

THE SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

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

VOL. 37 NO. 1
JANUARY/FEBRUARY 2011

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666 • WWW.ONEOTACOOP.COM
WINTER HOURS (NOV-MAR): MONDAY-SATURDAY 8:30-8:00 • SUNDAY 10:00-7:00
SUMMER HOURS (APR-OCT): MONDAY-SATURDAY 8:30-8:30 • SUNDAY 10:00-7:00

From the GM...

david lester, general manager

"... the best way to strip the allure and dreaminess from a lifelong dream is, very often, simply to have it come true."
- David James Duncan

I was reminiscing about my own personal, professional move this past year to becoming GM and thinking about this quote from David James Duncan. He is one of my favorite authors. I will often get one of his books out like *The River Why* or *River Teeth* during the winter months to remind me of warmer days fishing and exploring the river. To me, what Duncan is trying to say is, "ACT!" And that's what I feel has been happening here at the Co-op in the recent months. The following paragraphs will touch on some of our successes this year both from the management's and Board's perspective.

According to the most recent State of Iowa's Retail Sales Tax Report, Winneshiek county has reported an 8% decline in annual sales the first two quarters of 2010. Our Co-op has seen about an 11% increase in annual sales compared to 2009. Why is this? What does this mean? Many factors and decisions have helped us succeed in a recessionary climate. Some of the more important ones to note would be:

- A rejuvenated, energized and creative staff.
- Membership numbers are up! We are averaging one new member signup per day. About 67 of our new memberships have been Luther College students.
- Our commitment to locally grown products. We pushed our point-of-sale provider to create a way to track our local sales. Currently, about 30% of all sales in our store are locally produced.
- Reaching out to our community in a variety of ways.

Personally, I am honored to be a member of several committees like the newly formed Decorah Schools Wellness Committee. This committee consists of students, teachers, administrators and local community members who have taken on the task of creating a healthier environment for our school age children. Being involved with the work of the Northeast Iowa Food & Fitness Initiative has also been very rewarding and is creating innovative programs that address health issues



in our area schools. The Co-op sent our own chef, Mattias, and café cook, TJ, to a workshop at North Winneshiek this summer. They took a lot of the garden produce which was grown at various school gardens and helped transform it into a ratatouille that school cafeterias have used in soups and pizzas this school year.

By participating in partnered events with other local businesses and organizations, we can use our resources better to create events that promote the food and those who are growing it in our community. Sponsoring the Seed Savers' Tomato Tasting Contest was a huge success and helped attract hundreds of people to the event. Our Fruit Sculpture class for children at ArtHaus was another fun and successful event that got the attention from other Co-ops wanting to do something similarly at their stores.

One of the highlights of the year for the staff and me had to be "Taste of the Holidays." We raised over \$2,200 for our four area food pantries and decided to do something different this year – donate this amount and more back

to the pantries in food from our store. We have had requests from individuals and families who use the pantry that they wish there was more organic and natural foods to choose from. We contacted some of our vendors and the response to donate on top of our donation was overwhelming. We were able to give beyond what was raised.

We are addressing sustainability issues, making decisions and investing in more efficient systems. We have made recent improvements to our aging HVAC system that will make our store more efficient and save on our utility bills. There are more safety controls in place as well. These will alert management to any critical problems with our HVAC system in order to reduce product loss and down times. We will also be investing in more efficient lighting systems and continuing to look at our store policies to reduce our impact on our environment.

On the board side of things, some accomplishments to note are:

- **Increased third party verification.** To help verify the store's compliance with best practice, we not only got reports from the GM and key store staff about store operations, but also our staff policy manual was reviewed by an external HR expert and a legal expert. Our finances will be reviewed by an accounting

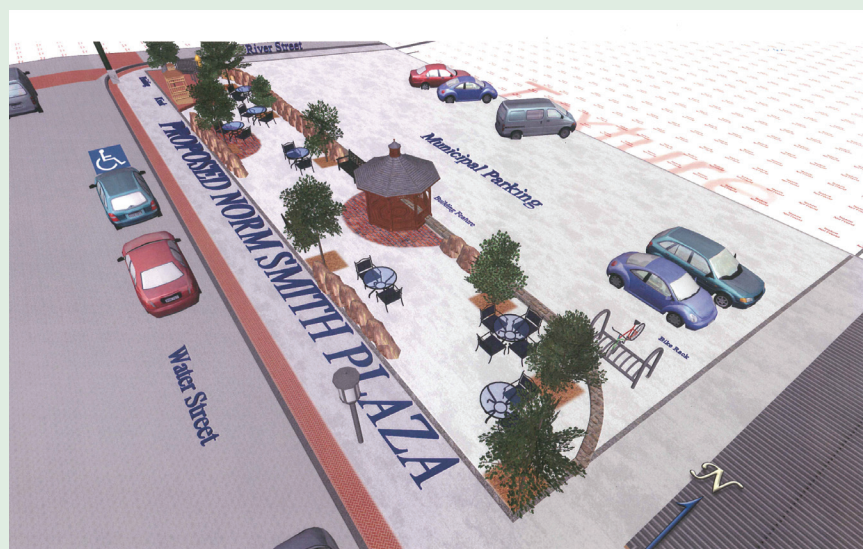
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new green space planned for downtown water street

It doesn't have an official name yet, but the fundraising and construction plans for what is being referred to as the Norm Smith/Water Street Plaza project are underway. The plan includes an estimated ten trees, other plantings, tables and chairs, benches and other natural landscaping features. There is hope of utilizing salvaged East Side School brick to be used in the plaza's building feature, a gazebo, which will give local musicians and other artists space to perform. It is also hopeful that large limestone blocks salvaged from East Side School will be incorporated into the retaining wall.

This project was a 2010 recipient of an Iowa Great Places grant (\$25,000) but more funding is needed to complete the project. The total cost for this project is estimated at \$95,000. A large portion, \$20,000, has already been raised locally. This leaves roughly \$50,000 yet to be raised – and we need your help.

Board member Steve McCargar and General Manager David Lester would be glad to answer any questions you may have regarding the project and to talk about opportunities to donate. The plans and more information about this project will be available for members and customers to view at the Co-op Customer Service Desk. Also, beginning in January, the staff will kick off the fundraising with a fun project...stay tuned!



Oneota Community Co-op Seeks Board of Directors Candidates

“Board membership is altruistic service to the OCC and the greater Decorah community.”

Our sales are up. Even in a tough economic climate our expenses are controlled, and there are many new faces shopping at the store and deciding on membership. Our new general manager, David Lester, has done a great job in the first six months of his leadership and is happy to report at each board meeting the solid financial shape the store continues to generate and a positive outlook by the staff.

The Board of Directors seeks interested member-owners to serve on the Board to help ensure a good future for OCC. In 2011, there are two positions open for candidates to fill as Steve Peterson and Joan Leuenberger finish their terms. There are no incumbent Board members running for office.

Application packets may be downloaded from the Co-op website or requested as a printed copy at the Customer Service Desk in the store. One can also contact any member of the Nomination Committee for information:

Robert Fitton - oneotarobert@gmail.com
Bill Pardee - oneotapardee@gmail.com
Jon Jensen - oneotajensen@gmail.com
Lyle Otte - lyleotte@gmail.com
Georgie Klevar - klevar@alpinecom.net

Activity	Deadline
Candidate recruitment / self nomination	Ongoing
Candidate applications and statements due for all candidates.	January 10, 2011
Board interviews candidates as necessary	Mid January
Board Nomination	January 25, 2011 at regular board meeting
Final deadline for all candidates for name inclusion on ballot.	February 14, 2011
Candidate forum	February 17, 2011 (tentative date)
Ballots and candidate statements with announcement of annual meeting mailed to members in good standing.	March 1, 2011
Voting ends at end of business day.	April 1, 2011
Administration of ballot counting.	From April 2 through April 6, 2011
Election results announced.	April 7, 2011 Annual meeting (Usually first Thursday in April)
New board members start service.	April 26, 2011 (First board meeting after annual membership meeting)

looking to the future together

bill pardee, board member

On a Saturday in late September, all seven board members, General Manager, David Lester, and seven Co-op staff members met in a large room in the country for 7 ½ hours to examine 3 questions for the Co-op: Where have we been? Where are we now? Where do we want to go? Barb Ettleson, with long experience in strategic planning for both large and small organizations, planned and guided the workshop.

Lorado Adelman, 30-year member, periodic Board member, and the Board president who introduced our current form of governance. He gave us a short history of the Co-op’s evolution from \$10,000 in sales per year to now with roughly that much in sales per day. Long before the recent stories of giant egg factories spreading salmonella across the country, he told us that the Co-op community has always been conscious of the destructive effects of the industrial food system on our bodies, our communities and our environment.

Lorado also told us that the Co-op always had both low-income shoppers seeking economical good food and affluent customers seeking uncommon spices or simply better food. Now, awareness of this need for healthy food and a sustainable environment has spread to much of mainstream America. This mainstream desire for “our kind of food” is both an opportunity and a threat. If we don’t meet the need,

someone else will.

The GM, the staff and Board members did research beforehand on national economic, co-operative and whole food trends. Many brought articles and books to share. A Co-op staff member told us movingly of her desire to protect her young daughter from herbicides and pesticides.

The staff did comparative shopping at our indirect competitors. Teresa Wiemerslage of ISU extension and the Farm and Food coalition told us about the substantial and rapidly growing strength of our local food system. The Co-op is the leading organic and local food grocer in a large region of NE Iowa.

Then we turned to developing possible answers to the question, “Where do we go, now?” The possible answers were many, all good. The group discussed the relationship of potential initiatives to the Board determined Co-op Ends. We have a fairly small staff who already work hard. Setting specific targets requires detailed analysis in balancing costs and gains. The General Manager and his staff will do this in preparing the business plan for Board review in December.

This meeting between the Board, representative members and the GM and staff educated all of us. We understand more about our business climate and each other’s concerns. Working together, we will help the Co-op to continue to serve the community successfully.

FROM THE GM

continued from page 1

firm (in January 2011). A third-party staff survey was also completed.

- **Increased communication with members.** Our member - linkage standing committee conducted an analysis of the ways we communicate with members. We have implemented all of their recommendations and also some brought by other board members such things as clearer and more consistent responses to member concerns and questions raised at meetings; a series of member - board events that bring the board in touch with the membership in an informal manner; a consistent and streamlined system for getting agenda out to the membership in a timely manner; and a new, simpler format for meeting minutes.
- **Collaboration with store staff on strategic planning.** We are looking to the future in a big way! We are excited about working with store staff to identify threats and opportunities.

- **Increased emphasis on board learning.** We are developing our knowledge base through monthly board education at the beginning of each board meeting. Topics include understanding member needs, strategic planning, financial oversight, and community collaboration.

Both the management and Board are committed to keeping our Co-op on the cutting edge of what being a cooperative grocery store means. We are doing this through reaching out to our community in many ways, writing and monitoring smart, effective policies, planning strategically for our future and most importantly, listening to our membership.


Lastly, I am very thankful for all past and current staff, Board members and Co-op members who put their time and energy into creating a store that is financially successful, provides the healthiest products possible to our customers, supports and educates our community regarding food issues and is welcoming to all. This work needs to be recognized because it has given me and the current staff great hope for our future.

Much peace,
David

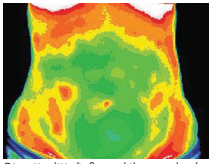
Clinical Thermography

Experience this safe, private, accurate health screening

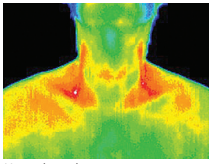
Recent studies have shown that inflammation is associated with many health problems. A thermography scan detects inflammation in your body with amazing accuracy, and no radiation. Detecting health problems in the early stages affords you extra time to address the issue. A medical doctor certified in thermology interprets your thermography scan and provides you with a written report.



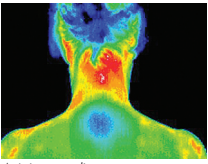
(608) 498-4919
Call for Decorah dates
Check website for other mobile locations: radianthealthimaging.com



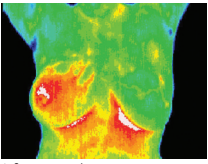
Diverticulitis/inflamed ileocecal valve



Hyperthyroid



Autoimmune disease



Inflammatory breast cancer

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March 6, 2011

If you would like to exhibit sign up quick—spots are filling up!



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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.

