fruits.

Rhubarb stalks can vary from a deep pink color to a lovely green. They have virtually the same flavor and both are suitable for cooking. The pink color of rhubarb can be attributed to anthocyanins, powerful antioxidants that are present in red colored foods. If you have only green rhubarb in your patch, try adding a few strawberries to your recipe to color it red (and to boost the antioxidant content). Not to mention that their flavors combine splendidly! Rhubarb is rich in Vitamin C, fiber and Calcium, although the high Oxalic Acid content in rhubarb prevents your body from absorbing the calcium completely.

While we certainly take its illustrious origins for granted, we do not lack in appreciation for its appearance every spring. Below are some recipes for getting you started on your rhubarb taste adventures.

Aronia Berries

So what is a superfruit anyway? It's actually a marketing term used to describe fruits that are extremely dense in nutrients and in antioxidants. Aronia berry fits the bill as having the highest recorded level of anthocyanins of any fruit. Higher than acai, grapes, elderberries, blueberries, and other fruits (<http://www.motherearthnews.com>)

More specific research into just what makes Aronia berries antioxidant powerhouses reveals that "ORAC, Oxygen Radical Absorbance Capacity, is the method that is used to measure the antioxidant capabilities of biological samples such as fresh fruits and vegetables. The ORAC



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

value recorded for Aronia is about 58 percent higher in antioxidant levels than blueberries and over 90 percent more than cranberries. Proanthocyanidins have benefits that are directly related to protection against Cardiovascular disease. The concentration of PAs in the Aronia berry is among the highest reported value of any food."

<http://www.motherearthnews.com/real-food/aronia-berries-zwoz10zkon.aspx?PageId=1#ArticleContent#ixzz2SCNUyxKH>

Many health benefits are thought to be related to consuming richly pigmented berries due to the high content of Anthocyanins. Diseases related to aging and neurological diseases, inflammation, diabetes, bacterial infections, and fibrocystic disease may benefit from consumption of Anthocyanins.

Aronia berries were grown for hundreds of years by Native Americans. A few old timers have seen them at the Co-op on our shelves and said that they have big patches growing wild on their farms - most knew them as Chokecherries and most didn't eat them anymore. They were given the nickname chokecherries because they are quite astringent and not at all sweet. However,

when combined in a yogurt smoothie or in baked goods, they are wonderful. Of course, back then there was no invented term like "superfruits" and so most people knew they were there but assumed them to be inedible. We now know them to be an excellent food that can be grown easily in the Midwest and are remarkably resistant to pests. Stop in during August and September for a taste of the remarkable Aronia Berry. My favorite combination is one container of Greek Gods brand Honey Greek Yogurt, 1 banana and a half a package of Aronia berries. The color achieved by blending these three ingredients, as well as the yumminess factor, will knock your socks off!

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WELLNESS WEDNESDAY
FIRST WEDNESDAY
 of every month
 members receive
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Tune to the **NEW KPVL Community Radio**
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From Foodshed to 'Foodcabin'

- continued from page 1

and combinations, ranging from community-based nonprofit efforts to savvy entrepreneurial initiatives."

There are numerous models across the country, like the food hub created by La Montanita Co-op in Albuquerque, New Mexico. They created a separate warehouse that stores, delivers and picks up local products on two different distribution routes from the warehouse. In Northeast Iowa, Grown Locally is a cooperative of over 30 different producers that is providing fresh, high-quality foods to local food service institutions. Luther College and the Oneota Co-op are two of the largest customers of Grown Locally and meet with them to plan purchases on a yearly basis to keep waste at a minimum. There is a lot of opportunity for individuals and investors in the Driftless Region interested in food processing. Possibilities in large-scale canning, baking, dehydrating and freezing are just a few that come to mind in The New Middle. At the Co-op, we have expertise in food business incubation and marketing ideas that could also be shared with producers and processors.

I think communities that exist within this Driftless Region like Decorah, Winona, Viroqua, La Crosse, Dubuque and others are well on the way to rebuilding their foodsheds. I also like to think about a foodshed as a small structure with humble roots sheltering a small portion of a population, but with possibilities of being something a little bigger with fewer holes in the roof and more inviting. With innovative growers and producers seeking new ways to use technology to reach more consumers, our foodshed has the possibility of being more of a "foodcabin" and a model for other communities.

So, thank you to all of our almost 70 local producers. What you do is amazing and important. You're making a difference to a lot of people every day.

Oneota Community Co-op's LOCAL PRODUCER LIST

PRODUCER	ITEM(S)
Alcam Creamery.....	Butter
Angie Amsbaugh.....	Jewelry
Bear Creek Honey	Honey
Beyond the Moon Soapmakers.....	Soap
Blake Family Organic Farm	Bison
Breezy Bluff Farm	Beef, lamb
Brunkow Dairy Cooperative.....	Cheese
Buffalo Hills Bison.....	Bison
Canoe Creek Dairy ..	Organic Valley Milk
Carl Homstad.....	Greeting cards
Carol Bentley Iverson	Greeting cards
Carr Valley Cheese.....	Cheese
Cedar Grove Cheese.....	Cheese
Countryside Orchard	Apples
Country View Dairy	Yogurt
Eco Lips.....	Lip Balm
Elisabeth Maurland.....	Greeting Cards
Empty Nest.....	Wine
Faribault Dairy Company, Inc.	Cheese
Ferndale Market.....	Turkey products
Footbridge Farm	Basil
Frontier Natural Products Co-op.....	Wellness & Bulk
God Dag	Lefse
Golden Ridge Honey	Honey
Grass Run Farm	Beef products
Great River Organic Milling, Inc.....	Bulk flours
Green's Sugar Bush.....	Maple syrup
Grown Locally ..	Assorted meats, eggs and produce
Hanson's Eggs	Eggs
Integrity Mills/ Sun Rich, LLC.....	Corn Polenta
J & J Produce.....	Produce
Kickapoo Coffee	Coffee
Ku'un Coffee	Coffee
Larry Schultz Organic Farm	Chicken, turkey, eggs
Linden Soaps	Soap
Linus Barloon	Aronia berries
Lyle Luzum.....	Lamb products
Lynn Staley	Bread and bakery items
Marilyn Sabelka.....	Black walnuts
McCaffrey's Dolce Vita	Breads

SAVE THE DATE

5th Annual - well, almost - we skipped a year!

Meat and Greet

Thursday, June 13th
5:00 - 7:00 pm



Join us outside as we fire up the grills and serve up samples of fresh-grilled & locally-raised meat and produce products, including some of those delicious walnut burgers. Meet and converse with local producers that supply their quality products to the Co-op, and you the community. This event is held in the Water Street Park, next the Co-op.

Meadow Farm

Produce, flowers

Montchevre Cheese.....

Cheese

Mt. Sterling Co-op Creamery

Cheese

Nathan Matter/Ardivar

Prints/Cards

Netty's Naturals

Bodycare/Lotion

Nordic Creamery

Cheese

Off the Land

Pork products

Organic Valley Family of Farms

Cheese, milk and dairy products

Pasture Pride.....

Cheese

Patchwork Green Farm.....

Produce

Peake Orchard.....

Apples

Plant Peddler.....

Produce/Plants

River Root Farm

Produce/seedlings

Rock Cedar Ranch.....

Beef

Rolling Hills Farm.....

Produce

Shepherd's Way

Cheese

Shullsburg Creamery, Inc.

Cheese

Simply Bee Natural

Wellness/Bodycare items

SnoPac

Frozen fruit/veggies

Stone Prairie Farm

Produce

Tom Beard

Lamb

Top of the Hollow Farm

Potatoes

Trempeleau Hotel

Walnut Burgers

Wangsness Farm

Organic Valley soy products

Waving Grains Bakery.....

Bakery Items

Winneshiek Wildberry Winery

Wine

WW Homestead Dairy

Cheese curds, cheese, milk

Yellow River Dairy

Cheese

Yost Farm Inc.....

Tomatoes

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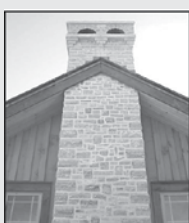
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Try this at home!

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

Visit www.strongertogether.coop/coop-kitchen.



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

coop kitchen



CO-OP EVENTS & CLASSES

www.oneotacoop.com/classes-and-events

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

JUNE

Rice Rice Baby

Wednesday, June 5, 5:30 pm

Jasmine, Forbidden, Mekong Flower, Jade Green – the world of rice is full of exotic names, colorful grains and so many flavors. Several rice varieties will be prepared and sampled in class. Learning to cook with rice may be the key to a more nutritious diet for you and family. Learn how to incorporate rice, a nutritious whole grain, into your weekly diet. Cooking rice is made even easier with modern appliances. We'll show you how to add whole grains to your family's diet every day without adding more time and mess to your meal preparation.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

\$10 Co-op Member/Owner, \$15 Community Member

Meat and Greet

Thursday, June 13, 5:00 - 7:00 pm

Join us outside as we fire up the grills and serve up samples of fresh-grilled and locally-raised meat and produce products, including some of those delicious walnut burgers. Meet and converse with local producers that supply their quality products to the Co-op and to you, the community. This event is held in the Water Street Park next to the Co-op.

FREE

Welcome to the Co-op! Member/Owner Orientation

Thursday, June 13, 6:00 pm

Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section member/owner benefits, and more. Also a great chance to sample products as we tour through the store. Receive a \$5 store coupon for each owner household that completes the tour.

FREE

Book Preview Event

Thursday, June 13, 7:00 pm

Are you still trying to figure out your summer reading list? Let Dragonfly Books help with the Health & Wellness Book Discussion Series, featuring licensed massage therapist, Dianna Berry, Johanna Bergan of the Oneota Co-op and Molly Lesmeister of The Yoga Room. Exploring food, movement and mental wellbeing, this series will have a little something for everyone. You'll have the opportunity to discuss, debate, digest and dig in to three fascinating books. Don't miss the kick-off party where you'll have the opportunity to peruse the books, wine-and-dine with the discussion hosts, get a free chair massage, chat with some of Decorah's area holistic health practitioners and get 10% off selected books and on all wellness related books. You can join all three book discussions or just join one, it's entirely up to you. This event and discussion series is free and open to the public.

Location: Dragonfly Books

FREE

Whole Food Smoothies

Monday, June 17, 5:30 pm

Smoothies allow you to increase fruit and veggie consumption every day. Blended drinks easily incorporate leafy greens and extra servings of vegetables. Fruits add natural sweetness and let those of us who don't love veggies sneak them into our diet. Learn how to make green smoothies and leave class feeling comfortable and ready to start blending in your home kitchen.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

\$10 Co-op Member/Owner, \$15 Community Member

Presto! Pesto!

Tuesday, June 18, 5:30 pm

Bring the taste of Italy into your kitchen and feel confident in your preparation. The simple equation behind pesto is greens + olive oil + nuts = pesto. The variations and combinations from this starting point are seemingly endless. Explore techniques to incorporate almonds, walnuts, tomatoes and more into pesto – not to mention the many uses of pesto when it is complete.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

\$10 Co-op Member/Owner, \$15 Community Member

Gluten-Free Tour

Wednesday, June 19, 6:00 pm

Love good food but find yourself with options because you are gluten free? Tour the Co-op with Maria and find the large array of gluten-free products on our shelves. Learn the ins and outs of gluten-free labeling on products, as well as the unique labeling system used in the Co-op. Enjoy samples of favorite gluten-free products as you walk through the store. *Tour focuses on those just beginning a gluten free diet*

Led by Johanna Bergan

Location: Oneota Community Co-op

FREE



JULY

Food Allergy Tour

Tuesday, July 2, 6:00 pm

Do alternative diet needs affect your food choices? The Oneota Community Co-op carries many products to assist you in finding the foods you want. Tour the store with a knowledgeable staff member. Find out how products are labeled and what allergy friendly brands are carried by the Co-op. Learn about the various options available to special order additional products to round out your diet. Enjoy samples of our favorite Co-op products as you walk through the store. FREE

Led by Johanna Bergan

Location: Oneota Community Co-op

FREE

Indicate allergens at registration for tour

Co-op OPEN July 4th 10:00 am - 4:00 pm

Hummus and Other Bean Dips

Monday, July 8, 5:30 pm

Chickpeas, tahini, garlic and olive oil. Sounds so simple, right? Then why don't we all make hummus from scratch? Class will show you that it really is just that simple! Learn to make a dip that will have folks asking for the recipe. Homemade hummus and other bean dips are perfect for entertaining but can also make lunch prep quick and easy. Lighten up your cooking load in the kitchen with these simple recipes.

Instructor: Johanna Bergan

Location: Oneota Community Co-op

\$10 Co-op Member/Owner, \$15 Community Member

Welcome to the Co-op! Member/Owner Orientation

Thursday, July 11, 6:00 pm

Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section member/owner benefits, and more. Also a great chance to sample products as we tour through the store. Receive a \$5 store coupon for each owner household that completes the tour.

FREE

The Art of Roasting Locally

Sunday, July 14, 1:00 pm

Join local coffee roasters from K'uun Coffee for an afternoon presentation of the art of roasting coffee. Learn about the primary production of coffee and the roasting process which happens in Calmar, IA. The journey from bean to roast ends with you enjoying a cup of freshly brewed coffee. Enjoy a coffee tasting including coffee of different origins, roast types and brewing methods.

Find out more about this locally roasted coffee at kuuncoffee.com and purchase K'uun Coffee at the Co-op.

Instructors: Fernando & Barbara Vaquero, K'uun Coffee

Location: Oneota Community Co-op

\$10 Co-op Member/Owner, \$15 Community Member

Juicing from Your Garden

Saturday, July 20, 10:00 - 11:30 am

Join Lindsey as she juices her way through an Iowa garden. Juicing pineapple and mango makes wonderful drinks but we can't grow these in the Midwest. In the middle of our summer growing season our gardens, farmer's markets and Co-op produce section are overflowing with fresh and local veggies. This class is an exploration of incorporation - how to turn the garden bounty into morning juice. The same health principles apply to this style of juicing. Be prepared for juicing samples and recipes!

Instructor: Lindsey Harman

Location: Oneota Community Co-op Classroom

\$10 Co-op Member/Owner, \$15 Community Member



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JULY, CONT.

