

the Scoop

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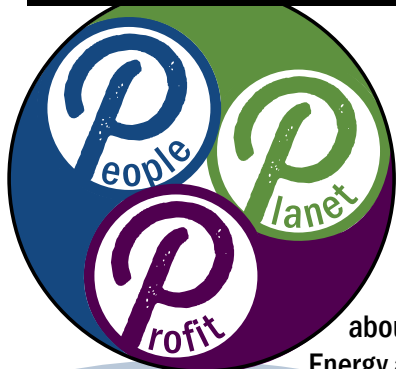
ONEOTA COMMUNITY FOOD CO-OP
312 West Water Street
Decorah, Iowa 52101
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WWW.ONEOTACOOP.COM

HOURS: MON.-SAT. 8:00-8:30 • SUN. 10:00-7:00

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666



& the Best Business Model in the Universe

By David Lester, General Manager

Here we are at the beginning of Spring thinking about possibilities and hope for a better future.

Energy and passion for a healthier community and world

are alive and well in Decorah and especially here at the Oneota Community Co-op. For more than a century, co-ops have been servicing the needs of their member/owners, showing concern for workers and their communities, selling products that promote sustainability, and striving to produce a profit to further their missions. In a world where greed can get out of control, cooperatives have been a solution to the needs of many around the world.

I get the incredible opportunity at the beginning of 2017 to learn more about cooperatives and the cooperative movement in Cuba. I will be on a two-month sabbatical that will focus on seeing first-hand some of the cooperative businesses in Cuba, Mexico and other parts of the U.S. Recently, some fellow co-op General Managers have been to Cuba with other cooperators in the business, finance and ethics sectors of the cooperative world. (Article can be found here: <http://www.geo.coop/story/viva-cubas-cooperative-revolution>) Cuba's cooperatives have primarily been agricultural and account for a large percentage of its food sources. But, in the last two years, there has been an explosion of the cooperative business model in other sectors including construction, tourism, transportation and even businesses like hair salons! I am thrilled at the opportunity to see communities putting the cooperative model in place to solve economic and other issues affecting them.

Oneota Community Co-op is a consumer cooperative, and the rest of this article will be focusing on these types of co-ops.



In general, cooperatives are concerned about the workers in the fields who grow our food. Our Co-op in particular tends to place a high priority on workers' safety, their exposure to chemicals, and making sure they are being paid a fair wage. One of the ways the consumer can be assured of this is by purchasing products that are certified organic and certified fair trade.

In addition, our Co-op also puts a higher value on locally-produced items. We reserve the right with all of our local producers to visit their farms and evaluate their growing practices to make sure they meet our high standards. It is easier to see firsthand how our local producers are growing their products than a company thousands of miles away. Our buyers also do their best to research the products they are bringing into the store to make sure they meet our stringent guidelines. And we listen to you, our customers, who give us a wealth of information on product selection.

The second part of the people piece is our staff. The Board of Directors has two policies that I, the General Manager, report on yearly to monitor the treatment of staff and the wages and benefits they are being paid. I can happily report that the last seven years of staff happiness has been relatively high and we confirm this with a third-party consultant every other year. The Board has also made one of its strategic focus areas about employee relations. As we grow the next 3-5 years, we will be looking for ways to increase employee wellness, reduce staff turnover, and make sure our employees continue to be compensated fairly. Educating our staff on cooperatives and providing excellent customer service will also play a role to becoming a model employer.

And then there's you. Our community. Our store gives back approximately 45 cents of every dollar spent in our store to our local community in the form of donations, local purchases and payroll. In my research, I've not seen many privately-owned companies that can make this statement. For many of our members and customers, this is an important aspect of our business model and this commitment will only get stronger.

I encourage all of you reading this piece to stop and begin writing. Write your U.S. House of Representatives, U.S. Senators, state representatives and senators, and your local legislators and ask them what they are doing to ensure safer

...continued on page 4

End 3

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

PRST STD
U.S. Postage
PAID
Decorah, IA
Permit 25

Celebrate EARTH DAY

with the Oneota Co-op in Water Street Park

Friday, April 22nd
5:00 to 7:00 pm

dancing

featuring the music of
Absolute Hoot

eating

Fresh-grilled burgers, brats and veggie burgers for sale outside the Co-op.

plus

kids activities

CELEBRATE THE PLANET.

Join during the MEMBER/OWNER drive

March 7th - 18th

NEW member/owners signing up between March 7th & 18th will have the \$5 sign-up fee waived, & will receive a Theo chocolate bar & coupon for a free Co-op class of your choice. (a \$20 value)

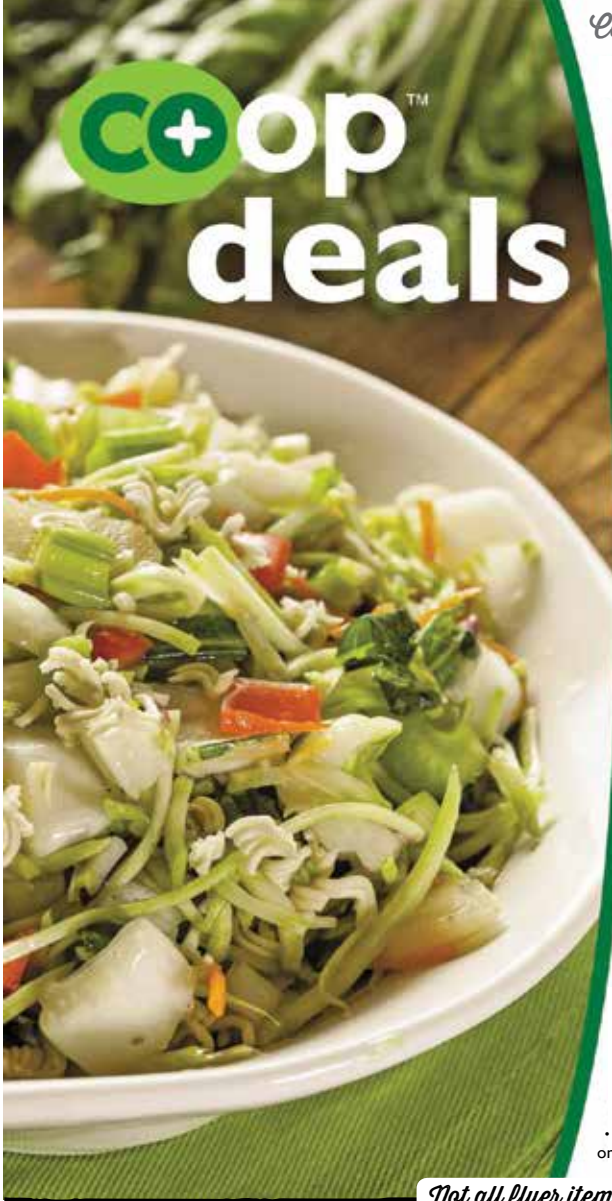
In addition, NEW member/owners that join paying their membership/share in full (\$140) will also receive a free meal for two at the



(a \$20 value)



..... these sales valid **MARCH 2 - MARCH 15, 2015**
Co-op Deals sale prices are available to all shoppers of the Co-op!



coop deals

2/\$4
KEVITA
Organic Probiotic Drink
15.2 oz., selected varieties

\$6.99
NUTIVA
Organic Coconut Oil
14-15 oz., selected varieties
other Nutiva products also on sale

\$4.99
KEVITA
Just Juice
32 oz., selected varieties
Organic Just Cranberry & Just Pomegranate \$6.99

2/\$5
NATURES PATH
Organic Waffles
7.4-7.5 oz., selected varieties

Featured Inside:

- Crunchy, tasty, easy Bok Choy Salad with Ramen
- A hearty and zesty recipe for "unstuffed" cabbage
- Leap into spring with tips on energy-rich foods and protein
- March on in to the co-op for delicious deals on local foods

\$5.69
DAIYA
Pizza
16-19.4 oz., selected varieties

\$2.69
IMMACULATE
Pie Crust
15 oz., other Immaculate products also on sale

\$4.99
LUNDBERG FAMILY FARMS
Organic Brown Basmati Rice
32 oz., other 32 oz. Rice varieties also on sale

\$3.39
MEDITERRANEAN ORGANIC
Organic Olives
8.4-8.5 oz. selected varieties

\$2.99 BULK
Organic Kidney Beans
per pound in bulk

3/\$7
ALEXIA
Frozen Potatoes
15-19 oz., selected varieties

\$5.99
ORGANIC VALLEY
Organic Butter
16 oz., selected varieties

5/\$5
ANNIE'S HOMEGROWN
Pasta & Cheese Dinner
5.25-6 oz., selected varieties

3/\$7
BELA
Sardines
4.25oz., selected varieties

\$2.39 BULK
Organic Pinto Beans
per pound in bulk



Try a New Noodle

Pasta-lovers have so many options beyond traditional wheat flour-based noodles. Pastas made from quinoa, brown rice, amaranth and even black beans are available, and a quick trip to the co-op's Asian foods section may reveal noodles made with mung beans, rice, sweet potatoes and much more. Hearty buckwheat soba noodles are delicious in soups and salads alike (if you are avoiding wheat, check the label, since not all soba noodles are wheat-free). Or if you prefer, a totally veggie "noodle" can be made with cooked spaghetti squash, or zucchini shredded with a vegetable peeler or spiralizer.

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

MEMBER APPRECIATION DAY

SALE

10% OFF storewide*

Tuesday, March 15th
& Tuesday, May 10th
8:00 AM - 8:30 PM

May be combined with all other member discounts.

*discount excludes Co-op and Member Deals sale items and special-order case discounts. Everything else is fair game!

Stock Up AND Save

prAna smartwool patagonia Chaco

DECORAH HATCHERY

Gear up. Get active!

OUTFIT YOUR ADVENTURE

WORLD FAMOUS GEAR SMALL TOWN CHARM

406 W. Water St. • Decorah, Iowa • decorahhatchery.com

2 0 1 6

EMPTY BOWLS

HOTEL WINNESHIEK

Decorah, Iowa

APRIL 17TH • 11 AM - 2 PM • \$20

..... these sales valid **MARCH 2 - MARCH 15, 2015**



Bok Choy Salad with Ramen

Serves 6. Prep time: 20 minutes.

- 1 package ramen noodle soup (discard spice packet)
- 1/4 cup sliced almonds
- 1/4 cup raw unsalted sunflower seeds
- 1 head bok choy
- 2 scallions, trimmed and diced (green tops and white parts)
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 3 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 tablespoon tamari
- 2 tablespoons orange juice

Heat the oven to 350 degrees F. Break up the dry ramen noodles into bite-sized pieces, place on an ungreased sheet pan and toss with the almonds and sunflower seeds. Toast in the oven for 8 to 10 minutes, just until lightly browned. Set aside to cool.

Cut the bok choy in half lengthwise, rinse and pat dry. Slice the bok choy halves crosswise into 1-inch wide ribbons; remove the core and slice crosswise into 1/4-inch pieces. Transfer the bok choy to a large bowl. Toss the bok choy and scallions with the oils, vinegar, honey, tamari and orange juice. Add the toasted ramen, almonds and sunflower seeds and toss again just before serving.

Some items may not be available at all stores or on the same days.

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



4/\$7
CASCADIAN FARM
Organic Vegetables
10 oz., selected varieties



2/\$7
ANNIE'S
HOMEGROWN
Snack Mix
9 oz., selected varieties



2/\$4
ANGIE'S
Boomchickapuffs
4 oz., selected varieties



\$2.69
IMAGINE
Organic Broth
32 oz., selected varieties



\$2.99
CASCADIAN FARM
Organic Granola Bars
6.2-7.4 oz., selected varieties



2/\$5
BLUE DIAMOND
Artisan Nut Thins
4.25 oz., selected varieties



2/\$4
ANNIE'S
NATURALS
Dressing
8 oz., selected varieties



2/\$6
MI-DEL
Cookies
8-10 oz., selected varieties



\$2.39
FOOD SHOULD TASTE GOOD
Tortilla Chips
5.5 oz., selected varieties
other Chips also on sale



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



3/\$5
BOULDER CANYON
Potato Chips
5 oz., selected varieties



2/\$6
NEWMAN'S OWN
Fig Newmans
10 oz., selected varieties
Other Newman's Own Cookies also on sale



\$3.69
MISO MASTER
Organic Mellow White Miso
8 oz.
other Miso also on sale



\$3.99 **BULK**
Organic Unsalted Dry Roasted Peanuts
per pound in bulk. Great for freshly-ground nut butter



\$3.69
GARDEN OF EATIN'
Tortilla Chips
16 oz., selected varieties



Green Cabbage

Despite its humble reputation, cabbage makes for tasty (and affordable) comfort food. Try braising quartered or shredded green cabbage in butter and white wine, then sprinkle with freshly grated Parmesan. For tangy-sweet flavor, use apple cider vinegar and vegetable broth, and add sliced apples. Cabbage cooked in chicken stock and olive oil, then sprinkled with red pepper flakes makes an excellent accompaniment to roasted pork or chicken, or top it with poached eggs and shaved Manchego cheese for a savory breakfast dish.

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

ANOTHER GREAT YEAR!

End 4

A business that promotes environmental and financial sustainability.

Cooperatives are unique businesses in several ways. One important difference between the Oneota Community Food Co-op and other grocery stores in our area is that part of our cooperative's profit can be returned to member/owners in the form of a patronage dividend.

The good news is that our store was more profitable than we expected in 2015! The Board of Directors has declared a patronage dividend for the fiscal year 2015. This dividend is based on the dollar amount of your purchases at the store during a fiscal year. Co-op patronage dividends have two parts – a cash portion (usually 20%) sent to the owner and a retained portion (the remaining 80%) which co-ops keep to reduce debt, purchase new equipment, complete repairs, improve services and to fund long term development plans for the Co-op. This reduces our tax liability this year by about \$15,000 and puts this money back into the hands of our member/owners and our community.