CO-OP BOARD OF DIRECTORS, 2009-2010

To send a message to all board members, write: board@oneotacoop.com

Lyle Luzum

oneotalyle@gmail.com

Steve Peterson, president

oneotapeterson@gmail.com

Joan Leuenberger, secretary

oneotajoan@gmail.com

Robert Fitton, vice president

oneotarobert@gmail.com

Steve McCargar

oneotamccargar@gmail.com

Bill Pardee, treasurer

oneotapardee@gmail.com

Jon Jensen

oneotajensen@gmail.com

CO-OP STAFF e-MAIL ADDRESSES

General Manager, David Lester..... gm@oneotacoop.com

Marketing, Merchandising & Signage Specialist,
Nate Furler nate@oneotacoop.com

Financial Manager, Larry Neuzil..... larry@oneotacoop.com

HR Coordinator/Office Manager, Deb Reiling..... deb@oneotacoop.com

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Front End Manager, Johanna Bergan..... frontend@oneotacoop.com

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Wellness Buyers,
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Freezer Buyer, Carrie Johanningmeier carrie@onoetacoop.com

Meat Buyer, Kristin Evenrud meat@oneotacoop.com

Bakery and Cheese Buyer, Beth Rotto beth@oneotacoop.com

Wine and Beer Buyer, Barrett Kepfield barrett@oneotacoop.com

Customer Service, general inquiries customerservice@oneotacoop.com

SCOOP

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Editor Nate Furler

Design/Layout.....Deb Paulson/Zelda Productions

ProofingCathy Baldner

The Oneota Community Co-op Scoop is published every other month 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

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:

- Help to sustain a locally-owned business
- Share in the success of the Co-op through your annual member patronage dividend in the years where there is sufficient profit, at the discretion of the Board
- Get a free subscription to the Scoop, our bimonthly newsletter
- Once each month, ask for your 5% discount on an unlimited number of purchases
- Become a volunteer and receive an additional discount of 4 to 8% at the register
- Get additional discounts on specified “member only sale” items each month
- Receive discounts on classes at the store
- Receive a 5% discount on Mondays if you are 60 years of age or older
- Write checks for up to \$20 over purchase for cash back
- Get discounts at many locally-owned businesses through our Community Discount Program
- Order products directly from our main co-op distributors and save substantially through our special order program
- Place free classified ads or reduced rate display ads in the Scoop.
- Attend our monthly potlucks
- 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)
- Have access to the Co-op’s video collection with no fees

THE STATEMENT ON THE 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

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

WELCOME

to these new member-owners & their households!

Katie Becker

Katrina Bee

Ann Blankenship

Trista Brauer

Shannon Carmody

Sara Corbin

Brad Corradi

Brad Crawford

Mary Frese

Sasha Griffin

Randy Grotegut

Heather Gulrud

Donna Haager

Sharon Henning

Janet Hodges

Lilly Jensen

Gail Keefe

Peter Larson

Candi Nelson

Bjorn Norgaard

Megan Protsman

Linda Rosulek

Rachel Rudeen

Melissa Simmons

Adam Sorenson

Chelsea Tegels

Deb Tekippe

Kathryn Thompson

WORKING-MEMBERS

THANK YOU to all of the Co-op members who helped out in one way or another as working members in November/December 2010. Your efforts make us better.

Lyle Luzum

Steve Peterson

Steve McCargar

Bill Pardee

Jon Jensen

Joan Leuenberger

Robert Fitton

Arllys Adelmann

Jerry Aulwes

Carol Bentley-Iverson

Rachel Breitenbach-Dirks

Judy Bruening

Brenda Burke

Mwara Muriuri

Dennis Carter

Barb Dale

Laura Demuth

Barb Ettleson

Christine Gowdy-Jaehnig

Mary Hart

Pam Kester

Dave Kester

Georgie Klevar

Roy Macal

Ellen Macdonald

Onita Mohr

Jennifer Zoch

Karen Berland

Grant Burke

Ellen Cutting

Shirl Frana

Christina Shedinger

Robert Fischer

Julie Fischer

Louise Hagan

Janet Alexander

Rachel Dickson

Jan Heikes

Lee Zook

Jana Klosterboer

Kari Fordice

Brad Corradi

Erin Corradi

If you are interested in learning about the working member program at the Co-op, please contact us. We would love to have you on board.
If you were a working member and didn’t get listed, accept our apologies, and please let us know so you can get credited for your efforts.

Wellness Wednesday

The FIRST Wednesday of every month
members receive 5% off Wellness products
(excludes already marked down Co+op Deals sale items)

Soothing the Winter Itch

gretchen schempp, wellness buyer



It’s cold outside, warm inside and chances are, it’s dry in both environments. Is your skin feeling it? Dry skin is a common problem and is often worsened by the low environmental humidity of winter. Dry skin often produces itching which can interfere with sleep and other everyday activities, hence the name “Winter Itch.”

I liked this comparison from the University of Iowa Hospitals and Clinics Health Notes:

“Healthy skin can be pictured as a multi-layered cake covered by a single sheet of clear plastic food-wrap to keep it fresh. The plastic food-wrap prevents the frosting and underlying layers of the cake from drying out by preventing loss of the water from the cake into the air. It is the moisture in the cake that gives it its freshness. The outermost layer of the skin, which acts like the plastic food-wrap and is about the same thickness, is called the stratum corneum. (This is the layer that peels off after a sunburn). The stratum corneum consists of dead skin cells embedded in a mixture of natural oils that are made by underlying living skin cells. These natural skin oils keep the water inside our body from escaping into the air and also keep irritating substances

and germs from entering the body. Both the skin oils and the dead skin cells hold a certain amount of water in the stratum corneum and it is this stratum corneum water that helps keep the skin soft, pliable and smooth.”

Here are some suggestions for soothing the “itch” this winter.

Bath-time spa experience

Regular bathing can easily be turned into a nurturing and lovely spa experience. Your skin will thank you, and it will glow with health. I like to start with a face mask. This can be done once a week or more often if needed. I like this recipe when my skin is particularly dry. Combine one tablespoon Evan Healy Whipped Shea Butter with one teaspoon green clay or rose clay (Evan Healy, NOW or bulk green clay). Mix the clay into the shea butter and smear on the face. Leave on as you prepare for bathing. You will rinse this mask off in the shower (or you can do so before). The warm water will further soften the shea butter and clay mix and saturate your skin in silky moisture. The clay gently exfoliates and detoxifies.

Next up, undergo an invigorating round of dry brushing the skin. Dry brushing was

recommended by the Finnish doctor Paavo Airola for his patients 30 years ago and is still popular in European spas and many cancer treatment centers today. Many body brushes are made from sisal or palm and are semi firm. Brushing the skin in a circular motion towards the heart, do the arms, legs, bottom, thighs, armpits, hands and feet. The skin breathes and this ritual will keep your skin detoxified and revitalized.

Some of the benefits of dry skin brushing are:

- cellulite reduction
- cleanses lymphatic system
- removes dead skin layers
- strengthens the immune system
- stimulates the hormone and oil producing glands
- tightens the skin
- tones the muscles
- stimulates circulation
- improves the function of the nervous system
- helps digestion

With the facial done, and the dry brushing completed, it’s time to hop in the shower or take the plunge into the bath. Everyone seems to love a hot bath or shower, especially when the temperatures drop. However, really hot water zaps the skins protective oils contributing to dry skin. Warm water is best for retaining the moisture balance of skin and would fall somewhere around your body temperature. A cold shower/bath is rated at 60 degrees and a hot one anywhere beyond 100 degrees. Harsh, deodorant and antibacterial soaps also strip the skin of these natural protective oils. It is best to use gentle and natural cleansers. All of Dr. Bronner’s castile soaps are gentle and nourishing with hemp, coconut, olive, jojoba and vitamin E oils.

The next step is optional and not for the faint of heart.

Finally, before you get out of the shower turn the water on as cold as you can stand. A blast of cold water has been said to detoxify, increase circulation, increase energy and clear negative energy. Go from hot to cold 3

times. Always end with cold as it closes the pores and tones the skin lending a healthy glow. It is also said to be great treatment for hair, because it closes the hair cuticle, keeping dirt from entering the cuticle and dulling and discoloring hair.

Once you have finished cleaning up, it will do your skin good to moisturize. It is said that a person should moisturize right out of the water in order to seal that remaining moisture in the skin. I’ve taken a new approach to this advice. I have moved my coconut oil (my choice moisturizer) into the shower with me. I suggest rubbing the coconut oil on the skin right in the shower or tub. Thus, sealing even more of the water into the skin. How ever you moisturize, be careful if you drop some, as it makes for a slippery floor.

Supporting Healthy Skin from the Inside

Recent studies have shown Omega-3 fatty acids to be supportive to skin health and particularly combative to dry skin. Supplementing with fish oil high in EPA has been reported to alleviate the symptoms of dry flaky skin, eczema, psoriasis, acne as well as other inflammatory skin conditions. Along with the benefits of EPA on skin health, DHA, another component of Omega-3 fish oil, is important in supporting mood and memory—perfect support for these dark months of winter.

Vitamins A and B both help support skin health. These are usually found in a multi-vitamin, but an extra B complex vitamin can certainly be taken. B vitamins are said to help reduce stress and build immune health as well.

Last winter when the tips of my fingers had gotten dry and cracked I found a remedy that I continue to use throughout the year. Boiron homeopathics single remedy Petroleum says right on the tube “chapped or cracked fingertips.” Within a few days of starting this remedy, I was seeing results and feeling relief. I use this remedy when my fingertips are cracked from gardening too.


KARINA KLUG

Intuitive Life Work - Intuitive Nutrition Consulting
Usui Reiki Master



DAY SPRING
Spa

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Baker's Oven


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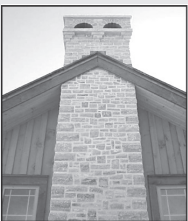
Landscaping: Freestanding/Retaining Wall, Pavers, Flagging

Mortar Work: Building Cladding, Columns, Piers, Foundations, Chimneys, Tuck Pointing


Fireplaces: Rumfords, Masonry Furnaces, Baker's Oven, Kits/Inserts




Chimney



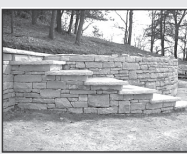
Chimney




Dry-Laid Stone



Retaining Wall



Dry-Laid Stairway



Fireplace Insert

Hawthorn Masonry

Office: 563-382-6008 or 563-380-5497
606 W. Main St., Decorah, IA 52101
www.oneotastonecrafters.com

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.

JANUARY

EVENT: Co-op Potluck

Thursday, January 6th, 6:30 pm at Good Shepherd Church
701 Iowa Avenue, Decorah
Come enjoy a meal in community at the Co-op Potluck, held inside once again at Good Shepherd Lutheran Church. This is a very informal event; you need only bring some food to share, table service and a beverage if you desire it.

CLASS: Exploring Foods at the Co-op

\$8 for member/owners*, \$10 for community members*
*for first child in a family, additional children \$5 each
Explore foods through sight, sound, smells and tactile experiences. It’s all about the process and each evening will include making 2-3 healthy treats. Second Tuesday, 3:30 - 4:30 pm - 3 - 6 years old w/ adult helper; Jan. 11, Feb. 8 Third Thursday, 3:30 - 4:30 pm - 7 - 10 years old w/o adult helper; Jan. 20, Feb. 17

CLASS: Recycling Conversations in the Water Street Café

Terry Buenzow—Wednesday, January 12, 5:30 pm **FREE**
General recycling and landfill operation (Our recycling center and landfill is a local thing.) Common myths about the business.

TOUR: Welcome to the Co-op! Member/Owner Orientation

Thursday, January 13, 6:00 pm **FREE**
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.

CLASS: Vitamin D: Shining New Light on an Old Vitamin

Thursday, January, 13, 6:30 pm at the Co-op **FREE**
This class will explore the sunshine vitamin! We will address concerns on dosage, the science behind Vitamin D and the researched benefits. This is an educational class and is not to diagnose, treat or replace advice from a licensed medical practitioner.

TOUR: Gluten-Free Tour

Led by Co-op Member/Owner Maria Jones
Tuesday, January 18, 5:30 - 6:30 pm **FREE**
Love good food but find yourself without 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.

CLASS: WED Series Part 1: Energy Efficient Cooking Methods and a Pressure Cooking Demo at the Co-op

Green Iowa Americorps—Saturday, January 29, 10:00 am - 11:30 am
\$10 for member/owners, \$15 for community members
Save \$5 if you register for all three sessions
Come learn about ways to save money and benefit the environment by reducing your energy costs in the kitchen. We will host a discussion to learn just how much energy our appliances and cooking methods are consuming and practical ways to reduce those costs. The class will also offer the opportunity to learn how to cook various vegetable and meat dishes with modern pressure cookers. Thus, saving you time and money while not compromising the health of you and your family this winter season. You may be surprised to find out how connected food use and energy really is.