Toward Better Birth: Creating Your Birth Plan

Saturday, July 20, 1:00 pm

Join Certified Birth Doula, Midwife's Assistant, and Childbirth Educator, Lindsey Harman, for an afternoon of discussion about you, your baby and your birth. We cover what a doula does and why having a doula at your birth could be beneficial to you. Also covered will be stages of labor and what options are available at each stage, helping you craft your own plan for your birth. Wondering about the details of typically offered procedures, medications, and interventions? Have questions about the physiology of birth and about what you might expect from your body, your baby and your partner in labor? We'll cover all of that too! Join us. FREE

Instructor: Lindsey Harman

Location: Oneota Community Co-op Classroom

Whole Food Smoothies

Monday, July 22, 5:30 pm

Smoothies allow you to increase fruit and veggie consumption every day. Blended drinks easily incorporate leafy greens and extra servings of vegetables. Fruits add natural sweetness and let those of us who don't love veggies sneak them into our diet. Learn how to make green smoothies and leave class feeling comfortable and ready to start blending in your home kitchen.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

\$10 Co-op Member/Owner, \$15 Community Member

Spring Rolls

Tuesday, July 23, 5:30 pm

Have an appreciation for Asian cuisine and feel ready to bring it out of the restaurant and into your home kitchen? Learn the art of making spring rolls and the versatility they provide. Not only will you learn how to wrap and present spring rolls but also receive many ideas for fillings and dipping sauces. Spring rolls are perfect for summer dining – light, healthy and fresh.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

\$10 Co-op Member/Owner, \$15 Community Member

Ratatouille

Tuesday, July 30, 5:30 pm

Working in the Oneota Community Co-op's Classroom, we will be chopping up veggies galore! Taking some of the lesser used vegetables - zucchini, eggplant and peppers - we will make Ratatouille (maybe you've seen the movie?). We'll cover the basics of sautéing vegetables (cooking in oil over the stove) as well as roasting vegetables in the oven. Ratatouille freezes beautifully and can be used as pizza topping, pasta sauce or calzones for quick meals later in the season.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

\$10 Co-op Member/Owner, \$15 Community Member

AUGUST

Member Appreciation Day (M.A.D.) Sale at the Co-op

Tuesday, August 6, 8:00 am – 8:30 pm

10% off storewide* for Oneota Co-op member/owners. Discount may be combined with all other member discounts. (*discount only excludes Co-op Deals and Member Deals sale items.)

Welcome to the Co-op! Member/Owner Orientation

Thursday, August 8, 6:00 pm

Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section member/owner benefits and more. Also a great chance to sample products as we tour through the store. Receive a \$5 store coupon for each owner household that completes the tour. FREE

Community Meal: Hosted by McCaffrey's Dolce Vita and Oneota Community Co-op

Thursday, August 15, 5:00 - 6:30 pm

The Decorah Community Meal takes place the first and third Thursdays of the month in the fellowship hall of First Lutheran Church. Food and drink is provided by local organizations. All are welcome and the evening is a true community event. People from all walks of life, who may never have met one another, sit and eat. We invite you to join in this celebration of food, people and community. FREE

Location: First Lutheran Church, 604 West Broadway

Sneak Preview: Cooked A Discussion of Michael Pollan's Newest Book

Thursday, September 12, 7:00 pm

Join us and our friends at Dragonfly Books for a second book discussion of the summer focusing on what we eat. Go on a cooking adventure with Pollan as he examines the elements of transforming nature into food using fire, water, air, and earth. From a North Carolina Barbeque pit master to a Chez Panisse trained chef, Pollan examines how cooking involves us in a web of social and ecological relationships. FREE

Discussion Led by: Johanna Bergan

Registration Information

Co-op members: Pay at time of registration, either by phone and charge class fees to your Co-op account which you can pay when you come in to shop, or in person at the Customer Service Desk.

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.

Cancellations will be fully refunded if called in 24 hours prior to the class. Classes also have minimums; in cases where minimum class size is not reached three days prior to class, the class may be cancelled. To register or cancel, 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.)

EXPLORING FOODS - OFF FOR THE SUMMER



Class held Thursdays 4:00 - 5:00 pm on the following dates:

CLASSES RESUME IN SEPTEMBER

Each class is \$8.00 per child.

Classes designed for ages 3-7 years old.

Held in the Oneota Community Co-op Classroom and taught by Melanie Stewart.

Explore foods through sight, sound, smell and tactile experiences. The love of cooking and eating good food starts young. Children who are given choice and are able to lend a hand in preparing their foods eat a wider variety of nutritious foods and are able to make healthier choices as they grow. Let that process start here at the Oneota Community Co-op!



An Invitation to Community:

Decorah Community Meals

In Brief:

Twice each month, on the first and third Thursdays, folks from all walks of life join together in the sharing of food at the First Lutheran Church, 604 W. Broadway Street, Decorah. Each meal is sponsored by Sodexo and McCaffrey's Dolce Vita (respectively), and they provide the main entree.

The responsibility for serving, providing sides and desserts, falls to local organizations who volunteer their time and energy. These truly community events are organized by a leadership committee including representatives from NEIUUF, Good Shepherd Lutheran Church, First Lutheran Church, Ryumonji Zen Monastery and the United Methodist Church.

The Invitation:

As member/owners of the Oneota Community Co-op, you share an interest in the work and value of community. Help us to build the community we want to live in, celebrate the good food available to us here in Northeast Iowa, and do what we do best - EAT with fellow neighbors, friends and/or strangers. We cordially invite and encourage you to partake in the Community Meals.

A note about Co-op monthly potlucks:

Many of you have participated in a similar celebration of food and friends at our monthly Co-op potlucks. This summer season we say adieu to this venue for communal eating and instead turn your attention to the efforts, and success, found in Decorah's Community Meal.

We look forward to seeing you at First Lutheran Church on the first and third Thursdays of each month.



Tai Chi of Decorah

Movement for Health and Well-Being

Contact Diane Sondrol for class times and more information:
563.419.5420 or taichigrandmadi@msn.com

A Sense of Place, Best Left in Place.

By: Liz Rog - Co-op Member/Owner

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promote an 18-month moratorium and continue to work non-stop to educate themselves and others about this new local issue. In sparsely-populated Allamakee County, hundreds of people have shown up at meetings to express their support for banning, or at least limiting, frac sand mining.

On February 4, 2013 the Allamakee County supervisors passed an 18-month moratorium on this type of industrial silica mining. However, it remains to be seen what will come next. In 2014 will frac sand mining begin in that wild, fertile, and majestic land? In whose backyard will it be allowed? Who will watch over these huge mines to see if they are complying with regulations? How will the roads be repaired?

Many feel that once the door is opened, the mines will be unstoppable. Some refer to Wisconsin as an example of this. Many wonder how we could possibly risk poisoning the groundwater aquifer that supplies hundreds of thousands of people and countless farms. Many question what benefit the county citizens could ever realize—for even if there were financial benefit realized for the county, how could it outweigh the damage to the ecosystem and culture for future generations?

In This Place

On May 14th, over 170 people filled the Winneshiek County courtroom as the Planning and Zoning Commission met to discuss a proposed moratorium in this (Winneshiek) county. At one point in the meeting, a speaker asked that all those who were in favor of the moratorium stand. It was a moving moment, as practically the whole room arose. A petition with 1,350 signatures of Winneshiek County citizens in support of the moratorium was presented, and by a vote of 8-1 the commissioners recommended an 18-month moratorium to the Winneshiek County Board of Supervisors. At least 2 commissioners commented after the meeting that they had voted for the moratorium only because of the strong showing of citizen support at the meeting and through letters, calls, and signatures. That's the way it's supposed to work.

The next step in Winneshiek County is to help the Supervisors to pass the moratorium. Local citizens are preparing to support their binding vote which may take place as early as this June. Citizens' voices must be heard.

One group that has been leading the way since February 2013 and will continue to work diligently toward a solution is the Winneshiek County Protectors (WCP). It has worked quickly and effectively toward establishing the moratorium. WCP has gathered and distributed important data on the economic, environmental and health effects of industrial-scale silica mining, and coordinated the collection of 1,350 signatures for the petition. WCP hopes to work with public officials during the moratorium to revise the county's comprehensive plan to regulate the scope, scale, and impact of this kind of mining on the county's infrastructure, on the health of residents and on existing economic activities.

Many local citizens are gathering in living rooms, church basements, cafes, and school auditoriums to learn and to decide how we will work together to exercise the community's right to define its own future. Some will seek to create regulations for this new industry, while others will seek to create ordinances preventing activities that harm our shared air, water, and land. Some will pray, some will take care of the children, and some will watch from the sidelines, ready to contribute in other ways at other times. Some may respond, as 35 Catholic Workers did in Winona on April 29 to protest frac sand activities in their region, with civil disobedience. Whatever each of us chooses, in the process we will meet our neighbors and we will become better at listening, speaking up and leading. We will perhaps become more aware of all there is to lose, and live in humble gratitude for what we have known and what we seek to preserve.

It Gets Gritty

In January 2012, President Obama called America the 'Saudi Arabia of



analytical testing method, Chippewa County, Wisconsin has required mines to test groundwater and waste material (clay and silt particulate) for acrylamide.⁵ Though some counties in SW Wisconsin have passed regulations that attempt to lessen the possible amount of water and air pollution caused by such large-scale mining, 80% of the dozen frac sand facilities that DNR air management engineer Marty Sellers visited were found to be out of compliance with local regulations.⁶ Sufficient staffing to monitor the mines appears to be an additional issue that will only increase as more mines are proposed and opened. Residents' land values have plummeted because no one wants to live near the mines. Roads and bridges are ravaged, as just one truckload of silica sand has the effect of as many as 9,600 cars – depending on the size of truck and load.^{7,8} All of this, to send the sand off

natural gas.³ Many industry and other players agree. According to Rich Budinger, president of the Wisconsin Industrial Sand Association, our region sits on world-class frac sand deposits that play an essential role in gas extraction.⁴ That's why the biggest players on the planet want to mine our sand and transport it around the globe on trucks, trains, barges, and ships. There have been few threats as capable of quickly diminishing the quality of life for all beings in this region. Unfortunately, according to a report on silica sand released by the Minnesota Environmental Quality Board in 2013, "No commonly accepted analytical testing methods have been developed for the chemicals of potential concern (i.e. flocculants) and very few commercial laboratories offer testing for these chemicals. Despite there being no commonly accepted

continued on next page

A Community of Signatures

By: Liz Rog - Co-op Member/Owner

This April and May the Winneshiek County Protectors spearheaded a petition drive, gathering 1,350 signatures to urge the county to create a 24 month moratorium on industrial frac sand mining.

During the petition drive I had the pleasure of visiting every farm and home in my rural Pleasant township neighborhood, talking with neighbors and inviting them to sign the petition. The discussions were all interesting and enjoyable, and all of them—republican, democrat, independent, old, young, newcomers, and lifetime residents—signed the petition. Everyone seems to agree that the welfare of the citizens and the natural world is our first concern, far above the needs of corporations to obtain frac sand.

Almost every one of my neighbors asked me about something else that had been bothering them: that helicopter with the ominous-looking dangling disc, hovering over us in the early months of 2013—what was it? Did that have to do with silica sand?

All I could report is what I had read in the newspaper. No, that helicopter was not looking for silica sand. It was high-tech magnetic radar subsurface imagery equipment looking much deeper for other minerals like nickel, platinum, and copper. The survey was funded by the US Geological Survey, and the information collected will be made available to commercial interests. This means we may soon be facing mining pressures on a scale hard to even imagine. Well then, are the two issues connected?

You bet they are. Here's the bigger message which people were feeling in their bones as they looked helplessly up in the sky wishing they could make that helicopter go away - this place is being discovered, and it isn't for our own good that the high-tech exploration is happening. We know from our history books what happens when places are "discovered" by powerful outsiders who want what's there. It is not good.

If ever there were a time to pay attention, to learn what it all means, to come together with friends and neighbors, to step up and act, this is it. The preservation of this beautiful place is worth that much and more.

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around the world to aid in a process of natural gas extraction called hydraulic fracturing, or 'fracking.' Fracking, large-scale underground horizontal drilling to release gas deposits, potentially causes yet more poisoning, community unrest, and serious illness in the citizens who live there. The process of fracking has even been connected with an increase in earthquakes.⁹

Some feel that we have no right to speak out about this issue since we use natural gas. But on the locomotive we call fracking, the 'need' for more fossil fuels is but a phantom engineer. The real driver of natural gas extraction is our allowing a tiny minority of us (energy corporation executives) to make key energy policy decisions for us, for We the People. We citizens are in fact eager to embrace conservation, renewable energy and local sustainable production of energy. If we accept the story that we "need" more energy, we accept a simplistic explanation designed to keep us powerless.

Those who speak in favor of this large-scale silica mining are in a position to gain huge monetary wealth from its extraction. These include mine owners, explosives operators, and trucking companies. Selling to a frac sand mine can be a bonanza for a few lucky landowners for with the new mines come promises of jobs and economic stimulus for the small towns and rural areas nearby. But in the May 2013 report "The Economic Benefits and Costs of Frac-Sand Mining in West Central Wisconsin," prepared for the Wisconsin Farmers Union, Wisconsin Towns Association, and the Institute for Agriculture and Trade Policy, we learn that the economic boom comes only for a very few players—mostly

from out of state—and that the local people only lose. Their air, water and land are irreparably harmed. Once-vibrant communities disintegrate as noise, dust, and powerlessness drive away those who had once contributed their energies toward local conviviality.

Though there is much of this particular sand in Winneshiek and Allamakee Counties, currently the only mining of silica sand is on a small scale and provides for traditional local needs related to farming and road cover. However, due to the boom in the world market and the moratoria on frac sand mining in other parts of our region, nearby Allamakee has already received its first application for the opening of a new large mine. Winneshiek may not be far behind.

For more information:

- *Winneshiek County Protectors: on FB and - www.allamakeecountyprotectors.com
- *Allamakee County Protectors: on FB and - www.winneshiekcountyprotectors.com
- *Community Environmental Legal Defense Fund - www.celdf.org
- *Regional Community Rights Movement: DriftlessCommunityRights@gmail.com
- *Films: "The Price of Sand" and "Frac Sand Land" both available at Decorah Public Library, "GasLand" and "Gasland 2", available online and on Netflix
- *May 2013 Report: Economics of Frac Sand Mining <http://www.scribd.com/doc/141877703/Economics-of-Frac-Sand-Mining-Final>
- * <http://www.sandpointtimes.com/basics/frac-sand-mining.asp>.

"A change is required of us, a healing of the betrayed trust between humans and earth. Caretaking is the utmost spiritual and physical responsibility of our time, and perhaps that stewardship is finally our place in the web of life, our work, the solution of the mystery of what we are."

~Linda Hogan, from the book *Dwellings*



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Liz Rog lives with her family in Pleasant Township where she hosts guests from around the country at her ancestral home and botanical sanctuary, Fern Hollow Cabin. She is a leader of community singing groups, wedding officiant, and community organizer. With her colleague Brad Crawford she creates DecorahNow.com, a free website service building local community through arts, cultural, and recreational events and the exchange of goods and services. She is part of the gathering and weaving of the beautiful strands of our local human and non-human community into a tapestry of hope and joy.



shifting thoughts to community rights

By: Liz Rog - Co-op Member/Owner

Recently 32 people from Winneshiek and Allamakee Counties, southeast Iowa, southeast Minnesota and western Wisconsin met in Decorah for a weekend workshop called "Becoming We the People." Workshop presenter Paul Cienfuegos taught participants about the Community Rights Movement which began 13 years ago among conservative farmers in Pennsylvania seeking to protect their farms and counties.

