

# the Scoop

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## Local PRODUCER SPOTLIGHT: Barb Kraus A.N.D. Canoe Creek Produce

by: Katherine Hannigan,  
Assistant Produce Manager

When we're young, we believe in fictions like Santa and the Tooth Fairy because 1) adults tell us they're true and 2) we have evidence of them. There is verifiable proof. Grownups say, "Tonight, Santa will travel the world in his sleigh. He will bring presents to you and leave them there," and they point to a place under a tree where there is only emptiness. It sounds impossible, but the next morning that space is stacked with brightly-wrapped boxes. Tags with our names and signed "Santa" are taped to them. Inside are the toys we pleaded for, but our parents said things like, "The day we let you kids get drums is the day we move to Costa Rica. Without kids," about. Something extraordinary has happened, and it could not have been accomplished by the people we know. We begin to believe in magical creatures who are untethered by the laws that govern ordinary humans. We believe because, when we're kids, life is full of so many things we don't understand, anything seems possible. And we believe because of the evidence we find.

I found evidence of Barb Kraus before I met her. She left presents, in the Produce department.

I started working at the Co-op in winter, when the greens we sell come from far away. They're packaged in sturdy plastic clams, with brand names in bold letters. I left the

store one night, and when I came back the next afternoon new bags of greens were nestled in among the clams, as if they'd snuck in while everybody slept. Inside were lettuces mixed with tiny yellow and purple blooms. They were bright and crisp with the freshness of having just been picked, and traveling only a few miles to get to us. Small white labels, with a black-and-white print of geese and guineas, were affixed to the bags. "Canoe Creek Produce," they read, "Certified Organic." Hand-written beside that was "Salad Greens with Edible Flowers." The packages were precious, like a gift one friend might leave on another's porch. They were the prettiest greens I'd ever seen, and I thought, What sort of magic makes a salad that is also a bouquet in every bite? I asked Betsy, the Produce Manager, "Who is this Canoe Creek?" and she answered, "That's Barb Kraus."

Canoe Creek packages started showing up in our work area, too. I'd go to the front of the store to fill fruit and, when I returned, boxes I'd never seen before were in the walk-in cooler. They were white with ribbons of yellow duct tape around their middles. Their labels were hand-written. When I opened them, I found cilantro, parsley, arugula—so recently pulled from the ground and fragrant they filled the room with their perfume. "Oh," I'd exclaim when I'd spot them, pleased and a little unnerved. Because no human had passed me with those boxes. They'd appeared as if tele-transported, or the deliverer moved with

the stealth of a secret agent.

Then, one night, I met her. I turned, and standing in the doorway to the department was a small, trim woman, with curly hair and rosy cheeks. She was holding white boxes with yellow tape around their middles. "Barb Kraus!" I exclaimed. I knew it was her, because she was holding the evidence. She smiled and I took the boxes. We chatted a little, but not much. Delivery done, she disappeared, and I was not offended. Santa doesn't have a lot of time to talk, either.

With time, I learned more about Barb. She'd been a veterinarian, then decided to grow food instead, I was told. I saw her at the Farmers' Market, talking with folks, her tables loaded with good food and bunches of flowers—a little patch of paradise on the asphalt. I talked to her husband one night, after I gave him a taste of kiwi berries. "We're growing these," he told me. "Every January we sit and look through seed catalogues and say, 'That would be fun to try.' That's how we decide what we're going to grow." I imagined the two of them sitting by a fire, smiling at each other and saying things like, "Shall we try to bring figs to northeast Iowa?" I imagined Barb planting in the Spring as the sun shone upon her and the birds sang tunes for her to hoe by. She never sweated, and the sky was filled with an infinite chain of rainbows...

I was making up a story about Barb Kraus in my head. It was magical.

Stories are wonderful things. We human beings like them. We use them to try to make sense of life and the world. But sometimes we get carried away. We romanticize real people and professions because we want to feel the way we did when we were kids, and we believed there was some magic that could turn everything into "happily ever after."

But Barb Kraus is not a fiction. And life, my friends, is not a Disney movie. The rodents who've visited my house have not helped me with my chores. And the folks I know who were sure they were marrying princes? Let's just say the lucky ones learned to live with their partners' warts.

I have lived in the world long enough to know that life is wondrous and magical AND hard and finite. I've also found that the most valuable and inspiring stories are the true ones.

I wanted to learn Barb Kraus's true story, not the one I was making up about her. I wanted to de-Disney-fy her: a little less Snow White, a little more substance. So I asked her if I

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CHANCES  
TO SHOP

MEMBER APPRECIATION DAYS

SALE

10% OFF storewide\*

TUESDAY & SATURDAY

March 13th & March 17th

May be combined with all other member discounts. \*discount excludes Co-op and Member Deals sale items and special-order case discounts.

Join during the  
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March 5th - 17th

NEW member/owners signing up  
between March 5th & 17th will have the \$5 sign-up  
fee waived, & will receive an Oneota Co-op swag bag  
filled with our favorite products.

In addition,  
NEW member/owners that join  
paying their membership/share  
in full (\$140) will also receive a  
free meal for two at the

Water Street Café

(a \$20 Value)



LOCAL PRODUCER SPOTLIGHT  
*Barb Kraus*  
A.N.D.  
*Canoe Creek Produce*

- continued  
could visit her farm and talk to her, and she said, “Okay.”

Canoe Creek sits about 7 miles northeast of Decorah. I drove to the farm a few days after Christmas. The hills were covered with white, and it was cold enough that my car engine was complaining.

There’s a long driveway, past fields and greenhouses and sheds, to get to the house. Two big dogs met me outside, barking to Barb, “You’ve got company!” When she opened the door, we all trotted into the kitchen together. There’s a huge wood table in the center of the room; around it, hand-painted tree stumps served as seats. Red birds that stay cheerful year-round were stenciled on the walls, and outside the window were flocks of all sorts, chirping and chattering at the feeders the family had put in the tree branches. Mischievous mice were painted on a breadbox, and rabbits rendered on paper and wood watched us while we talked. The wood stove in the corner was toasting everything to coziness and I thought, If seven small men pass by singing “Heigh Ho”, I might have to swallow that life-is-not-a-Disney-movie statement.

They didn’t. We sat at the table, which is also Barb’s desk, and I started asking questions. But Barb isn’t chatty, and she’d probably rather talk about anything besides herself. Truly hearing her is like watching the sky and listening to the wind to figure out the weather—the tone of her voice and the movements of her face tell as much as her words.

I started by asking her why she calls her work “gardening”. “I don’t grow row crops. I don’t use machines. I do most of it by hand,” she explained, seriously, “so I don’t call it farming.” Then her face relaxed. “I want to



touch the earth, the plants, and the animals. I want to feel them and know that connection.”

“You were a veterinarian before this,” I said. “Were there signs when you were young that this is what you might do?” She smiled as she remembered. “I was always different like that. Even when I was young, working in the garden wasn’t a chore like it was for other kids. It was a pleasure.” She gardened with her mother. Her eyes softened recalling the happiness of those times. “And when I was trying to decide what I would study in college, my mother said to me, ‘Just do what you love.’ I loved plants and I loved animals. First, I chose plants.”

She studied Horticulture for a year at ISU. And hated it. “They focused on the business of it; I wanted the science,” she told me, her voice low and slow with the sadness of that disappointment. “So then, I studied animals.”

She earned her veterinary degree. She worked in New York, then moved back to Decorah with her husband. They had children, they lived in the house and with the land she’d grown up on. They shared it with some animals, too. She worked and raised kids and grew things and drove to Decorah. A lot. “We were always driving into town,” she said. “We were always leaving this place.” I could hear in her voice the yearning we feel when we can’t be with the ones we love. “I started to think, What if I did something different, something so that I didn’t have to leave this place so much?”

