

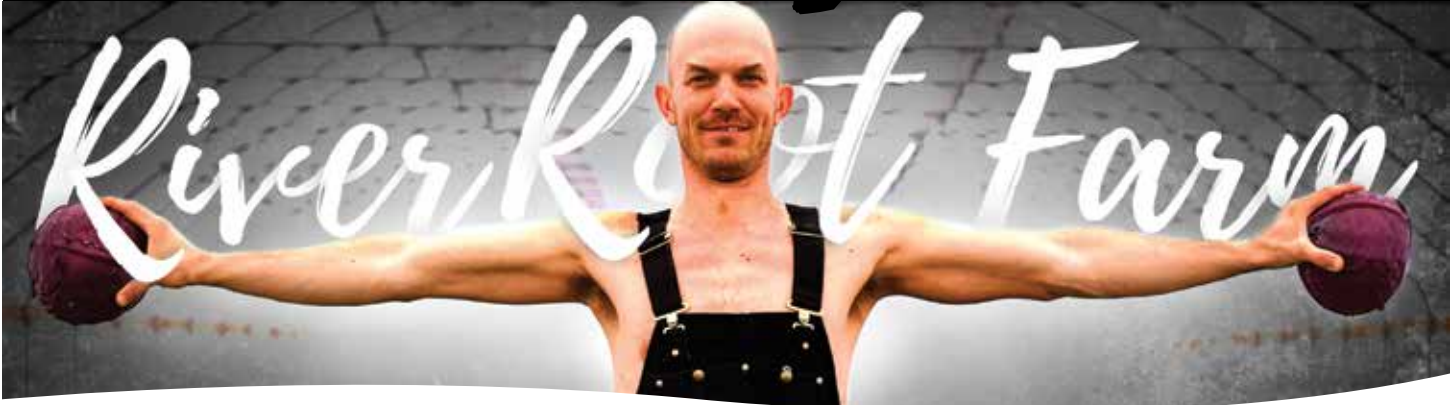
THE Scoop

WWW.ONEOTACOOP.COM
LIKE US ON FACEBOOK • FOLLOW @ONEOTACOOP ON TWITTER

VOLUME 44 • NUMBER 2 • SUMMER 2018

ONEOTA
COMMUNITY
FOOD
COOPERATIVE
decorah, iowa

HOURS: MON.-SAT. 8:00-8:30 • SUN. 10:00-7:00 312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666



Katie Prochaska and Mike Bollinger have been farming at River Root Farm since 2009. They've been supplying the Co-op since then also. Before planting anything, they did some market research, discovering which produce items were trucked in from California that could be grown locally. They settled on greens, fresh herbs, and microgreens—and they've specialized in those items since.

"We wanted to replace products that come in from Mexico and California." Mike claims the greens they grow—lettuces, spinach, kale—are his totem veggies. Katie goes for the herbs. "The smell of the field at harvest time is the best."

They sell to food co-ops, local restaurants, and farmers' markets.

They never went the CSA (community supported agriculture) route. Coming up, they'd never worked on CSA farms. It wasn't the model they trained in, so it was never a consideration. What they were trained to do is run a four-season organic farm in the upper Midwest.

FARM APPRENTICESHIP

After graduating from Luther College in Decorah, Katie went into the Peace Corps and was posted to Mali. She spent three years there. This was her first experience with gardening. In Mali, she worked with women's groups and they trained her. Mike, her friend from Luther College days, showed up in Mali and worked with Katie there. What did you learn there that you still use?

"Laughter," Katie says. "It's the poorest country in the world, but their attitude is so positive."

Returning from Africa, the couple landed a residency at the Good Life Center in Maine. The center is the historic homestead of organic farming pioneers Helen and Scott Nearing. While at the center, Mike and Katie met Eliot Coleman and Barbara Damrosch, who run a four-season organic farm down the road from the center. Eliot and Barbara offered the two young farmers jobs when the residency was over and have continued to mentor Katie and Mike over the years. Coleman and Damrosch have been exploring and writing about the use of high tunnels to extend the season for farmers in colder climate zones. Katie notes that the extended season high tunnels open markets to farmers that they wouldn't otherwise have.

From Maine, Katie and Mike found jobs at Chicago's Botanical Garden. Once back in the Midwest, they helped set up a farm just outside of Lake Geneva, Wisconsin, learning how to launch, as well as maintain, a farm. Mike notes that "there's a huge difference between walking into a working farm and setting one up." In addition, they co-founded Four Season Tools to fill a need they saw for tools that small-acreage farmers could use to be more successful.

Eventually they started looking for land where they could apply all that they'd learned to a farm of their own. "We chose Decorah, and moved back to Iowa in 2009 to put infrastructure in place," Mike says.

River Root Farm was founded in 2009. Their first child, Oliver, was a year old and Adeline came along two years after that.

HOW ONEOTA GETS DECEMBER SPINACH

The River Root couple learned four-season gardening from Eliot Coleman, a pioneer of the use of moveable greenhouses, or high tunnels. Coleman worked for some years in France, where farmers have long extended their growing season through the use of cold boxes and plant covers. Beginning in the 18th century, Parisian market gardeners supplied greens to the city well into the cold months. A farmer may not be growing oranges in Paris, or Decorah, but certain plants even prefer colder temperatures.

Coleman reckons that through the use of unheated high tunnels with an additional blanket or covering positioned just above the crop, the growing season can be readily extended in Maine—or the upper Midwest.

River Root doesn't grow quite all year. Work/life balance is key for them. They shut down in January to vacation and catch up on accounting. But because of the high tunnels, River Root continues to harvest spinach, lettuce mix, and Asian-style leafy greens into December.

They have 5,760 square feet of plantings in two greenhouses (buildings with some heat) and about 13,000 square feet of plantings in five high tunnels (in-ground planting with no supplemental heat).

River Root uses floating row coverings in the high tunnels to protect the plants. They put one layer of fabric down when the overnight temperature drops to the mid-20s and they put two layers down when the temperature goes below that. Katie reports that "some folks use three covers once it gets into the teens, but we haven't gone there yet."

The high tunnels are relatively lightweight—compared to greenhouses—so they can be moved to avoid soil depletion. River Root rotates their crops and uses multiple green manures to give the soil a chance to rest and regenerate. They use straw mulch for their summer crops, which gets worked into the high-tunnel plots as well. "We make our best effort to soil test regularly and manage accordingly," Katie says.

After their January break, the planting begins again in February.

"Bedding plants and seed starters are first," Katie says. "We grow for Seed Savers, so we have to start seeds in February."

They're certified organic. "When we were farming in Maine," Katie says, "the markets demanded it." The argument is that the diseases and pests that chemical input

farming attempts to mitigate could be better managed by careful organic soil management. Healthy soil makes for healthy plants. "What do you need to feed the soil to make a healthy plant?" is the question Mike asks. Or as his former boss Eliot Coleman wrote, "The farm is not a factory, but rather a human-managed microcosm of the natural world. Whether in forest or prairie, soil fertility in the natural world is maintained and renewed by the recycling of all plant and animal residues, which create the organic matter in the soil."

CLIMATE RESPONSE

Since a four-season farm seeks to extend its growing season into the winter months, the changing climate has not necessarily been unwelcome. "We're seeing beautiful days, 70-80° temperatures, in March," Katie says.

"And the fall season is extended."

That said, they've found that the change in rainfall patterns has been an issue. "We don't get gentle rains too often any more. It's pounding rain, or nothing," Katie says.

River Root's high tunnel system helps mitigate the heavy rains, and they've come up with other ways to work around the problems brought by climate change. For example, they now do more transplanting of seedlings rather than direct seeding to avoid washouts in heavy precipitation.

NEXT STEPS

River Root Farm has been growing for Seed Savers Exchange since the farm started. "We did a few flats of basil for them in

Cont. on page 2>



By: Kristin Evenrud, Front End Manager and Nate Furler, Marketing Manager

Our Front End staff are fortunate to greet, converse with, and wish well each individual that walks through the doors of our member-owned, cooperative grocery store. It is a service we train for and take pride in. We are eager to make your experience the best in Decorah - with a focus on kindness, accuracy, and efficiency.