Communities have found the Community Rights model effective in preventing unwanted pipelines, sewage dumping, hydrocarbon extraction, industrial water extraction from community aquifers, and more. For example, the city of Pittsburgh passed a Community Rights ordinance banning all fracking within its limits.

The workshop began with a history lesson, showing how almost two centuries ago corporations that were once subject to the requirements of the state started winning corporate constitutional rights. In the resulting system, people's rights to sustainable communities were subordinated to the rights of large corporations.

The Community Rights movement empowers us to reclaim those rights at the local level. Ceinfuegos' partners at the Community Environmental Legal

Defense Fund (CELDF.org) offer legal advice to communities seeking to join the 150 communities in eight states—and counting—that have adopted local laws which are truly preventing unwanted large-scale corporate activities. Not limiting them, but preventing them - and not all corporate activities, just those that harm the citizens and their natural resources. We, the people, really do hold the political power, if only we'll take it. Government exists to serve the good of the people, not the other way around.

This is a paradigm shift from the endless struggle of reactive regulatory strategies to communities exercising their democratic rights to stop big-money, big-business harm. Remarkably diverse groups have found common ground in the work of restoring the right relationship of power between people and corporations.

Citizens of Winneshiek and Allamakee Counties are educating themselves about Community Rights as a way to retain local control of our shared resources.

To contact the local Community Rights learning group: driftlesscommunityrights@gmail.com

To learn more about Paul Cienfuegos, check out <http://paulcienfuegos.com/About-Me>.

COOKED!

A BOOK REVIEW



By: Johanna Bergan - Education and Outreach Coordinator

Cooked: A Natural History of Transformation, by Michael Pollan

A somewhat smug disclaimer: I am wildly infatuated with the distinguished food journalist Michael Pollan and I did stalk him quietly around the Co-op during his visit to Decorah. My first discovery of Michael Pollan was as a student at Luther College. At that point in his career, Pollan was a journalist who loved to garden. Food was something you ate but didn't think about too much. My continued admiration of his work stems from the staying power of a particular chapter of *Second Nature* regarding lawn mowing. My then-boyfriend, now-husband and I were able to clearly identify our different opinions on community participation, moral requirements and subject identification of frequent arguments to come. To mow or not to mow. Thanks Michael Pollan!

Cooked is a book easily laid out into four sections, each correlating with a natural element. Pollan's journalistic nose connected to a growing love and understanding of good food, leading to the perfection of four master recipes. Feel free to jump in and out of the chapters at will. If Mrs. Fizzleby's articles in *The Scoop* have you excited then read the baking (AIR) and fermenting (EARTH) chapters. Excited for barbecue – the Fire chapter is the place to start.

Many times I have been appreciative of Michael Pollan's journalistic background and this book inspired several of those moments. Like a Bloodhound, Pollan tracked down enough expertise to ensure not only good food, but great food. My foodie brain is positively

reeling from the collection of wisdom Pollan was able to draw from, creating a book of inspiration.

While reading about Pollan's exploration of sourdough I made plans to start baking daily and found a resource for gluten-free sourdoughs. I flipped to the fermentation chapter and ended up online trying to find the best crock to make sauerkraut. My brain is still buzzing with the new ideas. Please remember, don't skip the intro. The first few pages contain gems of importance, perhaps the most important of the entire work.

Despite my previously disclosed infatuation with Pollan and the orgy of food knowledge, I am put out by *Cooked*. In Pollan's earlier food writing, any consumer of food (so all of us) could follow along - the words, names and instructions were simple. In fact, in our innate being, we already knew everything Pollan had to say. He says this himself – he is, after all, a journalist. His work is to review and present not to create anew.

Moving from his earlier book's message "Eat food. Not too much. Mostly plants," to fermenting in your kitchen is a giant step. I spend most of my time explaining, modeling and teaching how to follow Pollan's earlier words in the daily lives of busy families. Some of the biggest hurdles to healthier diets and a healthier planet are time, energy and skills – all related to the kitchen.

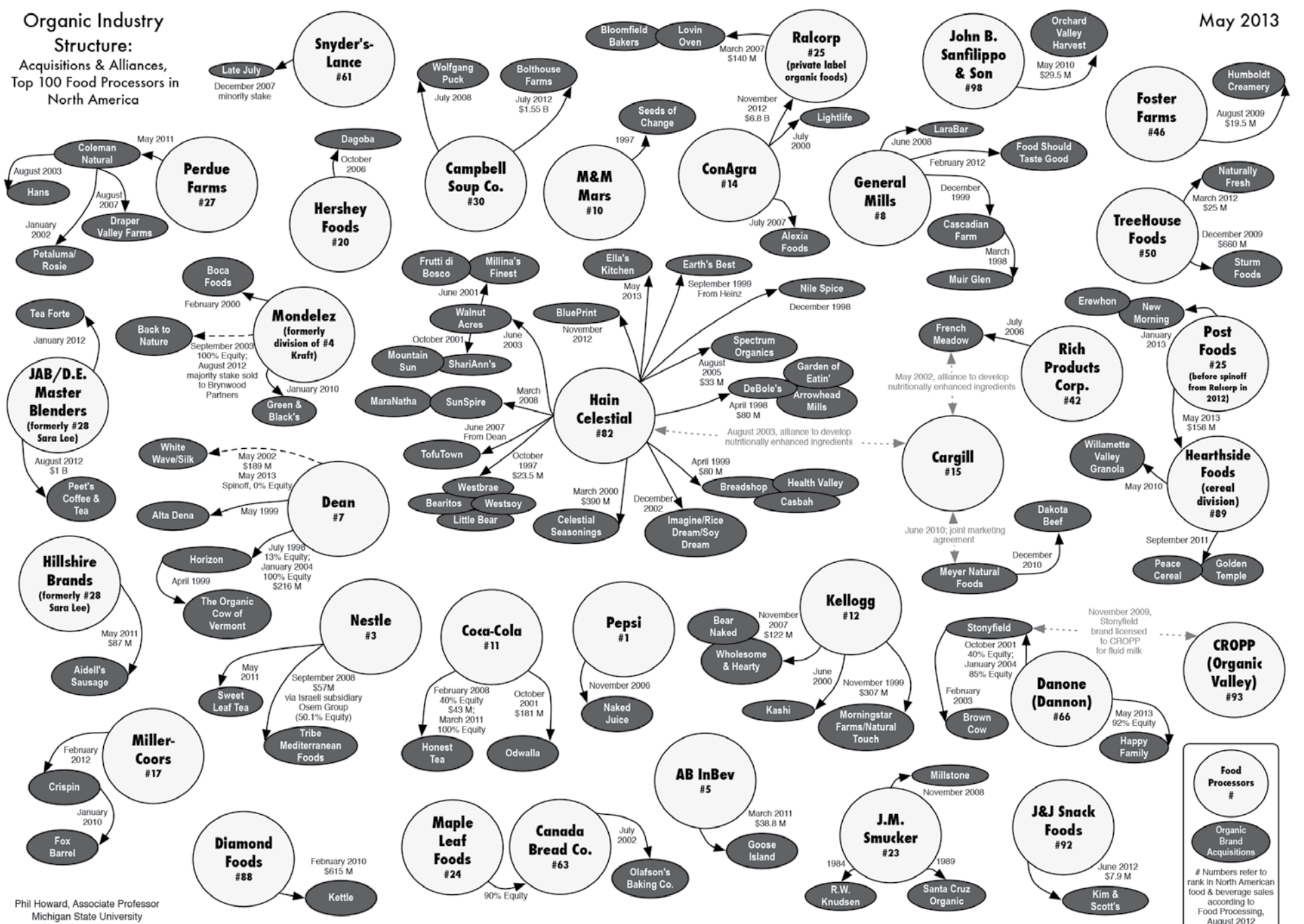
There are nuggets of helpfulness in this book and an acknowledgement of the difficulties in the way of cooking good food at home. But there are a million steps and a whole lot of time between making a pizza with a store-bought crust, and homemade bread with good bacteria in your kitchen. I

believe we need to focus on those steps in between and spread the basic knowledge in kitchens everywhere.

There is a spectrum of cooking. You can't wake up one day and know how to cook. We all start somewhere and that's the right place to start. Making pasta for example, can look like this: Boil water and cook noodles, dump on a can of premade sauce. It's a start to cooking. Next time think about using a can of diced tomatoes and adding your own dried herbs. The following week, or month, try making a sauce from fresh tomatoes. The first two versions you can make without even owning a knife. This journey is not that which Pollan shares in *Cooked*, but it is a reasonable and fair method to practice in your own kitchen.

Now don't get me wrong, if you like to eat food, cook food, and/or read books by Michael Pollan, this book is well worth the time it takes to read and discuss. However, if your last visit with Pollan was *Food Rules*, hold on tight and keep breathing as you make your way through the four sections of *Cooked*. Remember, your food journey doesn't need to look like this. However, if your journey does look like this – please invite me over for dinner.

Please join us at Dragonfly Books on June 13 at 7:00 pm for a kickoff event to a summer of reading and wellness. The book discussion of *Cooked* will be held at the Oneota Community Co-op on Thursday, September 12 at 7:00 pm.



Phil Howard, Associate Professor Michigan State University

Food Processors # Organic Brand Acquisitions # Numbers refer to rank in North American food & beverage sales according to Food Processing, August 2012.

Two Tart Fruits

- continued from page 2

Grandma's Rhubarb Custard Pie

Ingredients:

Two-Crust Pastry
2 cups flour
1/4 teaspoon salt
2/3 cup butter
5 tablespoons cold water

Filling

3 eggs, beaten slightly
3 tablespoons milk
4 cups pink rhubarb, cut-up
2 cups sugar
1/4 cup flour
3/4 teaspoon nutmeg
1 tablespoon butter

Directions:

Pastry:
Measure flour and salt into bowl. Cut in butter. Sprinkle in water. Continue to cut until dough is moistened. Divide dough in half. Roll out 1 top and 1 bottom crust.

Filling:

Mix together eggs and milk. Set aside. Microwave the rhubarb (fresh: 3 minutes, frozen: until soft). Add the rhubarb, sugar, flour and nutmeg. Mix both mixtures together and pour into prepared pastry. Dot with butter before putting on top crust. Seat top crust to bottom by moistening rim of bottom crust with water. Press crust together by pinching around the edge. Cut vent holes into the top crust. Bake at 375 degrees for approximately 40 minutes.

<http://abcnews.go.com/GMA/recipe?id=6786761>

Rhubarb Tapioca Pudding

(known also as "Rhubarb Ragrod" by certain Scandinavian residents)

Servings: 6-8

Ingredients:

6 cups fresh rhubarb, chopped into 1/2-inch pieces
1 - 1 1/3 cups water
2 tablespoons (minute) quick-cooking tapioca
1/8 teaspoon table salt
1 1/2 cups sugar (can add more to taste)
1 1/2 cups strawberries, greens removed, sliced

Directions:

In a saucepan mix together all except strawberries and bring to a boil over medium heat, stirring often, until rhubarb begins to release its juices. Reduce heat and simmer until rhubarb is tender, about 3 minutes. Add tapioca and cook 5-10 minutes until Tapioca is soft. Cool and add strawberries. Top with whipped cream or drizzle with plain cream. Also good topped with a creme fraiche.

www.food.com/recipe/rhubarb-tapioca-pudding-138109?oc=linkback

Pork Tenderloin with Spiced Rhubarb Chutney

Bon Appétit | April 1994

The chutney also works well as an accompaniment to chicken, duck or lamb.

Chutney

3/4 cup sugar
1/3 cup cider vinegar
1 tablespoon minced peeled fresh ginger
1 tablespoon ground garlic
1 teaspoon cumin
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/4 teaspoon dried crushed red pepper
4 cups 1/2-inch cubes fresh rhubarb (about 1 1/2 pounds)
1/2 cup (generous) chopped red onion
1/3 cup dried tart cherries or golden raisins (about 2 ounces)

Pork

2 pork tenderloins (about 1 1/2 pounds total), trimmed
2 teaspoons ground cumin
1 tablespoon olive oil
Fresh cilantro sprigs

Directions:

For chutney:
Combine first 8 ingredients in heavy large Dutch oven. Bring to simmer over low heat, stirring until sugar dissolves. Add rhubarb, onion and dried cherries; increase heat to medium-high and cook until rhubarb is tender and mixture thickens slightly, about 5 minutes. Cool completely. (Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.)

For pork:

Preheat oven to 400°F. Sprinkle pork with cumin. Season with salt and pepper. Heat oil in heavy large skillet over high heat. Add pork and brown on all sides, about 5 minutes. Transfer to roasting pan. Brush pork with 6 tablespoons chutney. Roast until thermometer inserted into center of pork registers 155°F, brushing occasionally with 6 more tablespoons chutney, about 25 minutes. Slice pork into medallions. Garnish with cilantro and serve with remaining chutney. Serves 4.

www.epicurious.com/recipes/food/views/Pork-Tenderloin-with-Spiced-Rhubarb-Chutney-1759#ixzz2SCENBUHk

Aronia Berry Bread Recipe

Ingredients:

2 cups flour
1 1/2 teaspoon baking powder
1 teaspoon salt
1/2 teaspoon baking soda
1 egg
1/8 cup shortening
3/4 cup orange juice
1 cup sugar
1 cup Aronia berries or one cup of Aronia juice
1 cup chopped nuts (such as almonds or pecans)

Directions:

Sift together flour, baking powder, salt and baking soda. In blender, combine egg, shortening, orange juice and sugar. Add Aronia berries (or juice) and nuts and chop briefly. Empty into flour mixture. Stir by hand until moistened. Bake in a greased 9-by-5 pan at 350 degrees Fahrenheit for 50 to 60 minutes.

Ena's Aronia Pie Recipe

Ingredients:

3 cups of fresh or frozen Aronia berries
1/2 cup raisins
1/3 cup chopped walnuts
1/4 cup orange juice
3 tablespoons unsalted butter, melted
1/2 teaspoon grated orange zest
1 recipe of pie dough (for a 2 crust pie)
1 cup sugar
1/4 cup flour
1 egg, beaten to mix with 2 teaspoons water

Directions:

Heat the oven to 400 degrees. In a food processor, chop the Aronia berries slightly, about 3 seconds. Transfer them to a medium bowl and add the raisins, walnuts, orange juice, melted butter and orange zest. Stir until thoroughly combined. On a lightly floured surface, roll half of the pie dough into a 12-inch round. Drape the dough over a 9-inch pie pan. Press it into the pan and against the sides. Leave the edges overhanging. Roll the remaining pie dough into another 12-inch round. In a small bowl, combine the sugar and flour. Sprinkle 1/4 cup of the mixture on the bottom of the pie shell. Mound the filling in the pie shell and sprinkle with the remaining sugar and flour mixture. Moisten the rim of the pie shell with water and cover with the dough round. Trim the edges of the dough 3/4 inch from the rim of the pan. Roll both layers of the dough under and crimp the edges to seal. Brush the pie with the beaten egg and cut several steam vents in the top. Put the pie on a baking sheet and bake in the middle of the oven until the pastry is golden and the filling bubbles up through the vents, about 50 minutes. Transfer to a rack and let cool completely.