What if, she wondered, she tried plants again? She was already gardening. She brought what she grew to the Farmers’ Market. She loved talking with folks about the food, and introducing them to new things. She expanded the garden and, this time, she taught herself what she wanted to

learn. “And so,” I said to her, “you made it happen. You did what you loved,” as if she had her happy ending. “Yes,” she answered, with hesitation, and regret. “One of my kids was embarrassed by the change, that I was a gardener instead of a veterinarian.” I could see in her eyes the sorrow that remains from causing pain. “And now?” I asked. She straightened, and the darkness cleared. “All of my kids are excited we grow good food, and that we’re taking care of the land in important ways,” she told me. They have all worked with her at the market.

I wondered how she first started working with the Co-op. “Eggs,” she answered. “It was the late 1990’s, and we had extra eggs.” She brought them to the Co-op, and the Co-op sold them. (“Barb’s eggs were so good, people fought over them,” Betsy told me.) That changed her operation—now she needed to have inspections. Production grew. Over time, she dedicated a full acre to growing fruits and vegetables. There are 8 acres for sheep, chickens, geese, goats and guinea hens. She employs seasonal workers and interns.

I wanted to know what are the most pleasant and the most challenging surprises of this work. “I have the same answer for both: Working with employees,” she replied. “I’m a doer; not a delegator. So it was hard to let go of the work, to give it to others.” Employees are her largest expense. And they provide the biggest reward. “I love the energy they bring to the place and the work,” she said, and she glowed. She likes teaching them, and she values the new perspectives and ideas they offer.

I asked her about expanding further, selling outside of Decorah, and she answered as if she was ready to argue with me: “People have said to me that I should go to the market in Cedar Rapids, that I would sell so much there. But I want to remain local. I want to know the people I sell our food to, I want to shop at their businesses.” She wants to interact with people. “I want to introduce them to new foods. I want to share what we’re learning and growing with the community.”

How does she assess the farm’s performance? “I suppose at tax time I find out how we’ve done.” But what really interests and pleases her is this: “The soils continue to improve. I can see it, I can tell by the way the plants grow.” She and her family have made the world around them a little better.

What has being with the land in this way done to her? “It grounds me,” she said, and she wasn’t playing with words. “Working in the dirt and with nature makes me comfortable. I think the world would be a different place, people would interact differently, if they spent time like this...” and she waved her arm toward the outside. She didn’t have to say anything else—I understood. And I agreed.

So that’s Barb’s story. Or part of it. She has struggled, searched, and celebrated. She’s worked hard, questioned herself, and forged her own path. Like lots of us. It’s a much better story than the Santa-sized one I was making up.

Barb is one of the local growers who provide the Co-op with lots of our produce. In October of 2017, local produce accounted for over 36% of the sales in our department (November and September were close behind at 32% and 31%, respectively.) The Produce department works with 10 local growers directly (2 of those are aggregates, so it’s even more than that). We also work with farmers from the region, and we receive local produce through our distributors. That means the food we sell is fresh, flavorful, loaded with nutrients, and that we know the growers and can communicate customer needs and feedback to them easily.

Working with local growers also makes a big difference to the local economy. For example, Oliver’s Market (a local, employee-owned grocery in California)

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*Come Celebrate*

**EARTH DAY**

WITH THE **ONEOTA CO-OP** IN WATER STREET PARK

**SUNDAY, APRIL 22<sup>ND</sup>**  
**5:00 - 7:00 PM**

**FREE ADMISSION!**

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*Absolute Hoot*

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Choose from a wide variety of fresh organic vegetables, herbs and flowers.

For sign-up and more details, go to [canoecreekproduce.com](http://canoecreekproduce.com)



**Canoe Creek Produce CSA**  
2912 Manawa Trail Road, Decorah, IA  
(563) 382-4899 [canoecreekproduce.com](http://canoecreekproduce.com)



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LOCAL PRODUCER SPOTLIGHT  
*Barb Kraus*  
AND  
*Canoe Creek Produce*

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commissioned a study that determined that when customers buy their locally-sourced products, the financial benefit to the county is 2½ times greater than when they purchase a national brand from a national chain. (“Progressive Grocer” February, 2017) 2 1/2 times! And that doesn’t include the jobs the store creates, the contributions it makes to local charities, the resources it provides for local businesses...

The greatest advantages of working with local growers, though, may not be quantifiable. How can you put a value on sharing a place with the people who grow your food? They and their families breathe the same air, drink the same water, and attend the same schools as us and ours. They are invested in this community, and in us. They infuse the things they grow with that special care and attention we all invest when we are making something for someone we know. Like Barb’s beautiful bags of greens, they are gifts brought to us by real people; not magic. And that makes them even more meaningful.

My favorite part of access to local produce? The flavors of things picked when they are ripe and ready. When our local growers’ produce shows up, I’m ready to rejoice. Taste one of Erik Sessions’ Sungold tomatoes and tell me you are not tempted to sing, “Hallelujah!”

We in the produce department have the great fortune to know these people who’ve dedicated themselves to providing us with good food almost all year long. They’re extraordinary gardeners and wonderful people. We’d like to share their stories with Co-op customers, so you can know them and the things they grow, too.

We’re introducing a “Featured Local Grower” program this year, starting with just three: Barb Kraus (Canoe Creek Produce), Erik Sessions (Patchwork Green Farm), and Mike Bollinger and Katie Prochaska (River Root Farm). They’ve chosen the month when their produce is at its most resplendent; we’ll be denoting their products with signage, featuring it in samples, cooking with it in the Café, and letting you know a bit about them. We’re going to celebrate the gifts these people are, and the gifts they bring us, with you.

Barb will be first, in May. That day I visited her in December I asked, “What new fruits or vegetables are you looking forward to introducing us to?” She told me she’s growing small fruits: kiwi berries, honeyberries, currants, raspberries, blueberries, juneberries, and sea buckthorn. So there’s that to look forward to.

The last question I asked Barb was this: What do you hope to leave behind? “Better soil, of course,” she answered, first. Then, more intensely, she told me, “Love and a better appreciation for nature, and how complicated and wonderful it is.”

That, I think, would be the best of presents.



Iowa Food Co-ops Help Support  
the Future of Organic Farming

By David Lester, General Manager

In early February, I joined two other General Managers of Iowa food cooperatives and the National Cooperative Grocers staff to help lobby for the Homegrown Organic Act. Matt Hartz of New Pioneer Co-op in Iowa City, Linda Johnson of Wheatsfield Co-op in Ames and I were asked to help advocate for this bill to be a part of the next larger Farm Bill that expires in September 2018.

Allie Mentzer, Advocacy Manager for the National Cooperative Grocers (NCG) based in Iowa City, helped organize a small group of co-op advocates to help the Environmental Working Group (EWG) organize a future phone call to Senator Chuck Grassley’s office that is scheduled in a few weeks. Sen. Grassley is well-positioned to advocate for this bill because he is on the Agriculture Committee, making his support key to the bill’s success.

What this bill is about:

According to writer Dan Nosowitz’s article in the December 13, 2017 issue of Modern Farmer, the organic farming industry in 2016 experienced a \$3.7 billion increase from 2015 and is currently valued at an estimated \$47 billion. However, only about one percent of U.S. farmland is dedicated to organic production. That’s where the Homegrown Organic Act of 2017 could change that. This bill aims to break down some of the barriers that new and existing organic farmers face: securing land, funding for equipment and getting the right help from the government like most commercial farmers currently receive.