The Co-op serves not only member/owners, but also the larger community of northeast Iowa and beyond. When we fall short, which hopefully doesn't happen often, we appreciate customer feedback so we can work to improve our systems and our service appropriately. We want each and every customer of the Co-op to leave in a better mood than they arrived.

If you are not already aware, there are several avenues for giving feedback. There is an online form on our website - oneotacoop.com. Additionally, at our customer service



Cont. on page 2>

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

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

River Root Farm

Cont. from pg. 1

2009,” Katie says. “And in 2010 we started supplying plants for the visitor center,” Mike remembers. Two years ago, the fellow growing all the catalog plants for Seed Savers Exchange retired and River Root took that work on.

“Our first delivery is March 28. We have five big delivery dates through late May,” Katie says. We’re standing in a greenhouse, surrounded by sprouted microgreens and seed beds. The future looks very green and busy.

“I love the greens,” Mike says. “They’re a challenge, but if you hit all the parameters right, the freshness and taste is unbeatable.”

Originally published in the summer 2018 edition of "Co-op Shopper", a publication of People's Food Co-op, La Crosse, WI and Rochester, MN. Article written by Kevin Ducey, Marketing Specialist.



Cont. from pg. 1

desk you will find a stack of comment cards and a box to submit them in. Each week our management team reads through these comments and the appropriate person leaves the meeting with that item to address. These comments range from product and recipe requests, to questions and complaints about products and services we offer at the Co-op. It is important to us that we are able to address these items to their full extent. Because of this we appreciate the willingness of people to include their name and how to get in touch with them with any further questions we may have about their comment or issue. These comments help us understand our customers better and increase the level of service we are able to provide.



At the recent Annual Meeting of Co-op Membership we received specific feedback regarding our credit card machines and the speed at which they are able to process transactions. We understand and share this frustration and are exploring options to speed up and streamline the process. However, one thing we want to share with everyone is that the system we have, being separate from our point of sale system, is the most secure system available. It creates a closed loop between our terminals and our processor. (Now if we could just get them to remove the words “thank you” from the screen before the transaction is complete. Honestly, we’ve been asking them to fix this for years.)

Through discussions at this past Annual Meeting, we also discovered that many customers and member/owners are not aware of certain benefits that exist at the Co-op for member/owners. Here are a few of them most often overlooked or forgotten:

• Senior Discount Mondays – Some of us like to call it the “wisdom discount”. It is a benefit available to any member/owner over the age of 60 years. Member/owners over the age of 60 receive an additional 5% off most items in the store

when they shop on any Monday. (Some restrictions apply.) Note that we do not keep record of member/owner ages, so it is up to you to let us know when you hit this milestone.

• I.O.U. – Member/owners have

the option to utilize a \$10 credit limit on our system which is then paid back the next time they shop. Many of our member/owners shop multiple times per day – perhaps having coffee in the Café in the morning, lunch at the Café, and then shopping for their evening meal ingredients after that. It also comes in handy if you are dangerously hungry and need a snack from the Café so you don’t shop on empty and get home with lots of impulse buys.

- Wellness Wednesdays – This benefit is automatic and you only have to be a member/owner to receive it. The first Wednesday of every month our Wellness department is 5% off – with a few exclusions.
- Once-A-Month 5% Discount – Any member/owner in-good-standing has the option of taking 5% off any single shop during the month. This 5% discount can be combined with Wellness Wednesday discounts, Senior discounts, and Member Appreciation Day (MAD) discounts. (Some restrictions apply here as well.)
- Declining Gift Card Balances – Think of this as a gift card that you can put money on to be used at a later date at the Co-op. This is an internal gift card where our POS keeps track of the money put on account. This is probably the speediest way to check out and pay for groceries. Some member/owners put their food budget for the month into this account and then use it each time they shop. Parents also find it handy to put money on their account for their kids to use for after school snacks. Even some college students are lucky to find funds on their account put there by loved ones across the country.

Other benefits we offer at the Oneota Co-op are:

- Member discount on classes – see class listings for member/owner rates
- Member discount on Kitchen Classroom rental
- Buy six bottles of wine and receive 10% off those bottles
- Discounted ads in our “Scoop” printed newsletter
- 15% off retail pricing for Special Orders (case quantities and restrictions apply)
- Write checks for \$20 over the amount of transactions for cash back
- Vote for Board Members and Referenda in annual elections
- Running for a seat on our Board of Directors

Our mission in the Front End is: We are friendly, courteous, customer service superstars always cultivating a welcoming shopping experience for all.

Again, let us know how we are doing utilizing the comments cards at the Customer Service Desk at the front of the store, or our online form at oneotacoop.com. With your help we can continue to develop our staff, our store, and our community.

Want to become a member/owner of the Oneota Co-op? A share in the Co-op is \$140 payable in

one lump sum or seven annual payments of \$20 (plus a one-time \$5 administrative fee). Shares are fully refundable – at the discretion of the Board. These funds build the Co-op’s equity and are used for improvements over the lifetime of the Co-op.

**member/owner benefits require in-good-standing status – meaning share payments must be up-to-date as of March 1st of that year.*



2

CHANCES TO SHOP

MEMBER APPRECIATION DAYS

SALE

10% OFF storewide*

TUESDAY & SATURDAY

August 7th & August 11th

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

ENGAGING STAFF FOR SUCCESS

By: David Lester, General Manager

When our Board of Directors approved our most recent strategic plan in the Fall of 2015, the second most important priority to address was Employee Relations. Our progress on this priority has ebbed and flowed over the last three years, but we have recently seen a positive shift in our employee retention rate. This was due mostly to addressing employees' concerns with wages and benefits. In 2017 we made the decision to pay 100% of our employees a livable wage for a single individual living in Winneshiek county according to the M.I.T. Livable Wage Calculator. Currently, our entry-level wage is \$10.00/hour and our average wage for all employees is \$13.31/hour. This was necessary, especially with rising housing costs in our area, but this isn't the only solution to increasing staff engagement.

This year the management team and I are focusing our efforts on better training programs that will increase an employee's interest in the Co-op and our unique business model. Employees who have a basic understanding of our finances, mission and departmental goals will be more engaged in their work and ultimately raise our customer service standards. Whether we are hiring a new dishwasher or department manager, all employees need to know how we are doing financially and how their role is crucial to the store's success.

Led by our Front End Manager, Kristin Evenrud, we are implementing a new staff training program that will include one-on-

one conversations with me about the cooperative business model, some history about our Co-op and how our mission and organizational Ends direct our work every day. Kristin will be our new employee trainer and will be introducing the new employee to our customer service standards and how their department interacts with the whole store. We are also working on creating new videos that will also help teach our expectations of customer service. The ultimate goal in better training is to offer better customer and member service. It would be really powerful if a new part-time grocery stocker could answer more detailed questions for a customer who is wanting to know what their options are for a new gluten-free regimen they are trying. This level of training takes time, but if we can empower staff to tell our story about the products we sell and why they matter, the community we live in becomes a better place.

One of the many ways we try to achieve our mission is by playing monthly "games" that are tracked by department on a big dry-erase board in our staff break room. These games include a goal and actual data next to the goal to show if those goals were met or not. Some of the games that our departments play are: mystery shopper score, sales growth, # of new members, # of customer transactions and more. This creates conversation and goal setting within each department. Meeting these goals can result in rewards for each team member at the end of a six-month period.

These are just a few ways we are trying to increase staff engagement in 2018. As our customer, your feedback, positive or negative, is crucial for us to become better cooperative grocers. Please take the time to let us know how we are doing by filling out a customer comment card at our customer service desk or send us a message digitally through our website. You vote with your dollars and those dollars stay in the Co-op and our community. Thanks for shopping with us. We look forward seeing you in the store this summer.