The berries are also commonly juiced which can either be consumed as is, sweetened or blended with other fruit juices, or used for jams, jellies and sauces. For a general rule, 1 pound of Aronia berries yields approximately 2 cups of juice.

<http://www.motherearthnews.com/real-food/aronia-berries-zwoz10zkon.aspx?PagelD=3#Article>

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Whales, Unicorns and Wines.

A California Central Coast Wine Experience

By: David Lester - General Manager

In early May, I had the opportunity to travel to California's Central Coast region and spend a long weekend with a group of friends from Decorah. This was my first time to visit this part of California.

The Central Coast region is about 40 miles wide and extends from south of San Francisco to slightly northwest of Los Angeles. Paso Robles is considered the hub city of the wine producing region, and is located just 20 miles from the Pacific coastline.

We flew into San Jose and drove south on Highway 1 along the coast towards our destination of Cambria. The drive along this famous highway takes you up and down dramatic, fog-covered hills, through redwood forests and past some of the most beautiful coastline I've ever seen. After passing through Big Sur we saw a pod of whales travelling up the coastline and I began to get the feeling that at some point we might see a unicorn dart out of the woods. But that never happened. Nonetheless, it was still a pretty magical drive.

After arriving at our destination in Cambria, we got up the next day and headed to a wine tasting at Eberle Winery in Paso Robles. The 20-minute drive from Cambria to Paso Robles was, again, breathtakingly beautiful and we experienced about a 25 degree increase in temperature in this short drive. If you saw the movie Sideways, you will notice many familiar views because the movie was mostly filmed

in the area.

Eberle is owned by one of the Paso Robles' area wine pioneers, Gary Eberle, and it produces about 25,000 cases of wine each year. After working for years at his family's large production winery, about 500,000 cases/year, Gary decided to do something different and create a unique winery dedicated to handcrafting some very special wines. I was particularly excited about visiting this winery because one of the Co-op's wine distributors, Okoboji Wines, had just picked up Eberle as one of its Central Coast suppliers.

Eberle's Marketing Director, Stacy Miller, started us off with some boxed lunches on their deck overlooking a gorgeous view of the Paso Robles area and a big view of their vineyard. Our afternoon tasting of six different wines began with Eberle's 2011 Viognier. It was a nice clean, refreshing and citrusy wine to start off the afternoon, but it led to what I would call one of the best Chardonnays I've tasted that's less than \$20/bottle.

I think I can speak for the group by saying that this was a wine moment. After primary fermentation in stainless steel tanks, 25% of the juice is transferred to French oak barrels and the rest goes into neutral oak barrels. In the end, when they are combined, a slightly oaky, buttery, green apple Chardonnay is formed. It is fantastic and a very versatile Chardonnay that will please almost anyone. Roasted chicken, grilled salmon and just about



anything in a cream sauce would go very well with this wine. And, we loved the solid, memorable finish that this wine had.

Our next wine was their 2011 Syrah Rose, which was a slightly dry rose with a lot of color from the juice being soaked with the Syrah grape skins after being crushed.

Following the Rose was another group favorite, Eberle's signature Cotes du Robles. Not only was it a nice word-play on the French, Cotes du Rhone wine, but it was an incredible blend of Grenache, Syrah and Mourvedre grapes that gave it great earthy depth of mixed berries, or, as Eberle puts it "the charm of Old World wines without the funk." The finish on Cotes du Robles was long and very nice. This will be a crowd pleaser at any party, especially one that is serving roasted lamb or grilled pork loin. I would also say that this has been one of my favorite red wines to drink in warmer temperatures.

After tasting the Cotes du Robles, Stacy led us on a tour of the winery. First, we saw the crushing equipment and the impressive stainless-steel fermenting bins. It was hard to believe after seeing all of this state-of-the-art equipment that Eberle is considered a relatively small winery for the area. Next, Stacy took us down into their caves. For me, this was the highlight of the tour. This interconnected cave system was dug in 1992, because Gary Eberle needed more space to store his wine. So, he went down. Today, there is over 17,000 square feet of cave storage that holds a constant temperature of about 60 degrees. This part of the tour felt especially good after drinking wine in heat of about 92 degrees outside. There were little tasting areas with tables and chairs throughout the caves that could be used for special events and tastings. It was a great



way to end our first Paso Robles wine tasting.

After returning to the surface, I think we were all so stunned by the Cotes du Robles, the cave tour and the fruit tarts that were now in front of us, that we did not spend much time discussing the next two wines placed in front of us. First, was their 2009 Zinfandel, a mineral-based, wine with a peppery finish. Lastly, we tasted a fabulous 2009 Cabernet Sauvignon Estate Reserve, which was the perfect way to finish our tasting. I'm excited that the Co-op will have access to the deep, flavorful Cabernet Sauvignon that uses grapes from its 30 year old Estate vineyard.

Two other wineries worth mentioning that we visited while were in the Paso Robles area were Pipestone Vineyards and Harmony Cellars. Pipestone is owned and operated by a husband and wife team of Jeff Pipes and Florence Wong, Carleton College grads, and their team of draft horses. This small family owned winery uses solar power, horse power and organic growing methods to produce wines that are some of the most sustainably-grown wines in the area.

Our last visit was to a micro-winery called Harmony Cellars, just south of

continued on next page

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Cambria about 10 miles. We spent a late afternoon on their lawn tasting five different wines and various cheeses from the area. I fell in love with their dry, crisp, hints of watermelon and strawberry Rose. I also found room in my suitcase for their incredibly delicate Pinot Gris, which was the only one I tasted on this trip. Very high quality wines in the \$20-\$25/bottle price point.

At the Co-op we have brought in the 2011 Eberle Central Coast Chardonnay (\$19.99/bottle) and the 2008 Eberle Cotes du Robles (\$22.99/bottle). I invite

you to stop in and ask one of our wine staff any questions you may have about our wine selection and we will help you find a bottle or two that fits with your menu and your budget. We have several different wines from the Central Coast region of California and from all over the world. We have also made shopping for wine a little easier by re-categorizing all of our wines by their style and from least expensive to most expensive as you browse from left to right. At the Co-op, we purchase the best tasting wines that we can at



the best price. Wines in the \$7 - \$8/ bottle category are going to be some of the best tasting wines we can find at that price point. You won't find any unicorns at the Co-op, but you will find several different price points in all of our styles of wine so that you can go on your own little wine adventure and find the one that fits your palate. Cheers.

Special artisan cheeses every month!

Cheese lovers can sign up for one month or for 6 months of the Co-op Cheese Club. Each month has a theme. Based on the theme, we will be bringing in some special, delightful, rare, artisan, and probably quite expensive cheeses. We'll cut the wheels among the cheese club members. There will usually be two cheeses listed, and members can expect an accompaniment (i.e., fruit, crackers, bread, olives, etc.) and possibly a surprise cheese as well. It will always be a great value and fresh cut! There is limited space, so folks who are interested are encouraged to sign up early.

- July** - American Innovations
- August** - Regional Specialties
- September** - Spanish cheese
- October** - Sheep cheese
- November** - English cheese
- December** - Festive cheese



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

"The choices have been amazing. Very enjoyable and worth every cent."

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"I really, really, really appreciate your efforts to bring us tasty selections."

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Mrs. Fizzleby BAKES

By: Beth Rotto, Cheese and Chill Buyer

What a response to my last article on fermenting! Many of you are joining in the fun, fermenting everything from rice wine to sauerkraut to kefir and more. I'm learning so much from you. At the moment I'm on a quest to perfect sourdough bread using the sourdough starter we sell from Waving Grains Bakery. Now I'm using potato water (the water I drain off when boiling potatoes) instead of plain water, and I'm letting my dough rise overnight or longer in the refrigerator and I'm baking it on a sheet instead of in pans. I've purchased an instant read digital thermometer (very inexpensive) to check the temperature inside my loaves. (Every experiment has actually been delicious.)

What do I love about making my own sourdough bread? I love that it does not seem to spoil. I used to be discouraged when I made homemade bread because I always made two loaves and often the second one was moldy (summer) or dry (winter) before we finished it. I just hated that. With sourdough bread, it just keeps on being good.

I also like the fact that the dough is so simple to put together. It's easy to incorporate a little salt, olive oil and flour to make the loaf, and I only knead it a little while. Simple. What I don't like is that if I don't wash anything that had the starter on it right away, it cements to the spoon or bowl and needs soaking. No procrastinating!



a community that is educated about food and other products that are healthy for people and the environment



Richard Simon Hanson's Sour Dough Bread

(makes 4 loaves)

Ingredients:

1 cup starter
4 cups lukewarm water
6 cups white flour
Combine in a large bowl, cover and store in a warm place overnight.

In the morning:

Reserve some starter for next batch. Put in refrigerator.

To remainder add:

6 tablespoons sugar or honey
2 tablespoons salt
½ cup wheat germ (optional)

This can be divided into two bowls to make two kinds of bread: Anise Orange Rye and Garlic Basil Golden Wheat (2 loaves each)

For Anise Orange Rye Bread - add:

¼ cup anise seed
¼ cup orange peel
1 cup rye flour
1 cup whole wheat flour
1 cup any kind of flour

For Garlic/Basil Golden Wheat - add:

8 cloves garlic, crushed or chopped fine
¼ cup basil, chopped
About 3 cups Golden White flour

Instructions for both types: mix in flour and other additional ingredients and knead until smooth. Cover, let rise in a warm place until doubled in size (about 1 hour). Punch down, shape into rounds and place on a cookie sheet. Cover, let rise until double in size (about 30 minutes). Pre-heat oven to 450 degrees (hot). Bake 20 minutes at 450 degrees. After first 5 minutes, spritz with water. Repeat after 5 minutes. After the initial 20 minutes, turn temperature to 350 degrees and continue to bake for an additional 20 to 25 minutes. Bake to an internal temperature of 190 degrees. Cool on a rack.

The third reason I love sourdough is that it is easier to digest than regular bread. The action of the enzymes in the starter work on the wheat flour, which is a complex carbohydrate and naturally difficult to digest, to make it more digestible. This is fermenting's claim to fame. You are actually fermenting with the soaking and longer rising time of sourdough baking.

Isn't it funny how you can be thinking of something and suddenly that thing keeps coming up in all sorts of different conversations and contexts? Recently I attended a poetry reading by Co-op member Richard Simon Hanson at ArtHaus. He shared a poem he wrote for his wife, Rita, which is full and rich with imagery of fresh-baked bread. For years, he and Rita kept a sourdough starter, and they shared it with their friends, Perry-O and David Sliwa. Now, for your pleasure, here's Simon's poem, and the Sliwa's reflections on sharing sourdough and a tried and true recipe with variations.

WOMAN LOVE

by: Richard Simon Hanson

Bread - round, warm and gently browned,
drawing eyes to behold
and tongue to taste
and be sustained.

Breath of the oven, fresh and fragrant,
soft to the bite and sweet to the palate.

Always the bread was there,
bread that was love,
obliging us all to eat.

We were nourished by bosoms of bread
that sought to embrace
and hold us captive with love;
round, brown loaves of bread
whose breadth
spread arms that carried it from the oven,
arms that cared
and in whose caring
the world was framed
and existed complete.

Perry-O writes, "A long time ago, when David and I were going to farmers market as vendors, Simon invited us to his house for lunch after a Saturday morning market. I know there was more to the menu, but what I remember most clearly was the freshly baked bread: the fragrance filling the house as a welcome, the sight of the brown round loaf, the sound of the crunchy crust being cut on the cutting board, and finally the taste of warm bread spread with soft butter. Before it had cooled, the three of us had eaten a whole loaf. I don't know if I asked for starter that day, but I do know that Simon offered it readily when he knew I was interested in baking with his sourdough. Through the years I have shared the starter enthusiastically with others, lost my own, and then begun again with a start from someone with whom I had shared."

Tips from Perry-O:

- Use only white flour in the starter, even though the rest of the flour can be mostly whole grain. White flour is recommended for the starter for best sourdough flavor, as the germ and/or bran in the starter can add an off flavor.

- You only need to save 1-2 tablespoons of starter. Keep it in a quart jar in the back of your refrigerator. A couple days before you want to make bread, you can increase the amount by bringing the contents to room temperature, then increasing it about four times, first by adding 2 tablespoons of flour and 1 tablespoon of water. About 8 hours later, add ¼ cup flour and 2 tablespoons water, next time increase to ½ cup flour and ¼ cup water. The amounts are approximate and a little more water can be added if the starter gets too stiff to stir easily. If maintained at room temperature for a couple of days and "fed"

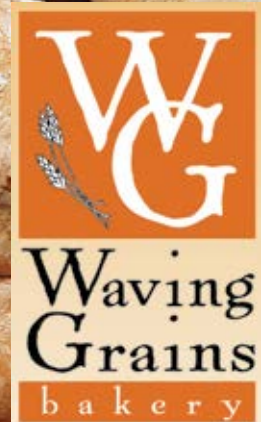
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Look for containers of

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in its jar a few times before using, the starter will be quite lively. Most recipes call for between 1 and 2 cups of starter, which you will have at the end of the two days using this method.

- Just remember to keep back 1-2 tablespoons for the next time. With this method, you can forget about your starter in the back of the refrigerator until the next time it's called for - even if that gets to be a long time. Perry-O has neglected her starter for at least four, maybe six weeks, and has "revived it" when she wanted it again. I think this is a very freeing piece of information. Having something that can be managed, rather than it managing you, is the best way to really enjoy all this fermenting and fizzling. Perry-O says, "If you've left your starter for a long time and you wonder if it's still okay, just try it!"

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...from my favorite new book by Sandor Ellix Katz, the one I wrote about in the last issue of The Scoop, called "The Art of Fermentation."

"Sourdough is the most common English-language word to describe a mixed culture starter for rising bread (as well as many other culinary applications). Essentially it is backslopping, simply using a bit of the previous batch to start the next one. This is how virtually all bread was made until two centuries ago, when purer forms of yeast began to become commercially available. . . Today, the vast majority of baking is done using isolated yeasts and sourdough persists almost as a novelty, except in artisan bakeries. Isolated yeasts certainly offer some advantages for bakers in terms of speed and uniformity. But these benefits come with the sacrifice of other positive attributes of traditional mixed-culture leavens, such as flavor complexity, moist texture, superior keeping properties, and fuller pre-digestion. With wheat flour, researchers have found that mixed-culture sourdough pre-digestion results in "highly significant" increased available lysine content and diminished presence of gluten. . ."



Preferments & Soakers with Waving Grains Breads

A preferment is a preparation composed of mainly flour, water and yeast (wild or commercial). This mixture is created before the mixing of the final dough and allows flavors to develop over an extended period of time. More fermentation time equals more flavor because of bacterial activity, starch breakdown and fermentation by-products. It's all about making the most of the potential of your flour and yeast culture.

