

ORGANIC FOOD: WHY THE PRICE TAG &

IS IT WORTH IT?

By: Robyn O'Brien

Yesterday, I shared a video out of Sweden that went viral. (view the video here: <http://s.coop/1wmgb>) It highlighted what happened to a family of five when they were taken off of conventional food and put on an "only organic" diet for two weeks. The level of tested pesticides in their bodies dropped off to almost nothing. It opened up a dialogue and prompted calls for science: What about other pesticides? Why did some have higher levels? Is

dehydration a factor? What is the long term impact?

The questions speak to why it is so important that we continue to study the intended and unintended effects of how our food is produced.

But what does the term "organic" actually mean?

The term "organic" actually refers to the way agricultural products are grown and processed and legally details the permitted use (or not) of certain ingredients in these foods.

The details are that the U.S. Congress adopted the Organic Foods Production Act (OFPA) in 1990 as part of the 1990 Farm Bill which was then followed with the National Organic Program final rule published by the U.S. Department of Agriculture (USDA).

The standards include a national list of approved synthetic and prohibited non-synthetic substances for organic production, which

means that organically produced foods also must be produced without the use of:

- antibiotics
- artificial growth hormones
- high fructose corn syrup
- artificial dyes (made from coal tar and petrochemicals)
- artificial sweeteners derived from chemicals
- synthetically created chemical pesticide and fertilizers
- genetically engineered proteins and ingredients
- sewage sludge
- irradiation

According to the United States Department of Agriculture, these added ingredients are actually what differentiate organic foods from their conventional counterparts. A Stanford study a few years ago concluded that there is little difference between organic and

conventional food. But nowhere in that Stanford study, comparing organic food to conventional, were ingredients like synthetic pesticide, sewage sludge or any of the above measured. There was no measure of the insecticidal toxins produced by a genetically engineered corn plant, no measure of the added growth hormones used in conventional dairy, no measure of the fact that 80 percent of the antibiotics used today are used on the chicken, pork, beef and animals that we eat.

Food is not just a delivery device for vitamins and minerals, as measured in the study, but it is also

Continued on pg 2

THE BENEFITS & OF SEEDS

By: Jesse Haas

Seeds are an amazing food. Each seed contains the potential to sprout and grow into a plant—a plant that will mature and produce more seeds, which will sprout, mature and make more seeds. Every time we eat a seed, we are consuming the potential—all the protein, vitamins, minerals, enzymes—needed to grow an entire plant and all its future seeds.

Seeds are found in cuisines around the globe. They stand alone as snacks and add umami and a satisfying crunch to salads, soups and desserts. Seeds can be ground into flour to thicken soups and stews or used to replace flour in baked goods. Each seed offers unique flavor and characteristics. Here are some highlights of a few mighty seeds:

CHIA

Chia is Mayan for strength. Ancient Mayans consumed chia seeds to provide lasting energy on long journeys. They are a complete protein, high in fiber, omega-3 fat and antioxidants.

The texture of chia is unique. When soaked in liquid, the seeds develop a jelly-like coating that makes a thick mixture which can be used as a nutritious replacement for cornstarch or arrowroot powder in baking and puddings. Chia are composed of soluble fibers that enhance satiety and feed the beneficial bacteria in your digestive tract. My favorite way to eat chia is in pudding form—add 5-6 tablespoons to a can of warmed coconut milk. You can customize the flavor with cocoa powder, coconut flakes, pureed bananas or berries, and sweeten to taste with maple syrup or honey. Keep a toothpick handy—these seeds have an affinity for the space between teeth.

FLAX

Flax are also high in fiber, which helps prevent "sugar crashes," among other benefits. Flax, along with hemp and chia, contains alpha-linolenic acid, (ALA) an omega-3 fat that may help prevent age-related diseases. Omega-3 oils are very fragile and can go rancid quickly after being exposed to air and heat. Store whole flax seeds in the fridge and grind as needed to add to breakfast cereal, yogurt, smoothies, or baked goods.

HEMP

Hemp seeds are a complete protein, which is rare in the plant kingdom. Unlike flax, you don't need to grind hemp seeds to enjoy the benefits. Hemp seeds have a creamy texture and a mild, nutty flavor that complements grains, salads and meats. Sprinkle hemp on top of spaghetti in replacement of Parmesan cheese or substitute hemp seeds for pine nuts in pesto. Hemp seeds are also a delicious addition to grain salads, like tabouli. Store them whole in the refrigerator to preserve the GLA. *< Continued on pg 3*

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(continued from pg. 1)

used as a delivery device for these substances that drive profitability for the food industry. To fail to measure these added ingredients, while suggesting that there is essentially no difference, is incomplete at best. Some might even go so far as to suggest that it is irresponsible in light of the fact that we are seeing such a dramatic increase in diet-related disease.