2018 BOARD ELECTION RESULTS

Election results for the 2018 Board Election have been tallied and we would like to thank all four candidates for their willingness to run for a seat on the Oneota Co-op Board.

Your two new Co-op Board members, each elected for a three-year term beginning in 2018, are Scott Timm and Aimee Viniard-Weideman.

In addition, after the election was mailed the Board received notification that a current board member would need to step down. This left an additional 1-year term to fill. The Board has the authority to appoint a person to fill this position. However, they unanimously voted in favor of filling the vacancy with the candidate holding the next qualifying votes. This candidate is Dennis Pottratz. Dennis will fill the 1-year term.

Thank you to all the member/owners that voted this year in the election.

Sincerely,
Scott Hawthorn,
Oneota Co-op Board Vice President



GREETINGS FROM THE BOARD

By: Brita Nelson, Board President

Greetings to all and Happy Spring! This is going to be a big year for the OCC Board. We are exploring options related to our physical store space, taking a hard look at our strategic priorities, and have just brought on three (terrific!) new board members.

Through my last 5 years serving on the OCC board, I have gained an increased appreciation for the work and efforts that go into making a successful cooperative grocer. Through our Mission, the Cooperative Principles, our Ends, and the policy governance model, we are provided not just structure but a foundation for making a difference in our community.

In the next year, here are a few things you can expect from your board of directors:

- Closely evaluating the possibility of store renovations.
- Paying close attention to rebuilding board expertise related to cooperative grocery management and policy governance.
- Actively looking for ways to further engage with membership.
- Laying groundwork to look toward the future of OCC.

Thank you for being part of OCC's past and present. As we look toward the future, I want to be sure I say thank you to those past staff and members who have invested tirelessly in building the OCC to what it is today. I especially want to thank the member-owners who stepped up to finance the Co-op expansion from our old store to the current location. Within the last year, we have paid off those loans. I cannot help but be continually impressed by the level of member engagement in that project and it informs how we are thinking about the future. To all who helped build, thank you. I can't wait to see where we can go in the future, together.





Simply Antiques

Nancy Lerdall

801 East Water • Decorah, IA 52101

563-382-8806

LOOKING TO STAY UP-TO-DATE?

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



Follow us on Facebook - Oneota Community Food Co-op
Twitter - @oneotacoop
Subscribe to our weekly e-newsletter "The COMM POST" through links on Facebook and on our website - oneotacoop.com.



La Rana 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



LUNA VALLEY FARM

3012 Middle Sattre Road
Decorah, Iowa 52101

Join us Fridays 4-8pm from May thru October

Wood Fired Pizza
Local Beer • Pastured Meat
Community • Glamping

lunavalleyfarm.com

In addition to Fridays, join us for these special events:

Father's Day: Sunday, June 17th: 11am-3pm

Post Nordic Fest: Sunday, July 29th: 11am-3pm

Labor Day/Post Seed Savers Exchange
Tomato Tasting Event: Saturday, September 1st: 4-8pm

Northeast Iowa Farm Crawl:
Sunday, September 30th: 11am-3pm





Tai Chi of Decorah

Movement for Health and Well-Being

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

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!

JUNE

"MASKI-PAPS": INTRO TO TRADITIONAL FILIPINO COOKING
Thursday, June 14th, 5:30-7:30pm
Filipinos are known for creating dishes from what can be found in their backyard gardens. Literally translated as "even though" or more closely - "Whatever's there", Masque papaano (Maski-paps) is about creating an everyday feast for your family and friends. Influenced by Aetas, Indo-China, Malaysia, Spain, and more, you may find new ways to cook foods from your culinary arsenal the Filipino way. You can politely and proudly say: What-evs!
Class Code: HO
Max participants: 20
Instructor: Rufina Caluya
Cost: \$12 member/owners, \$15 community members
CSA Series voucher eligible

VEGETABLES, ELEVATED
Tuesday, June 19th, 5:30-7:30pm
An open discussion and cooking based demonstration of the versatility of vegetables. In this class we will look at what is available to us and the uses that can be found to elevate produce to levels beyond the average side dish. Be sure to bring your thoughts, opinions, and experiences to share!
Class Code: DM
Max participants: 14
Instructor: Caleb Timp
Cost: \$12 member/owners, \$15 community members
CSA Series voucher eligible

JULY

TRAUMA AND SPORTS INJURIES: BENEFICIAL HERBS FOR TOTAL RECOVERY
Wednesday, June 27th, 6:00-7:30pm
Plants have the amazing ability to reverse the impact of trauma or injury and start the healing process. Bonnie will demonstrate some amazing plants to use for trauma, cuts, burns, and wounds. We will discuss case histories and many stories of injuries and trauma that she has worked with throughout her practice. A few volunteers will be invited to help demonstrate how to apply poultices and compresses.
Class Code: L/DM
Instructor: Bonnie Kreckow, Clinical Herbalist
Cost: \$15 member/owners, \$18 community members

MEDICINE IN YOUR BACKYARD: A SUMMER HERB WALK
Wednesday, July 18th, 6:00-7:30pm
Have you ever sat in your backyard and looked around at the various plants growing there? Those "weeds" like Dandelion, Nettle, or Plantain have very useful spots in your medicine cabinet. Come walk with Clinical Herbalist, Bonnie Kreckow, and learn more about the plants growing right in your yard. Plants to heal mosquito bites in minutes, plants to heal wounds and burns within days, and many others that heal various illnesses, or aid a cough.
Class Code: L/DM
Instructor: Bonnie Kreckow
Cost: \$15 member/owners, \$18 community members

JULY

IT'S HEALTH TIME! (SESSION I)
On health and healing by natural methods
Sunday, July 22nd, 3:00-4:30pm
In the first class of our 3-part series, Dr. Julie Hayek will cover methods of detoxification to allow the body to naturally cleanse itself and prepare for healing. Consecutive classes will build upon previous lessons to provide practical information for ready use, but there is plenty to be learned from each class individually if you can't attend them all. Sign up class by class, or sign up for all three sessions to receive a discount!
Class Code: L/ HO
Max participants: 20
Instructor: Dr. Julie Hayek, ND PhD
Cost: \$10 member/owners, \$12 community members (\$25 if signing up for all 3 sessions)

IT'S HEALTH TIME! (SESSION II)
On health and healing by natural methods
Sunday, July 29th, 3:00-4:30pm
In the second part of our 3-part series, Dr. Julie Hayek will feature natural herbs for healing the body. Consecutive classes will build upon previous lessons to provide practical information for ready use, but feel free join us even if you missed our previous class. There is plenty to be learned from each class individually if you can't attend them all!
Class Code: L/ HO
Max participants: 20
Instructor: Dr. Julie Hayek, ND PhD
Cost: \$10 member/owners, \$12 community members

AUGUST

IT'S HEALTH TIME! (SESSION III)
On health and healing by natural methods
Sunday, August 5th, 3:00-4:30pm
In the third class of our 3-part series, Dr. Julie Hayek will cover nourishing foods for restoring and maintaining bodily health. Consecutive classes will build upon previous lessons to provide practical information for ready use, but feel free join us even if you missed our previous classes. There is plenty to be learned from each class individually if you can't attend them all!
Class Code: L/ HO
Max participants: 20
Instructor: Dr. Julie Hayek, ND PhD
Cost: \$10 member/owners, \$12 community members

MEDICINE IN YOUR CUPBOARD: HARVESTING, DRYING, & STORING HERBS
Wednesday, August 22nd, 6:00-7:30pm
Now that we have learned to identify many backyard herbs, how do we go about properly harvesting them? What part of the plant do we use? In this session with Clinical Herbalist, Bonnie Kreckow, we'll learn how to dry and properly store your herbs. Some herbs can last up to 10 years if prepared properly! Bonnie will also cover the medicinal values of culinary herbs. Come discover new reasons to rekindle your love for Rosemary, Sage, and many more!
Class Code: L/DM
Instructor: Bonnie Kreckow
Cost: \$15 member/owners, \$18 community members