A soaker is a mixture of a grain (and/or nuts, seeds) and usually water. A soaker does just that, soaking in liquid for an extended period of time (usually overnight). Additional flavor may develop due to enzymes and bacteria working through the night on starches and sugars in the grains, nuts and seeds.

Here is the list of soakers and preferments used by Waving Grains Bakery in the production of their various fresh, local, tasty breads sold here at the Oneota Co-op.

Preferments - Tuscan • Sourdough • Many Seeded • Ciabatta • Pumpernickel Rye • Bagels
Sourdough Pizza Dough

Soakers - Rustic Cracked Wheat • Multi Grain • 5 Grain

Magnesium - The Miracle Mineral

By: Carolyn Dean, MD, ND

More than seventy-five years ago, scientists declared magnesium to be an essential mineral for our physical health. In 2006 the World Health Organization re-declared the prime importance of magnesium to health. And yet, due to modern farming practices and present day food processing procedures, this mineral is largely depleted from our soils and food supplies.

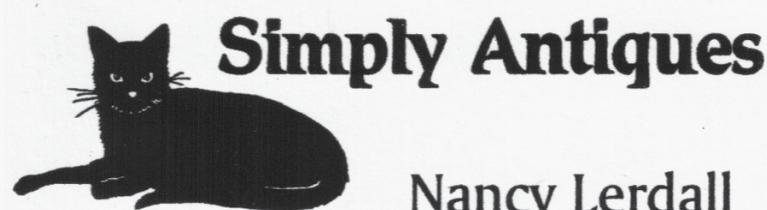
Magnesium is one of the most depleted minerals, yet one of the most important. We imagine that medicine has advanced to the stage of miracle cures, yet it's not technology that we're lacking but basic nutrients that power our bodies and give us our health.

In a world of constant and rapid-fire change, our bodies are going through energy peaks and energy crashes every day. We're exhausting our natural physical stores of energy, straining our bodies' capacity to function at optimum and properly heal itself. Although we often can't change the amount of work we are expected to perform, we can learn how to preserve and rebuild our energy levels naturally.

Magnesium regulates more than 325 enzymes in the body, the most important of which produce, transport, store, and utilize energy. Magnesium and the B-complex vitamins are excellent examples of energy nutrients because they activate enzymes that control digestion, absorption, and the utilization of proteins, fats, and carbohydrates. Many aspects of cell metabolism are regulated by magnesium, such as DNA and RNA synthesis, cell growth, and cell reproduction. Magnesium also orchestrates the electric current that sparks through the miles of nerves in our body. Magnesium has numerous physiological roles, among which are control of nerve action, the activity of the heart, neuromuscular transmission, muscular contraction, vascular tone, blood pressure and peripheral blood flow. Magnesium modulates and controls the entry and release of calcium from the cell, which determines muscular activity. Without magnesium, muscle and nerve functions are compromised and energy is diminished. We are operating with the power turned off. Because magnesium is involved with hundreds of enzymatic reactions throughout the body, deficiency can affect every aspect of life and cause a score of unhealthy symptoms. Without sufficient magnesium, muscle weakness, soft bones, anxiety, arrhythmia, diabetes, headaches, insomnia and heart disease can result.

The National Academy of Sciences has determined that most American men obtain about 80 percent of the recommended daily allowance (RDA) and women average only 70 percent. In addition, most magnesium researchers find that the RDA is inadequate to prevent magnesium deficiency, making the above statistics of even more concern. In spite of this concern, few medical doctors are sounding the alarm, so it is left up to you to inform yourself and protect your health and that of your family.

Discover exactly how magnesium helps one's health via a free, 32-page guide. Just go to the non-profit www.nutritionalmagnesium.org and claim instant access. Carolyn Dean, MD, ND is a medical pioneer with over 28 years of experience with health and wellness related issues. She's the medical director for the Nutritional Magnesium Association.



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TOP 10 ORGANIC PEST CONTROLS

StrongerTogether.coop

No matter how good a gardener you are, at some point or another animals, insects, and diseases will attack your plants. Organic gardeners know this is a fact of nature and will tolerate some damage to their fruit trees, berry bushes, vegetables, and herbs. A perfect plant doesn't mean one that is completely blemish-free. However, if left unchecked, a little damage can quickly turn into a lost crop.

There are a number of organic pest control techniques you can use to keep your plants safe and pests at bay.

Choose the right varieties.

The best way to prevent insect and disease attacks is to select the right variety of tree, shrub, or vegetable for your climate and planting site. A disease-resistant apple tree, such as 'Liberty', will require much less spraying than susceptible varieties. A blight-resistant cucumber variety, such as 'County Fair', will make controlling disease much easier.

Add floating row covers.

Nothing stops insects like a physical barrier, and one of the best for vegetable crops is the floating row cover. This lightweight, nonwoven fabric lets in light, air, and water but stop insects from feeding and laying eggs. Row covers work great on greens, broccoli, root crops, and any crop that doesn't need pollination by bees. They will also protect seedlings from cold temperatures down to 28°F or lower, depending on the thickness of the fabric.

Install an electric fence.

Speaking of barriers, an electric fence is one of the only sure ways to keep Bambi, Rocky Raccoon, and other

animals from your prized edible patch. While repellent sprays may work for a while, animals are smart enough to get used to the spray and move in anyway. If deer pressure is low, use a single strand of electric fence wire 30 inches off the ground. In regions with large populations of hungry deer, use multiple strands, spaced a few feet apart. The key is to set up the fence early in the season, before animals find your vegetable patch or fruit trees. You can "teach" the animals to avoid the fence by baiting it with peanut butter. After a few harmless shocks, they will probably avoid the area all together.

Try *Bacillus thuringiensis* (Bt).

This essential organic pesticide is a naturally occurring bacteria that attacks the larvae of butterflies and moths, including cabbageworms, tent caterpillars, corn earworms, hornworms, and cutworms. The beauty of this popular control is that it only attacks caterpillars in the Lepidoptera family and doesn't harm other insects, bees, pets, and humans. The downside is that all butterfly and moth larvae are susceptible to this pesticide, so use it sparingly and avoid it on butterfly larva plants, such as parsley. There are also strains of Bt that attack Colorado potato beetle larvae (Bt 'San Diego') and mosquito larvae (Bt israelensis).

Use horticultural oil.

Unlike its heavier and more toxic cousin, dormant oil, horticultural oil is a lightweight, fine-grade petroleum- or vegetable-based oil that coats insect eggs, larvae, and adults and smothers them without harming foliage. Use oil in the vegetable garden to kill aphids, leafhoppers, spider mites, and whiteflies. A few drops of oil in the tips of developing sweet corn ears will



control corn earworm. Oils present few risks to both gardeners and desirable species and integrate well with natural biological controls. They also dissipate quickly through evaporation, leaving little residue. However, oils can damage plants if applied at excessive rates, on sensitive plants, or on particularly hot (above 100°F) or cold (below 40°F) days.

Wash plants with insecticidal soap.

This fatty acid-based product is one of the safest sprays to use in the garden. It primarily kills soft-bodied insects, such as aphids, mealybugs, and whiteflies. Commercially formulated insecticidal soaps are better than home remedies because they have been tested to be safe on a variety of plants. However, some plants, such as peas, can be burned by the spray.

Get rid of slugs with iron phosphate.

Slugs and snails love cool, moist weather and dark hiding places and can make a dinner out of your leafy greens. The best methods of control include spacing plants generously so the soil dries quickly and removing mulch where these pests like to hide. Copper wire barriers will keep slugs out of containers and raised beds. One of my favorite products is iron phosphate-based pelleted bait, which I sprinkle in the garden. The pellets have a slug attractant mixed in. When the slugs and snails come to eat the bait, the iron phosphate proves fatal, killing the slimy critters without harming other beneficial insects, animals, and humans.

Use neem oil.

This extract from the seeds of the tropical neem tree is nontoxic to pets and humans, but helps control some of our worst pests, such as Japanese beetles. Instead of killing the adults outright.

Add spinosad to your soil.

This soil-dwelling organism was discovered as a by-product of the rum processing industry in Jamaica. A fast-acting bacterium, it kills a range of chewing insects such as caterpillars, thrips, sawflies, leaf beetles, spider mites, and leaf miners. It's not as effective on sucking insects. It doesn't harm ladybugs and other beneficial insects.

Set traps.

Fruit trees are notorious for having insect pests that attack the developing fruit. There are two types of traps: one type, such as the apple maggot trap, controls the pest, while the codling moth trap is an example of another type of trap and is used to monitor insect populations so you know when to spray. Some traps attract the insects by color and form, such as the yellow sticky cards used to trap whiteflies. Other traps attract the insect with a pheromone lure. Check out fruit tree supply stores for the best traps for the pests in your area.

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Bulk PLU Lookup online!

Ever wondered what that unlabelled bulk spice or flour jar in your cupboard was full of?

Find out right now from our website.

www.oneotacoop.com/inside-our-store/bulk-foods/



Customer Comments

Comment: Having the PLU look up on the website is a wonderful idea. It is so useful when you get home and have three bottles of green herbs and you only have the PLU number on them. Kudos.

Response: We are happy you have found this function of our website helpful. Everyone can enjoy this function by going to www.oneotacoop.com/inside-our-store/bulk-foods/. Nate Furler - Marketing and Outreach Manager

Comment: Why have prices gone up on Organic Valley products?

Response: I talked to two people from Organic Valley about recent price increases. They indicated that last years drought has had an big impact on small farmers effecting the cost of producing their products. They felt forced to increase their prices. To encourage their customers, Organic Valley will be providing coupons and sales on their products. At Oneota Co-op, we are doing all we can to keep prices as low as we can. Current prices for Organic Valley milk are \$3.99 per half gallon and \$6.99 per gallon. Beth Rotto - Chill Buyer

Comment: The music is too "pop"y. Go back to folk.

Response: As a business, we have to pay for a music service to cover royalty fees for the artists we play. We recently switched providers and are constantly making adjustments to our music mix. We are trying our best to cover as many genres that our customers like to hear. You should never hear explicit lyrics or anything that is offensive. Bear with us as we are trying to please as many people as we can and trying to provide a pleasant shopping experience at the Co-op. David Lester - General Manager

Comment: Game night again at the Co-op on Monday nights?

Response: Good idea. We will look into reviving this fun, family activity again in the late Fall/early Winter when those long, winter nights approach. David Lester - General Manager

Comment: I really appreciated my Preferred Stock Dividend payment this Spring. I did not expect to get anything back from this investment in the Co-op when I originally decided to do it. I am so glad we are doing so well after some hard years.

Response: You are welcome! The Co-op has been performing very well the last three years and it was an opportunity for the Board and Management to thank those who made those investments almost six years ago. We have an incredibly generous membership! David Lester - General Manager

Since 1974

As 2014 approaches, we are making plans to celebrate 40 years of cooperation with Oneota Community Food Co-op!

Do you have photos and stories that you would like to share with us and other members of the Co-op and the community about the Co-op over the years? We would love to hear from you.

Please send us your stories, your photos, your memories of Co-op days gone by. In addition, we'd love to hear what you would like to see in the next 40. We are always looking ahead, while cherishing the days that got us here - the community and people that make Oneota Co-op what it is today.

We look forward to hearing from you!

We have every intention of returning your photos to you after we get them converted to digital files. Please include instructions about the return of your files and photos and we will see that they get returned to you as soon as possible.

Here's to 40 years of Oneota Co-op and a bright future ahead.

Please send photos, stories and memories to:

E-mail: oneota40@oneotacoop.com

USPS Standard Mail:

Oneota Community Food Co-op
Attn: Marketing Department
312 West Water Street
Decorah, Iowa 52101



Oneota Community Food Co-op

Mission

Our mission is to provide our member-owners with:

- foods produced using organic farming and distribution practices with an emphasis on supporting local and regional suppliers,
- reasonably priced whole, bulk and minimally packaged foods and household items,
- products and services that reflect a concern for human health and the natural environment and that promote the well-being of the workers and communities which produce them.

Ends Policy

As a member-owned consumer co-operative, 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 community.

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.
2. a business that encourages the expansion of sustainably grown local food sources.
3. a business that promotes the development of cooperation and co-operative enterprise.
4. a community that is educated about food and other products that are healthy for people and the environment.
5. a business that promotes environmental sustainability.
6. employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals.
7. a local community whose fabric is strengthened through caring, and sharing gifts of time, energy, and resources.
8. an institution that respects and encourages the diversity of its membership.

Oneota Community Food Co-op Staff

- General Manager**, David Lester gm@oneotacoop.com
Marketing and Outreach Manager, Nate Furler nate@oneotacoop.com
Financial Manager, Larry Neuzil larry@oneotacoop.com
HR Coordinator/Office Manager, Deb Reiling deb@oneotacoop.com
IT Manager, Niki Mosier it@oneotacoop.com
Produce Manager, Betsy Peirce produce@oneotacoop.com
Grocery Manager, Kristin Evenrud grocery@oneotacoop.com
Cafe Manager, Mattias Kriemelmeyer deli@oneotacoop.com
Front End Manager, Ruth Jenkins frontend@oneotacoop.com
Wellness Manager, Gretchen Schempp gretchen@oneotacoop.com
Bulk Buyer, Carl Haakenstad bulkfoods@oneotacoop.com
Grocery Buyer, Frances Kittleson frances@oneotacoop.com
Freezer Buyer, Carrie Johanningmeier carrie@oneotacoop.com
Education & Outreach Coordinator, Johanna Bergan johanna@oneotacoop.com
Meat Buyer, Kristin Evenrud meat@oneotacoop.com
Bakery, Cheese & Dairy Buyer, Beth Rotto beth@oneotacoop.com
Wine and Beer Buyer, Nathan Matter nathan.matter@oneotacoop.com
Member Volunteer Coordinator, Ruth Jenkins membervolunteers@oneotacoop.com
Customer Service, general inquiries customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

- Editor** Nate Furler
Design/Layout Nate Furler
Proofing Cathy Baldner
 The Scoop is published quarterly and distributed to 10,000+ 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.

2013-2014 Co-op Board of Directors

- Mike Bollinger oneotabollinger@gmail.com
 Anne Dykstra oneotadykstra@gmail.com
 Lora Friest oneotafriest@gmail.com
 Gary Hensley, Vice President oneotahensley@gmail.com
 Steve McCargar, President oneotamccargar@gmail.com
 Brita Nelson oneotanelson@gmail.com
 Deneb Woods oneotawoods@gmail.com

Senior Citizen Discount Monday

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

Member Volunteers - February/March/April

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.