CLASS: Rumi, Hafiz and “Friends”

Monday, January 31, 5:00 - 6:30 pm at the Co-op
\$6 for member/owners, \$12 for community members
The poems of Mevlana Jelal-Uddin Rumi have been popular in North America for many years. Lecturer Margaret Baird (B.A.,Luther College; M.A.E., U.N.I.) will share the lives and times of Rumi, Hafiz and other Sufi poets; also, the themes and imagery underlying their poems. Included will be video clips of Mevlevi sama dancers ("whirling dervishes").

Wanted

INSTRUCTORS & CLASS IDEAS
for upcoming sessions.
• March/April

Interested?

Please contact Johanna Bergan at the Co-op.
frontend@oneotacoop.com or call 563-382-4666

FEBRUARY

EVENT: Co-op Potluck

Thursday, February 3, 6:30 pm at Good Shepherd Church
701 Iowa Avenue, Decorah
Come enjoy a meal in community at the Co-op Potluck, held inside once again at Good Shepherd Lutheran Church. This is a very informal event; you need only bring some food to share, table service and a beverage if you desire it.

CLASS: WED Series Part 2: Reducing Energy by Eating Local

Green Iowa Americorps—Tuesday, February 8, 5:30 pm - 7:00 pm at the Co-op
\$10 for member/owners, \$15 for community members
Save \$5 if you register for all three sessions
This class will look at the way food choices are directly linked to energy costs, and how we can improve our health and save money by buying locally and eating seasonally. Join in an engaging conversation about how we consume fossil fuel calories with the purchasing decisions we make and learn how to become a more locally-minded community member. We will present an overview of seasonal, local foods and look at the amount of energy consumed when we buy certain foods during certain times of the year.

CLASS: Recycling Conversations in the Water Street Café

Terry Buenzow—Wednesday, February 9, 5:30 pm **FREE**
Financial stuff—a “follow the money” thing. Sometimes I call it “How to wipe out a recycling program in 30 days or less.”
To be continued in March and April on the 2nd Wednesdays

TOUR: Welcome to the Co-op! Member/Owner Orientation

Thursday, February 10, 6:00 pm **FREE**
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.

EVENT: Chocolate Lover’s Saturday

Saturday, February 12, 11:00 – 1:00 pm **FREE**
Stop by the Co-op for a taste of the chocolate side of things, and everything that so splendidly goes with it. Samples of chocolate bars, chocolate candies, chocolate fondue, and that is just the beginning.

CLASS: History and Update on Certified Organic Farming

Jack Knight—Wednesday, February 23, 6:00 pm at the Co-op **FREE**
Come learn about the process of certification. Listen to inspirational stories of the beauty, the hope, and the science of organic farming. Learn about transitioning your farm to organic. Jack Knight is an inspector for certified organic farms and since the year 2000 has been on a thousand organic farms in Iowa, Minnesota, Wisconsin, Illinois, South Dakota, Nebraska and Kansas.

CLASS: Dreamwork: A Vital Modality for Overall Health

Monday, February 28, 5:00 - 6:30 pm at the co-op
\$6 for member/owners, \$12 for community members
Dreams and heeding one’s dreams have been pooh-poohed for decades, but in this class, lecturer Margaret Baird (B.A.,Luther College; M.A.E., U.N.I.) will discuss why the dreaming process is coming to be restored to its earlier, age-long importance. Time will be spent on how to maximize your efforts to formally do dreamwork (alone and in groups) and hand-outs will be provided.

CLASS: WED Series Part 3: Home Composting 101: Creating Energy through Reducing Waste

Green Iowa Americorps—Tuesday, March 1, 5:30 pm - 7:00 pm
\$10 for member/owners, \$15 for community members
Save \$5 if you register for all three sessions
Learn about the energy benefits that can be gained by creating a home composting project. We will teach you composting do’s and don’ts, offer demonstrations on effective home composting management systems, plus we will discuss what is happening on the local composting front in Winneshiek County. You can actually reduce your carbon footprint by composting, which will create a beneficial energy system that you can apply to your garden and plants in the spring.

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.)

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

Kettle
Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg.
Price
\$4.69

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

MEMBER DEALS 12/29 - 2/1

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Packaged Foods			
Arrowhead Mills Peanut Butter Crunchy No Salt	\$6.99	\$5.49	\$1.50
Annie Chun Assorted Noodle and Soup Bowls	\$3.59-\$3.69	\$2.39	\$1.20-\$1.30
Bob's Red Mill 5 and 10 Grain Cereal	\$2.49-\$2.99	\$1.99-\$2.49	\$0.50
Bob's Red Mill Assorted Soup Mix	\$4.59-\$5.19	\$3.49-\$3.99	\$1.10-\$1.20
Dagoba Xocolatl Chocolate Bar Organic 2oz	\$2.59	\$1.79	\$.80
Dagoba Assorted Hot Chocolate 8-12oz	\$9.49-\$9.59	\$6.99	\$2.50-\$2.60
Earthbabies Appleblueberry Organic	\$1.29	\$0.89	\$.40
Gingerpeople Ginger Juice	\$3.89	\$2.99	\$.90
Gingerpeople Minced Ginger	\$2.19	\$1.89	\$.30
Glutino Pretzels Family Bag	\$7.79	\$4.99	\$2.80
Green Mtn Gringo Assorted Salsa	\$4.59	\$2.99	\$1.60
Green Mtn Gringo Assorted Tortilla Chips	\$2.99	\$2.29	\$.70
Happy Babies Happy Bellies Organic Brown Rice 7oz		\$2.99	
Happy Babies Assorted Puffs	\$3.29	\$2.29	\$1.00
Health Valley Assorted Cereal Bars	\$4.59	\$3.49	\$1.10
Justin's Natural Butters Assorted Peanut and Almond Butters	\$7.49-\$10.79	\$4.49-\$7.49	\$3.00-\$3.30
Kaia Foods Assorted Fruit Leathers	\$1.69	\$1.19	\$.50
Kashi Assorted Go Lean Crunch Cereals	\$5.39-\$5.79	\$3.89-\$3.99	\$1.50-\$1.80
Little Bear Assorted Refried Beans	\$2.39	\$1.79-\$1.89	\$.60-\$.50
Once Again Sunflower Butter Organic Smooth	\$6.79	\$4.99	\$1.80
If You Care Parchment Paper	\$5.29	\$3.99	\$1.30
If You Care Cooking Twine	\$2.79	\$1.99	\$.80
If You Care FireStarter 100% Biomass	\$5.99	\$4.49	\$1.50
If You Care Assorted Coffe Filters	\$3.39-\$5.99	\$1.99-\$4.49	\$1.40-\$1.50
Yummy Earth Lollipops and Drops	\$2.49-\$6.79	\$1.79-\$4.99	\$.70-\$1.80
Twist Assorted Cleaning Sponges	\$1.99-\$4.99	\$1.79-\$2.69	\$.20-\$2.30
Manitoba Hemp seed Nut	\$8.39	\$5.29	\$3.10

Frozen			
Fieldroast Classic Meatloaf	\$7.79	\$5.99	\$1.80
Fridge Earthbalance Buttery Spread Organic	\$3.99-\$4.29	\$3.79	\$.20-\$.50
Nancy's Sour Cream Organic	\$1.89	\$1.49	\$.40

Bulk			
Rolled Regular Oats	\$0.99/#	\$.79/#	\$.20/#
Dark Kidney Beans Organic	\$2.29/#	\$1.79/#	\$.50/#
Golden Flax Seed	\$1.99/#	\$1.49/#	\$.50/#
Madagascar Pink Rice	\$2.99/#	\$1.99/#	\$1.00/#

Cheese			
Organic Valley Assorted Shredded cheese 6oz	\$4.99	\$3.99	\$1.00

Body Care			
Aloftia Everyday Shea Lotion, Shampoo, Conditioner and Body Wash 32 oz. Vanilla Mint, Lavender and Unscented	\$13.99	\$9.99	\$4.00
Earth Science Shampoo and Conditioner 12oz Unscented	\$7.49	\$5.49	\$2.00

Nutrional Supplements			
The Republic of Tea Get Wellness 36 tea bags	\$11.99	\$9.99	\$2.00
Source Naturals Wellness Formula 45 tab	\$12.99	\$10.39	\$2.60
Source Naturals Wellness Formula 90 tab	\$21.99	\$17.59	\$4.40
Eclectic Eclectic-Line Drive		20% off	

Sampling in the Aisles

kristin evenrud, grocery manager

Have you ever walked down the grocery aisles and wondered what something tasted like? I know I have often thought to myself, "I wonder if my kids will eat this?" We're bringing you chances to check out some interesting and tasty foods offered at the Co-op with food demonstrations that will happen every Friday from 3:00 - 5:00 pm. Stop by and give something a try that you may not normally have had the chance to.

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 DEALS 2/2 - 3/1

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Packaged Foods			
Annie Chun Assorted Noodle Bowls	\$3.59-\$3.69	\$2.39-\$2.99	\$.70-\$1.20
Divine Chocolate Hearts Milk and 70% Dark 3.5oz	\$5.99	\$4.79	\$1.20
EarthBabies Assorted Organic Dinner 4oz	\$1.29	\$0.89	\$.40
Edward Organic Breadcrumbs and Panko	\$4.99	\$3.99	\$1.00
Emperor's Organic Chopped Garlic	\$2.99	\$1.99	\$1.00
Gingerpeople Ginger Chews 4.5oz	\$3.69	\$2.49	\$1.20
Glutino Lemon Wafers	\$4.39	\$3.29	\$1.10
Knudsen Very Veggie Juice Organic	\$3.99	\$2.99	\$1.00
Maranatha Organic Creamy Peanut Butter 26oz	\$8.79	\$6.99	\$1.80
Morinu Assorted Tofu Aseptic	\$1.89-\$2.29	\$1.39-\$1.79	\$.50
Newman's Own Black Licorice Twists	\$2.79	\$1.99	\$.80
Newman's Own Assorted Mints Tins	\$2.49	\$1.79	\$.70
Pacific Assorted Condensed Soup 12oz aseptic	\$2.69	\$1.99	\$.70
Quinoa harvest 12oz Assorted Quinoa Grains and Flakes Organic	\$4.79-\$5.89	\$3.49-\$4.49	\$1.30-1.40
Earth Friendly Assorted Household Cleaners	\$3.49-\$4.69	\$2.69-\$3.99	\$.70-\$.80

Bulk			
Quinoa Flakes Organic	\$8.99/#	\$6.49/#	\$2.50/#
Garbanzo Beans, Org	\$1.89#	\$1.49/#	\$.40/#
Red Spit Lentils	\$2.49/#	\$1.49/#	\$1.00/#
Brown Flax Seed, Org	\$1.99/#	\$1.39#	\$.60/#

Frozen			
Udi's Gluten Free Cinnamon Rolls	\$6.99	\$5.29	\$1.70
Udi's Gluten Free Plain Bagels	\$4.89	\$3.59	\$1.30

Fridge			
Imagine Baking Cinnamon Rolls	\$4.99	\$3.99	\$1.00

Body Care			
Aloftia Wash 32 oz. Vanilla Mint, Lavender and Unscented	\$13.99	\$9.99	\$4.00
Earth Science Shampoo and Conditioner 12oz Unscented	\$7.49	\$5.49	\$2.00

Nutrional Supplements			
The Republic of Tea Get Wellness 36 tea bags	\$11.99	\$9.99	\$2.00
Source Naturals Wellness Formula 45 tab	\$12.99	\$10.39	\$2.60
Source Naturals Wellness Formula 90 tab	\$21.99	\$17.59	\$4.40
Eclectic Eclectic- Line Drive		20% off	

COMM POST

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Sweet, Sweet Coconut

nate furler, marketing specialist

You may remember an article by one of our Wellness buyers Karina Klug, published in 2010, that touted the many benefits of consumption and external application of organic extra-virgin coconut oil. Now a new line of products is

bringing coconut derivatives back into the spotlight, and I must say it seems to be quite the sweet deal at this point. With my past being peppered with baking experience, my initial reaction was one of shock. After

all, anytime I would use shredded coconut in a baking recipe, I knew I had to be careful whether it called for sweetened coconut, or unsweetened. To find out from our Grocery manager that we would soon be carrying coconut sugar and coconut nectar was quite the surprise. Being in the natural foods industry, I anticipated the second sentence to include the words highly-processed. Raw coconut meat is not all that sweet, so where does the sugar come from?