Additionally, anyone who knowingly sells or mislabels as organic a product that was not produced and handled in accordance with the regulations can be subject to a civil penalty of up to \$10,000 per violation. In other words, if an organic producer were to add any one of the ingredients listed above, they would be fined.

WHY ORGANICS COST MORE

Admittedly, the high price of organic food can irritate anyone. But the scrutiny that these foods undergo is enormous and expensive, driving prices at the cash register and for those producing them on the farm. Why the costs? Because the cost structure on our food supply offers taxpayer-funded resources called subsidies to the farmers using genetically engineered seeds and saturating crops in insecticides and weed killers, while charging the organic farmers fees to prove that their crops are safe.

That's like getting fined to wear your seat belt.

So while conventional food production allows for the addition of cheap, synthetic and often controversial ingredients that have been disallowed, banned or never permitted for use in developed countries around the world, organic food carries the burden of having to prove that its products are safe – products produced without the use of added non-food ingredients that other countries have found controversial or removed from their food supply.

In other words, it's an un-level playing field right now. And if we were all sitting down as a national family at our national dinner table, I don't think that any of us would want to be using our resources this way. Wouldn't we rather have the organic food be the one that we fund, making it cheaper, more affordable and more accessible to all Americans?

Or if given the choice, would we rather eat food hopped up on growth hormones, antibiotics and chemical pesticides? That's a personal decision, a personal responsibility. We have to know what is in our food to make that decision.

And while correlation is not causation, in light of the growing rates of cancer, diabetes and other conditions affecting our families, the answer would appear to be "eat less chemicals."

But right now, the majority of the population does not have that choice. Food, clean from antibiotics, added growth hormones and excessive pesticide residue, should be a basic human right, afforded to all Americans, regardless of socioeconomic status.

The authors of the Stanford study concluded that the studies reviewed do not support what they call the "widespread perception" that organic foods overall are nutritionally superior to conventional ones, although eating an organic diet may reduce exposures to pesticides and antibiotic-resistant bacteria.

A Stanford press release quoted senior author Dena Bravata as saying, "There isn't much difference between organic and conventional foods, if you're an adult and making a decision based solely on your health." (According to the Stanford Medical Center press office, Bravata is no longer doing interviews about the study.)

In one key finding, the team reported a "risk difference" of 30% between conventional and organic produce, meaning organic produce had a 30% lower risk of pesticide contamination than conventional produce. That number was based on the difference between the percentages of conventional and organic food samples across studies with any detectible pesticide residues (38% and 7%, respectively).

But the concept of risk difference is potentially misleading in this context, as the metric does not refer to health risk, according to Charles Benbrook, research professor and program leader for Measure to Manage: Farm and Food Diagnostics for Sustainability and Health at Washington State University. Furthermore, says Benbrook, "Pesticide dietary risk is a function of many factors, including the number of residues, their levels, and pesticide toxicity," not just whether contamination was present.

Which is exactly what the video out of Sweden brought to light yesterday.

^continued on pg. 3

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(continued from pg. 2)

Excerpted from Organic Food Conclusions Don't Tell the Whole Story – Holzman, David C.

“In a letter accepted for publication in the Annals of Internal Medicine, Benbrook pointed to the Stanford team's lack of consideration of extensive government data on the number, frequency, potential combinations, and associated health risks of pesticide residues in U.S. food. Using data from the U.S. Department of Agriculture's Pesticide Data Program, Benbrook calculated a 94% reduction in health risk attributable to eating organic forms of six pesticide-intensive fruits.”

“The Stanford researchers also missed opportunities to examine the relationship of pesticides and health outcomes demonstrated in a growing number of cohort studies, says Brenda Eskenazi, a professor in the School of Public Health at the University of California, Berkeley. Eskenazi conducted one such study, one of a trio published in April 2011 that examined the relationship between cognitive development and prenatal pesticide exposures in two multiethnic inner-city populations and one farmworker community in California. One of the studies found deficits of seven IQ points in 7-year-old children in the highest quintile of pesticide exposure, compared with children in the lowest quintile, as measured by maternal urinary pesticide metabolite levels during pregnancy. Results were comparable in the other two studies.”