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

MEMBER DEALS 5/30/18 - 7/3/18

	Reg Price	SALE Price	Savings
Packaged Grocery			
GOOD HEALTH, Rosemary Chip w/Olive Oil, 5oz	\$2.99	\$1.99	\$1.00
Sea Salt Chip w/Olive Oil, 5oz	\$2.99	\$1.99	\$1.00
Himalayan Salt Vegetable Pretzel, 8 OZ	\$3.99	\$2.99	\$1.00
HONEY STINGER, Organic Strawberry Energy Honey Chew, 1.8 OZ	\$2.29	\$1.79	\$0.50
NICK'S STICKS, Beef Meat Stick, 1.7 OZ	\$2.99	\$2.39	\$0.60
Turkey Meat Stick, 1.7 OZ	\$2.99	\$2.39	\$0.60
GOODBELLY, Probiotic Drink			
Blueberry Acai, Green, & Mango, 15.2 OZ	\$2.79	\$2.69	\$0.10
MAPLE HILL CREAMERY, Organic Drinkable Yogurts			
Mango Peach, Strawberry, Wild Blueberry, 12 oz	\$2.99	\$2.69	\$0.30
TEMPT, Hemp Blueberry Greek Yogurt	\$1.99	\$1.69	\$0.30
TOFURKY, Lightly Seasoned Chick'n	\$3.69	\$3.39	\$0.30
Supplements, Body Care & Gifts:			
KULI KULI, Moringa Powder, .4 OZ	\$1.99	\$1.49	\$0.50
Moringa Powder, 7.4 OZ	\$21.99	\$15.99	\$6.00
NATURAL FACTORS, Women's Probiotic, 60 VCAP	\$25.99	\$21.99	\$4.00
OREGON WILD HARVEST Ashwagandha, 2 FZ	\$22.99	\$17.99	\$5.00
Count to Zen, 2 FZ	\$22.99	\$17.99	\$5.00
Prostate Health, 60 VCAP	\$21.99	\$16.99	\$5.00
Turmeric, 60 VCAP	\$27.99	\$21.99	\$6.00
CRYSTAL, Crystal Deodorant, 4.25 OZ	\$6.99	\$4.99	\$2.00
Crystal Deodorant Women's, 4.25 OZ	\$6.99	\$4.99	\$2.00
INESSCENTS, Salvation CBD Elixir Hot Freeze, 9ML	\$18.99	\$16.99	\$2.00
Salvation CBD Salve Hot Freeze, .5 OZ	\$13.99	\$12.99	\$1.00
Salvation CBD Salve Moontime Harmony, .5 OZ	\$14.99	\$12.99	\$2.00
Salvation CBD Salve Skin Nourishing, 2 OZ	\$39.99	\$34.99	\$5.00
Salvation CBD Salve Skin Nourishing, .5 OZ	\$14.99	\$12.99	\$2.00
KIRKS, Castile Bar Soap with Aloe , 3PK 4 OZ	\$5.99	\$3.99	\$2.00
Castile Bar Soap, 4 OZ	\$1.99	\$1.49	\$0.50
Castile Bar Soap with Coconut, 3PK 4 OZ	\$5.99	\$3.99	\$2.00
SEAWEED BATH, Citrus Vanilla Conditioner, 12 FZ	\$10.99	\$8.99	\$2.00
Eucalyptus Peppermint Conditioner, 12 FZ	\$10.99	\$8.99	\$2.00
Citrus Vanilla Shampoo, 12 FZ	\$10.99	\$8.99	\$2.00
Eucalyptus Peppermint Shampoo, 12 FZ	\$10.99	\$8.99	\$2.00
Unscented Shampoo, 12 FZ	\$10.99	\$8.99	\$2.00

* Regular prices subject to change

	Reg Price	SALE Price	Savings
GOOD LIGHT			
Votive Candle Lavender, 4PK	\$8.99	\$6.99	\$2.00
Tea Lights, 48 PK	\$13.99	\$9.99	\$4.00
Tea Lights, 6 PK	\$2.99	\$1.99	\$1.00
JUNIPER BODY CARE, Incense (20 sticks)			
Cedar, Death Valley, Desert Pinon, Douglas Fir, Sweetgrass, White Sage	\$9.99	\$7.99	\$2.00
Cascade Forest Body Wash, 8 FZ	\$10.99	\$7.99	\$3.00
White Sage Body Wash, 8 FZ	\$10.99	\$7.99	\$3.00
Cascade Forest Essential Oil, 5 ML	\$9.99	\$7.99	\$2.00
Redwood Mist Essential Oil, 5 ML	\$9.99	\$7.99	\$2.00
White Sage Essential Oil, 5 ML	\$11.99	\$9.99	\$2.00
SUNLEAF			
Lemon Vetiver, Rosy Geranium Candles, 11 oz	\$14.99	\$11.99	\$3.00
Reed Diffusers, Lemon Vetiver, Rosy Geranium, Cedar Mint, Clary Sage, 1 oz	\$12.99	\$9.99	\$3.00
Lemon Vetiver Soap, 3.6 oz	\$4.99	\$4.39	\$0.60
Greenbar Shave + Face Soap, 3.6 oz	\$5.99	\$4.39	\$1.60
Shampoo Bars, Cedar Mint, Clary Sage, Olibanum Sprice, Orange Ginger, Amyris Bergamot, Cinnamon Cypress, Rosy Geranium, 5 oz	\$5.99	\$4.99	\$1.00
Honey Soap, 5 oz	\$5.99	\$4.99	\$1.00
Honey Floral Soap, 5 oz	\$5.99	\$4.99	\$1.00

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.

oneota community food co-op

MEMBER DEAL

KETTLE

Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg. Price \$4.69 SAVE \$.80

EXAMPLE



By: Gretchen
Fox Schempp,
Wellness Manager

I just climbed my first mountain this spring. This was after I turned around on three separate mountains on the same trip because I just couldn't go any further. I've hiked in and on a lot of mountains in my day, usually with a thermos of something intoxicating and a pack of smokes, but this was the first time I truly climbed a mountain. Like straight up a mountain, where at certain points there was a railing running a hundred yards up one big slick rock so that you could pull yourself up the mountain. The kind of mountain that every single step is a thought process in itself and that is the ONLY thought you are able to have. Your muscles are screaming but with every step you are stronger and closer to the top (or the bottom, which is just as glorious, if not more so, than the top!). As I panted and puffed and swore my way to the top of this mighty mountain (it was only 1.2 miles up but trust me, it was a feat) I couldn't help thinking how I couldn't have done this just a few short years ago.

I have smoked cigarettes collectively off and on for at least 20 years. I spent 15 of those 20 years trying to quit. What a waste! I often used to think. First for spending all of those years abusing myself, and secondly torturing myself by doing something that made me crazy and indecisive at every turn. Two months shy of my 40th birthday I quit for the last time. I get really scared saying that. I don't like to get high horse about quitting cigarettes because it's a slippery slope. I wrote about my journey quitting about 10 years ago for a Scoop article. I smoked again and quit again and smoked again....I don't know how many times after that. What a hypocrite, I thought. I'll never write about that again....

Well the time has come. I talk to countless people visiting and shopping at the Co-op who want to quit or don't want to quit but are told that they need to. It is so close to my heart and I feel so deeply for these people. I, too, have struggled with this scary and intensely HARD thing to do. I'm not here to tell you how to do it or why to do it because it is such a personal journey. So, I will only tell you MY story and hope that you can find some hope, some inspiration, some camaraderieanything at all. Take what you want, leave the rest.