It turns out that the sweetness comes from coconut “sap” and not the mature coconut fruit. The process involves tapping the blossom prior to the formation of the coconut fruit. Though the idea brings to mind mental images of drilling taps for maple sap to make syrup, the process is quite different. First of all, the temperature is nowhere near freezing because we are talking about the tropics. Second, once tapped, these trees and their blossoms can continuously excrete the sap for up to twenty years.

The immediately secreted sap is oyster white in color, has a nearly neutral pH, and is inherently sweet tasting by nature. The sap also has nutritional qualities such as an abundance of 17 Amino Acids, broad spectrum B Vitamins, Vitamin C, and

minerals like Potassium, Nitrogen, and Magnesium. And, there’s more. The Coconut Nectar and Crystals have a Glycemic Index (GI) of only 35, which makes it friendly to diabetics. By comparison, honey has a GI between 55 and 83, and regular sugar between 65 and 100. Raw Organic Blue Agave nectar still wins out with a GI of 30.

In the realm of sustainability, the process from harvest to final product for coconut sap is by far more sustainable than any other sweetener. As mentioned before, the trees can excrete the sap continuously for up to 20 years. The sap is inherently sweet, and therefore, does not need chemicals, excessive heat, or enzymes to reach its saleable state as nectar and crystals.

At the Co-op, we now carry products from the company Coconut Secret that include Raw Coconut Crystals, Coconut Nectar, and Coconut Vinegar. Also available through the company is Coconut Aminos Seasoning Sauce, a replacement for flavorful aminos and soy sauce. All products through this company are made using raw methods of either fermenting the sap (for up to 1 year), or evaporating it (for only 45-90 minutes at low temperatures) after the sap is collected.



Health Attributes of Palm Sugar Nutrients:

Macro-nutrients	Health benefits provided by these nutrients
Nitrogen (N)	help treat cardiovascular diseases
Phosphorus (P)	important for bone growth, kidney functions and and cell growth
Potassium (K)	reduces hypertension, helps regulate blood sugar, helps control cholesterol levels and weight
Calcium (Ca)	vital for strong bone and teeth, and for muscle growth
Magnesium (Mg)	essential for metabolism, nerves and stimulates the brain (memory)
Sodium (Na)	plays a key role in the functioning of nerves and muscles
Chloride (Cl)	corrects the pressure of body fluids and balance the nervous system
Sulfur (S)	important for healthy hair, skin and nails, also helps maintain oxygen balance for proper brain function.
Boron (B)	essential for healthy bone and joint function, enhances body’s ability to absorb calcium and magnesium
Zinc (Zn)	called the “nutrient of intelligence” is necessary for mental development
Manganese (Mn)	has antioxidant, free-radical-fighting properties, is important for proper food digestion and for normal bone structure
Iron (Fe)	vital for the quality of blood, mental development and the immune system
Copper (Cu)	helps to release energy, helps in melanin production in the skin, helps in the production of red blood cells and aid in the absorption and transport of iron.

http://coconutpalmsugar.com/Nutritional_Information.html

Macro-nutrients (mg/100gm)	Coconut Palm Sugar	Agave Syrup	Honey	Maple Syrup	Brown Sugar	Refined, White Sugar
Nitrogen (N)	202	NA	NA	NA	10	0
Phosphorus (P)	79	7	4	2	3	0
Potassium (K)	1,030	1	52	234	65	2.5
Calcium (Ca)	8	1.5	6	67	24	6
Magnesium (Mg)	29	1	2	14	7	1
Sodium (Na)	45	1	4	9	2	1
Chloride (Cl)	470	NA	NA	NA	16	10
Sulfur (S)	26	NA	NA	NA	13	2
Boron (B)	0.6	NA	NA	NA	0	
Zinc (Zn)	2	0.2	0.2	4.2	.2	0.1
Manganese (Mn)	0.1	0.1	0.1	3.3	.2	0
Iron (Fe)	2	1	0.4	1.2	1.26	0.1
Copper (Cu)	0.23	0.1	0	0.1	0	0
Thiamine	0.41	0	0	0	0	0
Vitamin C	23.4	0.5	0.5	0	0	0

http://coconutpalmsugar.com/Nutritional_Information.html
Sources: COMPARISON OF THE ELEMENTAL CONTENT OF 3 SOURCES OF EDIBLE SUGAR - Analyzed by PCA-TAL, Sept. 11, 2000. (MI Secretaria et al, 2003) in parts per million (ppm or mg/li). www.nutritiondata.com

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Agave: considering the issues

karen lamphere, m.s., c.n.

Agave syrup (or nectar) is an increasingly popular sweetener used in drinks, nutrition bars and some desserts. It's also increasingly controversial. Agave syrup has about the same number of calories per teaspoon as white sugar, but its lower glycemic index doesn't cause as great a rise in blood sugar. That's because a high percentage of the sugars in agave nectar are in the form of fructose, which is not absorbed into the bloodstream but instead metabolized in the liver.

Because of agave syrup's high fructose content, however, there's increasing concern that it may not be any better than the other sweeteners it replaces — and may be worse in some respects. One concern is how it's processed. Some say it's processed the same way as high fructose corn syrup (HFCS), using strong acids, caustics and genetically engineered (GE) enzymes. Organic agave manufacturers say this is not true for their products.

The agave plant stores its energy in the form of fructans, primarily inulin. To extract the sweetness, inulin must be converted (hydrolyzed) to fructose. This can be done with heat, enzymes or chemicals.

Another concern is how agave is metabolized. It's often claimed that "sugar is sugar" — whether it's white or brown sugar, honey or agave — and once metabolized, the effects on the body are the same. That is not accurate.

To explain, it's helpful to understand the constituents of various sweeteners. Table sugar is 50 percent glucose, 50 percent fructose. Honey is 40 percent glucose, 60 percent fructose — a similar percentage to high-fructose corn syrup.



Agave syrup contains the most fructose — up to 90 percent. The high fructose content means agave syrup doesn't spike blood sugar like other sweeteners do — considered an advantage for diabetics or pre-diabetics. Excessive fructose, however, can cause harmful metabolic effects. This is because fructose can be metabolized only by the liver and many studies show that high fructose intake can

raise triglycerides (implicated in heart disease), and contribute to fatty liver disease and metabolic syndrome. Several human and animal studies have looked at the metabolic effects of refined fructose and HFCS consumption. But only one study compared the



effects of consuming fructose sweeteners and included agave syrup. The study found a significant increase in triglycerides in rats feeding on moderate amounts of agave. Because moderate instead of excessive consumption was investigated, this study has practical implications. The concerns about high-fructose sweeteners do not mean that fruit (which is high in fructose)

is bad for you. Fruit is a whole food packaged with fiber, vitamins and minerals. It isn't easy to consume five apples in one sitting (unless they're juiced) but it is easy to consume an equivalent amount of refined fructose in agave syrup. A teaspoon or two of agave in your oatmeal isn't something to worry about. Because it's sweeter than sugar, less can be used, so that's an advantage.

One caveat is that because people are shunning HFCS, manufacturers increasingly are using agave in processed "natural" foods. Marketed as low glycemic, natural, organic and diabetic-friendly, many people view agave as a free pass to consume more agave than another sweetener. Indiscriminate use can quickly add up to an unnatural and unhealthy amount of fructose.

Agave syrup may be natural, but it is far from a whole food. We need to face facts: our bodies are not evolutionarily equipped to consume a processed, high-sugar diet — no matter what form the sugar takes.

The consequences are apparent in the epidemic of obesity, diabetes and other chronic diseases. Working to tame our sugar cravings is a better strategy than searching for the holy grail of benign sweeteners, which likely does not exist.

Karen Lamphere earned an M.S. in nutrition at Bastyr University and has a private practice in Edmonds, WA. "Reprinted with permission of the Sound Consumer, a publication of PCC Natural Markets, Seattle, Wash."

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DECORAH

Wholesome Banana Chocolate Breakfast Bars

Ingredients:
2 cups rolled oats or mixed rolled grains
2/3 cup ground almonds (almond meal)
1/3 cup dried, unsweetened grated coconut
1/2 teaspoon fine sea salt
4 1/4 ounces bittersweet chocolate
4 very ripe, medium bananas, roughly 14 ounces when peeled
1/2 teaspoon vanilla extract
1/4 cup almond butter
(substitute olive oil, or slightly warmed coconut oil)

Directions:
Preheat the oven to 350°F and grease a medium baking dish with vegetable oil.

In a medium mixing bowl, combine the oats, ground almonds, coconut, and salt. Set aside. Chop the chocolate so the largest pieces are about the size of a chocolate chip. Set aside.

In another medium mixing bowl, combine the bananas, vanilla, and almond butter, and mash thoroughly using a potato masher. Add the oats mixture and mix well. Fold the chocolate in gently.

Pour into the prepared baking dish, level the surface, and slip into the oven. Bake for 25 minutes, until the top is set and golden-brown. Let cool completely before slicing into bars. If you're not serving all the bars at once, I suggest you cut out only what you need. Cover the rest with foil and keep at room temperature.

Adapted from Nikki's cookies on Heidi's 101 Cookbooks.

SUGAR AND DIABETES

by wendy gordon

Forget about "novel flu virus"—diabetes is the true international pandemic. One in 17 Americans suffers from the metabolic disorder, as well as a comparable percentage in Europe. This incidence has doubled in the past three decades. Incidence has also doubled in Australia and is rapidly rising in Asia, where it was once rare. Eight percent of Americans suffer from metabolic syndrome, which is a precursor to Type II diabetes. Recently "modernized" indigenous peoples, such as the Pima Indians in the American Southwest, South Pacific islanders and Indians from the island of Mauritius, are particularly vulnerable.

Diabetes is a disorder in which cells cannot properly absorb sugar molecules. Sugar-starved cells send messages to increase production and uptake, but the sugar's inability to get into those cells leads to its buildup in the blood. Over time, high blood sugar causes the deterioration of kidneys, corneas, blood vessels and nerves, resulting in kidney failure, heart attacks, strokes, blindness, tissue infections and even loss of limbs.

In Type I diabetes, an autoimmune reaction brought on by a combination of genetic variability and environmental stress destroys the insulin-producing cells of the pancreas. Type I diabetics have no insulin at all and must eat a calibrated diet, inject insulin on a regular basis and carefully monitor their blood sugar. Type I diabetes most commonly develops during childhood, though it can sometimes occur as a result of other diseases.

Type II diabetes, on the other hand, is responsible for over 95% of cases in the U.S. In this instance, the body continues to produce insulin but eventually becomes resistant to its effects. Most Type II diabetics can control their condition with medication, exercise and diet modifications, but in severe cases require insulin injections. These medications (and there are many of them) produce side effects of their own, including heart problems, swelling, high blood pressure, weight gain, upset stomach, lactic acidosis, headaches and dry mouth.

Heredity, age (particularly after 45) and ethnicity (African Americans, Native Americans and Americans of Hispanic and Japanese ancestry seem to be more prone) all play a part in the diagnosis of Type II diabetes. Many other risk factors are associated with the disorder: emotional and physical stress; obesity; hypertension; gestational diabetes in pregnancy; polycystic ovary disease; a high-fat diet; high intake of refined carbohydrates; high alcohol intake; a sedentary

lifestyle; low HDL cholesterol; and high triglycerides.

Despite an understanding of the risk factors, causality is hard to prove. Obviously the "diabetes epidemic" is tied in with the "obesity epidemic," but obese people tend to be sedentary and eat more fat and refined carbohydrates. Diabetes incidence increases with age, but older people also tend to be heavier and less active. The way stress provokes diabetes is particularly unclear, though evidence indicates emotional stress raises blood sugar levels. Does one of these factors trigger the insulin resistance or is it a combination of all of them? We don't know.

Since high blood sugar is the primary symptom of diabetes, many people assume excess dietary sugar is the primary cause. Scientific evidence, however, does not support such a straightforward link. A 2003 study published in "Diabetes Care" analyzed data on 39,000 middle-aged women, all of whom completed a 131-item food questionnaire. By 2009, 918 of these women had been diagnosed with Type II diabetes. The questionnaire revealed a definitive link with total calories, but not with sugar. While Type I diabetics react immediately and strongly to the percentage of sugar they consume, Type II diabetics exhibit more diverse reactions.