“In concluding that the evidence “does not suggest marked health benefits from consuming organic versus conventional foods,” many commenters, including Eskenazi and Benbrook, felt the Stanford team ignored risks to broader public health like those outlined in an April 2012 review by David C. Bellinger, a professor of neurology at Harvard Medical School. In his review Bellinger argued that subtle impacts of organophosphate pesticides on neurodevelopment can add up to substantial population-level impacts. He wrote, “It is frequently noted that a modest downward shift in mean IQ scores will be accompanied by a substantial increase in the percentage of individuals with extremely low scores.”

“Conventional toxicology testing is now being shown to miss responses that occur at doses that are orders of magnitude lower than previously established no-observed-adverse-effects levels, with potential implications for our understanding of pesticide safety. And others are finding in animal studies that pesticide exposures in utero can induce epigenetic changes that alter stress responses and disease rates in future generations.”

What are all of these pesticides in combination doing to us, to our families, to our children or during our pregnancy? The fact is: we need more scientific studies, and the video shared yesterday, like the Stanford study from a few years ago, speaks to that and opens the dialogue.

SO WHERE TO START?

Since the high price of organic produce and a flawed food system that continues to charge organic farmers more to prove that their products, produced without ingredients that mounting scientific evidence has shown to cause harm, is still an insurmountable hurdle to the majority of the population, especially the growing number of unemployed, where can an American who wants to avoid these ingredients start?

Start with baby steps. None of us can do everything, but all of us can do something. And thankfully, foods without these controversial additives and ingredients are increasingly sold in grocery stores like Wal-Mart, Costco, Kroger and Safeway, which represent the largest single distribution channel, accounting for 38 percent of organic food sales in 2006. Look for milk labeled “RbGH-free” or look for products without high fructose corn syrup or artificial colors. A growing number of companies, from Kraft to Nestle, are producing them, because their employees have kids battling conditions like asthma, allergies, diabetes and cancer, too.

Plus your local food co-op has sold these types of items from the very start - and from local sources.

So maybe you rolled your eyes at this whole thing a few years ago, dismissing it as an expensive food fad. I did. The Stanford study goes a long way towards reinforcing that. But read between the lines and exercise precaution where you can. Let your local representatives know that this matters to you, that you believe organic food should be the affordable option to families. Let your local grocery store know that you hope to see more in their aisles. They are listening, they are learning all of this, too. They have family members struggling under the burden of disease.

The love that you have for your family and country can propel you to do things you could never imagine. So navigate the grocery store a bit differently, get involved with a food kitchen, a community garden, a child's school. And reach out to your legislators. They have families, too.

Because as the science continues to mount, from the Presidents Cancer Panel to the American Academy of Pediatrics, we are learning just how much the food we eat- and the artificial ingredients being added to it – can affect the health of our loved ones. So ask why. In light of the escalating rates of conditions and diseases in our country and around the world, it is one of the most patriotic things that we can do.

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Robyn O'Brien authored "The Unhealthy Truth: How Our Food Is Making Us Sick and What We Can Do About It." A former financial analyst, author, TEDx speaker and mother of four, Robyn brings detailed analysis to her research into the impact that the global food system is having on the health of our children. She founded www.allergykidsfoundation.org and was named by Forbes as one of "20 Inspiring Women to Follow on Twitter." The New York Times has described her as "Food's Erin Brockovich." Watch Robyn's TEDx Austin talk here <https://www.youtube.com/watch?v=rixyrCNVVGa> or learn more at www.robynobrien.com.

THE BENEFITS OF SEEDS

(continued from pg. 1)

MILLET

Despite millet's fine nutritional and culinary profile, we are more familiar with it as birdseed in the U.S. In parts of India, Asia and Africa this drought-resistant, prolific crop is a culinary staple. It grows quickly and reliably, stores easily and is high in protein and B vitamins. It's also alkaline in nature, making it very easy to digest. Like quinoa, millet is a seed grain. Creamy and nutty, it makes a naturally gluten-free substitute for couscous and pairs wonderfully with Mediterranean flavors like artichokes, sun-dried tomatoes, and fresh herbs.

PEPITAS

Also known as pumpkin seeds, pepitas have a lot of potential health benefits. Like soybeans, they are a rich source of phytoestrogens, which have been shown to promote heart health and possibly prevent some types of cancer. Pepitas are also the best plant source of zinc, an essential mineral used in the immune system and especially beneficial for men's health. Make your own pepitas by tossing cleaned seeds from pumpkins and other edible winter squashes in oil and roasting at 400°F for about 20 minutes. Toss a handful on roasted root vegetables...or right in your mouth!