The Homegrown Organic Act of 2017 would enhance three major pieces of legislation. The first one is the Conservation Stewardship Program which has a program for existing organic farmers, but nothing for farmers who want to transition their farms from conventional to organic farming. This Act would give transitioning farmers the same free assistance to implement practices that can help protect the environment. The second major program change would be the Environmental Quality Initiatives Program (EQIP). EQIP has an organic program within it that gives financial assistance to organic farmers who want to

install or implement new equipment and other physical things. If you’re an organic farmer who wants to create a pollinator garden? Great! Good for everyone! EQIP can help you out. But your application would be competing with all other organic farmer applications, and there’s a hard cap on how much money EQIP will give out: \$20,000 per year, or \$80,000 over a six-year period. The Homegrown Organic Act would eliminate that cap, allowing larger farms to participate, and also allow for bigger and better improvements. The last of these programs is the Transition Incentives Program (TIP). TIP is an excellent program and provides incentives to retiring farmers and benefits to beginning farmers and socially disadvantaged groups wishing to farm. But, there are no current provisions for those retiring farmers selling or renting their farm to a future organic farmer. There are more and more young farmers wishing to start their operations organically and this would be a major change to help eliminate this barrier.(1)

EWG reached out to consumer co-ops like ours because they know that consumer demand for organic products continues to rise each year and we can share our experiences and data that support breaking down barriers for organic farmers. We will be able to talk about double-digit sales growth for organic products in our stores the last four years. We will be able to talk about the fact that we have created more jobs due to increasing organic sales and there are more local organic farmers selling their goods to us and to other outlets in the state. I have seen our local organic farmers be some of the most innovative and willing to take risks on niche products that our members and customers want. If the playing field could be made fairer for organic farmers, this would mean easier access to land and it would increase the domestic growth of organic products in the U.S. If we could import fewer organic products from foreign countries and grow more of them domestically, think about the shift that would happen in our environment and potential health of our communities.

What YOU can do:

The good news is that you don’t need to be an expert on Congress or the Farm Bill to be effective! If you prefer to purchase organic products and agree that organic farming practices build a healthier environment for farm workers and all of us who live in an agricultural community, then YOU can be effective! Just write or call Senator Grassley’s office at:

Sen. Charles Grassley  
135 Hart Senate Office Building  
Washington, DC 20510  
Phone: (202) 224-3744  
FAX (202) 224-6020

Suggested verbiage:

Dear Senator Grassley,

I am writing (calling) you to support the Homegrown Organic Act to be included in the next Farm Bill. Your support would be key to this bill’s success because of your position on the Agriculture Committee and your knowledge of the complexities and diversity needed in today’s agricultural business. This bill would break down some barriers and make it easier for new or existing organic farmers to counter the most difficult elements of going organic: getting funding, securing land, and getting the right help from the government.

As a consumer of organic products, it would be beneficial for all Iowans to see more organic production in our state so that retailers and consumers can have more choices in the aisles. Reducing our need to import organically produced goods would mean more jobs, better margins for retailers, more innovation in agriculture and an overall better life in our state.

Sincerely,

(1) Excerpts from the article, An Overview of the Homegrown Organic Act of 2017 by Dan Nosowitz, Dec. 13, 2017. <https://modernfarmer.com/2017/12/overview-homegrown-organic-act-2017/>

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# Cast Your Vote!

## 2018 BOARD ELECTION

Greetings member/owners of the Oneota Community Food Co-op. The 2018 Board election is upon us and we need your vote. This year we have two positions to fill on the Oneota Co-op Board of Directors as Maren Beard completes her term and Alicia Trout completes an interim position.

Board candidates for the 2018 election include the following four individuals to fill the two, 3-year term slots on the Co-op Board of Directors: Wes Anderson, Dennis Pottratz, Scott Timm, and Aimee Viniard-Wiedeman. A candidate statement for each individual can be found in this Scoop publication, as well as a calendar for the remaining election period.

The members/owners of the Oneota Co-op have the responsibility to review the candidate statements and vote for your Co-op Board of Directors during the month of March. The full candidate statements can be found on the Co-op website ([www.oneotacoop.com](http://www.oneotacoop.com)) and are included with electronic voting materials online. Candidate statements are also available at the Co-op Customer Service Desk and posted on the bulletin board in the Oneota Co-op foyer. Plus, join us as we get to know these candidates at an informal reception on Monday, March 12, 2018 at the Co-op from 5:30-6:30 pm. Please thank these candidates for their willingness to serve on the Oneota Co-op Board of Directors.

All members in good standing as of February 15, 2018 will be/were mailed a detailed letter containing election details, announcement of the Annual Meeting of the Membership, and a personal ID and password unique to each member/owner, which will be used by the member/owner to vote electronically in the 2018 election.

If the Co-op has record of a valid email address for any member/owner in good standing as of February 15, 2018 they will also receive an election email from Simply Voting. If any member in good standing receives a letter containing their electronic voting materials and wishes to instead submit a paper ballot, there will be paper ballots available for pick-up at the store during business hours. If a paper ballot needs to be mailed, we will be happy to do so by request.

Any member/owner who becomes a member in good standing after February 15, 2018 but before March 1, 2018 will be mailed a letter announcing the election details and date of the upcoming Annual Meeting of the Membership, 2018 Candidate Statements, and a paper version of the 2018 ballot for returning to the Co-op. Any member/owner who becomes a member in good standing after March 1st, 2018, but before the end of business on March 31, 2018 will be given a letter announcing the election details and date of the upcoming Annual Meeting of the Membership, 2018 Candidate Statements, and a paper version of the 2018 ballot for returning to the Co-op. If you do not receive election materials and believe that you should, please call the Co-op at 563-382-4666 to verify your address and membership status. Completed paper ballots, must be received at the Co-op no later than 7:00 pm on Saturday, March 31, 2018. Completed electronic ballots must be received at the Co-op no later than 8:30 pm on Sunday, April 1, 2018. (The Co-op will be closing early for inventory on Saturday, March 31, 2018 and will be closed Sunday, April 1, 2018 for the Easter holiday.)

The Annual Meeting has been scheduled for Monday, April 16, 2018 at 7:00 pm and will be held at Pulpit Rock Brewing Company, 207 College Drive, Decorah. All member/owners of the Co-op are welcome and encouraged to attend the meeting. The meeting will include a presentation by Oneota Co-op General Manager, David Lester, recapping the previous year and plans for the year ahead. There are always delicious snacks and beverages! The Board of Directors hopes to see you there!

### BOARD ELECTION CALENDAR

Ballots and candidate statements with announcement of annual meeting presented to members in good standing.....	Early March
Candidate Meet & Greet .....	March 12 @ 5:30-6:30 pm
Paper Voting ends at end of business day .....	March 31 @ 7:00 pm
Electronic Voting ends at end of business day .....	April 1 @ 8:30 pm
Administration of ballot counting.....	Early April
Election results announced .....	Early April
Annual Meeting of the Membership .....	April 16 @ 7:00 pm
Pulpit Rock Brewing Company, 207 College Drive, Decorah	
New board members start service .....	April Board Meeting

# MEET YOUR

\*Full candidate statements available online!



Wes Anderson  
3-year term candidate

**What do you enjoy most about the Co-op and what is your vision for its future?**  
The FOOD! I love the culture that the Co-op promotes. Having delicious food is great but having delicious food that is locally grown which helps area businesses to thrive while promoting sustainable practices is just awesome! I have no major changes I envision for the Co-op's future as I love what it is and believe the current model is working. I do believe we must continue to look to the future to anticipate change and plan to evolve to remain relevant and continue to prosper.

**What kind of leadership or other expeirences could you bring to the Co-op as a Board member?**  
I've spent the last 8+ years working in Civil Service for an Army organization called Installation Management Command (IMCOM). IMCOM manages over 85 Army bases worldwide providing family services, public works, resource management, training and many other services to assist soldiers and their families. As a project manager I collect, research, and analyze a variety of data to evaluate problem areas within Army communities and determine enterprise-wide trends in programs. I champion continuous improvement efforts and act as a change agent recommending necessary changes or modifications in programs and policy guidance. It's essential that I listen to customers and stakeholders in these communities to ensure their needs are met.