In the coming months, member/owners who spent more than approximately \$1,164 in the store will be receiving a portion of those purchases back in the form of a check. The deadline to cash your Patronage Dividend will be 90 days from the date of the check. If you do not cash your check within the 90-day period, you give up your right to this dividend and it becomes income for the Co-op. In this case, the Co-op would be required to pay income tax on the dividend plus the 80% retained. Cashing your check is a good thing for you and the Co-op!

But wait, there's more...our Co-op has always looked for ways to give back to our community and help build a healthier environment in which we work and play. This year, you will have an option to bring back your signed check (or mail it to us) and donate your patronage to a local non-profit organization. In the next few months, our board will be determining which organization(s) will be chosen for this exciting option.

This is the fourth patronage dividend issued by the Co-op over the past twenty-two years and the second one in three years. This reflects the fact that our Co-op is in a strong financial position, especially in a year that we purchased our second

building. We are in the initial planning stages of the expansion project and will have more to update our membership as 2016 progresses. None of this would be possible without the on-going support of our member/owners who generate almost 77% of the Co-op's sales. If you are a member/owner, think of this check as your reward for doing business with the Co-op. Thank you for making that choice this past year.

In Cooperation,
Brita Nelson, Board President
David Lester, General Manager

Spring Plant Sales at the Co-op

AVAILABLE STARTING LATE APRIL,
WEATHER PERMITTING

Flowers, Herbs,
& Veggies from



Strawberry starts from

Driftless Gardens



LaRana
Bistro

Creative Midwest Fare • Local Seasonal Menus

Monday-Saturday • Lunch 11-2 • Dinner 5-9 • Bar til close
120 Washington St. • Decorah • 563.382.3067

..... these sales valid **MARCH 2 - MARCH 15, 2015**



Unstuffed Cabbage

Serves 6. Prep time: 10 minutes active; 55 minutes total.

- 1 pound ground turkey
- 1/2 cup breadcrumbs
- 1 egg, beaten
- 2 teaspoons paprika
- 1 teaspoon dried dill
- Pinch each of salt and black pepper
- 1 head green cabbage, cored and roughly chopped
- 1 yellow onion, diced
- 128-ounce can crushed tomatoes
- 1 teaspoon garlic powder

In a large mixing bowl, stir together the ground turkey, breadcrumbs, egg, paprika, dill, salt and pepper. Form the turkey mixture into 12 large meatballs and set aside.

In another bowl, mix together the cabbage, onion, crushed tomatoes and garlic powder.

In a large pot or Dutch oven, place half of the cabbage mixture in the bottom of the pan. Gently place the meatballs on top of the cabbage layer and pour the remaining cabbage mixture over the meatballs. Cover the pot and bring to a boil. Reduce the heat to medium and cook for 15 minutes until the meatballs are set and firm. Gently stir the pot, taking care to not break the meatballs, lower heat and continue to simmer another 20 to 30 minutes until the cabbage is very tender and the meatballs are thoroughly cooked. Serve warm.

Some items may not be available at all stores or on the same days.

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


\$4.69
ORGANIC VALLEY
Organic Mild Cheddar Cheese
8 oz.
Colby and Monterey Jack Cheese also on sale


\$3.69
MARY'S GONE CRACKERS
Organic Crackers
6.5 oz., selected varieties


\$6.69
ORGANIC PRAIRIE
Organic Sliced Turkey
6 oz.
Sliced Ham and Roast Beef also on sale


\$2.69
ANNIE'S HOMEGROWN
Organic Yogurt
4 pack, selected varieties


\$3.69
NATURAL BREW
Soda
4 pack, selected varieties


\$6.99
AVALON ORGANICS
Shampoo or Conditioner
11 oz., selected varieties


\$6.99
ALBA BOTANICA
Acnedote Face & Body Scrub
8 oz.
other Facial Care products also on sale


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


\$6.99
HYLAND'S 4KIDS
Calm 'n Restful
125 ct.
other Hyland's products also on sale


\$34.99
RENEW LIFE
Ultimate Flora Extra Care 50 Billion
30 ct.
other Renew Life products also on sale


\$6.99
EVERYONE
Soap
32 oz., selected varieties
other Everyone products also on sale


\$2.39
CELESTIAL SEASONINGS
Herbal Tea
20 ct., selected varieties
other Celestial Seasonings Teas also on sale


2/\$7
SUJA
Organic Uber Greens
12 oz.


\$23.99
NORDIC NATURALS
Ultimate Omega Fish Oil
60 ct.
other Nordic Naturals products also on sale


\$32.99
GARDEN OF LIFE
Perfect Food Raw Energizer
285 gr
other Garden of Life products also on sale



Protein Primer

Why is protein so important to good health? It's all about the amino acids; these nutrients are key for building strong muscles and bones — as well as being important components of nearly every process that maintains and repairs our bodies. The amount of protein an individual needs daily depends on many factors, including their growth rate, weight and body composition, the amount and type of physical activity and exercise and overall health and wellbeing. High-protein foods, including lean meats and fish, soybeans, eggs, chia seeds, nuts and beans, to name a few, are great ways to get your daily requirement.

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

...continued from page 1

water, the labelling of products containing GMOs and making sure small, family farmers are getting their fair share to create a livable future. On issues like these, co-ops have been leaders in the Washington lobby arena and behind the scenes to create better communities. And, we need your help.

Our Co-op has a written statement (called an End) that says we will be “a business that promotes environmental and financial sustainability.” I'll get into the financial sustainability part of this statement later in this article, but I am proud to say that all of our employees begin training from day one to think about our business's energy use, waste, and other business practices that affect the environment we live and operate within. In 2015, according to our Energy Star Portfolio Manager building measurement tool, we reduced our site EUI (amount of energy our store consumes) by 6.2% compared to 2014. Our energy cost was down 7.4% and our Total GHG (greenhouse gas) Emissions were down 1.2% compared to the same period. That's good news! These reductions were mostly made by replacing older, less efficient equipment with more efficient ones. A business like ours is a big energy user trying to keep products chilled or frozen and there have been advances in technology since we moved to our location in 2008 that we are implementing.

We are also a business that produces a lot of potential waste. We create approximately 185 pounds of food waste from our Cafe and Produce departments every week. Almost 100% of this goes to members who are composting or feeding the vegetable waste to chickens. (A shout out to a couple of members who have been picking up compost for years: Marty Grimm and Ted Wilson!) Recycling large amounts of cardboard, glass and other recycling are also key practices that our Building Operations Technician, John Klosterboer, is passionate about and is constantly working with our staff to educate them on recycling practices. In 2015, over 10,000 pounds of glass was sent to various recyclers instead of ending up in the landfill. It can be difficult to navigate the ever-changing world of recycling, and we are lucky to have resources like the Winneshiek Recycling Center to help us figure out how to recycle more of our commercial waste.

We have a 20KW solar array on our rooftop, and we will be looking for ways to offset more of our electrical usage in the future. We are hoping to offer at least one electrical vehicle charging station near our store and would like to work collaboratively with the Winneshiek Energy District and the City of Decorah to make that happen in the near future.



I've written about this important piece of our business in the past and the impact it can have in our community. To some, this can conjure up some bad images of the misuse of profit, but profit is something our Board has consistently recognized as an important part of our business model. There are advantages and disadvantages for all types of businesses, but one advantage that benefits community-based organizations like co-ops is

what we can do with our profit at the end of the year. One important difference between the Oneota Community Co-op and other grocery stores in our area is that part of our cooperative's profit can be returned to member/owners in the form of a patronage dividend. Co-op patronage dividends have two parts – a cash portion sent to the owner and a retained portion which co-ops keep to reduce debt, purchase new equipment, complete repairs, improve services, and to fund long-term development plans for the Co-op. When our Board approves a patronage dividend in a profitable year, we are able to reduce our tax liability and put more money back into the hands of our members and our community.

Investing our profits back into our business in the form of equipment, better wages and technology helps us promote more of what we do. We want to be more innovative and sell more locally produced goods, we want to teach and educate more people about what we sell, and we want to create a more comfortable and inclusive store atmosphere to do this work.

In the end, if we can boost people up, do our part to create a better planet, and make a small profit while doing this work, then I think we all win. Thank you for your support over the last year. The staff and I hope to make 2016 an even better one for all of us.

A special
Mother's Day Brunch
& moms eat free*
Sunday May, 8th from 11:00 - 3:00



Water Street Cafe 

***up to \$8. Brunch includes**
Hot Bar, Salad Bar, Soup and Brewed Coffee
**espresso drinks, panini, and grab-n-go items are not included.*

MENU WILL BE POSTED AS THE DATE DRAWS NEAR.

..... these sales valid **MARCH 2 - MARCH 15, 2015**

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



High Energy Breakfast

Starting your day off right with a healthy, delicious breakfast that will boost your energy can be just about as easy as grabbing a pastry. A bowl of overnight oatmeal, made with sliced banana, yogurt and dried fruit is a great combination of fiber, protein and potassium — add flaxseeds or protein powder if you like. Eggs are a classic energy food, and a breakfast wrap or an egg sandwich will give you fuel throughout the morning. Ripe avocado spread on wholegrain toast is simply satisfying.

Visit www.strongertogether.coop for great breakfast ideas.

5/\$5 CLIF Energy Bar 2.4 oz., selected varieties	\$8.99 EQUAL EXCHANGE Organic Breakfast Coffee per pound in bulk Decaf Breakfast Blend	\$7.99 MAGGIE'S ORGANICS Cushion Crew Socks 1 pair, selected varieties	\$4.99 TEA TREE THERAPY Pure Tea Tree Oil .5 oz. other Tea Tree products also on sale	\$7.99 SEVENTH GENERATION Unbleached Bath Tissue 12 ct. other Paper products also on sale
4/\$5 STONYFIELD Organic Greek Yogurt 5.3 oz., selected varieties	\$1.39 SILK Creamer 16 oz., selected varieties	\$7.99 BIOKLEEN Liquid Laundry Detergent 64 oz., selected varieties other Biokleen Laundry items also on sale	\$2.19 EARTH FRIENDLY PRODUCTS Dishmate 25 oz., selected varieties	\$2.19 WELLNESS Dog Food 12.5 oz., selected varieties other Wellness Dog Food varieties also on sale
5/\$5 LARABAR Fruit & Nut Bar 1.6-1.8 oz., selected varieties	2/\$4 ALMOND BREEZE Almond Milk 32 oz., selected varieties	 Thornton's Feed & Grain 201 East Broadway, Decorah 563-382-3358 thorntonfeed@gmail.com		
\$5.39 ORGANIC VALLEY Organic Grassmilk 64 oz., selected varieties	2/\$6 BARBARA'S Cereal 10-14 oz., selected varieties			
\$2.99 RUDI'S Organic English Muffins 12 oz., selected varieties	\$5.39 PAMELA'S PRODUCTS Pancake & Baking Mix 24 oz. other Pamela's products also on sale			

Full Line of Chicken Feed
Organic Chicken Feed
Non-Medicated Chicken Feed
Baby Chicks
Full Line of Dog & Cat Foods—Nutri-Source
Grass Seeds and Fertilizers

FOSTERING FAIR TRADE & COOPERATIVE VALUES

When Equal Exchange began importing coffee grown by Nicaraguan farmers in 1986, “fair trade” was a concept still unfamiliar to most Americans. Today Equal Exchange is a leader in the movement to empower small-scale farmer co-ops worldwide. It is also one of the largest worker-owned cooperatives in the country, and fair trade coffee remains its best-known product.

The benefits that farmers gain from fair trade—the ability to make decisions about their farming practices, access to markets and affordable credit, and fair prices to support their families and communities—embody the idea of empowerment and form the foundation of Equal Exchange’s mission which reads in part “...to foster mutually beneficial relationships between farmers and consumers and to demonstrate, through our success, the contribution of worker cooperatives and Fair Trade to a more equitable, democratic and sustainable world.”

So what makes a worker-owned cooperative unique? “Sure, there are times we all are sitting around a table making collaborative decisions together, but much of the time we operate like any traditional business,” L.J. Taylor says, dispelling a common stereotype. L.J. is an Equal Exchange sales manager, worker-owner and chair of its board of directors. While the work itself is similar, he explains, employees at Equal Exchange have greater access and insight into the inner workings of the company than at many other businesses. “It’s a much more transparent business model top to bottom. And day to day, when there is transparency and you understand what’s happening in the business, you begin to work more collaboratively and have more transparent discussions. It becomes part of the culture.”

The seven cooperative principles guide Equal Exchange, and among these, democratic member control is perhaps most evident. Worker-owners at Equal Exchange each have an equal stake and an equal vote in the business, similar to the members of a consumer-owned food co-op. Equal Exchange is governed by a board of directors; six of its nine members are worker-owners. The board hires and supervises management; managers guide the activities of the workers; and worker-owners elect board members, forming a circle of accountability. Additionally, worker-owners have the right to propose or vote on changes to the co-op’s bylaws and governance structure; changes in Equal Exchange’s location and adding new services or operations; and reporting on the organization’s performance.

Member economic participation is a cooperative principle that unites Equal Exchange employees with their farmer partners around the world. “I believe that

my economic commitment to the co-op movement demonstrates a commitment to small farmers,” L.J. says. “Generations of farming families have invested their entire livelihood and have been doing this work for decades.” At Equal Exchange, employees invest money in their company’s mission—what L.J. calls “sweat credit.” When workers receive dividends on their ownership shares (something many co-ops offer), half goes back into Equal Exchange as an investment in the business and half goes to the worker-owner. In this economic participation by both Equal Exchange worker-owners and small-scale farmers, L.J. observes, “There’s a parallel that really joins us together in our work and our commitment.”