My breathing issues became apparent to me in my later 20's when I had a resurgence in my desire to be consciously active again. I found that when I got my heart going while riding my bike, hiking hard or working out on my NordicTrack I felt like I was drowning. I couldn't breathe. Thus began my inspiration to quit smoking. First, I decided that by the time I was 30 I wouldn't smoke again. Life was busy, marriage, a new life, new job, work to do on the farm, stress, fun to be had - it was just so HARD to quit. Up and down these thoughts went. My partner smoked too so it was easy to just keep on. At one point we both had quit for 9 months together (we were always quitting "together"). When one of us fell off the wagon, it just seemed to give the other one permission to jump off too. We did this gig off and on for some time. Eventually I came to the conclusion that I needed to do this on my own. Not for lack of love of my husband but because I was quitting every single Monday morning and smoking again by Tuesday and going absolutely out of my mind in my inability to commit. Addiction, it's a you-know-whatter! And nicotine, well, I'm not

going to inundate you with the truth because if you're reading this in earnest and trying to quit, you know the stuff is BAD BAD BAD. In your defense, I will say that none of that info matters when you are so hopelessly addicted though. I get it. I really truly get it.

At my best, I had quit for 1 year and 9 months. Almost 2 years, I was SO there. My breathing remained an issue. I thought things would change when I quit. They did but not to the extent I was expecting. I even gave up dairy for an extended period to see how it was affecting my health and respiratory system. I finally went to the doctor to see if I had the exercise induced asthma I'd been diagnosing myself with. I didn't. Well what's the dang point of not smoking when there is no explanation for this breathing deal? Finally, the social end of it just got the best of me. Some stressful stuff was going on, everyone around me socially was smoking, my health didn't seem to change drastically like I'd hoped....yeah yeah yeah, lots of excuses. I'll just give myself a break until this stressful period passes. Uh hum...gonna wait for that? You'll be waiting all your life sister. Life is stressful.

Fast forward 4 years. Creeping up on 40. What happened to that long lost goal of leaving the cigs behind? I'd hit a fever pitch of stress a few years prior, but life was kind of smoothing out. It was seriously time to think about myself. Hell or high water, I was not going to be smoker into my 40's. I was 4 months from my 40th birthday and I HAD TO GET IT TOGETHER. The plan began.

My husband and I were taking our annual trip up North in early October, and it was going to be my last hurrah with the evil stogies. Monday October 12th would be my quit day. The day I would go back to work after my vacation. That gave me a good 2 months before turning 40 to be smoke free. Plan on.

The day arrived quickly and I was armed with everything I thought I would need to soothe the beast. Rescue Remedy for my stress, Sacred Heart flower essence blend to encourage gentleness upon myself, Kava Kava in case it got

really bad and an e-cig if it got even worse.

I woke up inspired, ready to DO THIS THING! Finally! I prepared myself for my work day and what an addict might call "the first day of the rest of my life." I got in my car and proceeded to run over our 13 year old Norwegian Elkhound, Selma. Not once, but twice. I backed over her, then panicked and threw it in drive and ran her over again. She ran off and hid under a small building in our backyard. In those moments that followed as I hurried to her and called my husband and rushed her to the vet, I had a brief but profound thought, "Smoking a cigarette is not going to make this better. Wait a minute! Cigarettes will never make ANYTHING better."

What does a smoker do when something bad happens? When stress hits hard? When we need to calm down? We smoke a cigarette. We don't think about it. But what about when you DO have to think about it? Because for all those times you didn't think about it and lit up, now you have to think about it EVERY TIME YOU WANT ONE. That quick realization while tending to my dear pooch became my mantra. CIGARETTES DON'T FIX ANYTHING.

So at that point, a day in, one of the worst things I could think of happening, had happened. I didn't smoke. I survived. (and more thankfully, so did Selma.)

I'd love to say it was all gravy from there. I took all those supplements. I lit big bonfires just to smell smoke. I burned so much incense and walked around with it between my fingers while socializing with my smoker friends. I smoked that e-cig occasionally when I just couldn't take it. And get this, life was still stressful at times! I just didn't use that as an excuse anymore. I took it easy on myself and started to rethink this as FREEING myself rather than "quitting" or "letting go of my former life." I could still be me, just a better feeling, better smelling version, who was FREE from cigarettes!

I started spin classes at Reefuel. I thought I was likely going to die for the first few weeks because I couldn't breathe. THAT in itself started to make me realize that I could never go back. I wanted this too much. I stuck with it and my breathing started to change. Six months after quitting I got pneumonia. I felt like it was my body's way of saying "ok, girlfriend, you're really done with this, let's get this garbage out of you once and for all." My recovery from that illness was longer than I had hoped. But there was light on the other side, I slowly worked my way back into my cardio training and my breath returned twofold. I was realizing that the endorphin high after some great cardio was far more addictive to me than that of smoking.

Two and a half years later, I am still FREE. I am still at it trying to breathe better. Some days I struggle to catch my breath. I may have done irreversible damage to my lungs, I don't know. I've read studies that say when you start smoking young that your lungs don't fully develop. Not to mention what it would mean to be inhaling second hand smoke as a child....But I don't dwell on those things. I started smoking young, at 16. And I quit when I could. I quit every time I could. I quit at 20. I quit at 29. I quit at 32, 33, 35,I kept climbing mountains. I sometimes turned around because I thought I JUST COULDN'T. But then one day, I climbed that little 1.2 mile mountain, and I DIDN'T turn around. I went all the way to the top. And the view was amazing.

You can do this. I love you.





berry delicious
A SUMMERTIME CLASSIC

Breakfast, lunch and snack time, reach for a delicious, wholesome yogurt and add sweet and seasonal fruit. Deliciousness accomplished!



5/\$5
Siggi's Icelandic Style Yogurt
4.4-5.3 oz., selected varieties



\$3.99
Money on Honey Chocolate Honey Caramel
4 oz., selected varieties



\$5.99
Dr. Bronner's Sugar Soap
12 oz.



\$3.99
Dr. Bronner's Pure Castile Liquid Soap
8 oz.



\$5.99
Dr. Bronner's Shaving Soap
7 oz.

save on hemp!

Hemp is a versatile, sustainable crop! In 2001, Dr. Bronner's added hemp seed oil to their soaps because its omega-3 fatty acids provide an improved lather and rich moisturizing after-feel. This June, help them celebrate hemp's deep roots through history as Dr. Bronner's works to bring to this environmentally friendly crop back to the U.S. agrarian landscape.



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

Batata, taro, beet, yucca, sweet potato, plantain. Each chip is sliced straight from unique vegetables, simply prepared to bring out its one-of-a-kind flavor, texture natural color and beauty. Never underestimate the power of naturally blue potatoes. Why eat beige, when you can eat bright? Everything tastes better in **TERRAcolor®**

snack in TERRAcolor®



\$2.69
Mom's Best Cereal
15-24 oz., selected varieties

the real deal

Mom's Best cereals are full of honest-to-goodness, real ingredients and they taste great! Grab a box today and experience the delicious difference!



2/\$4
Peeled Snacks Organic Peas Please
3.3 oz., selected varieties



Made by Hand for You

Thoughtfully designed, handcrafted timber frames for homes, park shelters and barns.



www.wildrosetimberworks.com
WILD ROSE TIMBERWORKS
563 382 6245 | Decorah Iowa



Commercial • Residential
Traditional Limestone Masonry

Winter jobs: Foundation Re-tuckpointing, Natural Stone Tiling, Fireplaces (Rumfords, Masonry Furnaces, Baker's Oven)

Hawthorn Masonry
563-277-0036
Serving Decorah and surrounding 60 miles.
www.hawthornmasonry.com





Driftless Gardens
DESIGN | INSTALLATION | MAINTENANCE

LIVE WHERE YOU LOVE | **LOVE WHERE YOU LIVE**

Jeff Scott • 563-379-1101 • driftlessgardendesign.com





wadsworth construction inc

Specializing in sustainable residential & light commercial construction

David J. Wadsworth • 563.419.0390 • wadsworthconstruction.com



Conference & Campout

Celebrate gardening, food, and the community found in the garden and at the table.