Scott Timm  
3-year term candidate

**What do you enjoy most about the Co-op and what is your vision for its future?**  
The coffee selection. Kidding! Honestly, one of the key factors in our decision to relocate to Decorah was that there was a great food co-op and a thriving local foods "scene". We have children with food allergies - and access to healthy, local, organic food is a must for us. We also believe a strong connection with food is important, especially for our children. Prior to moving here, we enjoyed life on a homestead where we grew much of our own food and raised chickens, turkeys and bees. From harvesting fruit to butchering and cooking - our whole family loves food...it's a part of life! I worked frequently with local producers and farmers in Fairfield, and we enjoy the social aspects of markets and small farms. The atmosphere of the Co-op is welcoming, family friendly, and passionate. I appreciate the community owned aspect of the Co-op and am enthusiastic to participate as a board member. As we are new to the area and the Co-op - I don't feel comfortable saying I already have a vision for its future - my goal would be to support and help follow through on the planning and growth already in the works.

**What kind of leadership or other expeirences could you bring to the Co-op as a Board member?**  
In my work as Sustainability Coordinator for Fairfield and ISU Extension, it was my charge to bring the community's sustainability plan to life. What a great job! This meant that, at its core, it was my responsibility to reach out the entire community, make sure everyone felt invited, inspire community members to participate, and get everyone involved. I led many committees, spearheaded initiatives, and more than anything - I like to roll up my sleeves and get work done myself. Two examples of projects: I led and designed a grass-roots energy efficiency campaign for the community that resulted in over \$1M in energy savings for Fairfield, for which we won the Governor's Environmental Excellence Award. I also led our community's response to Emerald Ash Borer - we planted over a thousand trees, completed an urban forestry plan, planted a community orchard, and held trainings for residents and city staff. I do a lot of grant writing, I teach workshops on many topics in sustainability and the built environment, and I love getting involved in projects that bring diverse groups together.



Dennis Pottratz  
3-year term candidate

**What do you enjoy most about the Co-op and what is your vision for its future?**  
I find two important facts about visiting the Co-op. One is confidence in the quality of the food. Two, I enrich my life by communicating with the staff and shoppers on many issues beyond and including the products for sale . The Co-op needs to maintain the lead in supporting local producers and informing members and the public of current issues regarding the health and safety of food products and of the environment.

**What kind of leadership or other expeirences could you bring to the Co-op as a Board member?**  
I have two B.S. degrees; Economics/ Accounting and Applied Environmental Technology. Passed the CPA exam. Operated my own business, GoSolar, in Decorah since 1996. Licensed electrician.



### Tai Chi of Decorah

Movement for Health and Well-Being

Contact Diane Sondrol for class times and more information:  
563.419.5420 or [taichigrandmadi@msn.com](mailto:taichigrandmadi@msn.com)

Cooperatives are democratic organizations controlled by their member/owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives, the Co-op Board, are accountable to the ownership. Owners have equal voting rights - one owner, one vote.



# BOARD CANDIDATES: MEET & GREET



Aimee Viniard-Wiedeman  
3-year term candidate

## What do you enjoy most about the Co-op and what is your vision for its future?

When I came to Decorah in July 2017 for my interview with Luther College, the Co-op was the first business I visited. After walking the aisles, chatting with some of your staff and making a purchase, I called my husband from outside your store and said, "They have an amazing Co-op, this may actually be a place we want to consider moving to!" After I told my sister that we were considering a move to Decorah, she sent a text a few hours later saying, "Researching Decorah. Looks like great co-op!"

I would like to see the Co-op continue to serve as a hub for the Decorah community, providing quality products and produce, healthy and affordable dine-in and carry-out food selections

and interesting educational opportunities. The Co-op serves as a vital source for information and resources that foster individual and community health and well-being. Informing and engaging consumers in sustainable choices that promote local and regional economies and businesses creates value for individual members and the community at large.

## What kind of leadership or other experiences could you bring to the Co-op as a Board member?

As a strategic communications and organizational change leader for mission-driven organizations, I have developed, managed and promoted programs that engage multiple stakeholders, create significant societal impact, and successfully increase private donations, public funding and volunteer support.

As assistant dean and director of strategic communications and organizational development for the University of Minnesota Extension, I led the communications and engagement strategies for UM Extension's many stakeholders, including 800 faculty and staff, 750,000 program participants, 35,000 volunteers, 1,000 board members, and thousands of partners and funders including county commissioners in all 87 counties, legislators, commodity groups, state and federal agencies and private community organizations and foundations.

UM Extension is part of the national land-grant university system charged with engaging communities in the discovery of science-based solutions that address the societal needs of healthy and affordable food, thriving youth, vibrant communities, engaged local leadership, cleaner water, sustainable land use and stronger families.

I led the team of communications and marketing professionals who advanced this work by designing strategic communications plans, development strategies and change management processes that delivered on business goals; bringing internal and external stakeholders along in a shared vision; effectively understanding stakeholder needs; building teams; working across complex organizations and engaging community partners. As a member of the leadership team that successfully redesigned and restructured University of Minnesota Extension, we made Minnesota a national and international model for Extension research and education.

Today, I serve as the vice president of communications and marketing for Luther College. In that role, I am committed to growing and promoting both Luther College and the Decorah community.

**Monday,  
March 12th,  
5:30-6:30 pm  
at the Co-op.**  
Refreshments provided.



## Community Supported Agriculture

— a model for local economies

By: Hannah Breckbill,  
Humble Hands Harvest

As a heady teenager in Lincoln, Nebraska, I spent my spare time working up math problems, playing violin, studying for the academic decathlon, and weeding or sifting soil or digging potatoes at my mentor Ruth's CSA vegetable farm. It was a strange combination of things, but I'm so glad that I had a chance to be out of my head and relating to the physical world, at least some of the time. Ruth fed me homemade brownies and lemon curd, helped me get over my fear of flying exoskeletons by putting me to work in a greenhouse full of grasshoppers, and provided my family with a pile of vegetables every week through the growing season.

Community Supported Agriculture (CSA) has been a fixture in my life ever since I was conscious of where food came from. It just made sense. My parents wanted Ruth's vegetables in their kitchen. So they paid for the season in the early spring, and then Ruth dropped off a box for us every week all summer long. It's kind of like getting a subscription of in-season, local, organic vegetables. My dad, the grocery-shopper and routine-lover of our household, was

thrown for a bit of a loop, having to use vegetables other than frozen peas. My mom, on the other hand, loved it. She got to improvise meals with whatever showed up, and she could glean ideas from Ruth's weekly newsletter.

It's remarkable that the brainy kid that I was now works mostly with her body and heart (blame it on Ruth), but that's a story for another time. Today, I'm excited to tell you that there are 3 vegetable CSAs in Decorah! The model of getting food that was already in place when I was growing up is still going strong and is still the most direct and mutually-supportive connection you can have with your farmers, your food, and the land.

CSA shares have been available in the Decorah area since the late 1990s from a number of different farms. Our models are continually improving. Nowadays your vegetable farmers strive to provide clean, beautiful, diverse and abundant produce to their most important customers—the CSA members who invest in the farm at the beginning of the season, showing their

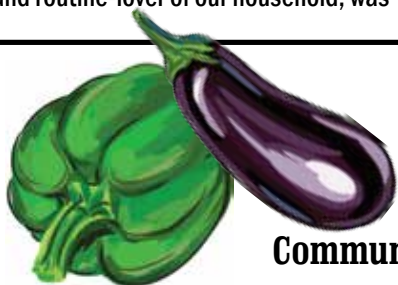
commitment to and respect for the farmers' work.

Canoe Creek Produce ([canoecreekproduce.com](http://canoecreekproduce.com)), Humble Hands Harvest ([humblehandsharvest.com](http://humblehandsharvest.com)), and Patchwork Green Farm ([patchworkgreen.com](http://patchworkgreen.com)) are all CSA vegetable farms within 10 miles of Decorah. Our vegetables are all available at the Winneshiek Farmers Market, in the Co-op, and at other local institutions, but most importantly, we all have CSA market shares for sale right now!