Nevertheless, it makes intuitive sense that insulin resistance might develop in response to consistently elevated blood sugar, as would happen when people eat a diet high in refined carbohydrates, or most particularly, high-fructose corn syrup. The dramatic increases in both obesity and diabetes tie in directly with the introduction of high-fructose corn syrup to the American diet. The rise in diabetes in Asia ties in with the increasing popularity of a Western diet. The reason indigenous populations are so susceptible to diabetes is probably because of the dramatic change in their diets. Their bodies have had so little time to transition from a simple, completely unprocessed diet and a life of scarcity to one where food is abundant and much higher in refined carbohydrates.

The average American eats 59 pounds of sugar and 63 pounds of high-fructose corn syrup per year. As I mentioned in my article a few months ago, high-fructose corn syrup leads to the development of "fatty liver," a condition that produces insulin resistance. Another study of 13,475 women published in "Diabetes Care" linked increased incidence of gestational diabetes to increased soda consumption, even



before conception. The authors of the study puzzled over the fact that this link was only associated with cola, not fruit or other soft drinks. Could it possibly be due to cola's huge dose of high-fructose corn syrup? Hmm.

Sugar from any source raises blood triglycerides, another risk factor. Sugar is not especially caloric (it contains 16 calories per teaspoon), but it is found in many foods that are caloric, like cakes, cookies and candy. Both refined sugars and high-fructose corn syrup are major sources of empty calories. Cutting them out of your diet is a great help in losing weight and maintaining your ideal weight.

Be sure to keep your perspective while doing so, and remember that all foods ultimately break down into glucose (simple sugar). Fruits are high in natural sugars and many healthful foods contain small amounts of added sugar that contribute greatly to their taste and do not significantly detract from their nutritional value. Sugar is a natural product, unlike artificial sugar substitutes with questionable side effects.

Use common sense when evaluating the sugar content of packaged foods. Sugar

masquerades under many names, from agave syrup to evaporated cane juice to sucrose. When sugar is first or second on the list of ingredients, you know it's a primary constituent of the product. Sugars are listed under "total carbohydrates" on a nutrition label. There are four grams of sugar in one teaspoon. If a cereal has, say, 12 grams of sugar per one cup serving, you are getting three teaspoons of added sugar in your morning breakfast bowl. If sugar lives way down at the tail end of an ingredient list, this indicates just a few insignificant crystals. In other words, don't sweat it.

Limit the amount of table sugar you add to foods, especially if you are in the habit of drinking a lot of tea or coffee. Most importantly, eliminate soda and sugary drinks. Far and away, they are America's biggest source of sugar and high-fructose corn syrup.

Wendy Gordon is a freelance writer based in Portland, Oregon. She has a Masters in Clinical Nutrition from the University of Chicago and many years of experience working with food co-ops, feeding her family of six, and growing and preserving organic produce.

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going for the deep clean

karina klug, wellness buyer

This is an exciting time in the wellness and supplement industry. People are looking at ways to eat more nutrient-dense foods and awareness is growing about the dangers surrounding herbicides and pesticides. Products with fewer ingredients and fewer additives are growing in popularity. Many people are becoming more willing to spend a little more on higher quality food and supplements in hopes that it may save them money in the long run when it comes to their overall health.

January and February are an excellent time of year to evaluate what is in your medicine cabinet and what you are putting into and on your body. In preparation many people use this post-holiday time to cleanse and ready themselves for the coming year.

The Cleanse

A cleanse is a health regimen designed to remove toxins from the body. In most cases, a cleanse requires a temporary radical change of diet, although some cleanses are designed to help people transition to a healthier diet. Many proponents of natural health engage in regular body cleanses to improve their health and treat underlying medical issues.

People have differing reasons for doing a cleanse. Some people may feel that their digestion is sluggish and that they have gained excess weight, while others have just made it a yearly habit to cleanse and start fresh. Make sure to check with your medical practitioner to determine if you're in good shape to do a cleanse.

On the inside

Three parts of a cleanse:
First Part: Detoxify and rid your body of toxins. Many people opt for the whole body cleanse. Most include herbs to address liver, lungs, blood, bowel, kidneys and lymphatic system. Our top three best sellers are: Enzymatic Whole Body Cleanse, Renew Life First Cleanse (for beginners), and staff favorite Renew

Life CleanseSmart.
Second Part: Look beyond your body and see if there are destructive emotional and mental patterns you would like to rid yourself of. Also a cleanse is a great time to clear your home of excess clutter and toxins. Use this time to reflect on what you are ready to release and what new possibilities you would like to be receptive to. Donate clothes and household items that you are no longer using so that they can benefit someone else. In addition, dusting, vacuuming and mopping are good for the house inhabitants as many people are allergic and sensitive to dust mites. Now is a great time to replace harsh chemical cleaning products with more natural and green options.

Third part: Build your body back up with nutrients, water and exercise. Nurture and nourish your physical, emotional and mental well-being. Get pumped about cooking and eating new healthy foods and find creative ways to prepare them. If you use this cleanse to also clear out your living space, start fresh by redecorating. Focus on ways to make all of your life more vibrant and health-filled.

Simple Solutions Plenty of Water

Recently someone told me about her amazing results with drinking more water. She drinks a gallon a day and has found her aches and pains vanish only coming back if she slacks on her water intake. She also hasn't experienced headaches and has felt less fatigued. Always drink more water in conjunction with a cleanse.

African Mango
More specifically for people who are trying to lose weight with their cleanse, consider supplementing with Only Natural African Mango with Green Tea. Studies have shown that 12 consecutive weeks of taking a quality green tea supplement may increase metabolism.

FES Crab Apple
While doing a cleanse, I always find it helpful to include flower essences. I find Crab Apple to be helpful in detoxifying the mind and body. Crab Apple is indicated for poor self-image and general cleansing. One thing to remember about a cleanse is it's often working on more than the physical level. One might find they are mentally and emotionally "cleaning house" as well. When cleansing it might not be pleasant at first, for one's mind may race, emotions may fluctuate and one might feel tired and physically sick. This is often caused by emotional toxins that are ready to be released. Flower essences enhance the cleanse experience for many people by relieving some of these adverse affects. Many people find FES Activ-8 spray a nice alternative to drinking coffee during their cleanse.

"Get Clean" Herb Tea for Detoxing
The Republic of Tea "Get Clean" includes organic rooibos, milk thistle, Indian sarsaparilla, dandelion, chicory, burdock, and red clover. This almond-essence tea is one of my favorites of the Be Well line.

Get your Greens
In addition to eating the lush deep-green winter vegetables such as kale, you may want to supplement with chlorophyll, wheat grass or barley greens. Chlorophyll has a fresh clean flavor known to be simultaneously cleansing as well as deeply nourishing, I find it to be energizing.

Amazing Grass Line
Many people are finding they prefer to eat and drink their supplements. I love the Amazing Grass Line's Green Superfood Chocolate Green powder in organic vanilla yogurt. A gluten-free



nutrient packed treat with organic wheat grass, barley grass, alfalfa, spirulina amongst other greens, antioxidants, fiber from flax, oat and apple and pre and pro biotic blend and digestive enzymes. I feel energized when I take these high-quality greens. Amazing Grass also has some great protein products. When I'm in a hurry and don't have time to eat a meal, I mix the protein into yogurt and feel satiated. Come and check out the Amazing Grass line, I think you'll be glad you did.

Probiotics
After a cleanse bring some good flora back to your gut by taking a quality probiotic, such as Megafood Megaflora and increase your consumption of yogurts and Kefir.

On the outside
Grab your Dry Brush
Dry brushing has been shown to increase immunity. Before showering, I love to use Organic Immunity Blend Essential Oil by Veriditas along with dry brushing and then get into the shower to steam oils into the skin and wash off the old skin.

Take it a step further
Locally available therapies to consider adding to your cleanse include full body massage, zone therapy, body wraps, acupuncture, exercise, chiropractic and energy work such as Reiki or healing touch and scalar waves.

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Megafood Kids One Daily

Although cleansing is not generally necessary for children if they are consuming a diverse and healthy diet, a nutrient-packed multi-vitamin may add extra spring to their step. Here's my favorite, it is not chewable which may be a possible downside for kids if they are not able to swallow a capsule. However, it is free of the sugars included in chewable vitamins. If you can convince your child to swallow these daily, or switch off with their favorite chewable, I think you will find the following 100% whole food vitamin to be wonderful.

Finally, a 100% whole food Kid's One Daily Multi-Vitamin. This supplement is formulated specifically for children ages 5 years and older. The child-friendly mini tablet is easy to digest and will not upset even the most sensitive tummies. It features 100% whole food nutrients made with fresh and vibrantly colorful whole foods. It provides 24 essential vitamins and minerals. Tested to be pure, they are FREE of pesticides, herbicides, gluten, dairy, soy, sugar, fructose, fractionated oils, artificial colors, flavors, and magnesium stearate. Each bottle currently comes with a sweet little teddy bear – while supplies last!

Eastern Wisdom— Western Application

brenda harris, msom, lac.

The 5,000-year-old wisdom of Chinese Medicine is making its way into the hearts and bodies of the Western world.

What is Chinese Medicine?

The Eastern discipline of Classical Chinese Medicine is a healing system developed from observing the relationship between people and their environments to understand the delicate interplay between health and disease. It involves a critical thinking process based on the concept that no single symptom can be understood unless considered in relationship to the whole being. Symptoms along with physiological and psychological information are used to track the development of the pattern of disharmony. Treatment modalities such as Acupuncture, Herbal Medicine, Qigong, Medical Massage and Diet are used to balance disharmonious patterns, promote optimal health, prevent illness, and treat disease.

How does Chinese Medicine Work?

Chinese medicine uses the theory of Yin and Yang, two interdependent yet opposing forces, to explain relationships, patterns, and changes in universal and individual life energies. Yin and yang are complementary opposites that interact within a greater whole, as part of a dynamic system. Everything contains both yin and yang aspects, but either of these aspects may present more strongly in some objects or at various times than others. The course of yin and yang is that of ebb and flow, one into the other. When yang reaches its peak, like the sun reaches its highest point of the day, it begins to decline and eventually turns to yin, just as the day turns to night. In Chinese Medicine the course of an illness is examined not merely its current presentation. A practitioner may ponder not only what X is causing Y, but also what is the relationship between X and Y.

The interplay between yin and yang influences the “Qi” (pronounced chee) or life force that circulates through the body in channels called meridians. When such Qi flows freely in the meridians, one retains health. When energy flow is blocked or low, pain and illness occur, various modalities of Chinese medicine are used to unblock and revive these energy channels.

Acupuncture involves inserting hair-thin, single-use, disposable, sterile needles into precise points along meridians to unblock stagnation and harmonize energy flow. The insertion of the delicate needles is mildly felt if at all. A stimulating yet soothing sensation

is then felt at the point inducing movement of energy and relaxation of the mind.

Moxibustion, a form of the medicinal plant Artemesia, can be burned and held over acupuncture points to expel pathogens, strengthen immunity, relieve pain and cure disease.

Qi Gong, a meditative type of physical movement integrates breath, body and mind to open energy channels, enhance vitality and prevent disease.

Herbal Medicine blended specific to each individual, allows a patient access to healing on a daily basis while receiving periodic acupuncture treatments.

Each of these modalities helps to move and restore energy in meridians that will, in turn, allow the channels to resume their full energy potential and maintain proper function of all bodily systems.

To better understand the concept of energy flow and meridians, organs such as the kidney, liver, heart etc. can be visualized as cups, which are attached by a series of tubing (meridians). Each cup is dependent upon the other cups for its supply of liquid (energy). If the first cup is supplied with liquid, this liquid will slowly disperse through the tubing to the remaining cups. If one cup in the line were to be drained excessively of its fluid, each of the other cups would give up a portion of their supply to re-establish an equilibrium within the system. The empty cup correlates to a lowered energy level, which creates susceptibility to disease, and the longer the “leak” goes on, the greater the demand on the entire system and the more severe the disease or disharmony. The same would be true if something were to block the fluid level in one of the cups creating an imbalance in the fluid level in the cups before and after the blocked cup. The goal of Chinese Medicine is not only to re-establish a balanced flow of energy (fix the leak), but also to stimulate the flow of energy and remove blockages so that the energy level returns to its maximum. This way all organs are functioning properly and the body is vital and resistant to disease.

Who can use this medicine?

Acupuncture and the other areas of Chinese Medicine are gentle, safe and effective making them accessible for patients of all ages, including children and seniors, and all stages of health: preventative, acute, or chronic.