Seed Savers EXCHANGE



FREE Event

July 20 & 21
Seed Savers Exchange | Decorah, Iowa
Register + Details:
seedsavers.org/conference



Wine AND Beer Sampling



Saturdays 12-2 pm
...in the Co-op!



ONEOTA COMMUNITY FOOD COOPERATIVE
Decorah, Iowa



TASTY NEW print

FROM Inspire(d)

Eat local! Get your copy today!
driftlessfood.com



DRIFTLESS FOOD guide

a project of Inspire(d)



GABI MASEK, L.AC
ACUPUNCTURE & CHINESE MEDICINE

563.382.4312
111 Winnebago St
Decorah, IA 52101

wildcraftedacu@gmail.com
wildcraftedacupuncture.com



CBD OIL:



A NATURAL PAIN REMEDY FROM HEMP

By: Megan D. Robinson, The Iowa Source, iowasource.com

CBD oil is one of the hottest new players in the natural supplement industry. Touted as a remedy for everything from sleeplessness to psoriasis, CBD oil can be found in products ranging from facial masks to gummy bear-shaped supplements. Hemp-derived CBD oil, or cannabidiol, is a non-psychoactive chemical with potentially powerful health properties. CBD is just one of the numerous compounds found in the Cannabis indica plant, otherwise known as hemp. It's in the same family of plants as marijuana, or Cannabis sativa.

Because hemp is related to THC-containing marijuana, many people are concerned about the legality of CBD. The Agricultural Act of 2014 makes a distinction between industrial or agricultural hemp and marijuana. It clarifies that industrial or agricultural hemp is not marijuana, so products created from hemp are legal.

Hemp is very high in useful compounds and very low in THC, the substance that produces the high connected with marijuana. Hemp is used for food, fiber, and now CBD oil. To be sold legally, CBD oil must contain less than 0.3 percent THC. It's considered a dietary supplement, on par with fish oil or turmeric. The CBD oil you can buy at your local natural foods store is full-spectrum hemp extract, with naturally occurring cannabidiol, in addition to over 100 other cannabinoids, essential fatty acids, terpenes, plant sterols, chlorophyll, and vitamin E.

"It's a superfood," says Ryan Mustone, Regional Broker for CV Sciences, the most widely distributed CBD oil brand in the country.

Josh Hendrix, director of business development for CV Sciences, says CBD oil balances the endocannabinoid system, which helps maintain homeostasis. Our bodies produce endocannabinoids with the help of fatty acids, especially omega 3 fatty acids, which happen to be abundant in hemp food products. We can also consume plant-based endocannabinoids, like CBD oil. Endocannabinoids help our various systems communicate with each other.

"We are learning through science the endocannabinoid system is the master control system for our whole body," Hendrix says. "Balance the system that balances you so that you can harness your human potential."

CV Sciences produces CBD oil from legally grown agricultural hemp. "We've sold over a million bottles at this point," Hendrix says. "We've never had a serious adverse event. No one's ever taken this and needed to go to the hospital or called 911 or had a serious issue." He adds that the World Health Organization just issued a statement that CBD oil is not intoxicating, not harmful, and not addictive.

While a desire for general well-being motivates a lot of CBD oil supplementation, an increasing number of scientific studies have verified some important uses for medical-grade CBD oil.

"There are currently three FDA-approved compounds that are derived from the cannabis plant," says Dr. Timothy Welty, a professor of pharmacy at Drake University. These products have been used to treat nausea, vomiting, and weight loss in HIV/AIDS patients. Dr. Welty adds that two studies, in the New England Journal of Medicine and The Lancet, showed medical-grade CBD significantly reduced epileptic seizures.

Dr. Welty emphasizes caution when trying medical-grade CBD oil. "The bottom line," Dr. Welty says, "is that patients who take CBD should be carefully managed by a physician

and monitored by a pharmacist, each familiar with its use, side effects, and drug interactions."

Scientists at the U.S. Department for Health and Human Services have investigated the antioxidant and neuroprotective qualities of cannabinoids. According to patent US6630507B1, "Cannabinoids are found to have particular application as neuroprotectants, for example in limiting neurological damage following ischemic insults, such as stroke and trauma, or in the treatment of neurodegenerative diseases, such as Alzheimer's disease, Parkinson's disease and HIV dementia."

State and federal lawmakers as well as leaders in the hemp industry recognize the importance of testing for purity and quality. Welty says studies have shown that CBD products produced without regulations are often contaminated with fungicides, pesticides, fungus, or bacteria, and do not contain the labeled amount of CBD. "States that provide regulation of the production of CBD, as is being developed in Iowa, do appear to have more reliable products," Welty says.

CV Sciences test their products for cannabinoid content, pesticides, heavy metals, and solvents in a laboratory on site, and through independent third-party analysis. When purchasing CBD oil, make sure the manufacturer tests its products.

U.S. Senate Majority Leader Mitch McConnell recently introduced the Hemp Farming Act of 2018, which would permanently legalize hemp and classify it as an agricultural commodity. In an impressive display of rare bipartisanship, he was joined on the floor by U.S. Senator Ron Wyden, a liberal Democrat from Oregon. This could have far-reaching positive effects on our economy and environment.

Hendrix, who started the Kentucky Hemp Industry Association and helped found what is now the U.S. Hemp Round Table, has grown hemp on his family farm for the past three years. Not only will legal hemp add to a farmer's revenue stream, it also improves the soil. "Hemp is a great rotation crop," he says. "It leaves the soil better than it found it." This means less need for fertilizers and other inputs, which saves money. Hemp is also drawing young people back to the farm, an important trend in light of the fact that the average farmer is 60 years old.

"In five or ten years," Hendrix predicts, "you're gonna see hemp as just as normal as corn or soy." Just imagine: CBD oil in your medicine cabinet, hemp seeds in your granola, and hemp fibers in your shoes.

To get more information on hemp legal issues, join HempSupporter.com.



Bonnie Kreckow • 507-474-9970 • herbstoya@msn.com
1658 W. King • Winona, MN • simplybeenatural.com

Simply Natural
for your well-being

Clinical Herbalist



GEOTHERMAL

Harness the Energy of the Earth!

TAX CREDITS = 36%

30% FEDERAL + 6% IOWA for geothermal systems

Cost Effective • Reliable • Sustainable • Environmentally Friendly

FULL SERVICE GEOTHERMAL LOOP INSTALLATION & SERVICE



P.O. Box 401, Decorah, IA 52101
563-382-0300 • Fax: 563-382-0305
SHOP LOCATION:
407 2nd Avenue SW, Cresco IA 52136
www.geo-inc.com

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, Nicole Brauer.....	nicoleb@oneotacoop.com
Cafe Manager, Elizabeth Lesser	cafe@oneotacoop.com
Front End Manager, Kristin Evenrud.....	kristin@oneotacoop.com
Wellness Manager, Gretchen Schempp	gretchen@oneotacoop.com
Education & Demo Coordinator, Andrea Springmeier	andreas@oneotacoop.com
Pricing and Commitment Coordinator, Frances Kittleson	frances@oneotacoop.com
Bulk Buyer, Emily Dansdill	bulkfoods@oneotacoop.com
Bakery Buyer, Jergen Teslow	teslowj@oneotacoop.com
Graphics Coordinator, Kaija Kjome.....	kaija@oneotacoop.com
Meat Buyer, Nicole Brauer.....	meat@oneotacoop.com
Cheese & Dairy Buyer, Beth Rotto	beth@oneotacoop.com
Member Volunteer Coordinator, Andrea Springmeier.....	membervolunteers@oneotacoop.com
Customer Service, general inquiries	customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

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

2018-2019 Co-op Board of Directors

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

WELLNESS WEDNESDAY

FIRST WEDNESDAY

of every month

members receive

5% off Wellness products

(excludes already marked down DEALS sale items)

Senior Citizen Discount Monday

Every Monday members who qualify for senior discount

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

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

The Statement of Cooperative Identity

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

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

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

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

2nd Principle.....Democratic Member Control

3rd Principle.....Member Economic Participation

4th Principle.....Autonomy & Independence

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

6th Principle.....Cooperation Among Cooperatives

7th Principle.....Concern For Community

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

MEMBER-OWNERSHIP

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

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

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

• Support a locally owned and operated business that is part of our community and puts money back into the local economy.