A market share is a CSA in that the eaters can invest in their farm at the beginning of the season, but it offers more choice than a standard boxed share. Essentially, you get credit at the farm's market stand to use whenever you want over the course of the season (the Winneshiek Farmer's Market is open Wednesdays 3-6 and Saturdays 8-11, May through October), in a cash-free transaction. You can enjoy what is coming out of the field that week, exactly when you want it and as much as you want, plus your farmers have the financial support they need at the right time to get the season started.

Humble Hands Harvest also has traditional boxed CSA shares. We bring the boxes to the farmer's market for 20 weeks, June through October. We curate the boxes with what we're most excited about, what is newly in season, and what is most abundant at that moment. We make sure to have a cohesive selection of produce and we send out a newsletter alongside your box every week to make sure you have a connection to the goings-on at the farm as well as suggestions for how to eat the vegetables. Kristin Eggen, a CSA member, says, "I love the variety. Opening a CSA box every week is like unwrapping a gift—exciting and delightful! I also love supporting people who are working hard to bring local food to our bellies and sustainable practices to our earth."

Your participation in a CSA makes it economically and socially possible for your farmers to grow your food, to sustain their businesses, and to train and empower a new generation of land stewards so that the future people in this place can keep eating. Big kudos to all you local eaters. We need you for the world we're building.



Check out these local CSA providers online at [csadecorah.com](http://csadecorah.com)

## CSA DECORAH

Community Supported Agriculture - Share the risk. Share the bounty. Know your farmer.

### Canoe Creek Produce – Barb Kraus

[www.canoecreekproduce.com](http://www.canoecreekproduce.com)  
2912 Manawa Trail Road, Decorah, Iowa 52101  
563-382-4899 • [canoecreekpro@gmail.com](mailto:canoecreekpro@gmail.com)

### Humble Hands Harvest – Hannah Breckbill & Emily Fagan

[www.humblehandsharvest.com](http://www.humblehandsharvest.com)  
1588 Canoe Ridge Road, Decorah, Iowa 52101  
507-513-1502 • [humblehandsharvest@gmail.com](mailto:humblehandsharvest@gmail.com)

### Prairie's Edge Farm – Jim and Caite Palmer

[www.prairiesedgeiowa.com](http://www.prairiesedgeiowa.com)  
1206 150th Street, Castalia, Iowa 52133  
563-605-1336 • [prairiesedgeiowa@gmail.com](mailto:prairiesedgeiowa@gmail.com)

### The Wilders Way - Elsa McCargar & Conor Murphy

[www.facebook.com/thewildersway/](http://www.facebook.com/thewildersway/)  
2743 Hidden Falls Road, Decorah Iowa 52101  
563-419-5433 • [the.wilders.way@gmail.com](mailto:the.wilders.way@gmail.com)

### Patchwork Green Farm – Erik Sessions & Sara Peterson

[www.patchworkgreen.com](http://www.patchworkgreen.com)  
3031 Middle Hesper Road, Decorah, Iowa 52101  
563-387-0837  
[eriksessions@gmail.com](mailto:eriksessions@gmail.com)





these sales valid		FEB 28 - MAR 13, 2018		these sales valid	
	<b>\$3.39</b> Wild Planet Wild Albacore Tuna 5 oz., selected varieties other Tuna items also on sale	<i>Co-op Deals sale prices are available to all shoppers of the Co-op!</i>			<b>\$2.99</b> Yogi Tea 16 ct., selected varieties
	<b>\$4.99</b> Bob's Red Mill Gluten-Free Rolled Oats 32 oz., selected varieties other Bob's Red Mill products also on sale		<b>\$3.99</b> Honey Mama's Cacao-Nectar Bar 2.5 oz., selected varieties		<b>\$8.99</b> Equal Exchange Organic Bulk Coffee per pound in bulk, selected varieties Decaf Bulk Coffee not on sale
	<b>2/\$7</b> Woodstock Organic Frozen Mangoes 10 oz., selected varieties other frozen items also on sale		<b>\$34.99</b> Ancient Nutrition Bone Broth Protein 445-504 gr., selected varieties		<b>\$3.99</b> 4505 Chicharrones 2.5 oz., selected varieties
	<b>2/\$6</b> Stonyfield Organic Yogurt 32 oz., selected varieties		<b>3/\$5</b> Svelt Organic Protein Shakes 11 oz., selected varieties		<b>\$5.99</b> Organic Prairie Organic Sliced Deli Meat 6 oz., selected varieties
	<b>\$9.99</b> Napa Valley Naturals Organic Extra Virgin Olive Oil 25.4 oz., selected varieties		<b>3/\$5</b> Westbrae Organic Beans 15 oz., selected varieties		<b>\$2.99</b> Salpica Salsa 16 oz., selected varieties
	<b>\$1.99</b> Lundberg Family Farms Risotto 5.5-5.8 oz., selected varieties Organic Risotto \$2.39		<b>\$2.79</b> Pacific Organic Broth 32 oz., selected varieties		<b>2/\$5</b> Kevita Organic Sparkling Probiotic Drink 15.2 oz., selected varieties
	<b>\$5.99</b> R.W. Knudsen Just Cranberry Juice 32 oz., selected varieties other Just Juice also on sale		<b>\$5.39</b> Ancient Harvest Organic Quinoa 12-14.4 oz., selected varieties		<b>\$1.69</b> So Delicious Coconut Creamer 16 oz., selected varieties
	<b>2/\$4</b> EVOL Burrito 6 oz., selected varieties Big burritos also on sale		<b>5/\$4</b> Koyo Ramen 2-2.1 oz., selected varieties		<b>\$3.69</b> Endangered Species Chocolate Bites 4.2-4.7 oz., selected varieties
	<b>\$4.39</b> Natural Sea Fish Sticks or Fillets 8 oz., selected varieties		<b>\$5.99</b> Biokleen Bac-Out Stain & Odor Remover 32 oz., selected varieties other Bac-Out products also on sale		<b>2/\$3</b> Justin's Organic Peanut Butter Cups 1.4 oz., selected varieties
			<b>\$27.99</b> New Chapter Zyflamend Whole Body 60 ct., selected varieties other New Chapter products also on sale		<b>\$3.69</b> Alta Palla Organic Sparkling Beverage 4 pack, selected varieties
	<b>\$2.99</b> Imagine Organic Soup 32 oz., selected varieties		<b>\$2.69</b> Back to Nature Crackers 4-8.5 oz., selected varieties Organic Saltines \$3.69		<b>\$3.39</b> Divina Fig Spread 9 oz., selected varieties
	<b>\$6.99</b> Lily Of The Desert Organic Aloe Vera Juice 32 oz., selected varieties		<b>\$6.99</b> The Honest Kitchen Proper Toppers 5.5 oz., selected varieties		<b>\$1.69</b> Organic Valley Organic Good to Go Milk 11 oz., selected varieties
	<b>\$10.99</b> Ecover Laundry Detergent 93 oz., selected varieties		<b>2/\$5</b> Late July Snacks Organic Thin & Crispy Tortilla Chips 11 oz., selected varieties		<b>\$3.69</b> Maranatha Banana Peanut Butter 12 oz., other Peanut Butter also on sale
	<b>2/\$6</b> Garden Of Eatin' Tortilla Chips 16 oz., selected varieties		<b>\$4.99</b> American Flatbread Tomato & Cheese Hot Frustas 11 oz., selected varieties other frozen items also on sale		<b>2/\$4</b> Food Should Taste Good Tortilla Chips 5.5 oz., selected varieties
	<b>\$6.99</b> GT's Organic Kombucha 48 oz., selected varieties		<b>\$3.39</b> Almond Breeze Almond Milk 64 oz., selected varieties		<b>4/\$5</b> Liberte Organic Yogurt 5.5 oz., selected varieties
<i>Not all flyer items available in-store, but please speak to a staff member about placing a special order.</i>					
	<b>4/\$5</b> Muir Glen Organic Tomatoes 14.5 oz., selected varieties		<b>\$3.99</b> Rudi's Organic Bakery 18-24 oz., selected varieties		<b>\$6.99</b> Desert Essence Anti-Breakage Hair Mask 5.1 oz., selected varieties other Desert Essence Products also on sale
	<b>2/\$5</b> Earth Friendly Ecos Dishmate 25 oz., selected varieties		<b>\$7.99</b> The Seaweed Bath Co. Body Wash 12 oz., selected varieties other Body Care products also on sale		<b>\$4.99</b> Acure Brightening Facial Scrub 4 oz., selected varieties other Acure Facial Care also on sale
	<b>\$6.99</b> Avalon Organics Shampoo & Conditioner 11 oz., selected varieties other Avalon products also on sale		<b>\$3.99</b> Alaffia Coconut Reishi Activated Deodorant 2.65 oz., selected varieties		<b>\$4.99</b> Tea Tree Therapy Tea Tree Oil .5 oz., selected varieties other Tea Tree Therapy products also on sale
	<b>\$19.99</b> Oregon's Wild Harvest Milk Thistle 90 ct., selected vari- eties, other Herbal Supplements also on sale				