If health is thought of as a continuum, Chinese Medicine is useful at any part of this continuum. At one end Acupuncture and other modalities are used in a preventive manner to maintain health. It is

more difficult to treat illness or disease once it has occurred. Just as it makes less sense to begin to dig a well once you are already thirsty. Chinese Medicine can also guide an individual back to the healthy end of the continuum if he/she is acutely ill, recovering from surgery or trauma, or suffering from a chronic or life-threatening disease.

Some examples of patients who used this medicine at varying ages and stages of health include “Lily” who, when presented was doubled over in severe back pain unable to stand up straight or breathe normally. After her treatment, she walked out upright and comfortable and was pain-free when I saw her one year later. “Rose” sought help for the side effects of chemotherapy. Rose had more energy, less pain, no nausea and renewed hope and happiness as the result of her acupuncture sessions and could not imagine cancer treatments without such adjunctive therapy. “Emmy” age 9 months stopped crying from colic and “Earl” age 82 could use his arthritic hands more freely.

What can Acupuncture treat?

Acupuncture is beneficial in a wide variety of conditions because it treats the person rather than the condition.

It is known for its success in controlling pain, but can also treat a wide variety of common and uncommon disorders and has been shown to decrease high blood pressure, control the secretion of the gastric acid, increase the production of red and white blood cells, and stimulate the release of hormones that help the body respond to injury and stress.

Acupuncture can be beneficial in the following areas but is not limited to:

Preventive Medicine: relaxation, stress reduction, emotional balancing, nutritional counseling, detoxification

Stress Reduction: palpations, anxiety, insomnia, TMJ, immune system enhancement, breathing regulation

Emotional: depression, anxiety, insomnia, life direction

Psychological: ADD, grief, SAD, anger management

Pain Management: back pain, headache, trauma, arthritis, carpal tunnel, tendonitis, sciatica, fibromyalgia

Respiratory: colds/flu, sinusitis, allergies, asthma, bronchitis, ear infections, tinnitus, cough

Digestive: indigestion, gas/bloating, constipation, IBS diarrhea, nausea, vomiting, heartburn, reflux

Musculoskeletal: structural alignment, posture, sprains, strains, joint pain, muscle spasm, car/bike accident recovery

Circulatory: edema, palpitations, hypertension, blood pressure

regulation, high cholesterol
Endocrine: hypo or hyper thyroid, adrenal function, hormonal balancing, diabetes
Gynecological: menstrual irregularities, infertility, PMS, cramps, fibroids, pre/post pregnancy care, labor inducement

Genitourinary: urinary tract infection, frequent urination, incontinence, prostate health, vaginal dryness

Neurological: stroke recovery, bells palsy, twitches, shingles

Cancer: supports vitality of person, adjunct to chemo/ radiation treatment

Surgery: Pre/post surgical support, increase recovery time, decrease swelling & inflammation, decrease pain, increase body’s ability to heal

Supportive therapy: acupuncture works well in conjunction with western medicine, naturopathic medicine, massage therapy, physical therapy, counseling, addiction treatment, auto accident protocols, and chronic disease management

Chinese medicine is a healing system that observes the relationship between people and their environments to understand the delicate interplay between health and disease. It promotes prevention and treats individuals at various stages by moving and revitalizing energy in meridians. This, in turn, will restore proper function of all bodily systems as Eastern Wisdom gracefully meets Western Application.

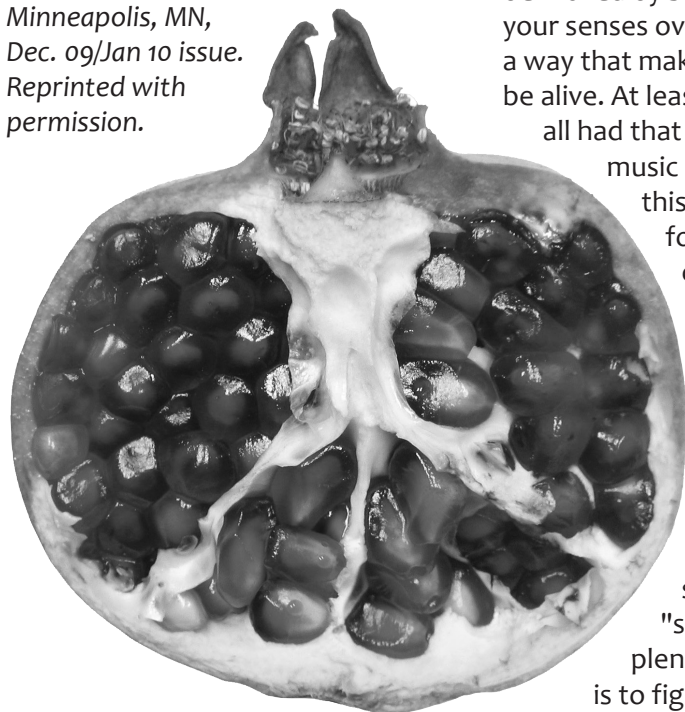
Brenda Harris is a licensed acupuncturist with a Masters degree in Oriental Medicine from National College of Naturopathic Medicine (NCNM) and a Bachelor of Science degree from University of Washington. She studied Naturopathic Medicine at Bastyr University and NCNM and expanded her Chinese Medicine knowledge while studying with local scholars throughout China. Brenda specializes in Acupuncture, Qigong, and Herbal Medicine. Her treatments combine these modalities with Nutritional Therapy, Craniosacral Therapy, Western Medical Science and Bodywork Therapeutics to manage multiple levels of healthcare and obtain optimal wellness.

Experience Acupuncture and other Eastern Medicine Modalities at Day Spring Spa, 116 Washington St., Decorah starting in January 2011. For questions or appointments contact Brenda at brendaharrislac@gmail.com or 503-423-7033.



Guide to Winter Fruit

Originally written for and printed in "At the WEDGE," the newsletter of the Wedge Community Co-op in Minneapolis, MN, Dec. 09/Jan 10 issue. Reprinted with permission.



I know how to pick pears and apples easily, but when it comes to winter fruit I don't know what is what. Citrus seems hit-or-miss for me, and I just ignore stuff like persimmons or pomegranates because I have no idea what to look for. Any guides for selecting good winter fruit?

One thing I've learned working with produce for many years is that, in the world of the sensual, there is often great overlap. Through handling fruits and vegetables I have learned that natural things, from people to plants, have complexity that almost defies definition. For example, when learning to judge the ripeness of each type of fruit, a person can spend years working with it daily and still continue to learn how to identify new characteristics previously gone unnoticed. There is fragrance, texture, appearance and — in the case of fruits like melons — you can even use acoustics as a ripeness guide. Only after you have used these senses do you get to the "core" of the matter: How does it taste?

We all know what it is like to be moved by something, to have your senses overpowered in such a way that makes you happy to be alive. At least I hope we have all had that experience! Great music and art can provide this, but so can great food. It pays to find out how entertaining and thrilling good quality, healthy food can be because it has been proven time and again that the best way to get people to do something they "should" do (like eat plenty of fresh produce) is to figure out a way to make it pleasurable. There is so much pleasure in perfectly ripened fruit that if it were properly introduced, I think most people would eat more of it.

So here's a rough guide to winter fruit selection. You don't have to memorize it. Please remember that many of your produce staff here at Oneota Co-op are working here for a reason — we love to eat good produce and we like to share that passion with you. We're always available for assistance in fruit selection.

Citrus: The rule of thumb for citrus is heavy in the hand for its size, with a flexible (not stiff) rind. This ensures juiciness (remember water is heavy) and freshness. You do not need to pay attention to color, as organic citrus will sometimes re-green on the tree according to air temperature and sun exposure.

In the case of tiny Mandarin oranges, like the popular Satsuma Mandarin, you want to select a fruit that has an almost puffy rind. These are "zipper-skin" fruits which will peel in one piece to reveal a perfect little orange.

When looking for tangerines, the very best ones will usually have a tight, thin and impossible-to-peel skin with a pungent piney fragrance. If you're looking for convenience, settle for something else. Good tangerines will need to be cut into sections with a knife and then peeled or eaten. With some varieties of tangerine, like the Honey Murcott or Sunburst, look for a tight, thin, super-shiny skin—think of it is as if the fruit is so sugary, it is glazing its own rind. With grapefruit, oranges and tangelos you follow the heaviness rule — they should be heavier than they look. It is acceptable to pick up one or two fruits in a display and weigh them against each other to determine heft. Avoid grapefruits that have stiff, puffy skins.

Some final notes: Citrus should have some fragrance, and should not be refrigerated. Refrigeration begins a conversion of sugars in oranges and will deaden the flavor of the fruit.

Persimmons: There are two varieties of persimmons, "non-astringent" and "astringent," which ripen differently. Astringent persimmons, like the Hachiya variety we carry at Oneota Co-op, have large amounts of tannic acid when unripe. If you bite into an unripened Hachiya, you will not be able to speak or swallow for several minutes because every last drop of moisture in your mouth will be removed by the fruit (I'd call it a fun prank, but honestly, you wouldn't even want to do it to an enemy). But when these tannins ripen and break down into sugar, watch out! You are dealing with one of the sweetest fruits there is.

Hachiya persimmons are ripe when they seem like a water balloon — the bright orange skin has a translucent appearance, and they are extremely fragile and soft to touch. Fuyu persimmons are of the non-astringent variety, and are edible even when firm. These you should select at about the firmness of a ripe avocado or mango. The fruit should have some

give, but still resist pressure. With both kinds of persimmons, look for deep orange coloring. Some black spotting or streaking is common and does not affect the fruit.

Pomegranates: Like other tropical fruits, the uglier the pomegranate, the better. There are differences between organic and conventional fruits — and pomegranates are a good example. Organic pomegranates are much less showy, but no less tasty, than their conventional counterparts. When selecting an organic pomegranate, look for the darkest red colored fruit in the display, as these seem to taste the best. You can disregard other cosmetic attributes, even outer texture, as most pomegranates become as hard and dry as beef jerky on the outside but remain succulent, rich and sweet inside. As they are organic, they are not treated with pesticide, fungicide or post-harvest waxes and shellac the way non-organic ones will be. This is what accounts for the extremely different appearance between the two.

This should give you a good start on winter fruit selection, and over time you will be able to follow your instincts. Pay attention to good fruit when you eat it, and try to remember what its outward characteristics were for next time. Proper selection of fruit should involve your eyes, nose, fingers and ears. When you are successful, your taste buds will thank you.



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Call for prices - dependent on season and availability

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\$55 (estimated)

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Fresh vegetables, olives, parmesan cheese, and marinated artichoke hearts.

Mediterranean Platter

small 12" (serves 20-25) - \$40

large 16" (serves 25-30) - \$50

Olives, hummus, cucumbers, vegetarian dolmas and dates accompanied by whole wheat pita bread wedges.

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Oneota—the Name: Its Origins and Applications

russ baldner, local historian

The name Oneota, as it occurs in northeast Iowa, appears in a number of historical contexts, including geographical, geological, cultural and archaeological.

In the 19th century, Native Americans applied the name Oneota to the stream that is known today as the Upper Iowa River. Also bearing the same name was the prominent rocky bluff that rises on the Upper Iowa's left, northern bank near its confluence with the Mississippi River at New Albin in the extreme northeastern corner of Iowa.

Given the word's origins, the use of the name Oneota for a river in northeast Iowa is rather remarkable.

Oneida, the name of a Native American tribe most closely associated not with northeast Iowa or the Upper Midwest, but, rather, the Iroquois—Five Nations—Confederacy in New York state, is a variant of onyota'aka—"people of the standing stone"—the term by which the Oneida knew themselves. Onyota (Oneota)—"standing stone"—refers to a large grey syenite (igneous) boulder that was an Oneida tribal symbol and object of veneration central to the tribe's religious and social life. According to Oneida tradition, the stone

appeared at the time of the tribe's origin and always reappeared at their main settlement whenever they relocated. The exact circumstances by which a stream in northeast Iowa acquired its name from such a rather unlikely source are not entirely clear. Nearby

tribesmen far from their traditional home may have been responsible for the term's application to geographic features in this corner of the state.

In the late 19th century, geologists applied the name Oneota—the river—to a prominent dolomite (limestone) rock stratum closely associated with the Upper Iowa River valley. The Oneota

formation is easily visible in the high rocky bluffs and scenic mural escarpments rising above the lower reaches of the Upper Iowa River.