Finally, the principle of cooperation among cooperatives is clear in the Equal Exchange supply chain, which joins farmer co-op to worker-owned co-op to consumer-owned retail food co-op. “Cooperation among cooperatives—we take that very seriously. Working with farmers to help them achieve their mission and linking co-ops together for support and knowledge is hugely important,” L.J. explains. “Each of us joined together in that principle makes all of us stronger. Understanding the shared ideals of each link in the cooperative supply chain, and trying to empower each link in the chain, is elegant and beautiful.

“Equal Exchange is demonstrating that you can do business differently and succeed,” L.J. says. Thirty years after its founders first sought to focus on fair trade and empower small-scale farmers, Equal Exchange is leading the way through its continued commitment to cooperative values.

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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!

EXPLORING FOODS

3:15 - 4:15 pm

Tuesdays

- ➔ March 1
- ➔ March 8
- ➔ March 15
- ➔ March 20
- ➔ March 29

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

Class is FREE - limit 12 children/class

Location: The Co-op Kitchen Classroom - two doors down from the Oneota Co-op on Water Street

WELLKID WEDNESDAYS

7:45 am - 8:45 am

Spring Session

- ➔ March 16
- ➔ March 23
- ➔ March 30
- ➔ April 6
- ➔ April 13

Wellness Wednesdays are here! Join us for mornings of food and fun all before the school day has begun. This class, for students in kindergarten through 2nd grade, will teach the importance of breakfast, eating well-balanced meals, and encourage trying new foods. Classes will be varied in theme, but will always provide breakfast, activities for students, and a walking school bus to John Cline School - St. Ben's students will catch the bus from John Cline to St. Ben's.

Class is FREE - limit 12 children/class

Location: The Co-op Kitchen Classroom - two doors down from the Oneota Co-op on Water Street

MARCH

Toast and Jam: A Bread and Jam Making Demonstration

Thursday, March 10, 6:30-8:00 pm

It is easier than you think to prepare a fresh loaf of bread from start to finish. Plus the time it takes for the dough to rise is perfect for making a batch of jam. Join Andrew, Elin and Amber as they take you through the process of making bread ~ and jam while you are waiting on the bread. They'll share techniques to a delicious loaf and show you how to put together a quick, low-sugar blueberry ginger jam using Pomona's Pectin.

Class Code: HO

Class Instructors: Andrew Blair, Elin Amundson, & Amber Seitz

\$10.00 member/owner; \$12.00 community member

Dyed Naturally – An Easter Egg-stravaganza

Thursday, March 24, 5:30-7:30 pm

If you haven't tried your hand at naturally-dyed Easter eggs, now is the perfect time. We'll have done the work for you and will have eggs and coloring solutions (made from things like cabbage and turmeric) ready to go when you arrive - plus some extra tips for a creative Easter dozen. Each registration includes one dozen eggs which the attendee will color themselves during the session and then take with them to enjoy.

Class Code: HO

Class Instructor: Rachel Sandhorst

\$10.00 member/owner; \$12.00 community member

Mixing Up the Magic (of Art) in the Kitchen

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

Join in the fun of turning kitchen cupboard products and ingredients found in the Co-op Bulk and Wellness departments into art supplies to keep all of the little hands at your house busy. Learn the secrets to creating food-based art supplies while making a variety of them in the classroom. All class participants will head home with multiple variations of supplies, ready for use at home. From sidewalk chalk to paint to play dough and more!

Class Code: GF HO

Class Instructor: Johanna Bergan

\$17 member/owner; \$20 community member

REGISTRATION INFORMATION

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

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

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

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

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

APRIL

Breakfast the Healthy Way

Tuesday, April 5, 6:00-7:30 pm

So easy to skip, yet too important to ignore, this class will explore all the benefits that a strong, healthy breakfast has in store. Covering the ample reasons why breakfast is the most important meal of the day, this class offers a hands-on approach to learning a variety of breakfast solutions to amp up your day. Strategies shared will address those of us with too little time or too many responsibilities to make time for our own nourishment each morning. Whether you prefer hot or cold - there's a breakfast meal for you here!

Class Code: GF DM VG

Class Instructor: Johanna Bergan

\$12 member/owner; \$15 community member

Rice, Rice Baby

Tuesday, April 12, 6:00-7:30 pm

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

Class Code: GF DM VG

Class Instructor: Johanna Bergan

\$12 member/owner; \$15 community member

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Class Code: GF DM VG

Class Instructor: Johanna Bergan

\$12 member/owner; \$15 community member

MAY

Salad Dressings

Wednesday, May 11, 6:00-7:30 pm

Coming home each week from Farmer's Market with your basket overflowing with veggies? My eyes are SO BIG at market - things hardly fit in the fridge. Here's a great way to increase the number of vegetables and small fruits your family eats - just add salad dressing. How about salad dressings that are not chock full of preservatives and un-natural flavorings? Better yet - how about salad dressings made from those very same vegetables you just brought at market - to put on top of yet MORE vegetables?

Class Code: GF HO VG

Class Instructor: Johanna Bergan

\$12 member/owner; \$15 community member

Sausage Making Basics

Tuesday, May 17, 5:30-7:30 pm

From breakfast sausage to bratwurst and summer sausage, Michael will show you how easy and satisfying it can be to make your own sausage varieties at home. Get a start with ingredient, equipment, and recipe suggestions, plus taste some of Michael's creations after he shows you some of his techniques to flavorful sausages.

Class Code: DM

Class Instructor: Michael Klimesh

\$20 member/owner; \$23 community member

Spring Vegetables to Thrill Your Palate

Wednesday, May 18, 5:30-7:00 pm

Winter is over and the first delights of spring are abundant. Join Rachel in the Kitchen Classroom for a taste of what is in season and what will be coming to your plate before summer turns up the heat. Think asparagus, snap peas, and sauteed radishes. Welcome your taste buds to spring with fresh ideas for vegetables you'll find gracing the farmers market and store shelves.

Class Code: GF DM VG

Class Instructor: Rachel Sandhorst

\$12 member/owner; \$15 community member

CLASS INSTRUCTOR BIOS:

MICHAEL F. KLIMESH

works hard to raise, purchase, cook and eat natural, organic, humanely raised, high nutrition foods. Fermentations, broth/stock, proper preparation methods, traditional eating and avoiding genetically modified, drug, hormone, chemically treated and processed foods are healthy life priorities for Michael.

JOHANNA BERGAN

is a Decorah native with a rich Norwegian heritage and deep local ties. Johanna has years of experience with vegetarian, vegan and raw lifestyles, as well as an extensive knowledge of food allergy substitutions and solutions in everyday cooking and baking for your family. Her various classes - including smoothies and spring rolls - are always a hit.

RACHEL SANDHORST

works to streamline food prep for her busy family. She incorporates creativity and wholesome ingredients to make delicious and efficient meals and loves to share her experiences in Co-op cooking classes.

ANDREW BLAIR

FoodCorps

Andrew is from Madison, WI. He is a 2010 graduate of Lawrence University where he majored in Russian Studies. After college, Andrew spent time working with students in Chicago Public Schools. He also developed his passions for local food, cooking, and wellness while working in restaurants, volunteering on an organic farm on Italy, and growing gardens of his own.

ELIN AMUNDSON

FoodCorps

Elin is from Blue Earth, MN. She graduated in 2011 from the University of Wisconsin - Madison with degrees in U.S. History and History of Science. Elin has spent time working on farms, in restaurants, and in schools, and is grateful to have found a way to combine many of her passions by promoting health, wellness, equity, and farming in northeast Iowa.

AMBER SEITZ

AmeriCorps

Amber has a degree from Iowa State University in Global Resource Systems with an emphasis in fruit and vegetable crop production. Her connection with food started in Winneshiek County at Seed Savers Exchange and has been fostered through hands-on experience teaching in schools and working on farms throughout the world. She looks forward to sharing, laughing, learning, playing, and working with the all of you as we discover what active living and eating healthy, locally sourced food looks like and means to us, both as individuals and a community

A Space for Community end 2

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



Whether gathering around the table to learn the art of cooking or simply spending time with friends and family celebrating the latest milestone, the Co-op Kitchen Classroom is a great space with functionality to fit your needs.

Designed as a teaching space for cooking, baking and other Co-op related educational efforts, the Co-op Kitchen Classroom has a wide variety of kitchen equipment – including numerous pots, pans, knives, spatulas, bowls, a food processor, Vitamix blender, and several portable cooking surfaces. (For a full list of supplies, check out our website – <http://oneotacoop.com/education-events/kitchen-classroom-use-and-rental/>)

Here's what the Co-op and other local entities have used the space for:

- Cooking classes – from hands-on to lecture-style.
- Staff meetings – we use it for this purpose at least once a week.
- Board meetings – our Co-op board of directors use this space for their monthly meetings.
- Lunch meetings – we prefer if you pick up lunch and snacks next door at the Co-op and Water Street Café

and bring it to your meeting – but outside food is allowed.

- Pop-up dinner events – chef-prepared meal in an intimate setting
- Brunch with friends – preparation and eating with family and friends
- Temporary retail setting – Seed Savers Exchange used the Co-op Kitchen Classroom as a temporary downtown retail setting during this past holiday season.
- Multi-week course offerings (non-Co-op) – it's a great space for a lecture-style class in a cozy setting.
- Film screenings – we have a screen and projector you can utilize for a small additional cost – or feel free to bring your own.
- Holiday baking party – with a double wall oven and a whole host of other equipment, this is the perfect space for a baking blitz of any kind.



For more details, including a list of available equipment, please visit the Education and Events page of the Co-op website: <http://oneotacoop.com/education-events/kitchen-classroom-use-and-rental/> or email kitchenclassroom@oneotacoop.com.

Please note that we have updated our fees for the use of the Co-op Kitchen Classroom to better reflect the value this space provides and the expenses that the Co-op incurs with upkeep of the space and equipment. These rates are effective March 1, 2016.

Rates below include 4 hours of rental time. Additional hourly pricing beyond the initial four hours is outlined below.

Level One – includes use of space, tables, chairs, restroom, refrigerator, freezer, and sink.
Cost: \$30 member/owners; \$50 community - each additional hour \$10 member/owners; \$15 community

Level Two – includes all items listed in Level One plus optional use of all kitchen equipment.
Cost: \$60 member/owners; \$80 community - each additional hour \$20 member/owners; \$25 community

Level Three
– includes all items listed in

Level One and Level Two plus the use of a staff member for teaching purposes.

Cost: \$60 member/owners; \$80 community members - plus additional \$30/hr for staff member. Each additional hour - space rental \$20 member/owners; \$25 community - plus \$30/hr for staff member. Additional planning/prep time by staff figured at \$30/hr rate. Ingredients and other class supplies are not included in these charges.

NOTE: Please inquire about negotiable rates for low-income and non-profit entities.

Team Building can be Delicious

Making a meal together is a delicious way to build cooperation and camaraderie. Consider the Co-op Kitchen Classroom for your next team-building event. We are happy to work with your organization or group to put together a package to meet your needs.

To give you an idea of cost for a team-building session in the Co-op Kitchen Classroom, here's a possible breakdown of cost for an experience involving 10 people.

\$80 space rental (4 hours)
\$120 Co-op staff time – planning and facilitating
\$200 cost of ingredients
Total Cost: \$400
Cost Per Person (with ten people): \$40

Roasted Radishes with Bacon

Ingredients

- 1 pound (about 3 cups) radishes
- 4 slices uncooked bacon
- 2 tablespoons minced garlic
- 2 tablespoons minced fresh sage
- Pinch each of salt and black pepper

Preparation

Preheat the oven to 375°F. Oil a rimmed sheet pan. Cut the radishes in half after removing leaves and dice the bacon. Mix all ingredients in a large bowl and lay out on the sheet pan. Bake for 30 to 35 minutes, stirring occasionally, until the bacon is well-cooked and the radishes are tender. Drain off some of the bacon grease before serving warm on a bed of fresh greens.

Serving Suggestion

This earthy dish works best alongside simple roasted or grilled meats and poultry. Omit the bacon and add a splash of balsamic vinegar for a perky, vegetarian option that pairs well with mac and cheese.

Radishes are a very good source of dietary fiber, vitamin C, folate, zinc and potassium. They're also a good source of riboflavin, vitamin B6, calcium, magnesium, copper and manganese. That's a lot of nutrition for just 19 calories per cup.

It's fun to explore the various sizes, colors and shapes of radishes. While the flesh is most often (but not always) white, the outer root might be pink, yellow, green, white, red, purple or black, and shapes can vary from short and round to long and cylindrical.

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



INTERESTED IN BEING A LOCAL PRODUCER?

The Oneota Community Co-op & the Iowa Food Hub are holding an **informational meeting** & panel for beginning & established local producers who want to learn more about expanding their markets.

*Monday,
March 7th @ 7 pm
in the Co-op Kitchen Classroom*



Everything you need to know about what we are looking for in a **LOCAL PRODUCER!**

*Local sales \$1,113,377
in 2015: storewide at the Co-op!*



By: Kristin Evenrud,
Grocery Manager



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.

Up in the Canton-Harmony backcountry, there is beautiful, almost idyllic land with streams and groves of trees interspersed with farmland being tended by a group of Amish neighbors. In particular, there is an area of land being cared for by a group known as the Harmony Neighbors. This group of farmers who "are trying to take care of what we have," are raising 100% Berkshire hogs year-round and GMO-free, antibiotic-free, free-range chickens during the summer months. The meat they raise is currently on my "favorites" list here at the Co-op. I particularly enjoy the butterfly pork chops (on the grill, pan fried, or baked) which are full of flavor and firmly textured.