• Get additional discounts on specific "member deals" sale items.

• Receive a 5% discount on Mondays if you are 60 years of age or older.

• Place free classified ads or reduced-rate display ads in The Scoop.

• Once each month, ask for your 5% discount on an unlimited quantity of purchases. (Excludes Member Deals, Co+op Deals, milk, eggs, magazines, wine, beer, fresh breads and pastries and Café items).

• Receive discounts on Co-op sponsored classes.

• Write checks for up to \$20 over purchase for cash back.

• Enjoy a special order case discount on most Grocery, Bulk, Wellness and Produce special orders. Case quantities vary. (Excludes Co+op Deals and Member Deals sale items).

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

• Run for a seat on the Board of Directors.

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

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

• Own the store where you shop!

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

everyone can shop. everyone welcome. no membership required.

Welcome to these new member/owners:

Wayne Hemesath	Jacqueline Reddel	Rebecca Goettl	Rufina Velasco-Caluya
Peggy Ahmetasevic	Lisa Beiwel	Kristin Loney	Michael Erickson
Travis VanWyk	Jake Dyer	Lauren Thormodsgard	Miroslava Majernikova
Charles Wittman	Deb Monson	Eulalia Madriguera	Wendy Bontien
Julie Hayek	Donella Darrington	April Blong	Tyler Boyle
Hannah Breckbill	Jenifer Mtisi	Lee Tangen	Ann Zupke
Aaron Harris	Kristin Gardner	Rosemary Boden-	Rebecca Clemens
Monty Maitland	Tom Shroyer	steiner	Wells
Michelle Davis	Natalie Albin	Shoken Winecoff	Elizabeth Sanness
Ricky Matt	Hannah Garry	Angie Schwartzhoff	Kate Lower
Cody Whittle	Claire Anderson	Joan Wangen	Monica Harper/
Kimberly Larson	Kirsten Dejarlais	Peter Kerns	Schmitt
Richard Mar	Seth Schmidt	James Taylor	Betty Christianson
Stephanie Hartz	Debra Walhus	Tyler Wheeler	Jennifer Fish
Clara Muggli-Toyloy	Dorian Keller	Deon Sawyer	Elizabeth Happ
Rochelle Wiedenhoeff	Eric Stahr	Pam Fisher	Janice Miles
Janet Fortman	Phillip Flaskerud	Norb Kelly	Denise Tan
Alyssa Marso	Kelsey Ritner	Tammy Mahr	

Member Volunteers - Feb/Mar/Apr

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

Brita Nelson

Flannery Cerbin-Bohach

Scott Hawthorn

Alicia Trout

Scott Timm

Dennis Pottratz

Aimee Viniard-Weideman

Emily Neal

Maren Beard

C. Bryan Stuart

Wendy Stevens

Christine Gowdy-Jaehnig

Merit Olsen

Brittney Claman

Onita Mohr

Joanne Wu

Cathy Baldner

Sarah Frydenlund

Michael McElrath

Georgie Klevar

Carol Bentley-Iverson

Louise Hagen

Randall Duvall

Jerry Aulwes

Janet Snider

Michele Chamlee

Annette Schweinefus

Kristin Eggen

Cynthia Lantz

Barb Dale

David Jensen

Bob Wilson

Johanna Bergan

Sabrina Claman

Jon Hart

Mary Hart

Matthew Jensen

LeAnn Popenhagen

John Kjome

Jim Dale

Arlys Adelmann

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



J & J Greenhouse L.L.C owners and operators, Jon and Janet Halverson, are responsible for the delicious summery cherry tomatoes and garden fresh mini cucumbers we start getting at the Co-op in March each year. They are located near Hawkeye, Iowa. Their business idea hatched when they visited another neighbor's greenhouse. They then traveled to Canada together to research other operations and were impressed by a greenhouse they visited there. Jon's and Janet's neighbors specialized in growing peppers in their greenhouse and taught them what they had learned. In addition, Jon and Janet hired consultants, did a considerable amount of research, and made several additional trips to Canada to learn the skills needed to make the produce and business thrive. Their hydroponic greenhouse was built in the winter of 2009 making 2018 the ninth season for their operation. They currently sell from late March or April through October. They started their venture growing cherry and grape tomatoes but have ceased producing grape tomatoes and instead are growing mini burpless cucumbers (which are a hit at the Co-op!). Both of which you can find at the Oneota Co-op through the greenhouse growing seasons. They start their seeds in rock wool flats which support the plants until they are 6 to 8 inches tall. The plants are then transferred to grow bags filled with a natural coconut fiber. Plants are fertilized with all naturally mined minerals – except nitrogen which is a greenhouse grade product. Once the plants reach 12 inches in height, they are clipped to a support system to grow straight and upright. Picking of produce begins 90 days from seed. Their greenhouse is naturally ventilated to cut down on electrical usage, but fans are used as a back-up system when needed. Jon and Janet heat with a biomass hot water heating system to cut down on the use of fossil fuels. Bumble bee hives are added to the house to pollinate the flowering plants naturally. Beneficial insects are used instead of chemical sprays to control destructive insect outbreaks. Floor cleaning is ongoing to keep decaying plant matter and fallen fruit from contaminating the space. Gloves are worn because any time the plant is touched – whether being pruned or picked – it ensures an optimal end product for consumers. Since the inception of their businesses, many things have been changed or adjusted to improve efficiencies. To this day Jon and Janet continue to make changes as needed to improve the production and the end product. They have daily meetings to discuss their goals for the operation. Jon takes care of the hot water wood chip burner to heat the greenhouse in the fall, winter, and spring; does maintenance, and manages the sales along with their other businesses – Dirt Worx and farming. Janet keeps up with the bookwork, helps with plant maintenance, picking, packaging, cleaning and delivering two days a week while another driver delivers two other days each week.

There are roughly seven part-time staff at any given time – including Jon's parents and one of their three sons. While they do not do tours of their greenhouse operation, you can see more photos and learn more about their endeavor on their website: jandjproduce.com. One of their most trying circumstances of doing business occurred when a food service company said they would take all the product they could produce. However, the company didn't realize how much Jon and Janet could grow in their 12,000 square foot greenhouse. They then had to scramble to find other outlets for their produce. Luckily, there were (are) five food co-ops (including Oneota), four local grocery stores, a hospital, the University of Northern Iowa, and 25 Hy-Vee locations that were thrilled to utilize and/or sell their tasty produce. Jon, Janet, and their crew continue to be pleased by the kind comments they receive and are thankful for the support of all their customers. They are thrilled to be able to pick red cherry tomatoes twice each week and mini cucumbers seven days a week to stock the shelves and pantries of customers throughout northeast Iowa and beyond. Providing fresh, local, and healthy nourishment is one of their top goals, and we at Oneota couldn't be more thrilled to feature J & J's tasty produce on our shelves.



Play. Explore. Grow.
kinderhausdecorah.com | 563.379.7303

Full Days Now Available!



KINDERHAUS
OUTDOOR PRESCHOOL
for AGES 3 - 6

Keeping heirlooms where they belong –
in our gardens and on our tables.
For this generation and the next.

Explore:
Display Gardens | Trails
Visitors Center | Events
Open Daily, 10am-5pm



seedsavers.org | Decorah, Iowa

KDEC FM 100.5 & Good Time Oldies AM 1240

Inspired by music
AND
NOW
POWERED
BY THE
SUN!

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



What makes Nordic Berries
our top-selling children's vitamin?

The smiles.