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







CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

CLASS KEY

GF

Gluten Free

VG

Vegetarian

VN

Vegan

HO

Hands-on and Let's Eat

DM

Demonstration and Let's Eat

L

Lecture

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

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

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

MARCH

TESTING FOR WELLNESS AND TRAUMA

Tuesday, March 20th, 6:00-7:30pm

If you missed our first class, here's a fresh opportunity! By popular demand, we are offering the same course, taught by Carol Whittle, once again. If you have ever been curious about dowsing or muscle testing, this class is for you. Here, we will learn how to tap into what our body is telling us we need. We will discuss Quantum Neuro Reset Therapy (QNRT) and how muscle testing is used. QNRT is designed to assist the recipient in experiencing a quantum shift in the nervous system by resetting the brain's response to emotional triggers from the past and present. Further information can be found at QNRT.com

Class Code: L, DM

Max participants: 14

Instructor: Carol Whittle

Cost: \$5 member/owners, \$7 community members

LIFE AFTER CANNED SAUCES

Wednesday, March 28th, 5:30-7:30pm

In this class, we'll learn how to make fast, fresh, and easy sauces from scratch for three different pasta dishes. We'll discuss how to select ideal pasta and sauce pairings (there's a reason for all those different shapes!) and will whip up some spaghetti carbonara, linguine with genovese pesto, and bucatini with bell pepper sauce, with plenty of time to taste the results. Feel free to bring a beverage of choice to compliment the evening's offerings.

Class Code: DM/HO

Max participants: 16

Instructor: Ben Moore

Cost: \$12 member/owners, \$15 community members

WHOLE WHEAT SOURDOUGH BREAD BAKING

Thursday, March 22nd, 6:00-8:00pm

Based on the recipe in Michael Pollan's book "Cooked", this bread blends the taste of whole wheat with a lighter sourdough and white bread, then adds seeds for more flavor and nutrition. While the whole process typically covers 24 hours, it's much easier than you'd imagine. Lead by Carl Peterson, this demonstration will cover the key components of the process, condensed into a single class with time left to savor the results.

Class Code: DM, VN

Max participants: 14

Instructor: Carl Peterson

Cost: \$12 member/owners, \$15 community members

APRIL

QUICK AND EASY HOMEMADE CHEESE: PANEER

Tuesday, April 3rd, 4:00-5:30pm

This soft, fresh, South Asian-style cheese is delicious in traditional Indian foods, but it's also flexible enough to be used on pizza, in burritos, crumbled on top of salads or soup, or as a spread on bagels. We will demonstrate how to make this delicious staple in class, then taste the finished product cooked into a classic curry of baby spinach. Recipes included so you can experience how easy it is to create the freshest cheese in your own home.

Class Code: DM, VG, GF

Max participants: 16

Instructors: Beth Rotto and Andrea Springmeier

Cost: \$12 member/owners, \$15 community members

FULL CLASS LINEUP ONLINE AT

ONEOTACOOP.COM /EDUCATION-EVENTS/

APRIL

THE BENEFITS OF MUSHROOMS: HOW MUSHROOMS CAN SAVE PEOPLE AND PLANET

Tuesday, April 10, 5:30-7:30pm

Take the mystery out of mushrooms as we dive into research supporting health benefits for humans, animals, and planet. Mushroom extracts are being studied for their positive health benefits in treating honey bees with colony collapse disorder. Tracey will share the power of these functional foods and bring the most up to date research from Paul Stamets (Fungi Perfecti Founder & oldest living Mycologist) on how mushrooms can benefit you. A delicious mushroom dish will accompany the class for participants to sample.

Class Code: L, DM

Max participants: 24

Instructor: Tracey Chambers, CHC

Cost: \$5 member/owners, \$7 community members

ENVIRONMENTAL EXPLORERS

Wednesdays, April 11th, 18th, 25th, and May 2nd, 9th, 16th, 7:30-8:45am

Kindergarten to second grade students are invited to learn about saving energy, sustainability, and healthy eating. During this 6 week program, kids will engage in fun, hands-on activities to learn about how to be environmental stewards. Parents should drop children off at Oneota Co-op Kitchen Classroom at 7:30am, students who attend John Cline Elementary School will be escorted to school by 8:50am via walking school bus. Those who attend St. Ben's or are homeschooled should be picked up by parents by 8:35am.

Class Code: HO

Max participants: 10

Instructors: Ashley Lookenhouse and Hannah Haugen

Cost: FREE

CLASS REGISTRATION INFORMATION

Co-op Member/Owners:

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

Non-Members:

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

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

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

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

MAY

ENVIRONMENTAL EXPLORERS: BONUS CLASS

Wednesday, May 30th, 7:30-11:00am

Kindergarten to second grade age students are invited to learn about saving energy, sustainability, and healthy eating. During this one time class, kids will engage in fun, hands-on activities to learn about how to be environmental stewards. They will also have time to learn about nature and stretch their legs on the John Cline playground, weather permitting. Don't worry if your student didn't attend the Energy Explorers 6-week program, all are welcome to attend this one time event.

Class Code: HO

Max participants: 10

Instructors: Ashley Lookenhouse and Hannah Haugen

Cost: FREE

KDEC FM 100.5 & Good Time Oldies AM 1240

Inspired by music

AND

NOW POWERED BY THE SUN!

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

KDEC fm 100.5

for people who love music

Good Time Oldies!

KDEC 1240

kdecradio.com

THE CO-OP WILL BE closing early for inventory

CLOSING AT 7:00 PM SATURDAY, MARCH 31ST

We apologize for any inconvenience & appreciate your understanding.

Wine AND Beer

Saturdays 12-2 pm

Sampling ...in the Co-op!

ONEOTA COMMUNITY FOOD CO-OPERATIVE

Patchwork Green Farm

Erik Sessions and Sara Peterson (563)387-0837 [patchworkgreen.com](http://patchworkgreen.com)

Find us at the Decorah Farmers' Market from June-October. CSA Market Shares now available.

WELLNESS WEDNESDAY

FIRST WEDNESDAY of every month

members receive 5% off Wellness products

(excludes already marked down DEALS sale items)



# Oneota Community Food Co-op

MISSION STATEMENT

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

Ends Policy

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

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

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

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

1

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

2

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

3

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

4

A business that promotes environmental and financial sustainability.