I first met Harvey Gingerich (one of the Harmony Neighbors) in early 2014. Harvey came by the Co-op and started asking questions about the Co-op's pork needs. He was operating an organic goat dairy at the time and had also raised hogs for Niman Farms. He was researching the possibility of creating his own hog operation.

Without the help of computers or Google searches, Harvey set out to research the viability of this venture. Harvey and I had many conversations, met with extension services, and were able to come up with a plan. He soon formed a relationship with Burt's Locker up in Eyota, MN. Burt's has fantastic recipes for uncured pork products and MSG-free sausage.

Harvey set up his operation, starting small - but always looking for ways to grow, and grow he did. I gave Harvey the contact name of the meat buyer for People's Co-op in Rochester, MN, and he took it from there. He reached out to Just Foods in Northfield, MN, Seward, Eastside, Lowry, Linden Hills and Mississippi Market

up in the Twin Cities and found that they loved his pork too. Harvey has even found a distributor in the Cities so he doesn't have to deliver the pork himself.

This rapid growth required his organization to grow. So Harvey found farmers that also had a drive to raise a superior pork product. He recruited John O. Bornstreger, Dan J Bornstreger and Freeman Stutzman. Together they formed Harmony Neighbors.

Today Harmony Neighbors are operating 4 farms, all with Harmony addresses and focusing on Berkshire pork and GMO-free chicken. They have a proprietary, all vegetarian feed for the hogs, some of the grains coming from crops they grow themselves and some are from the Mabel Feed Store. They are working to transition to utilizing all GMO-free feed for the hogs and are very close to making it happen. They do not use antibiotics. The pigs are out on pasture when the seasons permit, and they nearly always have access to the outside - except for the delicate weeks when the little piggies are just born and gaining size. Chickens are only raised during the summer months when there is access to pasture and decent weather.

In this age of technology and corporate entitlement, I continue to be impressed with Harvey Gingerich - and now Harmony Neighbors - for his and their ability to grow a business without the use of a cell phone or a computer. Through use of a landline and face to face conversations, Harmony Neighbors continues to grow because of their commitment to their customers and the quality of product they produce. Thus, they are helping to feed our community with quality pork that simply tastes delicious.

Check out these local CSA providers online at csadecorah.com

CSA DECORAH

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

<p>Canoe Creek Produce – Barb Kraus www.canoe creek produce.com 2912 Manawa Trail Road, Decorah, Iowa 52101 563-382-4899 canoe creek pro@gmail.com</p> 	<p>Kitchen Table CSA – Jeff and Mary Abbas https://www.facebook.com/KitchenTableCSA 511 Bear Creek Drive, Dorchester, Iowa 52140 563-568-3829 maryabbas511@gmail.com</p> 	<p>Patchwork Green Farm – Erik Sessions www.patchworkgreen.com 3031 Middle Hesper Road, Decorah, Iowa 52101 563-387-0837 eriksessions@gmail.com</p>
<p>Driftless Gardens – Jeff Scott www.driftlessgardendesign.com 410 Decorah Avenue, Decorah, Iowa 52101 563-379-1101</p> 	<p>Lost Mile Farm – Anna Olson www.lostmilefarm.com Decorah, Iowa 563-387-7397 lostmile.farm@gmail.com</p> 	<p>Prairie's Edge Farm – Jim and Caite Palmer www.prairiesedgeiowa.com 1206 150th Street, Castalia, Iowa 52133 563-605-1336 prairiesedgeiowa@gmail.com</p>
<p>Humble Hands Harvest – Hannah Breckbill www.humblehandsharvest.wordpress.com 2743 Hidden Falls Road, Decorah, Iowa 52101 507-513-1502 humblehandsharvest@gmail.com</p>	<p>Low Oaks Farm – Anne Bohl www.lowoaksfarm.com 3175 Vanderbilt Lane, Waucoma, Iowa 52171 563-202-0399 lowoaksfarm@gmail.com</p>	<p>River Root Farm Mike Bollinger and Katie Prochaska www.riverrootfarm.com 1007 Locust Road, Decorah, Iowa 52101 farmers@riverrootfarm.com</p> 

What? You don't know about the CO-OP cheese club

←end 2 A community that is educated about food and other products which are healthy for people and the environment.

By: Beth Hoven Rotto, Cheese and Chill Buyer

Do you like cheese and surprises and experimenting with new recipes and food ideas? If so, then you might like to be part of the Co-op Cheese Club. Since 2012 we have put together bags of unique, hand-picked cheeses for club members with a different theme each month. Participants receive a bag containing at least two cheeses (but often three and sometimes four types) as well as something to pair with the cheese. We also send along a flyer containing information on the cheeses and suggestions on their use. For example, last July our theme was Scandinavian cheese, and the bag contained Swedish Vasterbotten's Ost, Mycella Danish Blue, and Swedish Prastost as well as Cloudberry preserves. This month (February) we offered special "melting" cheeses, including a Mexican style Queso Quesadilla from Colorado, an imported Swiss Bergkase and a Wisconsin Sheep Jack cheese along with a package of sprouted grain tortillas.

The Co-op Cheese Club started as a way to introduce new cheeses to our community and to ensure that we could move a full wheel of cheese that is fairly unknown in this area. In this way many new cheeses have been brought into our retail case because they were "tested" (and approved) by the Co-op Cheese Club members. In an effort to share information with Oneota Community Co-op customers about cheeses that prove popular with the members of the cheese club, I plan to bring more of these cheeses into our retail cheese case and include signage to let you all know if a certain cheese was a favorite with the Co-op Cheese Club.

Although the number of participants in the Co-op Cheese Club is limited, there is almost always an opening as people weave in and out of membership. If you are interested, just be sure to sign up by the last day of the month to get a bag in the middle of the following month. A pick-up date for each month is set so you know when to expect your cheese. You will be contacted by e-mail when the bags are ready to be picked up as well.

Co-op Cheese Club gift certificates make nice presents for holidays, birthdays and as a thank you gift. One month is \$30, or a subscription for 6 months can be

purchased for \$150, saving you \$5 per month. Co-op Cheese Club bags are always a good value. Often the cheeses included are artisan, expensive or hard-to-get, but the cost per month remains the same. We can be flexible, in case you will be gone during the time of your subscription, or if you would like to skip a month for some reason. All we ask is that you let us know by the end of the previous month.

I have the joyful task of choosing cheese for the Co-op Cheese Club and for our store. Luckily, I've been able to visit many cheese producers in the Midwest and have been able to taste most of the cheeses I choose from this part of the world. For cheeses from further afield, I rely on a couple of folks who buy cheese for distributors that I work with, and they try really hard to direct me to the kinds of cheeses I'm looking for.

If you are curious about the Co-op Cheese Club, but aren't ready to jump in, look for signage in our cheese case. If I have extra cheese after the bags are made up, I'll put it in the case with a sign noting that it is featured in the Cheese Club. Since I'm hoping to gather feedback from participants, I'll start labeling cheese that gets positive reviews from our Cheese Club members as well.

- Here are the themes for upcoming months.
- March: Hard Cheese
 - April: Soft Cheese
 - May: Italian and Greek Cheese
 - June: Wisconsin Innovations
 - July: Aged Raw Milk Cheese
 - August: West Coast Cheese
 - September: Artisan Mixed Milk Cheese
 - October: Farmstead
 - November: British and Irish Isles
 - December: Festive

Here's what some people have said about the Cheese Club:

"Some really interesting cheese this month."

"Beth's choice of cheeses is excellent, and our monthly bag of cheese is just like receiving a present chosen exactly for us. No wonder membership in the Cheese Club is our favorite Christmas and birthday gift to each other."

"Another winner. We plan to renew."





Patchwork Green Farm

Erik Sessions and Sara Peterson (563)387-0837 patchworkgreen.com

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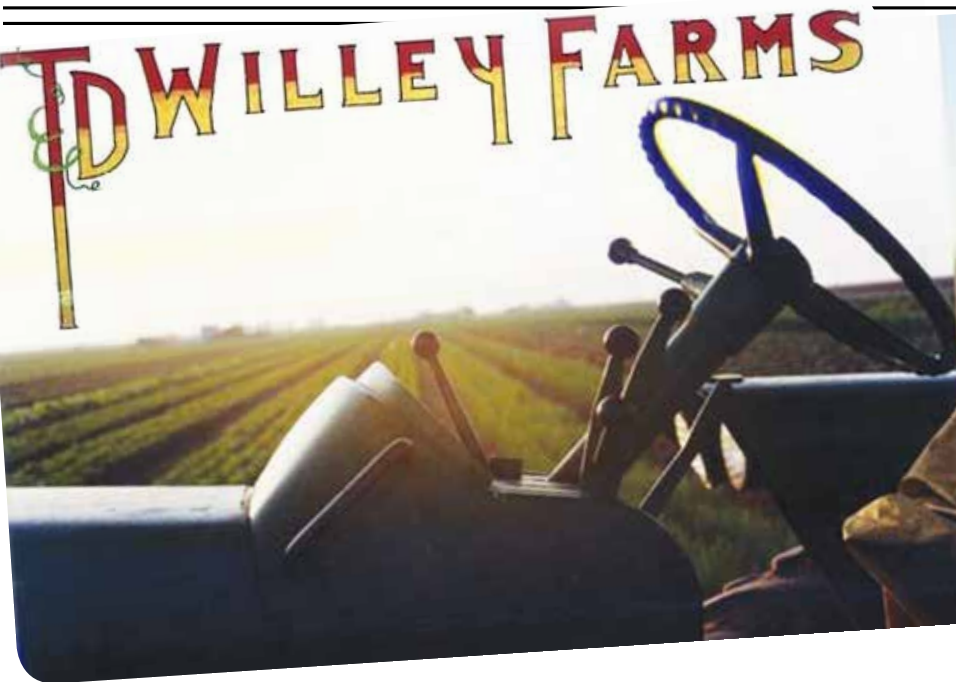
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end 2

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

growers’ standards that would be a large farm, but compared to the typical farm in California they are considered small. Tom and a staff of ten people grow everything from brussels sprouts to Italian zucchini, employing the latest in biological fertility systems. Denesse manages the hand-harvest, sales, and shipping with her permanent staff of 40 and summertime help with as many as 40 additional people. They are proud of how they are different.

By: Betsy Peirce, Produce Manager

A few years ago on a trip to California I had the pleasure of driving south through the Salinas Valley, one of the biggest agricultural areas in California. The produce geek in me all but held itself back from hanging out the window. As we whizzed past to our destination I was astounded at the scope of the massive farms which I patronize but had never seen with my own eyes. My traveling companions humored my enthusiasm. We drove past Castroville, the artichoke capital of the world, and Watsonville, the home of the headquarters of Driscoll - the massive berry grower cooperative.

I saw field hands in the fields of lettuce as far as the eye could see. Trucks rolled past us packed to the gills with baby spinach. It was fascinating. Iowa is not typically a place where we see massive fields of vegetables, and it was amazing to see the California version of intensive agriculture. The labor used in those fields is primarily migrants who move from farm to farm and region to region flowing to where work is available. As I looked out the window, I was acutely aware of the hard labor these workers endure in order for Midwesterners to eat fresh fruit and vegetables in the winter.



These words from the Willey’s speak to their mission. “Small farms are criticized as inefficient; lacking sufficient scale to adopt expensive mechanized technology to reduce unit cost of production. We believe that caring people’s eyes and hands are the paramount tools of quality production. We marvel that nearly fifty families besides our own are supported year-round by the production of our 75 acres. Please take pride that your purchase of our produce at fair prices sustains a community of people who appreciate the opportunity to serve you and the land.”

based
a larger goal to help to create jobs, improve access to local food and developing stronger connections between farmers, buyers and consumers.” Surprisingly, the need for a “food commons” is a necessity in the most fertile valley in the USA.

Ironically, there has not been much of a local food system established in the area. The Willey’s supply the majority of produce in the boxes and Food Commons takes care of the distribution. In an interview with the Madera Tribune, Mr. Willey expressed relief at the opportunity to partner with Food Commons. He said “I’m no longer a young farmer and when you’re approaching 70 years of age and you’ve been farming for almost 35 years in the Fresno-Madera region, your thoughts begin turning to succession and our three grown children are pursuing other careers.”

(<http://www.fresnobee.com/news/business/agriculture/article22571628.html#storylink=cpy>).


We are happy to know that T & D Willey Farm will continue to service their wholesale customers in and around Modesta at restaurants and organic specialty markets and also as far away as Minneapolis. Years ago, Rick Christianson, the buyer for Roots and Fruits (a Cooperative warehouse in Minneapolis) began a relationship with the Willeys. He is now a buyer for Co-op Partners Warehouse and can’t remember a time he did not buy from them. We, too, are fortunate to buy their produce via Co-op Partners Warehouse. Rick says of the Willeys, “Without pioneer organic farmers like



In my role as Produce Manager, I work half (or more) of the year with the “little guys” of the farming community. They are mostly doing it all themselves on 3-10 acres with a field hand or two during the growing season. In the winter season, out of necessity, the Co-op buys a lot of California produce.

Over the past 22 years as Produce Manager, I have purchased organic produce from many farms in California. To stand out, a farm has to have a good marketing team to make a produce manager take notice. T & D Willey Farm in Modesta, CA (in the Central Joaquin Valley where almost half of the fruits and vegetables consumed in America are grown) is one of the farms that stands out.