In the early 1900s, the name Oneota acquired yet another use, this time as an archaeological term designating a late prehistoric to early historic Native American cultural tradition indigenous to the Upper Iowa River valley—and beyond, throughout much of Iowa and neighboring Upper Midwestern states.

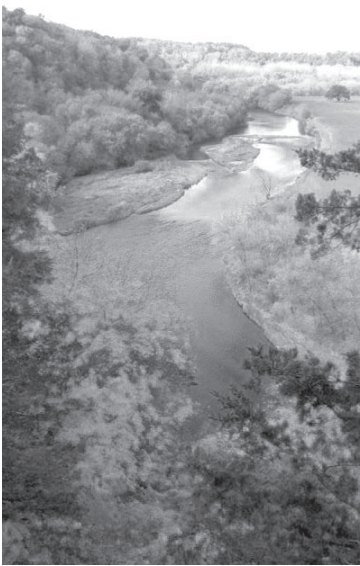
The Oneota culture people were semi-sedentary, lived in permanent

villages, hunted and gathered wild foods, and also practiced corn agriculture. They were northeast Iowa's early farmers. Characteristic Oneota artifacts include shell-tempered pottery, small finely worked unnotched triangular projectile (arrow) points, and red catlinite (pipestone) pipes and inscribed tablets. Late Oneota merged with the historic period about three hundred-odd years ago in northeast Iowa. At that time, the

Oneota culture is identified with historic Native American tribes such as the Ioway and the Oto, the former being the tribe for whom the state was named.

More recently, Oneota has lent its historic name to a local golf course, a county care facility, and a number of area businesses, including . . .

The Oneota Community Food Co-op at 312 W. Water St. in downtown Decorah, Iowa



Second Annual Oneota Film Festival

Luther College will again be the site of the second annual Oneota Film Festival, January 21-23, 2011, which will feature over 25 nationally and internationally acclaimed films. These films, focusing on sustainable living, ecotourism, local economies, adventure sports, and social justice, are intended to generate discussion of local activity and initiatives related to sustainability. In addition to nationally significant films, festival organizers are seeking submissions from local filmmakers, especially students. Films currently under consideration for the festival include "What's the Economy For, Anyway?", a John DeGraaf film, "Ride the Divide" about the world's toughest mountain bike race 2700 miles along the Continental Divide from Canada to Mexico, "Tar Creek," and "Neshoba – Price of Freedom." Festival organizers are planning over 15 sets of films, plus panel discussions with filmmakers and other specialists on related topics. Admission to see any of the films during the Festival will be free of charge.

Award-winning filmmaker and social commentator John de Graaf will be a featured guest speaker during the festival. Mr. de Graaf will participate in a number of ways, including a panel discussion following a film set, presenting a workshop about how to make social change/environmental activist films, and another presentation about the "Overall Happiness Project" in Seattle, which focuses on sustaining the quality of life at the local level. Details on de Graaf's activities as well as OFF films and events are available at www.oneotafilmfestival.org.

For information about festival sponsorships, donations, film submissions and volunteering, contact Kyra Bellrichard, Festival Director, kyra@oneotafilmfestival.org, 808/372-5958



a green year for fido and tabby

josie noecker, pet food buyer

The start of a new year brings fresh beginnings: a resolution of better health, wellness, and living. We come up with so many goals and aspirations for ourselves, but what about our pets? Sometimes the health and well being of our animal companions mirror our own lives. With that said, how does one go about making a fresh start for Fido and Tabby? My suggestions are based on the book *Pets Gone Green* by Eve Adamson.

If you are looking to introduce a new animal companion to your household, the first step in the book would apply. Adoption! Adoption is one of the best ways to acquire a new animal companion. It might prove to be a challenge at first because you are going to be on the lookout for that special animal. Second, you will likely have to fill out an application which will have various questions about your family, home, or other animals. Also, the question rises of whether a puppy or kitten vs. an older cat or dog. Look at your household, whether or not you have children or other animals, and how active or sedentary your lifestyle is. Also, the people who work for shelters or organizations will most definitely help you if you have questions or concerns.

Food is the second way you can reduce your carbon “paw print.” One can go about this in several ways. One way would be to buy whatever you can locally. Instead of buying all of your pet treats, periodically make your own at home. There are some simple recipes out there and many times most ingredients are already in your pantry. Another way could be to buy food from companies that work to reduce their carbon footprint. You could base that on their personal philosophies or how their food is produced. Organic options or companies that produce food within their region are great options for some if it suits your budget. Another way that reduces your carbon paw-print would be to make a homemade diet. You could be as local or organic as you want this way. Make sure to do research though because you will need to make sure that the food you make has all of the nutrients your animal needs to be healthy.

Every animal loves toys, but did you ever stop to consider that some of them might be unnecessary? I, myself, got trapped into pet-sumerism. Pet-Sumerism is a term that basically mimics how we are consumers, but basing it off of animals. There are television commercials showing periodically for pet products. Pet magazines will even state what you need to have for a healthy and happy pet. There are some things, like multiple cat trees, to have extras of if it suits your household. Perhaps your dog likes to lie on a comfortable



surface in two rooms, so multiple pet beds would be appropriate. I found myself with an endless array of toys, simply because one or both cats found them boring. I feel sheepish to admit that sometimes my purchases were simply because it felt exciting to buy something new for my beloved pet. Really, the best toy you can give them isn’t a toy persay; no, it is spending time with them.

Find one toy that you can use to interact and play with your pet because really the most important thing to them is your time, love and attention. A good 15-20 minutes of play or interaction time with your animal will improve your pet/human connection and be beneficial to your mind/body health also. In addition, look for toys or products that are local or made sustainably. Material counts. Look for items made with organic cotton, hemp, bamboo, or from recycled materials. Ask yourself if your pet really needs that toy or accessory or is it something that can wait? Can the item you purchase your pet be recycled? What could the money go toward instead of the toy or accessory? These are just a few questions to ask yourself before making a pet accessory or toy purchase.

What about waste? Biodegradable bags are a great option for both cat and dog waste. Regular plastic bags will not break down. Furthermore, what could break down naturally on its own is encased in material that will inhibit it from doing so. Look into biodegradable options for cat litter: corn, wheat, pine, and newspaper are options. The author even talks of composting pet waste, which could be used on trees and flowers in your yard (not to be used on edibles).

Lastly, clean green! Look for eco-friendly cleaning products and be aware of what your cleaning products contain. Some green products might contain citrus oils and other aromas that may bother your feline friend but not your dog. When it comes to pet shampoos, look for products that you would be willing to use on yourself. Minimize BPA, Sulfates, Parabens, and other chemicals.

These are just a handful of things you can do this year to help Fido and Tabby live a little greener, all while reducing your own carbon foot-print too. Here is to a new year with happy, healthy and green pets.

“mom, i’m hungry!”

kristin evenrud, grocery manager and nate furler, marketing specialist

The kids are hungry and you need a quick and easy snack. You could reach for a bag of chips or slice up a banana but you stop and you think I am going to give them something different. A healthy snack that kids typically like is “Ants on a Log.” Not only is it fun to make, it is fun to eat. The sweetness of the raisins combined with the saltiness of the peanut butter and the juicy crunch of the celery. Way healthier than a bag of potato chips. However, let’s look more closely at those three ingredients: raisins, peanut butter, and celery to find out, even when we are talking healthy, what the potential problems are.

raisins

Since raisins start out their life on the vine (as grapes), you should still take note of their placement on the list of the Dirty Dozen fruits and vegetables with the highest chance for being treated with pesticides, herbicides and fungicides. Through processing, the grapes undoubtedly get washed, however not all chemicals that are applied to the fruit are able to be washed off. Therefore, if you wish to avoid these chemicals, you should choose organic raisins.

peanut butter

You may or may not know that peanuts are actually classified as a legume. Though referred to commonly as a nut, peanuts belong to the same family as beans, peas, alfalfa and clover. Also, peanut pods grow underground and have a relatively permeable “shell.” Because of this characteristic, any chemical put onto, and therefore, into the soil inevitably comes into contact with the seeds (kernels). Once again, as with all fruits and veggies, these chemicals are never completely cleansed from the surface, and a portion of them are ingested by the consumer.

An added danger to peanuts that you may not have ever heard of is aflatoxin. This is a naturally occurring byproduct of certain molds. In high dosages, aflatoxin is considered a carcinogen and is suspected to be the culprit of some forms of cancer. One brand of peanut butter in particular that we carry at the Co-op, MaraNatha, states the following:

“At MaraNatha, the purity of our products and the safety of our customers are of paramount importance. We demonstrate this by employing state-of-the-art protocols for handling, sorting, storage and climate control that strictly control the development of aflatoxin. As a result, we can proudly assert that every MaraNatha nut butter is virtually aflatoxin free.” <http://www.maranathafoods.com/content/health-nutrition>

Furthermore, the Co-op offers many different varieties of nut butters, including sunflower, almond and hazelnut. Some of them even include honey and chocolate versions.

celery

Though full of crunch and utterly “delish,” celery is naturally loaded with nitrates. It pulls this chemical compound directly from the soil during the growing process. Some have speculated that nitrates, whether artificially added or naturally present, pose certain risks, especially to young children with their developing brains and bodies. If trying to avoid nitrates, I would suggest using a nice whole grain cracker and change the name of the snack to “Ants on a Raft.”

In the next issue of The Scoop look forward to reading a breakdown of the cold meat sandwich and how conventional cold-cuts stand up against uncured antibiotic-free varieties.

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Short Course on Big Cuts

by beth dooley

The easiest route to a warming winter dinner is through a long, slow braise. Big cuts of meat—pork, beef and lamb—turn tender and succulent as they cook, filling the kitchen with heady cooking smells. They require a lot of time, but very little attention, and the oven does most of the work. The rewards are immediate and the leftovers, gratifying.

The cuts I’m addressing here come from the most active part of the animal where muscle, sinew

and tendons contribute to the flavor of the roast as well as the pan juices. The braise is a stand-by of all bistro cooks, and requires but two quick steps: 1) searing the meat in fat on all sides to seal in juices and 2) adding wine or stock to keep the meat moist. The low heat and cooking time helps the tissues relax and melt into a silky, rich sauce.

These farmhouse recipes, originally devised by thrifty cooks out of necessity, suit today’s budgets nicely. You get a lot for the least money per pound. The additional fat in these cuts bastes the meat as it cooks off and is easily scooped away later. The best-

Cider Braised Pork Shoulder with Apples and Fennel

4-6 servings

This is one of those dishes that you can shove in the oven and forget about. Make sure the shoulder still has the skin on to help seal in the juices and keep the meat moist. The cider and apples add a touch of sweetness that works wonderfully with the licorice notes of fennel. It cooks up so tender and is terrific with noodles or smashed potatoes.

- 1 one to two pound pork shoulder roast (or picnic arm)
- 1 clove garlic, cut into slivers
- Salt and freshly ground black pepper
- 2 tablespoons unsalted butter
- 2 large onions cut into 1/4-inch thick rounds
- 2 apples, peeled and cut into 1/4-inch rounds
- 1 fennel bulb, cut into 1/4-inch rounds
- Salt and freshly ground black pepper to taste
- 1 cup apple cider

Preheat the oven to 325-degrees. Score fat and any skin on the pork in a crosshatch pattern. Make slits all over the meat with a sharp knife and insert a garlic sliver into each slit. Pat the pork dry and season with salt and pepper.

Heat the butter in heavy ovenproof pot or Dutch oven set over medium-high heat and brown the meat on all sides, turning occasionally, about 6 minutes total. Transfer the meat to a plate.

Add the onions to the pot and cook, stirring occasionally, until the onions soften and begin to turn a light brown, about 5 minutes. Sprinkle with salt and pepper and continue cooking until the onions are golden and caramelized, about 9 to 10 minutes more. Add the apples and fennel, then stir in the cider.

Return the pork to the pot. Cover the pot tightly, transfer to the oven and braise the pork until very tender, about 1-1/2 to 2 hours. Transfer the pork to a carving board and allow to rest about 10 minutes. Put a corner of the pot onto the stove set on high and bring the juices to a boil. The fat will move to the cooler corner where it can be scooped off. Continue boiling until the juices have reduced and the sauce has reached a consistency you like then season it with salt and pepper. Slice and serve the pork drizzled with the juices.

tasting and healthiest meat comes from free-range animals. Those fed mostly grass are higher in beneficial Omega-3’s than their conventional cousins.