YOU ARE THE CO-OP Difference

By: Co+op, Stronger Together

YOU ARE THE REASON FOOD CO-OPS ARE HERE

Food co-ops were formed by people in your community who wanted access to healthy, delicious food with reduced environmental impact and less waste, and co-ops remain community-owned and operated to this day. You help co-ops continue this proud tradition every time you choose to shop at one, invest in ownership or tell a friend about your local food co-op. You are the co-op difference.

Thanks to co-op shopper support, local farmers and producers continue to have a market for their delicious food, organic agriculture continues to grow, local food pantries and nonprofit organizations have a strong partner and together we are making progress towards a fairer food system.

People like you make it happen. When you shop at the co-op, your money makes a bigger impact in your local community than at a typical grocery store. At the co-op, your food dollars work to support a robust local economy, a vibrant community and a healthy environment.

YOU HELP CREATE A ROBUST LOCAL ECONOMY

When you shop at the Co-op, you are supporting local farmers and producers as well as investing in supply chain transparency. We have made a commitment to empowering entrepreneurs and small business owners in our area by bringing their products to market – but shoppers are the ones who keep them in business. Local products at food co-ops around the country average 21% of total co-op sales, compared with a national grocery store average of just 1.8%.

A stronger local economy is just one benefit. It's easy to support local producers; their products are delicious! Co-op shoppers' demand for the good stuff results in the average food co- being able to work with 185 local farms and producers, resulting in over \$283 million in combined sales of local products at co-ops nationwide.

In an increasingly consolidated food system, it's difficult to know where your food is coming from, let alone who is getting paid to grow, pack, ship and stock it. When you buy local products you are creating local jobs and can easily see who benefits from your purchases.

YOU HELP TO NURTURE COMMUNITY

Co-op shoppers are incredibly generous – in 2016, food co-ops contributed over \$2.6 million to charitable causes in their local communities, in both cash and in-kind donations, thanks to shoppers' patronage and continued support of charitable programs.

As community-owned and operated organizations, co-ops are able to ensure that a higher percentage of revenue is donated than at typical grocery stores, a 44% higher rate on average, to be exact! Co-ops offer a variety of ways for owners and customers to donate to community organizations, whether by voting on recipients at the annual meeting or by providing customers the option of "rounding-up" purchases to the nearest dollar at the register, earmarked as a donation.

Co-op shopper support also makes it possible to provide nutritional education, classes and community events at co-ops nationwide. With an average of 92 outreach events per co-op each year, there is almost always something going on!

YOU HELP BRING PEOPLE TOGETHER

As a co-op shopper, you can choose to invest in ownership. You don't have to be an owner to shop at the vast majority of food co-ops (including Oneota Co-op), but ownership is economically empowering and gives you a voice in how the co-op is run. Everyone is welcome to own a share of the co-op.

Democratically elected boards govern with guidance from seven international cooperative principles that apply to all cooperative businesses. These principles are designed to help directors and managers of the co-op make decisions based on a commitment to economic and social justice and equity for all stakeholders. Crucial among these is voluntary, open ownership without discrimination based on gender, social, racial, political or religious identification.

The principles that guide co-ops are in many ways responsible for the inspiring community, economic and environmental impact that sets us apart from conventional grocers. It is because of owner commitment to this vision and these values that a better way of doing business is possible.

ABOUT THIS CONTENT

This content is based on a 2017 study commissioned by National Co+op Grocers and conducted by the ICA Group, a not-for-profit consulting firm with expertise in cooperatives, economic development and business research.

Our co-op is a member of National Co+op Grocers, (NCG), a business services cooperative for retail food co-ops located throughout the United States. NCG represents 146 retail food co-ops operating over 200 stores in 38 states with combined annual sales over \$2 billion and over 1.3 million consumer-owners.

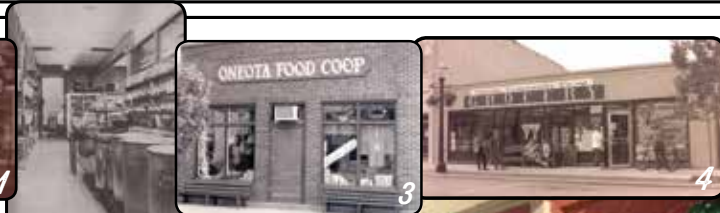
As part of an ongoing commitment to demonstrate the value of the cooperative business model to local communities, NCG began measuring the social, environmental and economic impacts of food co-ops in 2012 compared to conventional grocers.

Reprinted by permission from StrongerTogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogether.coop.

1973



Incorporated in 1973, what started as a small group of like-minded individuals has grown to over 5,000 member/owners owning a stake in this cooperative business - together.



current



Number of **LOCAL** products at the Co-op: roughly **1,260**

In 2017, **25%** of our total sales were **LOCAL**

Sales of local product (in 2017): **\$1,283,383**

Oneota Co-op definition of local: Any product grown, produced, roasted, processed, or packaged within a roughly **100-mile radius** of the Co-op.

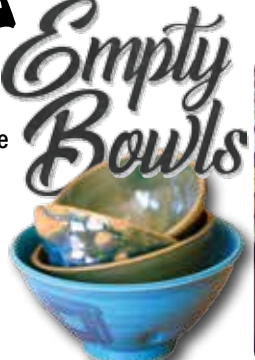


Roughly **\$.45 of every dollar** spent at the Oneota Co-op **stays local** – within a 100-mile radius of Decorah. This includes, but is not limited to, wages to staff, expenses with local contractors, and payments for cost of goods to local vendors.

Total # of Oneota Co-op employees: **57**

Number of full-time Oneota Co-op staff: **32**

% of Co-op Staff making a living wage: **100%**



ACUPUNCTURE
QIGONG
HERBAL MEDICINE
NATUROPATHY

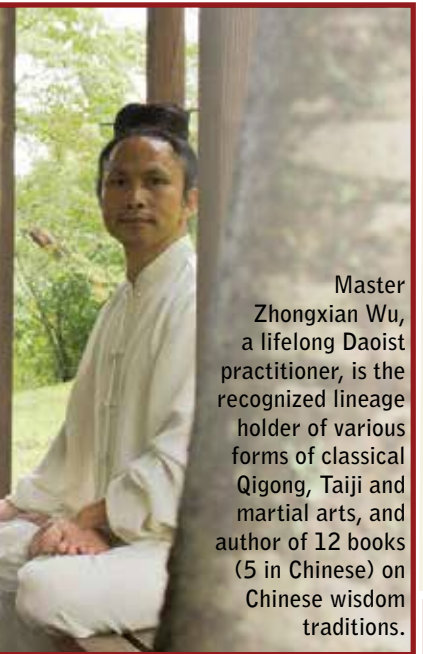


ChaDao - The Dao of Tea
Traditional Chinese Tea Ceremony
August 3, 2018, 7:00-8:30 pm
Cost: \$25
309 West Broadway, Decorah, IA

BaGua XinJing Qigong
Eight Trigram Heart Mirror
August 4, 2018, 7:30-8:45 am
Cost: \$25
110 Washington Street, Decorah, IA

LeiFa
Shaking Qigong
August 4, 2018, 5:30-6:45 pm
Cost: \$25
110 Washington Street, Decorah, IA

FEATURED EVENT - Dai XinYi 5 Elements
August 4-5, 2018 10:00 am-5:00 pm
Cost: Early Bird (before July 3) \$250
Regular \$295
110 Washington Street, Decorah, IA



Master Zhongxian Wu, a lifelong Daoist practitioner, is the recognized lineage holder of various forms of classical Qigong, Taiji and martial arts, and author of 12 books (5 in Chinese) on Chinese wisdom traditions.

SPACE IS LIMITED, MUST REGISTER AT WWW.MASTERWU.NET
CALL 563-382-9309 OR E-MAIL: INFO@ACUPUNCTURECENTERDECORAH.COM

ACUPUNCTURE
CENTER DECORAH

acupuncturecenterdecorah.com
563.382.9309
309 W. Broadway
Decorah, Iowa