- | | | | |
|---------------------|-----------------------|-----------------------|--------------------|
| Gary Hensley | Jeff Scott | Noah Klammer | Jim Dale |
| Jon Jensen | Emily Hackman | Louise Hagen | Barb Dale |
| Steve McCargar | Dave Kester | Brenda Burke | David Sliwa |
| Bill Pardee | Georgie Klevar | Jana Klosterboer | Whitney Brewer |
| Anne Dykstra | Sharon Huber | Jan Heikes | Perry-O Sliwa |
| Lora Friest | Colin Curwen-McAdams | Lee Zook | Karen Davison |
| Deneb Woods | Dennis Carter | Melanie Stewart | Shantel Schwarting |
| Mike Bollinger | Megen Kabele | Katie Lay | Sue Otte |
| Brita Nelson | Maria Dzul | Jim Stevens | |
| Eric Baack | Jerry Skoda | Elizabeth Finanger | |
| Ellen Cutting | Jon Hart | Erika Randall | |
| Steffen irsky | Mary Hart | Kelly Skoda | |
| Nancy Eldridge | Randall Duvall | Wendy Stevens | |
| Annette Schwindefus | Carol Bentley-Iverson | Luther Sustainability | |
| Shodi Moris | Jerry Aulwes | House | |
| Kristin Albertson | Onita Mohr | Renata Christen | |
| Rita Lyngaas | Andrew Ellingsen | Zoe Klosterboer | |

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

The Statement of Cooperative Identity

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

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

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

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

Why Join the Co-op?

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

Member-ownership

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

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

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

- Support a locally owned and operated business that is part of our community and puts money back into the local economy.
- Get additional discounts on specified 'member-deals' sale items.
- Receive a 5% discount on Mondays if you are 60 years of age or older.
- Get a free subscription to The Scoop, our bi-monthly newsletter.
- 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.)
- Become a working-member and receive an additional discount of 4% or 8% at the register. (excludes Member Deals and Co-op Deals and items listed above.)
- Receive discounts on Co-op sponsored classes.
- Write checks for up to \$20 over purchase for cash back.
- Enjoy a 15% special order case discount on all Grocery, Bulk, Wellness and Produce special orders. Case quantities vary. (excludes Co-op Deals and Member Deals sale items.)
- Attend monthly potlucks for member-owners.
- Access to the Co-op's video collection with no fees.
- 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.

Member/Owner Orientation Tour

2nd Thursday of each month 6:00 pm

Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section, member/owner benefits and more. This is also a great chance to sample products as we tour through the store. Plus, receive a \$5 store coupon for each owner household that completes the tour!



Welcome to these new member-owners:

- | | | | |
|--------------------|-----------------------|----------------------|---------------------|
| Allie Bachelder | Pat Fisher | Carrie Leff | Robin Schluter |
| Courtney Bakken | Coffee Street Fitness | Steve Luse | Billie Schmitt |
| Christopher Barnes | Mary Flynn | Barb Mahr | Denise Schmitt |
| Rachel Barta | Ben Gardner | Jeremy Marlow | Barbara Schroeder |
| Dawn Barton | Anne Gilbertson | Stephanie Martin | Katie Schupbach |
| Greg Bernhard | Mary Ann Gloe | Debra Masek | Janet Sears |
| Carla Berst | Kathy Goettl | Lynette Matter | Melissa Simon |
| Michelle Betsinger | William Goodman | Laura McGee | Jeff Sivesind |
| Betty Branhagen | Angela Gullickson | Patricia McIntosh | Barb Smed |
| Ardelle Brody | Donna Hackman | Alma Meyer | Mary P. A. Smith |
| Kathleen Brubaker | Genette Halverson | Linda Miller | Carolyn Spilde |
| Fred Bryant | Katherine Hannigan | Dawn Milligan | Sarah Stadie |
| Wilfred Bunge | Marin Hanson | Joan Minear | Lora Steil |
| Gary Buresh | Kevin Hoeltzle | Bridgette Mitchell | Sean Steuart |
| Tom Burrow | Don Holmertz | Kathy Moen | Julene Stortz |
| Betsy Busch | Amy Holmgren | Max Molzahn | Randy Sundquist |
| Phyllis Byerly | Kim Holthaus | Kali Montgomery | Mose Swartzentruber |
| Sarah Carlson | Terri Holthaus | Joelle Nielsen | Brock Swenson |
| Renata Christen | Dan Hosch | Lori Norby | Nina Taylor |
| Kathy Connelly | Holiday Jester | Eric Osmonson | Suzette Thorby |
| Destiny Crider | Gaianne Jocquin | Lori Patrick | Laurie Tope |
| Meghan Cupps | Jenny Johnson | Carla Peterson | Johanna Tweedy |
| Rachele Davis | Phyllis Jonkman | Kristine Piedot | Cassie Tysland |
| Finn Deen-Lester | Jenny Kleiner | Nathan Porath | Roland Vazquez |
| Kirsten DeJarlais | Kris Klennert | Mary Rausch | Kathy Vick |
| Chamoni DeLong | Holly Kleve | Jessica Rediske | Mark Vilardo |
| Lyn Dewar | Darcie Klocke | Richard Reeder | James Wagner |
| Christine Dixon | Josh Kraetsch | Carolin Remmen | Randy Wagner |
| Allen Dlouhy | Keri Krumme | Amy Ries | Julia Wall |
| Rachel Dorsett | Jeanie Kuhn | Gary Roberts | Steve Weighner |
| Tom Dowling | Emily Kurash | Karen Rose | Jo Anne Willemsen |
| Lori Eastwood | Steuart Laboratories | Cindy Rosel | Bill Witt |
| Diane Engen | Ann Landstrom | Fern Fugleberg Rotto | Lara Wold-Mendez |
| Darcy Erickson | Deb Langreck | Elida Rowley | Lane Zaffke |
| Suzanne Ernst | Gary Larson | Kelli Rueckert | Hoss Zbornik |
| Noel Fernandez | Erin Lederhaas | Steve Runde | Nick Zein |

MEMBER DEALS

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.

MEMBER DEALS 06/5/13 - 07/2/13

* Regular prices subject to change

	Sale Price	Regular Price	Savings
Bulk			
Equal Exchange,			
Organic Breakfast Blend Decaf Coffee	\$12.99	\$14.29	\$1.30
Grandy Oats, Organic Muesli	\$3.99	\$5.49	\$1.50
Nature's Path, Organic Hemp Plus Granola	\$3.79	\$5.49	\$1.70
Once Again, Organic Crunchy Peanut Butter	\$5.29	\$7.79	\$2.50
Organic Smooth Peanut Butter	\$5.29	\$7.79	\$2.50
Frozen			
Amy's, Organic Spinach Pocket Sandwich, 4.5 oz	\$2.49	\$2.99	\$0.50
Organic Broccoli & Cheese Pocket Sandwich, 4.5 oz	\$2.49	\$2.99	\$0.50
Organic Cheese Pizza Pocket Sandwich, 4.5 oz	\$2.49	\$2.99	\$0.50
Organic Vegetable Pot Pie Pocket Sandwich, 5 oz	\$2.49	\$2.99	\$0.50
Lifeway Kefir			
Pomagranate Tart & Tangy Frozen Kefir, 16 oz	\$3.99	\$5.19	\$1.20
Original Tart & Tasty Frozen Kefir, 16 oz	\$3.99	\$5.19	\$1.20
Strawberry Tart & Tasty Frozen Kefir, 16 oz	\$3.99	\$5.19	\$1.20
Mango Tart & Tasty Frozen Kefir, 16 oz	\$3.99	\$5.19	\$1.20
Organic Prairie			
Organic 90% Lean Ground Beef, 16 oz	\$8.99	\$9.99	\$1.00
Organic Italian Pork Sausage, 12 oz	\$7.99	\$8.99	\$1.00
Organic 85% Lean Ground Beef, 16 oz	\$8.49	\$9.39	\$0.90
Refrigerated			
Goodbelly, Probiotic Coconut Water, 10 oz	\$1.69	\$2.39	\$0.70
Probiotic Straight Shot, 4/2.7 oz	\$2.79	\$4.49	\$1.70
Kozy Shack, Tapioca Pudding, 4 oz	\$2.79	\$3.99	\$1.20
Chocolate Pudding, 4 oz	\$2.79	\$3.99	\$1.20
Grocery			
Annie's Homegrown			
Organic Tomato & Cheese Bernieo's, 15 oz	\$2.29	\$2.79	\$0.50
Honest Tea			
Organic Unsweetened Just Green Tea, 59 fl oz	\$2.79	\$3.79	\$1.00
Organic Lori's Lemon Tea, 59 fl oz	\$2.79	\$3.79	\$1.00
Jovial, Organic Whole Peeled Tomatoes, 18.3 oz	\$3.49	\$4.59	\$1.10
Montebello, Garlic Marinara Pasta Sauce, 24 oz	\$3.99	\$5.49	\$1.50
Tomato Basil Pasta Sauce, 24 oz	\$3.99	\$5.49	\$1.50
Nasoya, Original Nayo Whipped, 15 oz	\$3.49	\$4.69	\$1.20
Original Vegan Sandwich Spread, 15 oz	\$3.49	\$4.69	\$1.20
San Pellegrino, Grapefruit Sparkling Beverage, 6/11.1 oz	\$3.89	\$6.49	\$2.60
Orange Sparkling Beverage, 6/11.1 oz	\$3.89	\$6.49	\$2.60
Lemon Sparkling Beverage, 6/11.1 oz	\$3.89	\$6.49	\$2.60
Blood Orange Sparkling Beverage, 6/11.1 oz	\$3.89	\$6.49	\$2.60
Zevia Cola Natural Diet Soda, 6/12 oz	\$4.79	\$6.59	\$1.80
Black Cherry Natural Diet Soda, 6/12 oz	\$4.79	\$6.59	\$1.80
Dr Zevia Natural Diet Soda, 6/12 oz	\$4.79	\$6.59	\$1.80
Twist Natural Diet Soda, 6/12 oz	\$4.79	\$6.59	\$1.80
Root Beer Natural Diet Soda, 6/12 oz	\$4.79	\$6.59	\$1.80
Nutrition			
Megafood, Womens One Daily, 30 ct	\$17.99	\$18.99	\$1.00
Women Over 40 One Daily, 30 ct	\$17.99	\$18.99	\$1.00
Women Over 55, 60 ct	\$22.99	\$24.99	\$2.00
Womens One Daily, 60 ct	\$28.99	\$29.99	\$1.00
Women Over 40 One Daily, 60 ct	\$28.99	\$29.99	\$1.00
Megaflora 60 Capsules, 60 ct	\$31.99	\$36.99	\$5.00
Megaflora 30Capsules, 30 ct	\$18.99	\$20.99	\$2.00
Body Care			
Aubrey, Men's Stock Northwoods Shave Cream	\$5.79	\$8.69	\$2.90
Men's Stock Northwoods After Shave Balm	\$9.49	\$11.99	\$2.50
Aura Cacia, Peppermint Shower Tabs, 3 oz	\$4.99	\$5.99	\$1.00
Lavendar Shower Tabs, 3 oz	\$4.99	\$5.99	\$1.00
Lavender Body Polish, 8 oz	\$8.49	\$11.99	\$3.50
Massage Oil Tranquility, 4 oz	\$5.79	\$8.99	\$3.20
Eucalyptus Shower Tabs, 3 oz	\$4.99	\$5.99	\$1.00
Massage Oil Lavender Harvest, 4 oz	\$5.79	\$8.99	\$3.20

member deals

EXAMPLE

Kettle

Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg Price \$4.69

EXAMPLE

UPC#123456789012 FEB 24-MAR9

MEMBER DEALS 07/3/13 - 07/30/13

* Regular prices subject to change

	Sale Price	Regular Price	Savings
Bulk			
Equal Exchange, Organic French Roast Decaf Coffee	\$11.99	\$14.29	\$2.30
Grandy Oats, Organic High Antioxidant Trail Mix	\$8.49	\$10.49	\$2.00
New England Naturals, Tex Mex Trail Mix	\$5.59	\$6.49	\$0.90
Save The Forest Chocolate Trail Mix	\$5.59	\$8.29	\$2.70
Grocery			
Ahlska, Organic Chocolate Syrup, 15 oz	\$3.99	\$4.99	\$1.00
Crown Prince, Low Sodium Kipper Snacks, 3.25 oz	\$2.29	\$2.99	\$0.70
Celestial Seasonings			
Raspberry Iced Sweet Zinger Tea, 20 Bag	\$2.99	\$4.69	\$1.70
Tangerine Orange Iced Sweet Zinger Tea, 20 Bag	\$2.99	\$4.69	\$1.70
Acai Mango Iced Sweet Zinger Tea, 20 Bag	\$2.99	\$4.69	\$1.70
Wild Berry Iced Sweet Zinger Tea, 20 Bag	\$2.99	\$4.69	\$1.70
Celestial Seasonings			
Blueberry Cool Brew Iced Tea, 40 Bag	\$3.99	\$5.59	\$1.60
Peach Cool Brew Iced Tea, 40 Bag	\$3.99	\$5.59	\$1.60
Raspberry Cool Brew Iced Tea, 40 Bag	\$3.99	\$5.59	\$1.60
Tropical Cool Brew Iced Tea, 40 Bag	\$3.99	\$5.59	\$1.60
Frontera, Guacamole Mix, 4.5 oz	\$1.49	\$1.99	\$0.50
Napa Valley, Organic Safflower Oil, 25.4 oz	\$7.49	\$9.99	\$2.50
Organic Sunflower Oil, 25.4 oz	\$7.49	\$9.99	\$2.50
Grapeseed Oil, 25.4 oz	\$7.49	\$9.99	\$2.50
Organic Balsamic Vinegar, 12.7 oz	\$4.79	\$6.59	\$1.80
Nature's Path,			
Org Honey Gluten-Free Almond Granola, 11 oz	\$4.99	\$5.99	\$1.00
Org Fruit & Nut Gluten-Free Granola, 11 oz	\$4.99	\$5.99	\$1.00
Org Dark Chocolate Chip Gln-Free Granola, 6.2 oz	\$3.79	\$4.99	\$1.20
Org Trail Mix Gln-Free Granola Bar, 6.2 oz	\$3.79	\$4.99	\$1.20
Org Chocolate Peanut Gln-Free Granola Bar, 6.2 oz	\$3.79	\$4.99	\$1.20
Org Summer Berry Gluten-Free Granola, 11 oz	\$4.99	\$5.99	\$1.00
Sweet Leaf, Sweetleaf Sweetener Powder, 4 oz	\$8.49	\$11.99	\$3.50
Sweetleaf Sweetener Packets, 35 ct	\$2.99	\$4.39	\$1.40
Sweetleaf Sweetener Packets, 70 ct	\$5.49	\$7.79	\$2.30
Newman's Own Organics			
Organic Sw Potato Lamb Dog Biscuit, 10 oz	\$3.29	\$4.49	\$1.20
Refrigerated			
Lifeway Foods, Vanilla Bio Kefir 4/3.5 oz	\$2.99	\$3.99	\$1.00
Nancy's, Low Fat Cottage Cheese, 16 oz	\$2.99	\$3.39	\$0.40
Organic Prairie, Organic 85% Lean Ground Beef, 16 oz	\$8.99	\$9.39	\$0.40
Organic Valley, Organic Pasture Butter, 16 oz	\$6.49	\$6.99	\$0.50
Body Care			
Alaffia - Beautiful Curls			
Shea Butter Curl Enhancing Shampoo, 12 oz	\$9.99	\$13.99	\$4.00
Shea Butter Curl Nurturing Shampoo, 12 oz	\$9.99	\$13.99	\$4.00
Shea Butter Curl Defining Gel, 8 oz	\$11.99	\$15.99	\$4.00
Shea Butter Curl Activating Cream, 8 oz	\$11.99	\$15.99	\$4.00
Shea Butter Curl Reviving Tonic, 10 oz	\$9.99	\$12.99	\$3.00
Shea Butter & Coconut Hydrating Curl Oil, 4 oz	\$7.99	\$9.99	\$2.00
Alba, Natural Very Emollient Kids Sunscreen Spf40, 4 oz	\$7.99	\$9.99	\$2.00
Aura Cacia, Soothing Lavender Stick, .29 oz	\$6.49	\$9.99	\$3.50
Cleansing Tea Tree Stick, .29 oz	\$6.49	\$9.99	\$3.50
Tangerine Grapefruit Aromatherapy Mist, 4 oz	\$5.79	\$7.99	\$2.20
Cinnamon Ylang Ylang Aromatherapy Mist, 4 oz	\$5.79	\$7.99	\$2.20
Patchouli Sweet Orange Aromatherapy Mist, 4 oz	\$5.79	\$7.99	\$2.20
Pillow Potion Essential Solutions Mist, 2 oz	\$5.79	\$7.99	\$2.20
Chill Pill Essential Solutions Mist, 2 oz	\$5.79	\$7.99	\$2.20
Eucalyptus Harvest Aromatherapy Mist, 4 oz	\$5.79	\$7.99	\$2.20
Lavender Harvest Aromatherapy Mist, 4 oz	\$5.79	\$7.99	\$2.20
Kiss My Face			
Kids Natural Mineral Sunscreen Spf30, 4 oz	\$9.99	\$11.99	\$2.00
Natural Mineral Sunscreen Spf40, 3 oz	\$10.99	\$12.99	\$2.00
Nature's Gate, Asian Pear & Red Tea Liquid Soap, 12 oz	\$5.29	\$6.99	\$1.70
Tea Tree & Blue Cypress Deodorant, 1.7 oz	\$4.49	\$6.49	\$2.00
Chamomile & Lemon Verbena Deodorant, 1.7 oz	\$4.49	\$6.49	\$2.00
Lemongrass & Clary Sage Deodorant, 1.7 oz	\$4.49	\$6.49	\$2.00