The owners, Tom and Denesse Willey, are veteran farmers, marketers, and entrepreneurs. In fact, Tom Willey is considered as one of the pioneers of the organic farming movement. They began farming in the 1980’s and certified their farm as organic in 1987. The 75-acre farm sits in the some of the most productive soil on earth. By our local vegetable



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the Willeys, it would be difficult for today’s [organic] farmers to exist. They paved the way for the organic movement to take hold.”

The Willey’s produce appeal to many over the “big guy’s.” With high-quality and unique varieties, the Willeys strive to make it easy to tell the difference. “We strive to put out a product that is superior to conventional produce in flavor, appearance, and ecological costs. We pick and ship a product that shows more care and attention to detail than the large organic operations. It has been said that a job well done brings honor to the task and satisfaction to the soul.”

They set themselves apart by selling their beautiful produce from paper lined wooden crates, or smaller sized boxes that protect the unique varieties they grow. They also create interest in their farm by simply including a 4 x 6 essay, written or chosen by Mr. Willey, in each box. (At one point they tried to cease the practice, but there was such uproar from customers that they resumed the practice.)

Not only is the produce stunning, but the essay, cartoon, or quote can impart knowledge about the state of farming, the California drought, climate change, or a system of pasture-fed animals in California now grazing on greens raised in greenhouses. All written with first-hand insight and noted sources to make it easy to learn more. Our receivers at the Co-op routinely hang them up in the prep area because they are so interesting.

Last year, for the most part, we stocked only T & D Willey bunched beets and local Patchwork Green bunched beets year round. While we value our local farmers above all else, it cannot be contested that if California farms like T & D

Willey Farm did not exist, our shelves would be bare in the winter.

At the same time the Willeys encourage our local produce scene here in Decorah. Rick Christianson says, “Denesse is very supportive of the regional food scene and will not ship something that Co-op Partners can procure locally.” Instead, she finds elsewhere to sell her product in order to leave the market open for locally-sourced items.

We like that Co-op Partners includes and indicates T & D Willey Farm produce on their price list because they know that produce buyers, like me, want the choice to buy T & D Willey instead of a big ag brand. If we can’t buy local, at least we have T & D Willey Farm.



“What I stand for is what I stand on.”
—WENDELL BERRY

T&D WILLEY FARMS
A seasonal progression of fine Mediterranean vegetables
ORGANICALLY GROWN

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GENERAL GUIDELINES FOR USING ESSENTIAL OILS

By: Erin Stewart, Veriditas Botanicals

Use only pure, 100% certified organic essential oils from companies you trust that do batch-specific testing on all of their oils.

Use the proper dilution.

To dilute an essential oil is to add a little bit of the essential oil to a larger amount of a carrier oil. A carrier oil is a fatty oil or vegetable oil. Examples of carrier oils include olive oil, coconut oil, sunflower seed oil, jojoba, argan oil, Rose hip seed oil, or even unscented lotion.

General appropriate dilution rates are as follows:

1% dilution (5-6 drops per ounce of carrier oil) - used for those who may have a compromised immune system, elders, children, and for pregnant or breastfeeding women. Note: not all essential oils are suitable for use when pregnant or breastfeeding.

2% dilution (10-12 drops per ounce of carrier oil) - the standard dilution used for every day products, massage applications, etc.

3-10% dilution (15-60 drops per ounce of carrier oil) - used short-term to treat specific, acute situations. For most issues, you would not need to go higher than 3-4%.

Neat/Undiluted - There are very few essential oils that can safely be used neat, or undiluted, on the skin. Such use is typically only used short-term for local, acute situations (like a drop of Lavender for a bug bite or a bee sting).

For Inhalation.

Because it is simple and effective, inhalation is one of the most common methods of application when using essential oils. By inhaling an essential oil, we can quickly deliver the therapeutic properties of the oil to the bloodstream (and therefore to the whole body) via the lungs.

Methods of inhalation include: using a diffuser, an aromatherapy inhaler, or any other method used for inhaling the aroma of an essential oil.

Not all essential oils are suitable for inhalation. Some of the oils contain chemical constituents called phenols, aldehydes, and (some) monoterpenes that can be irritating to the lungs and/or mucous membranes when inhaled, or can be contraindicated for those people who may have asthma or allergies. Make sure you check your safety references before using a specific oil. You must also be sure to use the appropriate amount of an oil when using the inhalation method of application - too much of an essential oil, even a safe one, can cause a headache, dizziness, or other adverse reactions.

For Topical Application.

Applying essential oils to the skin when they are properly diluted in a carrier can be one of the most luxurious, nourishing ways to use them. When applied topically, the rate of absorption into the bloodstream is a little slower so we can smell their aroma lingering on our skin longer. We also experience their skin-nourishing benefits when we use them this way.

When working with skin-irritating oils, be sure to use them appropriately. Some of them can be used topically when diluted properly and combined with other skin-nourishing oils (check their dilution rates in the books we suggested earlier), while other skin-irritating oils should not be used on the skin at all.

Please refer to Robert Tisserand and Rodney Young's book, "Essential Oil Safety" for oil-specific dilution guidelines. The book is a bit of an investment. However, if you are a certified aromatherapist, would like to become one, or are using essential oils regularly and blending your own products, it is a worthwhile investment.

Use phototoxic essential oils with care.

There are several essential oils that contain chemical constituents that when exposed to UV rays or sunlight can cause burning, blistering, or other damage to the skin. These reactions can occur up to 18 hours after applying the essential oil to the skin (some experts are now saying 24 hours). This does not mean that you should not use these oils at all. Just dilute them properly and be aware of the sun. If you know that you'll be outside, apply them to skin that will not be exposed to the sun, like your belly.

Some essential oils with phototoxic components are: Lemon (cold-pressed), Bergamot, Grapefruit, and Lime (cold-pressed).

Sweet Orange and our distilled Lime here at Veriditas Botanicals are not phototoxic but do still need to be diluted properly.

Keep essential oils and related products out of reach of children.

Keep learning.

As with anything you are going to use in your home, practice, or lifestyle, it is important to educate yourself on the safe, proper use of essential oils. Not all resources for learning more about essential oils are reputable. These are our favorite reputable resource books: "The Healing Intelligence of Essential Oils" by Kurt Schnaubelt and "Aromatherapy: A Complete Guide to the Healing Art" by Kathi Keville and Mindy Green.

For Babies, Use Hydrosols Instead.

Babies rarely need something so strong and potent as an essential oil to support their little systems. Hydrosols are much more gentle and appropriate for use with these precious little ones and they still provide many therapeutic benefits. When you feel that a baby-safe essential oil is necessary, apply it, properly diluted, to your own back instead of to the baby's skin. This way, they'll still be able to inhale the aroma, but it will be indirect and will not be touching their skin. Avoid applying essential oil directly to the skin for babies under 2 years.

Use Essential Oils Appropriately With Children.

Check out the full article on essential oil use with children on the next page. Here are a few highlights.

- For children under 2, direct skin application should be avoided. See point above.
- For healthy children ages 2-5, kid-safe oils may be appropriate for diffusion or for short-term first aid use, such as a bit of diluted Lavender for a bug bite or bee sting.
- For healthy children ages 5-12, diffusion, inhalation, or topical application at a 1% dilution may be appropriate.

You are responsible for using essential oils safely and for knowing the safety considerations of each essential oil you use.

Have fun.

Overall, using essential oils to support your health or that of your family should be fun! Yes, there are safety considerations to follow and there is a lot to learn, but using essential oils can and should be an enjoyable experience. These powerful allies are here to be used for our benefit and to enrich our lives. Have fun getting to know each of them and learning how they can help you individually. The more you learn, the more you'll love them. Don't let all the details along the way take the fun out of using them. Enjoy!

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ALDEHYDES

Anti-inflammatory
Antiviral (Citral)
Calming
Skin irritant
Sedative

- Citronella
- Eucalyptus Citridora
- Lemongrass **F**
- Lemon Verbena **F**
- Litsea Cubeba (May Chang)
- Melissa **T**

KETONES

Abortive
Cell regenerative
Lipophilic
Mucolytic
Potentially neurotoxic
Strong skin irritant
*Avoid in pregnancy & asthma

- Mugwort
- Sage
- Thuja

TERPENES

Antiseptic
Antiviral
Mild diuretic
Possibly photosensitizing
Potential skin irritant
Stimulant

CITRUS

- Bergamot **F T**
- Grapefruit **F T**
- Lemon **F T**
- Lime **F T**
- Orange **F T**

TREES

- Cypress **T**
- Fir, Doug
- Pine, Wild Scotch **T**

ESTERS

Anti-inflammatory
Antispasmodic
Anxiolytic
CNS nerve
Fungicidal (Candida alb.)
Releasing tension
Relaxing
Safe for Children
Sense of well-being

N

AROMATHERAPY & CHEMISTRY REFERENCE

- Cardamom **F T**
- Roman Chamomile **F T**
- Clary Sage
- Helichrysum italicum
- Cocoa **F**
- Jasmine **F**
- Lavender **F T**
- Ylang Ylang **F**

SESQUITERPENES

N

Antihistamine
Antiviral
Cell Regenerative
Calming
Cooling
Strong anti-inflammatory

- Cedar, Atlas
- Moroccan Blue Chamomile (Azulene)
- German Chamomile (Chamazulene)
- Frankincense **T**
- Myrrh **T**
- Patchouli
- Spikenard
- Vetiver

ALCOHOLS

N

Antibacterial
Antifungal
Antiviral
Diuretic
Energizing
Immune stimulant

- Basil, Linalol **F T**
- Eucalyptus Radiata **T**
- Eucalyptus Globulus
- Rose Geranium **F T**
- Marjoram, Sweet **T**
- Neroli **F T**
- Palmarosa **T**
- Peppermint **F T**
- Ravintsara **T**
- Rose otto & white **F T**
- Rosemary Cineol **F T**
- Sandalwood **T**
- Tea Tree **T**
- Thyme Linalol **F T**
- Vanilla **F**

PHENOLS

!

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Antifungal
Antiviral
Immunostimulant
Potential skin irritant
Strongest antimicrobial

- Thyme thymol **F T**
- Oregano **F T**
- Cinnamon Leaf

PHENYL-PROPANES

Antibacterial
Antiviral
Antifungal
Strong skin irritant
Warming
Invigorating
Immunostimulant

- Cinnamon Bark **F T**
- Clove **T**

PHENYL-PROPANE ETHERS

N

Antispasmodic
(Cramps/Asthma)
Mentally stimulating

- Anise **F T**
- Fennel **F T**

! = Use with Caution. Use Diluted 1-10% in a Carrier.

N = Neat (UNDILUTED) Application

F = Used for Flavoring Food in Moderation.

T = Can be Used Therapeutically in Medicinal Honey's or Tinctures.

Using Essential Oils with Children

By: Erin Stewart, Veriditas Botanicals

If you love essential oils and you have children, you've probably wondered, "Are my essential oils safe to use around my kids?" Good news - many essential oils can be used safely around children if you follow a few simple guidelines. We're going to outline a few of them for you today.

General Guidelines

1. As with all essential oil use, please follow the general guidelines for safety. (see related article in this publication.)
2. Keep all essential oils and related products out of reach of children.
3. Always take into account the constitution and health of an individual when blending for them, especially with children. A robust, healthy young 5 year old may respond differently to an essential oil than a 5 year old who is normally sensitive to scent or is small for his age.
4. Be aware that some essential oils should not be used at all when pregnant or breastfeeding. (We'll be posting a full article on the subject of essential oils during pregnancy or breastfeeding next week, so stay tuned for that.)
5. Always dilute essential oils appropriately for use with children.

Babies (Under 2 years)

Essential oils are powerful, potent substances. We recommend avoiding direct skin application for children under two years of age. Babies rarely need something as strong as an essential oil to support their little systems. We recommend using Hydrosols with babies instead of essential oils. A hydrosol is the aromatic water that remains after steam-distilling or hydro-distilling botanical material. They're gentle, effective, safe, and still provide many therapeutic benefits for our little ones.

When you feel that using a baby-safe essential oil is necessary, you can either diffuse it for a short period of time (15 minutes is plenty), or you can apply it, properly diluted, to your own back instead of to the baby's skin. This way they'll still be able to inhale the aroma, but it will be indirect and it will not be touching their skin. Diffusion can be especially effective at nighttime - diffusing a tiny bit of Lavender and/or Chamomile before bed can be incredibly soothing and calming for baby and parents!

Ages 2-5

For healthy children ages 2-5 years, kid-safe oils may be appropriate for use in a diffuser or for short-term first aid use, such as a bit of diluted Lavender to soothe a bug bite. For acute situations, like a bee sting, 1 drop of undiluted, pure organic Lavender essential oil may be applied.

When you do apply essential oils to a child's skin at this age, they should be blended at a 1% dilution. This means 5-6 total drops of essential oil per ounce of carrier oil. Hydrosols also provide therapeutic benefits and are appropriate for use with children in this age group.

Ages 5-12

For healthy kids in this age group, diffusion, inhalation (aromatherapy inhalers are an option - use 10 drops total in the inhaler), or topical application at a 1-1.5% dilution may be appropriate.

This is a mere introduction to the wide use of essential oils. Please see www.veriditasbotanicals.com or contact the Co-op Wellness Department for more important basics, uses and cautions. Use essential oils respectfully, drop by drop; they are extremely concentrated.

Always keep away from eyes and children. If you need to remove an essential oil from the skin, use a vegetable oil, such as olive oil on a tissue or cloth to remove.