Heritage breeds of pigs, raised without steroids, hormones, or antibiotics and allowed to range free, are the best choice for meat. (Back in the ‘60’s and ‘70’s, hog farmers, under consumer pressure, raised pigs to be lean, but they also bred out flavor). Though sometimes more expensive, the pork pays off in exceptional taste and texture. Their extra layers of fat provide insulation against the cold and heat, thus allowing them to spend time outside in the winter.

So, too, grass fed and free-range beef is a bargain when you consider the health benefits as well as its taste, often described as lighter and more complex. Know that this beef tends to be leaner, so pay attention to the cooking liquid and keep the meat moist. The lamb industry, under less pressure to mass-produce, remains, for the most part, grass fed.

It’s easy to vary these recipes to suit the season and your tastes. The pork roast recipe is delicious with dried apricots in lieu of apples. Try seasoning the lamb shanks with a good curry powder and adding a little fresh mint to the gremolata as a garnish. Spice up the brisket by adding a hot pepper or two to the pot.

Once the roast is cooked, it’s important to let it stand while you prepare the pan sauce. Though the meat will be so tender that it falls off the bone, the rest allows the fibers to relax, so that it doesn’t toughen. The pan sauce will taste best if you remove the fat first. Set a corner of the pot on a high flame so that half of the liquid comes to a boil. The heat will push the fat to the cooler corner where it’s easily scooped off. (Alternately, allow the roast and pan juices to cool then refrigerate, so the fat will congeal on top where it’s easily lifted off.) After that, the juices may be simmered to reduce and thicken them. The vegetables used in the cooking may be pureed with the juices as well or removed and served alongside the roast. To boost flavor, add a spoonful of mustard or a dash of vinegar, a squirt of lemon or a little orange zest; to enrich them with a splash of heavy cream, a swirl of extra-virgin olive oil or a pat of butter.

Look forward to the leftovers as much as the meals. They taste even better the next day as the flavors have had some time to marry. Toss the meat into pastas, curries, soups, stews and pot pies. Here’s how to turn one good roast into many great meals.

BBQ Sandwiches: Pull the meat into strips and slather it with plenty of barbeque sauce and pile it onto soft buns.

Shepherd’s Pie: Dice the meat and toss with sautéed chopped carrots, onions and celery then

turn it into a deep dish pie tin or Dutch oven and top it with leftover mashed potatoes.

Curry: Tossed cubed meat with cubed cooked potatoes, onions and peas, a little coconut milk seasoned with curry powder and over rice.

Irish Stew: Saute chopped onion, carrots and celery in butter, then add enough good stout to cover and stir in the meat with its sauce. Serve with boiled potatoes and steamed cabbage.

Chili: Saute chopped onions and garlic in butter, add several dashes of chili powder, chopped tomatoes and cooked or canned beans with their liquid. Add diced meat and season with lime juice, Tabasco sauce, sour cream and shredded Cheddar cheese.

Beth Doley is a Twin Cities-based food writer and cookbook author.

Braised Lamb Shanks

4-6 servings

Lamb Shanks are available upon request from Breezy Bluff Farm.

Lamb shanks turn buttery and tender when braised, so right for a blustery cold night. Serve them with cooked white beans, boiled potatoes or just great hunks of rustic bread. Here, they’re finished with a light, lemony gremolata, to add a little color and perk up flavors.

- 4 1-pound lamb shanks
- Salt and freshly ground black pepper
- 2 tablespoons oil
- 1 large onion, chopped
- 1 carrot, chopped
- 1 celery stalk (leaves included), chopped
- 10 cloves garlic, smashed
- 1 bottle red wine
- 4 cups low sodium chicken broth
- 2 tablespoons tomato paste
- 4 sprigs fresh thyme
- 4 sprigs fresh parsley

Gremolata

- 3 tablespoons chopped fresh parsley
- 2 teaspoons freshly grated lemon zest
- 3 cloves garlic, minced
- Dash fresh lemon juice

Season the shanks with salt and pepper. Heat the oil in a Dutch oven set over medium high heat and brown the shanks in batches until well browned on all sides, about 5 to 8 minutes per shank. Add the vegetables and cook , stirring, until the onion softens, about 3 minutes. Add the wine and simmer stirring until the liquid is reduced to about 3 cups, about 8 to 10 minutes. Stir in the broth, tomato paste, thyme and parsley and then add the shanks. Bring the liquid to a boil, reduce the heat to a simmer, cover and cook, stirring and turning the shanks occasionally for about 1-1/2 hours. Uncover the pot and continue simmering, stirring occasionally, until the lamb shanks are tender, about another hour more.

For the gremolata: Stir together the chopped parsley, grated lemon zest, garlic with a dash of lemon and sprinkle over the lamb as a garnish.

the rind of the cheese and the heel of the bread

by beth rotto, cheese buyer

Is there someone at your house who prefers the heel of the bread? What about the rind on the cheese? Should you eat it? Some cheeses have an edible rind that forms during the cheesemaking process. Rinds are natural and usually edible as opposed to other coverings such as wax or cloth that are inedible. The cheese rind is a useful part of a wheel of cheese. It is somewhat of a barrier that helps hold in the moisture and flavor of the rest of the cheese. Although some rinds are edible, whether or not to eat them is a matter of personal preference. If you enjoy eating the rind, the answer is yes. Use your own judgment. I am often asked this question about brie cheese and it's pillowy, white rind. The rind of brie can be eaten, although some people prefer to cut the rind away or scoop out the inside when the cheese is warmed. In the case of

Parmigiano Reggiano, the rind is also an edible part of the cheese, but difficult to eat because it is harder and dryer than the cheese from the inside of the wheel. Still, some people ask specifically for parmesan rind! Using it in soup is a great way to waste nothing and to add a salty-umami depth to your broth.

I found this recipe on the internet, at http://www.thewednesdaychef.com/the_wednesday_chef/. Serve it with a toasted heel of bread.

Lidia Bastianich's Rice and Potato Soup with Parmigiano Rind The recipe comes Lidia Bastianich - cookbook writer, television chef, and restaurant owner - and was printed in the New York Times a few years ago. The whole thing takes less than an hour to make, but has bold and well-melded flavors that belie its quick preparation.

Here is some additional information on cheese rind from the Milk Marketing Board.

Customers Want to Know...
Should I eat the rind?
Whether or not to eat the rind is sometimes a matter of taste, but generally the rinds of soft cheeses can be eaten, while those of harder cheeses are often unpleasant.
Are there any uses for uneaten rinds?
The natural rinds of hard cheeses,

especially Parmesan, are wonderful for flavoring soups and stocks. Freeze your leftover rinds in resealable bags so you always have one handy.
Do all cheeses have a rind?
No. Some varieties, such as Brick and Colby, are ripened in plastic film or other protective coating to prevent rind formation. Other cheeses, such as Feta, are rindless because they are not allowed to ripen.

Tillman Brudos
On November 27, 2010, our good friend Tillman Brudos passed away suddenly from a heart attack. Tillman delivered cheese to us weekly for many years, picking up our orders from several small cheese companies in Wisconsin and driving them here in his van. We looked forward to seeing him every Friday with his good humor, generosity, and easy going nature. On several occasions he sampled cheese for Cedar Grove Cheese Company at our "Taste the Local Harvest" events and loved visiting with staff and customers. Tillman, who died at age 80, will be buried in Mount Sterling, Wisconsin.

A Spade is Not Always a Spade... High Fructose Corn Syrup By Any Other Name?

by brett bakker

The Corn Refiners Association (CRA) has petitioned the U.S. Food and Drug Administration to allow high fructose corn syrup (HFCS) to be called by a new name, corn sugar. Says CRA President Audrae Erickson, “Consumers need to know what is in their food... and we want to be clear with them.” Say what? You want to be clear with consumers by quietly changing the name of your product because you don’t like what research is turning up about health risks of that product? That sounds as clear as a jar of Grade B dark maple syrup.

Erickson further states that HFCS is a “natural ingredient.” If commercial sugar is considered natural, then yeah, I guess you could call HFCS natural, too. But mass-produced sugars and sweeteners go through a heck of a process, one you could hardly reproduce in your own kitchen. That’s my biased yardstick of what’s natural; with a few stalks of sugar cane, a pot and fire, I could make a very crude sugar but not the stuff that’s on breakfast tables around the nation. Homemade refined white sugar and especially HFCS is impossible. Unless you have a home lab.

Rather than merely changing something’s name to make it sound safer, why not prohibit the use of the word altogether? That’s what Ohio did two years ago by prohibiting “rGBHfree” labels on milk. Even though Canada, Japan, Australia, New Zealand and twenty-seven EU countries have already found cause to prohibit the use of rGBH in dairy production, all the almighty U.S. can manage to do is have the Sixth Circuit U.S. Court of Appeals reverse in October the Ohio lower court ruling. If the dairy industry is so afraid that consumers will avoid rGBH milk, why not disprove the fact that it contains elevated levels of IGF-1, a hormone linked to cancer? Or go one better by figuring out how to collect milk from animals naturally designed to turn grass, water and sunlight into milk?

Oh wait, that’s already been figured out. About, what, eight thousand years ago?
It’s sad that so much effort has to be taken on labels and not the actual health problems of such artificial substances. If I was out on the street doing something that threatens peoples’ lives, I’d be taken out fairly quickly by the authorities. And with good reason! But if something is slowly and insidiously threatening human health and welfare, it’s evidently best to slowly poke at the problem. The EPA recently concluded that the pesticide Aldicarb no longer meets food safety standards. Of course Bayer CropScience had to be consulted to “reach an agreement” on the solution. So, the stuff isn’t safe but the manufacturer who profits from its sale has a say? Sounds to me more like EPA is protecting the bank account of Bayer; which has magnanimously agreed to “phase out” production of Aldicarb by the end of 2014. That’s production. Actual use will end by mid- 2018. What about the fact that EPA says Aldicarb “may pose unacceptable dietary risks especially to infants and small children?” No worry! By 2018 the infants and small children of today will be older children. Problem solved.

Meanwhile the tiny states of Sikkim and Kerala in southern India (about 17,745 square miles total) have decided to take direct action and declare their intent to convert to 100% organic farming by 2020. So far around 15,000 acres have been converted. I’d label that pretty darn good.

Brett Bakker is the Chief Organic Inspector at New Mexico Organic Commodity Commission.
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Rice & Potato Soup with Parmigiano-Reggiano Rind
Serves 8
3 tablespoons olive oil
2 large baking potatoes, peeled and cut into 1/3-inch cubes
2 medium carrots, coarsely shredded
2 center celery stalks, diced
salt, to taste
2 teaspoons tomato paste
10 cups hot chicken broth
2 2-inch-squares Parmigiano rind, exterior scraped
2 fresh or dried bay leaves
freshly ground black pepper
1 cup long-grain rice
1/2 cup chopped flat-leaf parsley

1. In a deep, heavy 4- to 5-quart pot, heat olive oil over medium heat. Add potatoes and cook, stirring occasionally with a wooden spoon, until lightly browned, about 5 minutes. Potatoes will stick to pot; adjust heat to prevent stuck bits from becoming too dark. Stir in carrots and celery and cook, stirring, until carrots are softened, another 2 to 3 minutes. Season lightly with salt. Add tomato paste and stir to coat vegetables.
2. Add broth, Parmigiano rinds and bay leaves. Bring to a boil, scraping up bits of potato on bottom, then simmer. Season soup lightly with salt and pepper. Cover pot and cook until potatoes begin to fall apart, about 40 minutes. Stir in rice and cook until rice is tender but still firm, about 12 minutes. Remove bay leaves, stir in parsley, and check seasoning. Remove rinds and cut into small pieces. Eat them right away or put a piece in each soup bowl and ladle soup on top. Serve.

Neufchatel Alfredo Sauce
By Peter Alfieri of Buon Appetito Providence
Serves: 4-6
Prep Time: 5 minutes Cook Time: 15 minutes Total Time: 20 minutes

Ingredients
3 tablespoons olive oil
2 cloves fresh garlic - pressed
1/4 teaspoon dried crushed red pepper
1 1/2 cups water
2 cubes chicken bouillon
1 tablespoon flour
2/3 cup Neufchatel cheese
1/4 cup fresh parsley - chopped
1/4 cup light parmesan cheese
1 pound pasta
salt to taste
pepper to taste

Preparation
In a medium-sized sauce pan on medium-high heat combine oil, garlic, and crushed red pepper. Fry until garlic turns golden brown. Add water and bouillon, bring to a boil making sure bouillon is dissolved. Whisk in Neufchatel cheese and once uniform add flour and simmer until sauce thickens, then remove from heat. Add parmesan cheese. Then add salt and black pepper to taste and serve on top of your favorite pasta.