ENVIRONMENTAL WORKING GROUP

Shopper's Guide to Pesticides in Produce

Dirty Dozen

Buy These Organic - if at all possible

- 1 Apples
 - 2 Celery
 - 3 Cherry Tomatoes
 - 4 Cucumbers
 - 5 Grapes
 - 6 Hot Peppers
 - 7 Nectarines - imported
 - 8 Peaches
 - 9 Potatoes
 - 10 Spinach
 - 11 Strawberries
 - 12 Sweet Bell Peppers
- (plus Summer Squash and Kale/Greens)

Clean Fifteen

Lowest in Pesticides - but organic still better

- 1 Asparagus
- 2 Avocados
- 3 Cabbage
- 4 Cantaloupe
- 5 Sweet Corn
- 6 Eggplant
- 7 Grapefruit
- 8 Kiwi
- 9 Mangos
- 10 Mushrooms
- 11 Onions
- 12 Papayas
- 13 Pineapple
- 14 Sweet peas - frozen
- 15 Sweet Potatoes



Sweet summertime Deals at Your Food Co-op!

Co+op Deals coupon books mean in-store savings this July and August. Check out select coupons found on the shelves in our aisles this July and August through our friends at the National Cooperative Grocers Association (NCGA). There are plenty of great new products to try and delicious deals on your favorites, like Rudi's Organic Bakery breads, Organic Valley cheese, Muir Glen salsas and so much more. It's a great time to stock up on picnic supplies like spritzers, juice, nut butters and chips, too. Plus, get great recipes and ideas for celebrating summer at

www.strongertogether.coop

coop™ deals

Money-saving coupons inside!
JULY-AUGUST 2013

SHEETCAKES

Cake flavors: chocolate, vanilla, marble, carrot, apple, banana

Frosting flavors: vanilla buttercream, chocolate buttercream, cream cheese

9x13 - quarter sheet
serves roughly 20 - \$30.00 (1.50 per serving)

12x18 - half sheet
serves 36-48 - \$60.00 (1.66-1.25 per serving)

12x18 cakes can be scored either in 36 or 48 servings. Design is restricted to messages with simple piping. Requests may be taken for more intricate designs, and additional charges may apply. Please allow 5 days advance notice for all cake orders.

Flourless Chocolate Cake \$30.00
This cake stands alone. Four ingredients combined to make the richest, most satisfying chocolate experience. Eggs, chocolate, butter, and coffee. Coffee is optional. Serves 16



Catering



Specializing in fresh, local, natural and organic food.

312 West Water Street • Decorah
563.382.4666 • www.oneotacoop.com

Summer Store Hours (Apr-Oct)
Monday-Saturday 8:00 am - 8:30 pm
Sunday 10:00 am - 7:00 pm

Winter Store Hours (Nov-Mar)
Monday-Saturday 8:00 am - 8:00 pm
Sunday 10:00 am - 7:00 pm

SPECIAL EVENTS

Please call to get a quote for your special event. We cater many types of events, including:
weddings • anniversaries • birthdays
benefits • graduations • conferences
family reunions • bar mitzvah • and more!
email: deli@oneotacoop.com
or call 563-382-4666 and ask for Mattias.

ENTRÉES

12-15 servings per pan - \$55/pan
Some of our favorites include:
lasagna, meatloaf, salsa verde enchilada pie, and chicken chile enchilada pie and our speciality Swedish Meatballs. Ask the chef for other choices and suggestions.

HOMEMADE SOUPS

\$4.99/lb
Over 50 soups to choose from!
Some of the favorites:
Potato Dill - Hearty Bean & Vegetable - African Peanut - Italian Bean & Squash - Clam Chowder - Red Lentil with Greens & Lime - Spicy Thai Carrot - Mulligatawny - Hungarian Mushroom - Cajun Corn Chowder

DIPS & SPREADS

priced per pound - please call for pricing
hummus - dill dip - spinach artichoke dip
black bean dip - white bean dip - garden veggie dip
our famous guacamole
and many more - inquire with the chef

BOX LUNCHES

Includes a sandwich, pickle, salad and Waving Grains cookie or a piece of organic fruit.
With a Vegetarian or Vegan Sandwich \$7.50
With a Meat Sandwich \$8.50
meat choices include: smoked turkey, roast beef, genoa salami, and ham

EXTRAS

Single serving bag of Kettle Chips - \$1.50
Blue Sky Sodas - \$1.00
Izzie's Sodas - \$1.65
Organic Santa Cruz Soda or Switch Sparkling Juices - \$1.30
Bottle Teas - \$1.60
Coffee by the pot - \$12.50 per pot (includes container rental)
Cookies - \$1.25

PANINI

Summer Panino Hours (Apr-Oct)
Monday-Saturday 8:00 am - 7:30 pm
Sunday 10:00 am - 6:00 pm
Winter Panino Hours (Nov-Mar)
Monday-Saturday 8:00 am - 7:00 pm
Sunday 10:00 am - 6:00 pm
In a hurry? Call ahead with your panino order 563-382-4666. We'll have it ready for you to pick up.

California Turkey	6.39
sliced smoked turkey breast, cheddar cheese, fresh avocado, fresh tomato, chipotle mayo served on organic Sourdough bread	
Hot Ham and Swiss	6.39
sliced ham, swiss cheese, honey mustard dressing and mayo served on Pumpernickel Rye bread	
Water Street Tuna	6.39
house-made Tuna salad, fresh tomatoes, cheddar cheese served on organic Sourdough bread	
The Magic Mushroom	6.79
marinated Portobello mushrooms, mozzarella cheese, roasted red peppers, served on local ciabatta bread	
Turkey Mango Madness	6.39
sliced turkey, curried mango mayo, provolone cheese, roasted red peppers, served on Rudi's Sourdough bread	
Turkey Jack	6.39
sliced turkey, cilantro mayo, pepperjack cheese, served on Waving Grains Wheat bread	
Fresh Caprese	6.79
fresh mozzarella, fresh sliced tomatoes, pesto, balsamic vinegar, served on Waving Grains Ciabatta bread	
SW Turkey Tom	6.39
sliced turkey, cilantro mayo, divina tomatoes, cheddar cheese, served on Rudi's Sourdough bread	
Chipotle Beef or Tofu	6.39
sliced roast beef or seasoned tofu, chipotle mayo, grilled green peppers, onions, provolone and cheddar cheese, served on Rudi's Sourdough bread	
BBQ Chicken	6.39
BBQ chicken, sliced red onion, cilantro mayo, pepper jack and provolone cheese, served on Rudi's Sourdough bread	
Italian Lovers	6.79
genoa salami, pepperoncini, divina tomatoes, italian dressing, mozzarella cheese, served on Waving Grains Ciabatta bread	
Pesto Pantheon	6.79
bacon, mozzarella cheese, fresh sliced tomato, pesto, served on Waving Grains Ciabatta bread	
Grilled PB & Jelly	\$3.99
organic peanut butter, Crofter's organic jelly, Waving Grains Wheat bread	
Kid's Grilled Cheese	\$3.99
cheddar cheese, served on Rudi's Sourdough bread	
1/2 sandwich w/ cup of soup	\$4.79
your choice of half of any panino on the menu along with a cup of your choice of soup	
PANINO OF THE WEEK	\$5.79
New flavors and sandwich concepts as well as old favorites!	

PLATTERS

Domestic Cheese Platter
Shullsburg cheese: Swiss, Smoky Parmesan, Organic Cheddar, Pepperjack
small 12" (serves 20-25) - \$30
large 16" (serves 25-30) - \$45

Vegetable and Dip Platter
Fresh organic veggies with your choice of dips: Homemade Ranch, Blue Cheese Walnut, Annie's Goddess Dressing or Rstd Red Pepper Hummus.
small 12" (serves 20-25) - \$30
large 16" (serves 25-30) - \$45

Cold Cuts Platter
Sliced turkey, roast beef, ham, salami (no hormones or antibiotics)
small 12" (serves 16-22) - \$40
large 16" (serves 24-30) - \$55

Fruit Platter
An array of colorful fruits for any occasion centered around a crème caramel dip. Organic fruit when possible.
Call for prices - dependent on season and availability
small 12" (serves 20-25) - \$40 estimated
large 16" (serves 25-30) - \$60 estimated

Antipasto Platter
Fresh vegetables, olives, parmesan cheese, marinated artichoke hearts, Prosciutto ham.
small 12" (serves 20-25) - \$40
large 16" (serves 25-30) - \$55

Mediterranean Platter
Olives, hummus, cucumbers, vegetarian dolmas and dates accompanied by whole wheat pita bread wedges.
small 12" (serves 20-25) - \$40
large 16" (serves 25-30) - \$55

Sandwich Platter
Your choice of sandwiches, cut into bite size pieces and arranged beautifully on a 12 or 16 inch platter.
small 12" (serves 20-25) - \$35 - choice of 2 sandwiches
large 16" (serves 25-30) - \$55 - choice of 3 sandwiches

SALADS

Try one of our tasty fresh salads at your next party. Priced per pound

- Salad Selections -
- Apple Cranberry Red Cabbage
 - Chickpea Chermoula
 - Coleslaw
 - Currant Barley
 - Curried Quinoa with Corn and Mushrooms
 - DonDon Noodles
 - Garbanzo Bean Salad
 - Greek Pasta Salad
 - Greek White Bean Salad
 - Indonesian Rice Salad
 - Ionian Potato Salad
 - Lemony Basil Pasta Salad
 - Marinated Beet Salad with Feta
 - Mediterranean Salad
 - Mexican Potato Salad
 - Millet Tabouli
 - Orzo Pasta Salad with Roasted Tomatoes
 - Pasta Primavera Salad with Rice Noodles
 - Quinoa Black Bean Salad
 - Quinoa Feta Salad
 - Quinoa Salad
 - Red Potato and Egg Salad
 - Roasted Yam and Chili Salad
 - Potato Salad with Lime
 - Santa Fe Salad
 - Savory Potato Salad
 - Thai Noodle Salad
 - Three Bean Salad
 - Toasted Sesame Asian Slaw
 - Tzatziki Potato Salad
 - Zorba's Pasta Salad

We are dedicated to using local and organic ingredients when at all possible.



Note:
3 day notice requested for most catering orders
Larger orders or special requests/substitutions could require 7 days
Special Dietary needs? Let's talk! Many of our options are gluten-free, and we can substitute for other requirements.

OPEN HOURS

Nearly every item sold in the Water Street Cafe is made fresh daily, from scratch, in our kitchen. We use primarily organic ingredients, focusing on local and organic ingredients when at all possible.
The Water Street Cafe is open for breakfast, lunch and dinner. Beginning at 8:00 am, Monday through Saturday, you can find breakfast sandwiches and breakfast burritos available. Brunch begins every Sunday at 11:00 am.

HOT BAR

Our hot bar, salad bar, panini and soups are available each day beginning at 11:00 am. At the Water Street Cafe you will find a hot bar based each day on a different culinary or regional theme. With variations such as Greek, Chinese, Soul Food, BBQ and Italian, you will be pleasantly surprised by what our talented chefs come up with.

If you are looking for something to take home for an easy dinner, we also have Whole Roasted Chickens available for purchase every afternoon.

For a list of upcoming hot bar themes, check out our menu online at www.oneotacoop.com.

SALAD BAR

In addition to our daily hot bar selections, we also offer a full salad bar, two made-from-scratch soups, and fresh made-to-order panini (grilled sandwiches).

GRAB-N-GO

Our grab-n-go cooler is always stocked with fresh cold sandwiches, dips, spreads, and salads for anyone in a hurry.

FRESH BAKERY

Our pastry case has an assorted supply of treats made just blocks from the Co-op by local Waving Grains Bakery.



312 West Water Street • Decorah
563.382.4666 • www.oneotacoop.com

BEVERAGES

The Cafe features an entirely organic espresso bar, from bean to cream. We have options for the allergy sensitive, including cow, soy and coconut milk. Our flavored syrups are also organic, and make wonderful Italian sodas if something cool and refreshing is more to your liking. We also offer several choices of fresh-brewed hot coffee and tea for enjoyment in-house or on-the-go.

THE GREEN PLATE

The Green Plate Program was developed as a way to reduce the amount of waste, as a business and community, we produce. Members of the Green Plate Program have the option of using a food take-out container that is washable and reusable. For the minimal cost of one reusable container, repeat Water Street Cafe customers can purchase a take-out container made from BPA-free plastic which can be returned to the Cafe in exchange for a new, clean take-out container. For more information, inquire with the Cafe staff.