Child-Safe Oils

Here is a list of some of our oils that are generally regarded as safe for use around children when used appropriately:

- Basil, linalol
- Bergamot (phototoxic - use appropriately)
- Cedar, Atlas
- Chamomile, German & Roman
- Citronella
- Clary Sage
- Coriander
- Cypress
- Dill
- Frankincense
- Grapefruit (phototoxic - use appropriately)
- Helichrysum
- Jasmine Absolute
- Juniper Berry
- Lavender
- Lemon (phototoxic - use appropriately)
- Marjoram, Sweet
- Neroli
- Orange, Sweet
- Palmarosa
- Patchouli
- Pine, Wild Scotch
- Sandalwood
- Spearmint
- Tea Tree
- Vanilla Perfume
- Vetiver

*Note: Wintergreen and Sweet Birch oils should not be used on or given to children in any amount.

You are responsible for using essential oils safely and for knowing the safety considerations of each essential oil you use.

Cast Your Vote

2016

Board

Co-op Board Election 2016

By: Alicia Trout, Board Vice President

Greetings member/owners of the Oneota Community Food Co-op. 2016 Board election ballots have been mailed to all members-in-good-standing as of Tuesday, March 1st. If you do not receive a ballot in the mail and believe that you should, please call the Co-op at 563-382-4666 to verify your address and membership status. The contents of the mailing include the announcement of the upcoming Annual Meeting of the Membership, 2016 Board Election Ballot and Candidate Statements. The Annual Meeting has been scheduled for Tuesday, April 19th at 7:00 pm and will be held at Good Shepherd Lutheran Church in Decorah. All members 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 as well.

This year, 2016, we have four positions to fill on the Oneota Co-op Board of Directors. Three of these positions are 3-year terms and one of these is a 1-year term. Our sincere thanks go to Deneb Woods, Steve McCargar, Mike Bollinger, and Brita Nelson for their service on the Oneota Co-op Board. Board candidates

for the 2016 election include the following (three) individuals to fill the three, 3-year term slots on the Co-op Board: Brita Nelson, Bryan Stuart, and Flannery Cerbin-Bohach. Additionally, the candidate to fill the one, 1-year term is Scott Hawthorn. An abbreviated 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 Directors during the month of March. Completed ballots must be received at the Co-op no later than 8:30 pm on Friday, April 1st. The full candidate statements can be found on the Co-op website (www.oneotacoop.com) and are included with the mailed ballot. 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 Wednesday, March 9th in the Water Street Cafe 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.

Flannery Cerbin-Bohach - 3-year term candidate



How long have you been a member/owner of the Co-op and why are you interested in serving on the board?

I started a Co-op membership in early 2010. I moved away from Decorah in 2013 and held onto my membership for awhile, but finally decided to withdraw my membership as I didn't see planting roots again in Decorah for sometime. Low and behold, my husband and I have returned ... and for good! We recently reapplied for a Co-op membership.

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

The Co-op feels like home for so many reasons. Foremost, when I go to the Co-op I'm supporting my own value system of consum-

ing healthy, local and fairly grown/raised foods. I know Co-op employees "do their homework" to provide high quality foods and products. When I make purchases at the Co-op, I feel as if I have invested wisely. I have invested in kind, helpful employees and in the local economy. Lastly, I love that on any given trip to the Co-op I run into, at minimum, one person I know!

Whether or not we see the future littered with challenges or teeming with possibilities, I know the Co-op is well equipped. I imagine the Co-op resilient in the face of rising energy demands and food prices. The Co-op has the power of our collective support. It's responsive to member/owners' needs and demands, while also upholding values that other entities have yet to even consider. I predict the Co-op will reach untapped markets by continued ingenuity and creative marketing, and also because there will be new demands from a broader community.

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

I have been an advocate of good food for most of my life, but my values really started to solidify in college. As a Luther College student, I grew food for the campus cafeteria. As a result, I understand (some) of the intricacies of bringing local food into institutions. My mother had a green thumb and there are photos of me helping garden in my diaper. Now, my husband and I do a lot of gardening and raise a few city chickens. I have a deep appreciation for homegrown.

My professional work experiences have centered on combinations of nutrition, local foods, and holistic wellness education. I feel my most relied upon skills have been serving as liaison, being an effective communicator and thinking creatively.

I served as an AmeriCorps service member for the Northeast Iowa Food and Fitness Initiative, during this time helping lay the foundation for a regional Farm to School program and went on to serve in a communications role for the organization. One of my proudest accomplishments was spearheading the development of a messaging campaign "Together, We Grow Healthy Kids," which taught me the importance of strategic marketing and working together! I also helped oversee the Iowa FoodCorps program, as a FoodCorps Fellow. I established trainings, served in a mentorship role, engaged in statewide communication and networked in local food system circles.

I am presently the Wellness and Life Stage Program Manager at Northeast Iowa Community College, coordinating NICC's new faculty and staff wellness program. I am one semester away from completing my Master's in Public Health in Community Health Education from the University of Wisconsin-La Crosse, which has given more academic breadth to my previous work experience.

BOARD ELECTION CALENDAR 2016

ACTIVITY	DEADLINE
Ballots and candidate statements with announcement of annual meeting mailed to members in good standing	March 1
Voting ends at end of business day	April 1
Administration of ballot counting	April 1-4
Election results announced	April 19
New Board members start service	April Board Meeting



How long have mushrooms been pleasing the palate? Possibly for as long as people have been around. Since mushrooms grow all over the world and in most climates, they've probably always been widely available. That's not to say eating all manner of mushrooms was (or is) safe. Ancient Roman emperors designated "tasters" to determine (by surviving or dying) whether particular mushrooms were poisonous or edible. Today, even those who forage for mushrooms are cautious and rely on experts to identify what's edible, what's not and what's unknown.

Though we enjoy them as a vegetable, mushrooms aren't technically a plant; they're fungi. Wild mushrooms grow in moist, dark places with plenty of decaying organic matter, such as wooded areas. Cultivated mushrooms are most often grown in peat-sawdust mixtures in controlled environments.

A mushroom's nutritional profile depends on its type, but in general, mushrooms are a low-calorie, non-fat food, high in fiber, potassium and B vitamins. They also contain vitamin D, copper, selenium, phosphorus, zinc and magnesium.

There are thousands of varieties of mushrooms with earthy, complex flavors and fascinating shapes. The textures vary, too, from delicate to meaty. The most common varieties of mushrooms sold in stores are the commercially grown white button, cremini and portobello mushrooms—though your co-op likely offers a selection of other cultivated and wild mushrooms, both fresh and dried.

...continued on page 18

Candidates >>>>>

Brita Nelson - 3-year term candidate



How long have you been a member/owner of the Co-op and why are you interested in serving on the board?

I have been a member of the Oneota Co-op since March 1, 2001. I'm interested in serving a second term on the Board because my first term has been a great learning experience and I'm excited about the future for the Co-op. Mostly, I'm interested in continuing to listen to and represent membership as the Co-op considers options for expansion into our next-door building.

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

When I come to OCC, I love knowing I can find products I trust in an environment that fosters community. The Co-op is a terrific business to have in Northeast Iowa and downtown Decorah, with so much going directly back into the local community! In the future, I see the Co-op working toward expansion and increased use of the new space next to our main building.

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

During my current term on the Co-op board, I have served as vice-president and am presently serving as Board President. I have held a variety of positions that have lead me to work with personnel policies and regulations.

What experience do you have working with a group process?

Lots! I've worked with the OCC board through two strategic planning sessions. I had the opportunity to serve on the board of the United Way of Winneshiek County. Additionally, my professional life requires regular use of group process for regular state-wide training development.

C. Bryan Stuart - 3-year term candidate

How long have you been a member/owner of the Co-op and why are you interested in serving on the Board?

Approximately 4 years (Winter 2011-2012)
Although I am usually a "behind the scenes" guy I do think that my experiences and dedication/passion for organic/local agriculture will be an asset to the BOD and Co-op. I am a strong advocate for both the financial viability of producers and ensuring that organic/local foods are not exclusive.

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

I have spent most of my time over the past 10 years directly involved in small scale vegetable production and marketing - primarily as an organic grower-but in other capacities as well. I have been fortunate to have lived and worked in regions with highly established "local foods markets" such as Santa Cruz, CA and Burlington, VT. Furthermore, I have been a member of many successful other Co-ops (Burlington, VT and Davis, CA) along the way.

What experience do you have in working with a group process?

2006-2007: Community Connections Coordinator (Intervale Center, VT) - worked closely with growers to organize getting excess produce/goods to people that were low income
2009-2010: Organic Apprenticeship Program (Santa Cruz, CA) - Management Team
2012-present: Preservation Management Team (Seed Savers Exchange)



Scott Hawthorn - 1-year term candidate

How long have you been a member/owner of the Co-op and why are you interested in serving on the board?

I've been a member/owner around 16 or 17 years. I first bought my membership with the money I made selling winter squash to the Co-op.

The principles which guide the Co-op have always been important to me, and are the foundation of why I became a member/owner and a Co-op volunteer. My interest in serving the Co-op further began in 2010, when I worked on the gazebo in the adjoining park. I was able to see and experience how the Co-op was utilized by so many in the community and it really grew my idea of how the Co-op serves the community; from my neighbors and friends, to visitors, other businesses, and in so many different ways. I run a small business in Decorah and am interested in the future of local businesses. Local food, organic food, sustainable development - I want to help be a part of continuing this in our community.

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

I like that the Co-op is locally owned and run, and thoroughly enjoy the community of people involved with the Co-op. I love seeing it grow and change, and I love the food. And it's motivation is not greed.
I'd like to see the Co-op continue on, growing sustainably, reaching out to the larger community through education.

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

I've run my own stone masonry business here in Decorah for almost 20 years. During this time, I've worked with many different customers and many other contractors on various projects. I think my flexibility to work with individuals and groups could be a benefit. I also think my long-term experience of running a small business would make me a valuable member of the Board. In addition, I've been a member volunteer on and off for many years and my wife worked for the Co-op for over 10 years. This involvement has allowed me to have a deeper understanding and respect for the volunteers and employees of the Co-op.

What experience do you have working with a group process?

In my line of work, I have to be able to work with teams of various individuals towards a shared goal. I've had many years of experience successfully doing this.





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Oneota Community Food Co-op

MISSION STATEMENT

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

Ends Policy

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

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

vendors and suppliers,

the larger community of cooperatives,

the wider regional comm unity.

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

1

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

2

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

3

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

4

A business that promotes environmental and financial sustainability.

5

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

6

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

Oneota Community Food Co-op Staff

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

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, Kristin Evenrud grocery@oneotacoop.com

Cafe Manager, Leah King leah@oneotacoop.com

Front End Manager, Keri Sovern..... frontend@oneotacoop.com

Wellness Manager, Gretchen Schempp gretchen@oneotacoop.com

Pricing and Commitment Coordinator, Frances Kittleson frances@oneotacoop.com

Bulk Buyer, Carl Haakenstad bulkfoods@oneotacoop.com

Wine/Beer, Bakery Buyer, Amber Pambin amber@oneotacoop.com

Freezer Buyer, Carrie Johanningmeier..... carrie@oneotacoop.com

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

Meat Buyer, Kristin Evenrud meat@oneotacoop.com

Cheese & Dairy Buyer, Beth Rotto beth@oneotacoop.com

Member Volunteer Coordinator membervolunteers@oneotacoop.com

Customer Service, general inquiries..... customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

Editor Nate Furler

Design/Layout Kaija Kjome and Nate Furler

Proofing Cathryn Baldner

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

2015-2016 Co-op Board of Directors

Mike Bollinger..... oneotabollinger@gmail.com

Maren Beard oneotabeard@gmail.com

Steve McCargar..... oneotamccargar@gmail.com

Brita Nelson, President oneotanelson@gmail.com

Carl Peterson oneotapetersonc@gmail.com

Alicia Trout, Vice President..... oneotatrout@gmail.com

Deneb Woods..... oneotawoods@gmail.com

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.

Steve McCargar

Deneb Woods

Mike Bollinger

Brita Nelson

Alicia Trout

Maren Beard

Carl Peterson

Louise Hagen

Barb Dale

Mary Hart

Jon Hart

Wendy Stevens

Dennis Carter

Steffen Mirsky

Nancy Eldridge

Michale McElrath

Carol Bentley-Iverson

Cathy Baldner

Ruth Huffman

Arllys Adelmann

Ellen Cutting

Onita Mohr

Miriam Skrade

Randall Duvall

Bob Wilson

Jerry Aulwes

Johanna Bergan

Brittney Claman

Sabrina Claman

Sarah Frydenlund

Peter van der Linden

Judy van der Linden

Ryan Hall

Doug Tuers

Tara Woosley

Ellen Cutting

Kathy Skold

Joel Zook

Kristin Eggen

Yvonne VanVeldhuizen

Dave Johnson

Cynthia Lantz

Jim Stevens

Taylor Claman

Joan Johnston

Joan Carlisle

Kelley Claman

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

The Statement of Cooperative Identity

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

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

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

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

2nd Principle.....Democratic Member Control

3rd Principle.....Member Economic Participation

4th Principle.....Autonomy & Independence

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

6th Principle.....Cooperation Among Cooperatives

7th Principle.....Concern For Community

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 15% special order case discount on all Grocery, Bulk, Wellness and Produce special orders. Case quantities vary. (Excludes Co+op Deals and Member Deals sale items).

Access to the Co-op's video collection with no fees.

Have access to information on the Co-op's financial status.

Run for a seat on the Board of Directors.

Vote in Board elections and on referenda. (Share payment must be current).

Share in the success of the Co-op through your member patronage dividend in the years where there is sufficient profit. Patronage dividends are given at the discretion of the Board of Directors.

Own the store where you shop!

Shares in the Oneota Co-op are fully refundable, minus the administration fee, should you choose to leave the Co-op.

everyone can shop. everyone welcome. no membership required.