5

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

6

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

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Oneota Community Food Co-op Staff	
General Manager, David Lester.....	gm@oneotacoop.com
Marketing and Outreach Manager, Nate Furler .....	nate@oneotacoop.com
Financial Manager, Larry Neuzil.....	larry@oneotacoop.com
HR Coordinator/Office Manager, Deb Reiling .....	deb@oneotacoop.com
IT Coordinator, Theresa Kleve.....	it@oneotacoop.com
Produce Manager, Betsy Peirce.....	produce@oneotacoop.com
Grocery Manager, Nicole Brauer.....	nicoleb@oneotacoop.com
Cafe Manager, Joy Meyer.....	joy@oneotacoop.com
Front End Manager, Kristin Evenrud.....	kristin@oneotacoop.com
Wellness Manager, Gretchen Schempp .....	gretchen@oneotacoop.com
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Meat Buyer, Nicole Brauer.....	meat@oneotacoop.com
Cheese & Dairy Buyer, Beth Rotto .....	beth@oneotacoop.com
Member Volunteer Coordinator, Andrea Springmeier.....	membervolunteers@oneotacoop.com
Customer Service, general inquiries .....	customerservice@oneotacoop.com

*"The Scoop" Newsletter Staff*

Editor ..... Nate Furler

Design/ Layout .....Kaija Kjome

The Scoop is published quarterly and distributed to 18,000+ residents and members. If you are interested in advertising in The Scoop, please contact Nate Furler at the Co-op - 563.382.4666 or nate@oneotacoop.com.

2017-2018 Co-op Board of Directors	
Maren Beard, Secretary.....	oneotabeard@gmail.com
Flannery Cerbin-Bohach.....	oneotacerbinbohach@gmail.com
Scott Hawthorn, Vice President.....	oneotahawthorn@gmail.com
Emily Neal .....	oneotaneal@gmail.com
Brita Nelson, President .....	oneotanelson@gmail.com
C. Bryan Stuart.....	oneotastuart@gmail.com
Alicia Trout, Treasurer.....	oneotatrout@gmail.com

WELLNESS WEDNESDAY

FIRST WEDNESDAY

of every month

members receive

5% off Wellness products

(excludes already marked down DEALS sale items)

Senior Citizen Discount Monday

Every Monday members who qualify for senior discount

(60 years of age or older) receive an extra 5% off most purchases.

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

## The Statement of Cooperative Identity

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

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

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

1st Principle.....Voluntary & Open Membership

2nd Principle.....Democratic Member Control

3rd Principle.....Member Economic Participation

4th Principle.....Autonomy & Independence

5th Principle.....Education, Training & Information

6th Principle.....Cooperation Among Cooperatives

7th Principle.....Concern For Community

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

## MEMBER-OWNERSHIP

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

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

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

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

everyone can shop. everyone welcome. no membership required.

Welcome to these new member/owners:			
Susan Johnson	Nancy Witt	Taylor Amundson	Darla Jones
David Farwell	Tracy Elsbernd	Amber Post	Heidi Pechota
Valerie Erickson	William Goodman	Myra Johnson	
Kristi Fackel	Josh Peterson	Nathan Dietzenbach	
William Prince	Scott Timm	Hannah Frederick	

Member Volunteers - Nov/Dec/Jan

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

Brita Nelson

Maren Beard

Carl Peterson

Flannery Cerbin-Bohach

Scott Hawthorn

C. Bryan Stuart

Emily Neal

Randall Duvall

John Kjome

Shannon Durbin

Merit Olsen

Cathy Baldner

Georgie Klevar

Cynthia Lantz

LeAnn Popenhagen

Johanna Bergan

Onita Mohr

Christine Gowdy-Jaehnig

Brittney Claman

Wendy Stevens

Annette Schweinefufus

Matthew Jensen

Michael McElrath

Louise Hagen

Joanne Wu

Jerry Aulwes

Arllys Adelmann

Carol Bentley-Iverson

Barb Dale

Jon Hart

Mary Hart

Jim Stevens

Shai Shay

David Lockwood

Mary Lockwood

Janet Snider

Kristin Eggen

Michelle Chamlee

David Jensen

Sabrina Claman

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

Interested in volunteering for Empty Bowls?  
Connect with "Empty Bowls – Decorah" on Facebook  
or email customerservice@oneotacoop.com.

Volunteers needed for setup, serving, and clean-up!

SUNDAY, MAY 6<sup>TH</sup>



MEMBER DEALS 2/28/18 - 4/3/18

Packaged Grocery

EUROPEAN GOURMET

Organic Chocolate Frosted Brownie Mix, 16.5 OZ

Organic Chocolate Pudding Mix, 3.5 OZ

Organic Vanilla Pudding Mix, 12/3.8 OZ

GOOD HEALTH, Rosemary Olive Oil Potato Chip, 5oz

Sea Salt Olive Oil Potato Chip, 5oz

HAPPY BABY

Organic Butternut Squash & Blueberry Baby Food, 4.22 OZ

Organic Banana Mango Sweet Potato Baby Food, 4.22 OZ

Organic Spinach Apple Kiwi Baby Food 4.22 OZ

MADE GOOD, Organic Apple Cinnamon Granola Bar, 6/5 OZ

Organic Chocolate Chip Granola Bar, 6/5 OZ

Organic Mixed Berry Granola Bar, 6/5 OZ

NAPA VALLEY NATURALS, Avocado Oil, 12.7 OZ

Grapeseed Oil, 25.4oz

Pomegranate Balsamic Vinegar, 12.7 OZ

REPURPOSE, Compostable 16 oz Bowl, 20CT

Compostable Hot Cup w/Lid, 12 CT

Compostable Clear 12 oz Cup, 20 CT

Compostable High Heat Forks, 24CT

Compostable 6" Plates, 20CT

Compostable 9" Plates, 20CT

Compostable High Heat Spoons, 24CT

Compostable High Heat Utensils, 24CT

FIELD ROAST, Celebration Roast, 1 #

SO DELICIOUS, Organic Coconut Whipped Topping, 9 OZ

MAPLE HILL CREAMERY, Drinkable Yogurt Coffee Organic, 12 oz

Drinkable Yogurt Mango Peach Organic, 12 OZ

Drinkable Yogurt Strawberry Organic, 12 oz

Apple Cinnamon Cream Top Yogurt, 6 oz

Drinkable Yogurt Wild Blueberry Organic, 12 oz

Blueberry Cream TopYogurt, 6 oz

Maple Cream Top Yogurt , 6 oz

Orange Cream Top Yogurt, 6 oz

Plain Cream Top Yogurt, 6 oz

Strawberry Banana Cream Top Yogurt, 6 oz

GOODBELLY, Blueberry Acai Probiotic Drink, 15.2 oz

Green Probiotic Drink, 15.2 OZ

Mango Probiotic Drink, 15.2 OZ

Green Power Protein Shake,

Tripple Berry Protein Shake, 15.2 oz

Tropical Coconut Protein Shake, 15.2 oz

Reg Price

SALE Price

Savings

Reg Price

SALE Price

Savings

\* Regular prices subject to change

Supplements, Body Care & Gifts:

NATURAL FACTORS, Biosil, 30 VCAP

Biosil , 60VCAP

Theracurmin, 30VCAP

Theracurmin, 60VCAP

SOOTHING TOUCH, Muscle Comfort Massage Oil, 8 FZ

TIGER BALM, Tiger Balm Patch, 1 PATCH

Tiger Balm Ultra, 18 GRM

Tiger Balm, 2 OZ

JUNIPER RIDGE, Cedar Incense, 20 STICKS

Death Valley Incense, 20 STICKS

Pinon Incense, 20 STICKS

Doug Fir Incense, 20 STICKS

Sweetgrass Incense, 20 STICKS

White Sage Incense, 20 STICKS

Cascade Forest Body Wash, 8 OZ

White Sage Body Wash, 8 OZ

Cascade Forest Essential Oil, 5 ML

Redwood Essential Oil, 5 ML

White Sage Essential Oil, 5 ML

GOODLIGHT, Tea Lights, 24 CT

Tea Lights

Tea Lights

Birthday Candle White, 12PK

Birthday Candle Multi Color, 12

oneota community food co-op

MEMBER DEAL

KETTLE

Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg. Price \$4.69

SAVE \$ .80

EXAMPLE

EXAMPLE

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.