GLUTEN SENSITIVITY

At the Water Street Cafe we always have options for individuals with gluten sensitivities. We do not claim to be a gluten-free kitchen because we use wheat flours and gluten-containing products in our kitchen. However, we take precautionary measures to keep our gluten-free foods from cross contaminating with foods containing gluten. We take this responsibility very seriously, and our staff are trained on techniques to avoid contamination.

To identify gluten-free items in our Café, simply look for the orange dot, sticker or label on our products and be assured that we have done our best to keep the item free of any gluten. If you have any specific questions pertaining to how we handle our gluten-free in-house produced foods, ask one of our friendly staff and we will be happy to explain our precautionary methods. As a rule, individuals with extreme sensitivities to gluten should always read the ingredient labels to double check what may appear to be a gluten free food item.

Hot Weather Cooking - Tips to Beat the Heat in the Kitchen

By: Johanna Bergan - Education and Outreach Coordinator



a community that is educated about food and other products that are healthy for people and the environment

Summer gets hot here in Iowa. There is much fun to be had what with swimming, biking, canoeing and more. It seems that my family turns to the grill to eat frequently during this season. I love our grill, don't get me wrong, but I simply cannot stomach the idea of eating from it every single day. Sometimes meals just need to come from the kitchen. Following are simple tips and ideas to help make cooking in the summer just as nutritious and delicious as the rest of the year while leaving the heat behind.

Eat raw foods

Fruits and vegetables can easily be eaten raw (meaning no heat needed) and there is a world of style outside of carrot sticks. Spend the time you save from cooking over the stove in cutting fruits and vegetables. Grated carrots and beets make a simple addition to salads and sandwiches. Matchstick turnips, carrots, zucchini, broccoli stalks and more work great to serve with dips or in a salad.

Put the heat outside

Some of my favorite gadgets are just perfect for summer cooking. A rice cooker allows you to cook rice, quinoa, millet and amaranth without standing over the stove. Better yet the rice cooker can plug in out on the porch – leaving you with good smelling food without the heat and steam inside the house.

Swap cold for hot in the A.M.

Are oatmeal, omelets, or pancakes a staple breakfast throughout the cold months? Welcome the season of chilled grains and smoothies in June. Swapping a green smoothie with an extra dose of protein for the bowl of whole grain hot oatmeal leaves you feeling cool from the get-go and just as satisfied. Many grains traditionally served hot can be modified to eat chilled. See the Overnight Cocoa Oats recipe below.

Check out our summer class calendar as it features several cooking classes especially designed for the hot summer months. Classes include Juicing and Smoothies, Spring Rolls, Presto! Pesto, and more. I look forward to seeing you in the Co-op classroom soon.

Overnight Cocoa Oats

Recipe from *Living Without*

Ingredients:

- 1 cup steel cut oats
- 2 tablespoons chia seeds
- 2 tablespoons pure maple syrup or honey
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon pure vanilla extract
- 1 teaspoon orange zest
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup milk of choice, more for serving
- 1 cup raspberries
- ¼ cup unsweetened flaked coconut

Directions:

Place oats, chia seeds, maple syrup, cocoa, vanilla, orange zest, cinnamon and nutmeg in a glass jar or other container. Pour in milk and stir contents together well. Secure lid and refrigerate mixture overnight or up to 4 days. When ready to serve, divide soaked oats among serving bowls and top with additional milk, raspberries and coconut. Soaked grains keep in the refrigerator up to 4 days.

Raw Beet Salad

Ingredients:

- 1 pound red beets, trimmed and peeled
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- ½ teaspoon Dijon mustard
- 1 tablespoon minced shallot
- 2 tablespoons fresh mint, chopped
- 2 ounces crumbled goat cheese

Directions:

In a small bowl, whisk together the balsamic vinegar and mustard. Slowly whisk in the olive oil to make the dressing. Add the chopped mint and shallots and mix well. Using a mandolin, grater or the shredding blade of a food processor, shred the beets. Add the beets to the dressing and toss well to coat. Let the beets marinate at least 15 minutes. Garnish with crumbled goat cheese before serving.

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

Beat the Heat - Summer Kitchen Appliances

Stainless Steel Rice Cooker – Check out the Lotus Foods Rice Cooker available at the OCC.

Rice cookers allow rice to be cooked in a quick and efficient manner. No extra mess on the stovetop because a pan boiled over. Simply add rice and water. Put on the lid and hit start. The cooker will turn off (or lower to warm) when rice is cooked completely. To combat the heat in the kitchen you can plug your rice cooker in on the porch or outside the kitchen door. Many rice cookers will steam vegetables at the same time. And remember – several rice dishes are tasty served cold, making rice made in a rice cooker perfect for an Iowa summer.

Hot Water Kettle

A hot water kettle quickly and efficiently heats water to the desired temperature (usually boiling) without the usual time spent on the stove. Kettles make French Press coffee and tea beverages a snap. In the summer the kettle can be used to minimize the amount of time the stovetop is on. Boiling water can be used to speed up the cooking process of several dishes and lots of pasta can be cooked by sitting in hot water for a period of time. Check out Thai Kitchen Rice Noodles and Tinkyada noodles if this sounds like your style of summer cooking.



THE COMM POST

To sign up for weekly Oneota Co-op e-mails containing news, events, sales, and the café menu, simply go online to any page of our website and click the link to sign-up for our e-newsletter.

www.oneotacoop.com/about-the-coop



employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals

Serenading Sue Otte:

An Encore Celebration of One of Oneota Co-op's Longest Standing Employees

By: Cerrisa Snethen - Co-op Member/Owner

Sometimes, in order to see the magnanimous beauty in the beginning, you have to start at the end. If you had walked into the Co-op on Sue Otte's last workday just a few weeks ago, you'd have been schooled on Co-op amazingness rising again. You'd have seen Sue's supporting cast of characters file into the café seating area in a farewell serenade to an employee and leader who'd helped a fledgling, tiny organization when it was still very new. And serenade they did, until Sue herself eventually joined in. Sitting down with her to learn more about her long, winding Co-op journey, Sue reminded me why there's much to sing about.

I should start out by saying that Sue's quick to point out that she's no saint. In fact, somewhere she's cringing on the edge of her chair right now at the compliments bestowed on her efforts in this article. But, given the fact that what goes around comes around, Sue deserves our gratitude and even a bit of our praise. Here goes: She started out in Mankato, Minnesota. It was 1948, and her formative years (the 1950's) were nothing short of transformative and fascinating for both food and being female. The war had ended. Men were returning home ready to resume the jobs women had been doing while they were away. While Sue watched women return

to kitchens that were increasingly being dominated by packaged and processed foods, in her own home her mother was still doing a lot of things from scratch. Times may have been rough financially, but Sue never knew it. "I never remember rough times because my mother was such a good cook," she said. Uniquely, in her own neighborhood girls still outnumbered boys. She and her girlfriends ruled the roost. Perhaps these realities were instrumental in helping to develop Sue's leadership skills and a passion for food that would one day lead her to reside on the early Co-op board as president.

Before Sue landed in Decorah

though, so much had to happen. In college, she eventually decided on a path of Secondary Education via a Spanish major with an English minor, despite having a scope of interests so wide and diverse as to make the decision extremely difficult. Even then, she was cooking up casseroles with friends as she watched recipes transform from "2 cups of flour to one cup water," to "Now add two cans cream of mushroom soup." "To this day," she sighs "I see something like that in a recipe, and I'm making my own mushroom sauce and flavoring it with herbs." It wouldn't be long before

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Serenading Sue Otte:

- continued from page 19

Sue was cooking for a family of her own. She met Lyle in the student union at Mankato State University.

He was fresh back from Peace Corps Columbia, and looking for someone to speak Spanish with and Sue was looking for someone with whom to have a sound intellectual relationship. "Here he was," she smiled "My mature older man." Sue took a teaching job in Wisconsin and luckily, Lyle came along. Soon their daughter Kristina, their marriage, and a job hunt led them to a tiny little town they'd never heard of: Postville, Iowa. A few years later, Sue and Lyle's son Michael joined the family. Lyle taught at the local high school and Sue was enjoying raising her children. She cared about what went into the food they ate and strived to create balanced meals. One day a neighbor brought over the whole-wheat dinner rolls that would change Sue's life. The neighbor told her that the delicious confections had been a result of whole-wheat flour she'd purchased from a tiny little Co-op in a town called Decorah about 25 minutes away. Sue couldn't believe whole grain could taste so good. She began venturing to Decorah for more. Cooking her way through a recipe book called *Laurel's Kitchen*, Sue had her family and an intellectual life. She did tutoring, helped start a pre-school, engaged with fulfilling work by coordinating activities at the local nursing home, but something was missing.

Sue needed a different community, one that more suited her personality and passions. "It was the Co-op that first drew me," she insists. By the time Lyle and Sue settled into their new community, their kids were older. Sue started volunteering for the Co-op right away, which was then stationed upstairs in the Old Armory building on Water Street. It was a time when patrons still filled out their own slips, writing down what they took and

adding up their own bill. The food was still mostly all bulk, stored in clean garbage bins. There was no white sugar. While for some folks, bulk buying was about price, for many, it was about food quality. Sue joined the Board.

In 1984 she became president of that Board, going on to serve on the collective management team they called simply "The Collective," with Steve McCargar, Liz Rog, and Scheryl Scheffert. Sue was about to learn a lot about consensus decision-making over the more traditional system of majority rule. She remembers it being a struggle to get everyone to agree, but one that was good and worthwhile. Sue has immense gratitude for everyone who was there working alongside her in those early days. She told me about how her fellow Board member Steve McCargar worked tirelessly and was always upbeat, no matter how tough things got. This work of community building was bringing them all together toward a powerful cooperative goal.

The Oneota Co-op culture in the 80's centered on passion for helping to educate people about food choices and being involved in the political aspects of an increasingly corporate dominated food system. Sue had always been politically passionate and involved, so her work with the Co-op was a natural extension for her proclivity to connect the dots in the swirling world around her. "It wasn't just about food on a shelf, but how it came to be there. Who grew it? Who was determining its value and why? Who was making these choices? Food is not just food. It's not objective. Food is subjective. It's very much a subjective part of our culture," she explained. But the Co-op transcended even the political—it was a substantial hub for community activity. When Sue finally resigned from The Collective and then returned to the Co-op a couple of years later to work as a cashier, it was because she



OCC Staff: Joan (left) & Sue(right)

loved the face-to-face interaction with the community.

"Let's be honest," she grinned about cashiering, "a cashier is really the face of the organization. It's really a PR job." Sue always loved how folks didn't just come into the Co-op for food. They stopped in wondering if there was local land for sale, if there was music happening in the area, or looking to make connections with similarly minded individuals. "It was never just a grocery store," she continued. "Being a welcome place for the community, a place where people could find information and resources, that's one of the things that made our Co-op different. It also served as something of a community center. Liz Rog was such a big part of that. People would see her and ask, 'Wow, who IS that?' She was just so welcoming."

Sue remembers potlucks and life changes. She remembers searching for truth. "I remember asking myself that all the time. Where's the truth? I just want to go live there in the truth with all of its imperfection." She remembers the time she began realizing that while Decorah was indeed the little nest she'd spent much of her life looking for—a place to settle in and be, it wasn't everything. Living well on the journey was just as valuable. Life couldn't just be about getting or being someplace. It had to be about living well. And helping to build the Co-op was a means of living well. The Co-op now has thousands of members who are living well through its existence. Sue certainly wasn't alone on her journey to help build it, but she's helped create something incredibly invaluable for the rest of us and we're grateful.

Sue's life seems intentional, as does the overlap of all things in it. And speaking of community building, Sue also helped to launch the Unitarian Universalist Fellowship in Decorah, where she explores philosophical and spiritual questions with people of all faiths as a spiritual community. She's a gardener, a dancer, a singer, an activist, a reader, and she's generally trying to get to the root. She is particularly proud of how the folks from the local UU have helped to create the Decorah Community Meal, an ongoing event that unites folks from all walks of life to break bread together. It makes sense. Communal eating is part of Sue's general philosophy on life. She believes in food and ritual as a basic building block for our humanity, and urges the Co-op to continue engaging

in education and outreach as a vehicle for knowledge and growth. While she rallies against an unsustainable centralized food system, Sue champions education as the biggest catalyst for our future "If we're going to change." But one thing she is not, is a purist. While Sue actively maintains her own beliefs, she insists, "I'm no moral arbiter of someone else's life."

Ms. Otte believes in a food system of farmers who have a respect for their animals and land. She worries about young people and their exposure to hormones, chemicals, and unhealthy examples, but she counters her worry with action. She holds up hope by being part of our Co-op and part of the greater solution. She takes what she knows and tries to translate it to folks who may be unaware or confused. "Sometimes I see myself as a translator. A cultural translator. We still have to do that," she reminds me. All those years Sue was at the register, she considered herself less of a facilitator of a financial transaction and more of an ambassador of information. Someone with such heart and ambition is a terrific asset. She will be missed.

Here's the great news: Sue's not about to stop spreading awesome anytime soon. An incredibly active Decorah entity, we'll see her fingerprints everywhere. She's 65 and investing in new camping equipment. She's retired and increasingly interested in learning about how to be flexible. She's blazing new trails for the young women coming up behind her as a passionate feminist and lifelong learner. She's setting an example for us all. Seemingly, Sue will never cease searching for a way to help others "find a way to be in the world in a way that is satisfying to their spirit." In short, she's thinking about all of us, all of the time. When Sue stumbles on a can of corn at a supermarket, she doesn't look on it like an everyday object. She imagines the people who grew it, the worker who shucked it, and the women whose quick fingers operated the machine that canned it. "One of the great things about getting older," she says "is you can look back and see patterns and connections emerge. It's like R.L. Stevenson said (and I really believe this)—'It's better to travel hopefully than to arrive.'"

Thanks for incorporating us all into your journey Sue, as well as your hope. We wish you a gorgeous new beginning in this next chapter.

Join us for these great summer events

<p>DINNER & LECTURE <i>in the Garden</i> Sat, June 22, 2013 6-9 pm with featured speaker David Buchanan <i>He will discuss the hidden strengths of forgotten garden vegetables and why we need to preserve them.</i> <i>Meal prepared by the Pepperfield Project.</i> Call or go online for tickets: \$30</p>	<p>TOMATO TASTING Sat, August 31, 2013 NOON-4 pm <i>Sample over 40 different heirloom tomato varieties and attend workshops given by experts. Free event.</i></p> <p style="text-align: center;">Lillian Goldman Visitors Center SEED SAVERS EXCHANGE 3074 North Winn Road, Decorah, IA 563-382-5990 • seedsavers.org</p>
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Member Appreciation Day Sale

10% off storewide*

Tuesday, August 6th • 8:00 am - 8:30 pm

May be combined with all other member discounts.

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



One more way we say
THANK YOU
to member/owners!



Stock up and save!