Welcome to these new member-owners:

Yvonne Aldredge

Rose Beardmore

Laurie Biedermann

Amy Bowden

Phillip Bray

Eva Brummel

Flannery Cerbin-Bohach

Mark Durnan Sr.

Kristin Eggen

Jody Ehlers

Vickie Emery

Candy J. Fenske

Karen B Gray

Marsha Grimes

Lydia Hershberger

Tracey "Alli" Hovey

Alan Jones

Emerald Kissinger

Wesley Knaack

Merle Kuennen

David Larson

James Lee

Stephanie Liddiard

John Malanaphy Jr.

Karen Melendy

Marcia Meyer

Becky Monroe

Conor Murphy

Justine Nies

Lela Numedahl

Christine Sims

Jean Solberg

Michael Spencer

Karen Steffen

Jackie Trumm

Diane Viise

Holly White

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 COMM POST

ONEOTA COMMUNITY FOOD COOPERATIVE

decorah, iowa

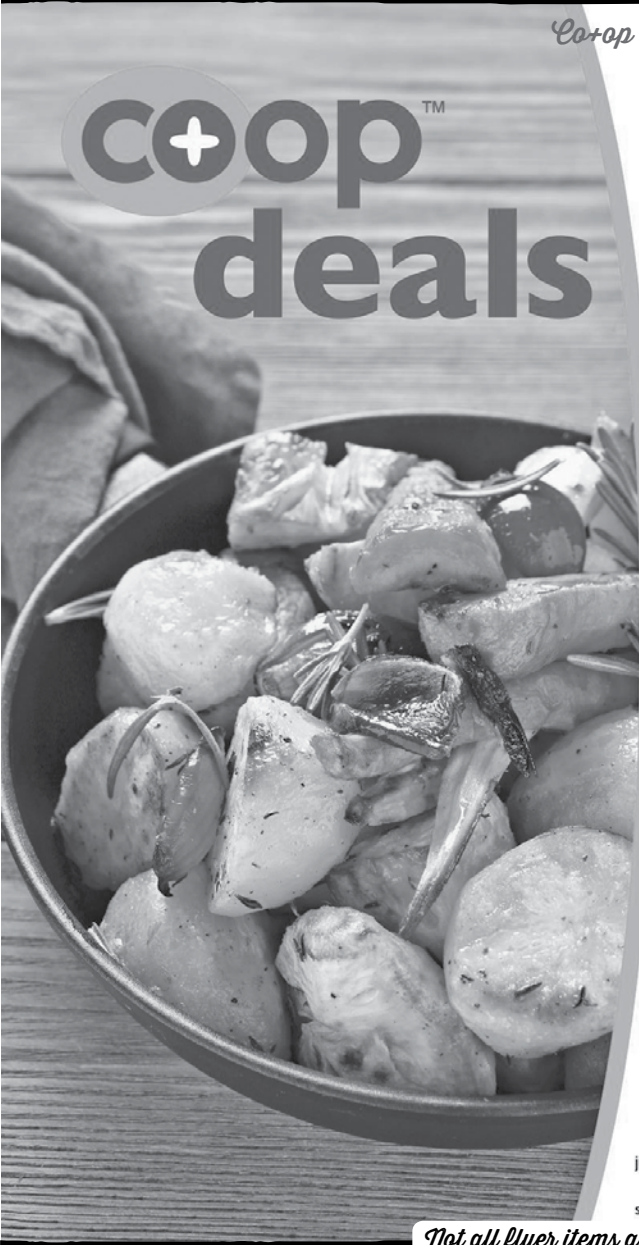
Windy Street Café

To sign up for weekly Oneota Co-op e-mails containing news, events, sales, the Café menu and catering menu, simply go online to any page of our website and enter your e-mail address at the bottom of the page.

www.oneotacoop.com

..... these sales valid **MARCH 16 - MARCH 29, 2015**

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



coopTM
deals



\$2.99

PACIFIC
Organic Broth
32 oz., selected varieties



2/\$5

**ANNIE'S
HOMEGROWN**
Bunny Crackers and
Grahams
7.5 oz., selected varieties



2/\$6

LATE JULY
Organic Multigrain
Chips
10-11 oz., selected varieties



4/\$7 **WILD PLANET**
Sardines
4.375 oz., selected varieties

Featured Inside:

- Getting wild with morels, nettles, berries and ferns
- A savory roasted root vegetable recipe features carrots
- Tangy, nutty Parmesan cheese; it's not just for pasta!
- Shop co-op for fresh, fabulous foods for springtime



\$11.99

WELEDA
Skin Food
2.5 oz.
other Weleda products
also on sale



\$2.99

SOUTH OF FRANCE
Soap
6 oz., selected varieties



\$8.99

BOIRON
Sinusalia
60 ct.
other Boiron products
also on sale



\$10.99

BACH
Rescue Remedy
10 ml.
other Rescue Remedy
products also on sale



\$8.99 **SEVENTH
GENERATION**
Baby Diapers
20-40 ct., selected varieties
other Baby products
also on sale



\$5.99

GIOVANNI
Shampoo or Conditioner
8.5 oz., selected varieties



\$12.99

ACURE
Quick Fix Correcting
Balm
1 oz.
other Acure products
also on sale



\$11.99

COUNTRY LIFE
Vitamin D3 5,000 IU
200 ct.
other Country Life
Supplements also on sale



\$7.99

**LILY OF THE
DESERT**
Organic Aloe Vera Juice
32 oz., selected varieties
other Aloe products also on sale



\$24.99

TERA'S WHEY
Organic Whey Protein
12 oz., selected varieties



Foraging and
Wildcrafting

If ramps, fiddlehead ferns or morel mushrooms at your co-op intrigue you, imagine what you might discover by foraging and wildcrafting. Harvesting edible plants in the wild offers a treasure hunt that brings you closer to nature. One place to begin is wild raspberries or blackberries. Many common weeds are both plentiful and nutritious, including dandelion, stinging nettles and purslane.

Wildcrafters should take care not to overharvest any plant, or to pick endangered or inedible ones. It's best to learn from an experienced forager how to identify which plants to eat. Co-ops and community education programs are often good resources for classes, too.

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

MEMBER DEALS 03/02/16 - 03/29/16

* Regular prices subject to change

	SALE Price	Reg Price	Savings
Packaged Grocery			
SO DELICIOUS, Coconut Milk Yogurt Unsweetened Vanilla, 16 oz	\$3.69	\$4.29	\$0.60
Coconut Milk Yogurt Unsweetened, 16 oz	\$3.69	\$4.29	\$0.60
Coconut Milk Yogurt Vanilla, 16 oz	\$3.69	\$4.29	\$0.60
LOTUS FOODS, Organic Brown Jasmine Mekong Rice, 15 oz	\$3.69	\$3.99	\$0.30
Organic Black Forbidden Rice, 15 oz	\$3.69	\$3.99	\$0.30
Organic Jade Pearl Rice, 16 oz	\$4.39	\$4.99	\$0.60
Organic Jasmine Mekong Rice, 17 oz	\$3.69	\$3.99	\$0.30
LUNDBERG FAMILY FARMS, Organic Brown Rice Syrup, 21 oz	\$5.69	\$6.49	\$0.80
Sweet Chili Ginger Sauce, 12.7 oz	\$4.69	\$5.99	\$1.30
DRY SODA, Cucumber Soda, 4/12 oz	\$4.99	\$5.99	\$1.00
Orange Soda, 4/12 oz	\$4.99	\$5.99	\$1.00
Vanilla Soda, 4/12 oz	\$4.99	\$5.99	\$1.00
ARTISANA, Cacao Bliss Coconut Butter Spread, 8 oz	\$7.99	\$9.79	\$1.80
Supplements & Body Care			
HOST DEFENSE			
Lion's Mane Memory & Nerve Support, 120 vegetarian capsules	\$41.99	\$54.59	\$12.60
Lion's Mane Memory & Nerve Support, 30 vegetarian capsules	\$14.99	\$15.99	\$1.00
Myc Shield Immune Support Spray, 1oz	\$14.99	\$17.99	\$3.00
Mycobotonicals Liver, 60 vegetarian capsules	\$22.99	\$24.99	\$2.00
TOPRICIN, After Bum Cream, 6oz	\$14.99	\$17.99	\$3.00
AURA CACIA, Apricot Kernel Oil, 4oz	\$3.39	\$4.49	\$1.10
Avocado Oil, 4oz	\$6.99	\$8.99	\$2.00
Comfort Essential Oil Blend, .5oz	\$6.99	\$9.99	\$3.00
Cinnamon Essential Oil, .5oz	\$5.99	\$6.99	\$1.00
Clove Bud Essential Oil, .5oz	\$4.99	\$6.49	\$1.50
Eucalyptus Essential Oil, .5oz	\$3.99	\$4.99	\$1.00
Grapefruit Essential Oil, .5oz	\$6.99	\$9.99	\$3.00
Lavender Essential Oil, .5oz	\$8.99	\$10.99	\$2.00
Lemon Essential Oil, .5oz	\$3.69	\$5.99	\$2.30
Lemongrass Essential Oil, .5oz	\$4.39	\$6.99	\$2.60
Patchouli Essential Oil, .5oz	\$13.99	\$17.99	\$4.00
Peppermint Essential Oil, .5oz	\$5.99	\$7.99	\$2.00
Rosemary Essential Oil, .5oz	\$4.69	\$6.99	\$2.30
Sweet Orange Essential Oil, .5oz	\$2.99	\$4.99	\$2.00
Tea Tree Essential Oil, .5oz	\$5.99	\$8.99	\$3.00
Freshen Essential Oil Blend, .5oz	\$6.99	\$9.99	\$3.00
Indulge Essential Oil Blend, .5oz	\$6.99	\$9.99	\$3.00
Renew Essential Oil Blend, .5oz	\$6.99	\$9.99	\$3.00
Sesame Oil, 4oz	\$3.39	\$4.99	\$1.60
Grapeseed Oil, 4oz	\$3.69	\$4.49	\$0.80
Jojoba Oil, 4oz	\$10.99	\$13.99	\$3.00
Sweet Almond Oil, 4oz	\$3.99	\$5.49	\$1.50
THAYERS, Witch Hazel Rose, 12oz	\$6.99	\$9.99	\$3.00
TOPRICIN, Fibro Cream, 6oz	\$14.99	\$17.99	\$3.00
THAYERS, Witch Hazel Lavender, 12oz	\$6.99	\$9.99	\$3.00
Witch Hazel Lemon, 12oz	\$6.99	\$9.99	\$3.00
Witch Hazel Astringent Pads 60 count	\$5.99	\$7.99	\$2.00
Witch Hazel Unscented, 12oz	\$6.99	\$9.99	\$3.00
THAYERS, Witch Hazel Rose, 12oz	\$6.99	\$9.99	\$3.00
FORCES OF NATURE, Nerve Pain Pain Management, 11ml	\$14.99	\$18.99	\$4.00
RADIUS, Scuba Toothbrush Left Hand Soft	\$6.99	\$8.99	\$2.00
Source Toothbrush Medium	\$6.99	\$8.99	\$2.00
Original Toothbrush Right Hand Soft	\$6.99	\$8.99	\$2.00
Replacement Heads Soft	\$4.39	\$4.99	\$0.60
GRANDPAS, Pine Tar Soap, 3.25oz	\$2.99	\$3.99	\$1.00

Stop Back for
Sunday Chicken Dinner!



2:00-6:00 pm

- Oven-roasted Chickens
whole, half, & quarter sized
- Mashed Potatoes & Gravy
- Variety of Sides

CO-OP
cheese club

THEMES

March - Hard Cheeses
April - Soft Cheeses
May - Italian & Greek Cheese
June - Wisconsin Innovations
July - Aged Raw Milk Cheese
August - West Coast Cheese
September: Artisan Mixed
Milk

6-month subscription - \$150
1-month subscription - \$30

Sign-up today
563-382-4666

SPECIAL ARTISAN CHEESES - EVERY MONTH!

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



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

- "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 co-op
MEMBER DEAL

EXAMPLE

KETTLE

Krinkle Cut Potato Chips
limit 2 bags per customer

\$3.89

Reg. Price
\$4.69
SAVE
\$.80

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.

• • • • • these sales valid

MARCH 16 - MARCH 29, 2015

• • • • •



Parmesan

Rich, tangy and nutty, just a little Parmesan offers bold results. Of course, freshly shaved Parmesan will take your steaming bowl of pasta to the next level, or try topping spaetzle with a mixture of chopped parsley, garlic and toasted hazelnuts, grated Parmesan and olive oil. For a homemade pizza with a gourmet feel, layer crème fraîche, chopped walnuts, sliced garlic and mushrooms and grated Parmesan on pizza crust. And slices of crusty baguette spread with butter, garlic and Parmesan, then baked in the oven for about 10 minutes is a mouthwatering start to a meal or party.



Chinese Scallion Pancakes

Serves 4. Prep time: 45 minutes active; 1 hour, 15 minutes total.

Dipping sauce:

- 1 tablespoon Sriracha sauce
- ¼ cup tamari
- ¼ cup rice vinegar
- 1 teaspoon peeled and minced fresh ginger
- 1 tablespoon honey

Pancakes:

- 2 cups all-purpose flour
- 1 cup boiling water
- ½ cup diced scallions (green tops and white parts)
- 2 tablespoons sesame oil
- Salt
- 2 tablespoons vegetable oil

Stir dipping sauce ingredients together in a small bowl. Set aside.

In a mixing bowl, stir together the flour and boiling water until a ball of dough can be formed. Cover the dough with a damp towel and let it rest for 30 minutes.