SPECIAL ARTISAN CHEESES - EVERY MONTH!

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

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

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

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

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

Sign-up today

563-382-4666

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

"We plan to renew! We enjoy having new cheeses every month."

"Loving this cheese club."

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

"Another home run for the cheese club! Thanks so much."

ONEOTA COMMUNITY FOOD COOPERATIVE

Cheese Club

BOOST THE LOCAL ECONOMY

roughly \$ .45 of every dollar spent at the Oneota Co-op stays within 100 miles.

LOOKING TO STAY UP-TO-DATE?

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

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AVAILABLE STARTING LATE APRIL (WEATHER PERMITTING)

Strawberry starts from

Driftless Gardens





By: Gretchen Fox Schempp, Wellness Manager

# NATURAL SOLUTIONS

When our loved ones are down and out and not feeling good, we want to give them the best natural remedies we can find. Why would this be any different for our furry friends? There are many great natural and effective solutions out there for our animal friends.

When I got my first dog at 20 years old, a good friend gifted me Dr. Pitcairn's "Natural Health for Dogs and Cats." I've since worn holes in my original copy. This book has great suggestions for natural diets for cats and dogs, emergency care and herbal and homeopathic treatments for a variety of ailments.

I walk a fine line of conventional and holistic care when it comes to me and my animals. I find many of our customers do also. This article is in no way an attempt to discount or discourage the treatments suggested by our trusted vets. It is about my experience, and I am grateful to live and work in a place where we share our experiences and hopefully help each other find optimal health for ourselves and ALL of our loved ones, furry or not.

My inspiration for this article stemmed from a bacterial infection my dog, Hazel, encountered this winter. She had the symptoms of "scotching" and then some inflammation in her nether region. I had her checked out with our vet and she was prescribed a human



dose antibiotic and a topical antifungal/antibiotic. Since Ms. Hazel had never had an antibiotic before, I wasn't real anxious to kill off all her precious immune enhancing good bacteria. Outside of the diagnosed bacterial infection, her health had been very good. Because of this, I decided to test my own wisdom from years of working with natural and homeopathic remedies. Comparing my own instincts with those of Dr. Pitcairn, I came up with what I felt was a worthwhile remedy to try on Hazel before I would decide to move forward with the hard hitting antibiotics.

Hazel wasn't tested for a UTI at the vet's, but I decided the probiotic I would give her should have cranberry to support her urinary tract if that was in fact impacting her condition. In the morning she received a quarter cup of plain yogurt with one capsule (500 mg) monolaurin and 1 women's probiotic with cranberry. In the evening another probiotic in a teaspoon of extra virgin coconut oil. Three times a day she received 1 teaspoon of 10ppm colloidal silver. Once a day topical first aid colloidal silver applied topically and once a day coconut oil applied topically – both to the affected area.

The visible irritation and redness was gone in 24 hours. The scooting stopped within 48 hours. Her energy and attitude were improved in the first 24 as well. I followed this treatment for 2 weeks and she has been good since. The yogurt in the morning continues because she loves it and it's good for her.

When our beloved Jack Russell, Jack, fell ill a few years back, he was first diagnosed with a bladder infection, then Lyme's disease and finally, cancer. We ran the gamut of conventional treatments along with dietary and supplemental treatments. At the point of illness he was at, it was all we could do just to keep him comfortable. We used a combination of conventional pain killers and CBD oil for his discomfort. I also found the Animal Rescue Formula by FES (Flower Essence Solutions) to be the most helpful to his comfort physically and energetically throughout but particularly at the end.

My earlier dabbling in natural solutions for my animal companions were things like: glucosamine for my German

Shepherd, Layla, for her predisposed hip and joint inflammation and pain and later for my horse, Nellie, to ease her old joints. Arnica for every over- exercised pooch I've known. Cod liver oil for our Malamute, Ivan, for his joints and coat. Charcoal for a little calf named Blue with scours. Homemade meals at the end of each dog's journey made with flaxseed meal, yogurt, turkey, brown rice, bone broth and endless love. These treatments along with necessary conventional treatments have lent to long lives, in most cases, and happy animals and companions.

Pancreatitis was an issue for our Jack Russell, Lily. When Lily went down with a fever, vomiting and lethargy, we rushed her to vet to find out what was going on. Pancreatitis was the culprit and hunting and eating whatever her heart desired on the farm was potentially the cause. She was treated with antibiotics, pain relievers and IV fluids. She recovered within a few days, but we were told that once she had gotten pancreatitis that she would potentially be susceptible to in again. She was 12 years old then. Sure enough she was back at it again and a year later exuded the same symptoms. During her first bout I started researching homeopathics for pancreatitis and decided that the remedy, Pulsatilla, was something I should have on hand for her. I chose this particular remedy from the list because of specific symptoms she was showing - seeking cool surfaces, lack of thirst, etc. When she appeared to be coming down with the pancreatitis again, I administered a single dose of Pulsatilla. She responded positively right away. I continued using the remedy for the day and she recovered. We were never without Pulsatilla and used it whenever needed. Lily actually never visited the vet except for her rabies vaccinations in the last 8 years of her life. She passed away at home at 20 years. Lily taught me about intuition that animals have. She would only take certain homeopathic remedies and would deny some. I've come across this behavior with many of my animals and believe that they oftentimes innately know what is good for them. You can take that information or leave it but if you've seen it, you know what I am talking about.

I have a useful chart of common homeopathics suggested to have on hand for first aid for dogs in particular. Stop by the Wellness desk and I will share a copy with you anytime!

A few first aid items I would suggest having on hand for your furry friend first aid kit would be as follows:

Charcoal: Powdered or encapsulated charcoal absorbs toxins and can arrest diarrhea or vomiting. (sometimes vomiting is necessary to expel so be aware of this)

Monolaurin: My new favorite supplement for anti-viral, anti-bacterial, anti-fungal and immune improving activity. Comes in capsules.

Arnica: Anti-inflammatory for overexertion and injury, bruise healing. Hyland's tablets are quick dissolving and easy to administer.

Thuja: This homeopathic remedy is thought to help prevent reactions from vaccinations.

Powdered probiotics: Immune enhancing, digestive supporting and in my opinion crucial if an antibiotic has been given.

FES (Flower Essence Solutions) Animal Rescue or Bach Pet Rescue Remedy for stress, anxiety and sensitivity. The Bach Pet Rescue I have used when traveling or during storms to allay nervousness associated with loud noises or disruption. The FES Animal Rescue I find to be supportive to even more subtle energies with animals such as when life end is close or loss of a companion pet. I have used it to ease shock while transporting animals in emergency situations as well.

In health.



"There is sorrow enough in the natural way From men and women to fill our day; And when we are certain of sorrow in store, Why do we always arrange for more? Brothers and Sisters, I bid you beware Of giving your heart to a dog to tear." - Rudyard Kipling

THE CO-OP WILL BE  
**CLOSED**  
for Easter

**SUNDAY,  
APRIL 1ST**

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2018



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HOTEL WINNESHIEK

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MAY 6<sup>TH</sup> • 11 AM – 2 PM • \$20

Interested in volunteering for Empty Bowls?  
Connect with Empty Bowls – Decorah on Facebook  
or email [customerservice@oneotacoop.com](mailto:customerservice@oneotacoop.com).

ANNUAL MEETING

OF THE MEMBERSHIP

Monday, April 16th, 7:00 pm

at Pulpit Rock Brewing Co.  
207 College Drive, Decorah

Refreshments provided.

It's Plant Season!

Heirloom Plant Sale Saturday May 5  
Shop Vegetable, Herbs, Flowers and More

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