Cut the dough ball into about 8 equal pieces. On a floured surface, roll out one of the pieces of dough into a circle. Brush with ¼ teaspoon sesame oil and sprinkle with ¼ of the scallions and a pinch of salt. Roll the circle, jelly-roll style, into a rope, pinch the ends to seal in the scallions and coil the rope into a spiral shape. Flatten the coiled pancake slightly with the palm of your hand. Repeat with the remaining dough and scallions.

In a large skillet, heat the vegetable oil over medium heat. Add one of the pancakes to the hot oil in the pan and cook for 2 to 4 minutes on each side, swirling it in the oil from time to time to promote even browning. When the pancake is lightly browned, remove from the pan and hold on a plate in a warm oven until all pancakes are cooked. Cut pancakes into triangles and serve with dipping sauce.

Some items may not be available at all stores or on the same days.

\$3.69
BULK
Organic Thompson Raisins
per pound in bulk

\$1.19
BULK
Organic Rolled Oats
per pound in bulk

\$1.99
LUNDBERG FAMILY FARMS
Organic Long Grain Brown Rice
per pound in bulk
Short Grain Brown Rice \$1.69

\$4.99
ANCIENT HARVEST
Organic Quinoa
12 oz., selected varieties

5/\$5
LUNA
Nutritional Bar for Women
1.69 oz., selected varieties

2/\$5
SYNERGY
Organic Kombucha
16 oz., selected varieties

3/\$5
NEAR EAST
Couscous Dinner Mix
5.4-6.1 oz., selected varieties
other Near East Dinner Mixes also on sale

3/\$5
WESTBRAE
Organic Beans
15 oz., selected varieties

\$3.39
TRADITIONAL MEDICINALS
Organic Tea
16 ct., selected varieties

\$2.99
LAKEWOOD ORGANIC
Organic Tart Cherry Juice
32 oz.
other Lakewood Cherry Juice also on sale

3/\$5
NEAR EAST
Couscous Dinner Mix
5.4-6.1 oz., selected varieties
other Near East Dinner Mixes also on sale

\$9.99
NAPA VALLEY NATURALS
Organic Extra Virgin Olive Oil
25.4 oz.
other Napa Valley products also on sale

\$3.69
EVOLUTION FRESH
Juice Smoothie
15.2 oz., selected varieties
other Evolution Fresh Juice also on sale

\$3.69
ORGANIC INDIA
Organic Tulsi Tea
18 ct., selected varieties

\$4.69
KALONA SUPERNATURAL
Organic Cottage Cheese
16 oz., selected varieties

\$2.69
WOODSTOCK
Organic Ketchup
20 oz.
other Woodstock Condiments also on sale

2/\$6
NATURE'S PATH
Organic Granola Bars
6.2 oz., selected varieties

\$2.39
R.W. KNUDSEN
Juice
32 oz., selected varieties

3/\$10
SO DELICIOUS
Non-Dairy Frozen Novelties
4-8 ct., selected varieties

\$2.99
ANNIE'S HOMEGROWN
Pizza Bagels
6.65 oz., selected varieties

\$7.99
GREEN FOREST
Bath Tissue
12 ct.

\$9.99
ECOVER
Liquid Laundry Detergent
93 oz., selected varieties



Ancient Grains

Foods made with “ancient grains” are becoming more readily available in grocery stores and restaurants. Besides new flavors and textures, many of these traditional foods, which may be less familiar than wheat, corn and oats, also bring added nutrients to the table. Teff, a whole grain from North Africa, is high in calcium, protein and fiber, and delicious in traditional injera bread or added to other baked goods. Speltz, a non-hybridized wheat, is also higher in protein and lower in gluten than common wheat; try whole-grain speltz in tabbouleh instead of wheat berries. The co-op's bulk section is a great place to explore these old/new grains.

Mushrooms

...continued from page 14

- Here's an introduction to some of the mushrooms you might find at your co-op:
- Button mushrooms are the mushrooms almost of us know and love. They're white to tan, with a firm texture and mild flavor that's enjoyed raw or cooked in most any savory dish.
- Chanterelles are trumpet shaped, with a depression in the center of the cap. They're popular in French cooking in particular. They're yellow, orange, brown, ivory or black and have a fruity scent.
- Cremini are young portobellos (see below). They look like button mushrooms (with which they can be interchanged in recipes), but they're a bit firmer, darker and richer flavored. They're also called baby bellas.

- Hen of the Woods mushrooms come in beautiful clusters, with smoky brown overlapping caps. In Japan they are called maitake, or dancing mushroom.
 - Oyster mushrooms have brownish-gray caps and white stems. They taste peppery when raw, milder when cooked. They're used in Asian dishes, especially soups and stir-fries.
 - Porcini mushrooms are reddish-brown and woody. Nutty tasting and creamy textured, they're often used in Italian and French cooking.
 - Portobellos have large, brown umbrella caps and woody stems. They're rich in taste and texture and stand in nicely for meat on a burger bun. They also grill well.
 - Shiitakes have a woody taste and aroma. They're tan to dark brown, with umbrella caps that curl under slightly. You'll often find them in Japanese miso soup and in Chinese and Thai dishes.
- Mushrooms add distinctive, earthy, “umami” flavor to everything from a caramelized onion and shiitake breakfast



WHAT'S A "BOTA"?

Pronounced boh'-tuh, the name recalls the original way to carry wine, trusted for centuries by thirsty travelers.

Perfectly packaged for transport, Bota Box wine is made to travel. Bota Box wines feature three liters (4 bottles) of wine vacuum-sealed in a bpa-free plastic bag which is then packaged in an easy-access cardboard box. Not only does this packaging make it super portable, it also provides 85% less landfill waste than a glass bottle.

Bota Box wine is made in California in a certified sustainable facility. The company recently partnered with the Arbor Day Foundation to plant 50,000 trees in the Lake Superior region. And you'll be happy to know that the container and packaging is 100% recyclable in Decorah.

With Oneota Co-op being the second biggest seller of Bota Box wine in Iowa, you'll be sure to find your favorites on our shelves, including: Moscato, Malbec Cabernet Sauvignon, Pinot Grigio, Chardonnay, Redvolution, Old Vine Zinfandel, Shiraz, Merlot, Savignon Blanc, and Night Hawk Black. Enjoy an adventure with Bota Box wine.

..... these sales valid **MARCH 16 - MARCH 29, 2015**
Co-op Deals sale prices are available to all shoppers of the Co-op!



Roasted Carrots, Potatoes and Shallots

Serves 6. Prep time: 10 minutes active; 55 minutes total.

- 1 pound carrots
- 1 pound red potatoes, halved or quartered
- 5 to 6 shallots, peeled
- 2 tablespoons olive oil
- Pinch each of salt and black pepper
- 1 tablespoon chopped fresh thyme
- 2 tablespoons balsamic vinegar

Heat the oven to 450 degrees F. If carrots are large, slice them into halves or thirds. Toss the carrots, potatoes and shallots with the oil, salt and pepper, then spread on a large sheet pan. Roast for 25 to 30 minutes, stirring once or twice. Remove from oven, stir in the thyme and balsamic vinegar and return the pan to the oven to roast for another 10 to 15 minutes until the veggies are tender and browned. Add additional salt and pepper to taste. Serve warm.


\$2.39
NATURAL SEA
Yellowfin Chunk Light Tuna
5 oz., selected varieties
other Natural Sea Seafood products also on sale


\$4.39
UDI'S
Gluten-Free Bread
12 oz., selected varieties


\$8.99
EQUAL EXCHANGE
Organic Breakfast Blend Coffee
per pound in bulk
Decaf Breakfast Blend \$11.99


\$2.79
CASCADIAN FARM
Organic Cereal
8.6-14.6 oz., selected varieties


2/\$5
BACK TO NATURE
Crackers
4-8.5 oz., selected varieties
Back To Nature Organic Saltines #3.39


\$3.69
KETTLE BRAND
Potato Chips
12 oz., selected varieties


2/\$8
NANCY'S
Organic Yogurt
32 oz., selected varieties


\$3.39
SILK
Almond Milk
64 oz., selected varieties


2/\$6
SALPICA
Salsa
16 oz., selected varieties


2/\$7
ZEVIA
Zero Calorie Soda
6 pack., selected varieties


\$2.99
R. W. KNUDSEN
Sparkling Juice
750 ml., selected varieties


4/\$5
CHOBANI
Greek Yogurt
5.3 oz., selected varieties


2/\$5
GOOD HEALTH
Veggie Snacks
6.75 oz., selected varieties


5/\$5
JUSTIN'S
Almond Butter Squeeze Pack
1.15 oz., selected varieties
other Justin's Nut Butters also on sale


5/\$5
LIBERTE
Mediterranean Yogurt
6 oz., selected varieties


\$3.69
RICE DREAM
Enhanced Rice Drink
64 oz., selected varieties
64 oz., Almond and Soy Dream also on sale


2/\$7
ANNIE'S HOME GROWN
Organic Fruit Snacks
4 oz., selected varieties


2/\$6
ANNIE'S HOME GROWN
Cookies
8.4., selected varieties


\$1.39
FUNCTION
Electrolyte Enhanced Water
750 ml.
other Function Beverages also on sale


3/\$10
STONYFIELD
Organic Yokids Yogurt
6 pack, selected varieties



Carrots

Orange, yellow or even purple in hue, carrots are sure to bring bright color and earthy sweet flavor to any dish. Add grated carrots and chopped scallions, garlic and parsley to batter for savory pancakes; top with a chipotle sour cream for breakfast, and reheat leftovers for an afternoon snack. A Tuscan soup combines carrots, onion, garlic, tomatoes, kale and cannellini beans in vegetable broth with torn day-old bread and grated Parmesan for a comforting classic. Or try the Indian dessert, halwa, made with grated carrots seasoned with cardamom and saffron, simmered in creamy whole milk and topped with raisins and pistachios.

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

omelet to a traditional sage-infused holiday stuffing. Substituting a different mushroom is a great way to tweak a favorite recipe.

Dried mushrooms can be reconstituted and used in many recipes in place of fresh, so they're very convenient to have on hand. (Keep in mind that the dried are more potent than fresh.)

Wild mushrooms are available spring and fall (they don't do well in extreme heat or excessive sunlight), but cultivated varieties (both fresh and dried) are grown year-round. Wild varieties vary widely by region and flavor, and, as with most wild-crafted foods, may only be available in small quantities or for a short period of time.

In general, look for mushrooms that are dry, with clean, intact gills on the underside. They should smell clean and earthy.

Store mushrooms in the refrigerator, before cleaning. For best storage, wrap them in paper towels and place in a

paper bag.

When ready to use, clean mushrooms gently with a soft mushroom or pastry brush or paper towel. If they're especially grimy, lightly rinse them in cool water and pat dry (don't soak them or they'll absorb the water).

You'll want to find ways to use every morsel of every mushroom. For example, if you have 'shroom stems that are too tough to eat, add them to stocks and sauces to boost flavor (remove before serving). And when you reconstitute dried mushrooms, save that soaking water for cooking grains or making soup. When it comes to mushrooms—fresh or dried, wild or tamed—utilizing every last bit of their flavor-enhancing ability can boost the yum factor in your meals.

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Marinated Portobello Mushroom Sandwiches

Ingredients

5 tablespoons olive oil
5 tablespoons red wine vinegar
1 1/2 teaspoons dried oregano
1 1/2 teaspoons fennel seeds, crushed or ground
1 pound portobello mushrooms
1/2 red onion, thinly sliced
4 ciabatta rolls
4 ounces provolone cheese, sliced
4 ounces shredded romaine lettuce

Sun-dried Pesto Spread

1 cup sun-dried tomatoes
1 clove garlic, peeled
1/4 cup parsley leaves
1/4 cup basil leaves
2 tablespoons pine nuts
2 tablespoons olive oil
1/4 cup shredded Parmesan cheese
1/2 cup water
Pinch of ground black pepper

Preparation

Scrape out and discard the gills of each

mushroom. Cut caps into 1/2-inch thick slices. In a small bowl, mix together the oil, vinegar, oregano and fennel, reserving 2 tablespoons. Place the sliced portobellos in the marinade for 20 minutes. Mix together the onion and remaining marinade in a small bowl and set aside.

Place tomatoes, garlic, parsley, basil, pine nuts, olive oil and Parmesan in a food processor and blend until the mixture is a spreadable paste, adding water as needed. Season to taste with pepper and set aside. Heat a large skillet over medium-high heat. Remove the mushrooms from the marinade and sauté for 5-10 minutes until just tender. Remove from heat. Season with salt and pepper.

To assemble sandwiches, place provolone slices on the bottom half of each ciabatta roll, then divide the sun-dried tomato spread, sautéed mushrooms, marinated onions and lettuce evenly among the four sandwiches. Top with the other half of the roll and serve.

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BULGAR

Flavor: Nutty.
Use: As a side dish or added to soups, stews, casseroles and salads.



WHITE & RED QUINOA

Flavor: Rich & nutty.
Use: Cookes as a cereal or side dish. use in place of rice.



FARRO

Flavor: Nutty.
Use: As a side dish or added to soups, stews, casseroles and salads.



KAMUT

Flavor: Slightly nutty.
Use: Serve as a side dish or in a casserole.



KASHA

Flavor: Strong, sweet, grassy.
Use: Best used as cereal.



AMARANTH



SPELT

Flavor: Rich & nutty.
Use: As a side dish or in a grain salad.



HULLED & PEARLED BARLEY

Flavor: Mild & sweet.
Use: in soups, stews or as a side dish.



MILLET

Flavor: Sweet delicate taste.
Use: Cooked as a breakfast cereal or added to breads.



BUCKWHEAT GROATS

Flavor: Intense, earthy taste.
Use: Cooked as a breakfast cereal, sprouted or made into flour.

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