QUINOA

Quinoa is a seed although it is often referred to as a grain. It was first cultivated in the harsh conditions of the Andes Mountains where it remains a staple of Peruvian and Bolivian cuisine. Quinoa is a nutritional powerhouse, packing high-quality plant protein, B vitamins, essential minerals and antioxidants like vitamin E that combat “free radicals” or the environmental and dietary pollutants that cause cell damage. Add a handful or two of rinsed quinoa to brothy soups in the last 20 minutes of cooking to add nutty texture. Quinoa also makes a hearty and delicious breakfast cereal when cooked in coconut milk and topped with dried fruit and other seeds, like chia, hemp and sesame.

SESAME

These crunchy little seeds are one of the oldest condiments. Mixed with sea salt to make Japanese gomasio or roasted and ground into a Middle Eastern staple, tahini, sesame has found a home in cuisines around the world. The seeds are rich in the anti-inflammatory mineral, copper, and contain a unique chemical called sesamin which protects the brain and liver from oxidative damage. The oil in these seeds is susceptible to rancidity so store them whole in the fridge to add to stir-fried veggies, sautéed kale or other leafy greens.

SUNFLOWER SEEDS

When you root for the home team, you're not just celebrating sunflower seeds as a fantastic baseball snack, but as a plant native to North America. Sunflowers were cultivated by American Indians in the southwest even before corn. They used the seeds for food, dye and medicinally to treat snake bites. Like olives, sunflower seeds contain oleic acids, a monounsaturated fat that lowers cholesterol. Sunflower seeds also contain tryptophan, the amino acid required to synthesize serotonin. Try raw sunflower butter as an allergy-free, B vitamin-rich replacement for peanut butter on crackers and apple slices.

Authored by Jesse Haas for Stronger Together. 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.



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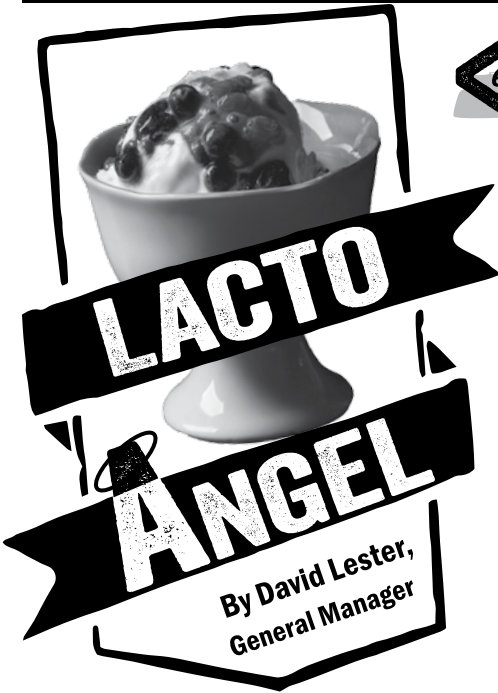
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A community that is educated about food and other products which are healthy for people and the environment.

I have noticed in my years of being a Co-op member that a number of folks who shop at co-ops are more than eager to talk about their personal health issues in great detail.

I have never really been one of these people.

At the Oneota Community Co-op we are not in the business of diagnosing health related issues, but we do take a lot time to help our customers figure out potential solutions to their health problems. Sometimes they bring us a list of foods or supplements from their health care provider and we carefully go over this list

and try our best to get them what they need and give some advice on how to cook or use it. We also take great pride when individuals make progress in their health journeys and come back to tell us about it. I've just never enjoyed the gory details involving bathroom visits and such. And then, I became one of those people.

My particular story began about four years ago when I noticed my stomach didn't feel so great after eating desserts with heavy cream. Things really came to a head when my family and I were in Door County for a summer trip and we went to the famous Wilson's Restaurant and Ice Cream Parlor for triple scoops. After our ice cream, we went to a drive in movie-theater. Let's just say – I didn't see much of the film. So, I began experimenting a little bit with my diet. Coffee with half and half, no problem. Cereal with milk, problem. What was becoming very evident to me was that my body was fine with most milk products by themselves, but adding sugar to the picture was not good.

The more I read about my situation, the more I learned about the connection between keeping my gut healthy and having better long term health. My gut instinct (pun

intended) was to eliminate these much beloved food items from my diet. Whipped cream with apple pie, nope. Chocolate milk after a workout, no way. Whippy Dip...done. NOOOOOO!!!

I tried almond and coconut milk but missed the creamy texture I was use to. I tried obstinacy which I found wholly ineffective. I tried taking different supplements before consuming some of these dairy products but nothing ever really helped my gut fully digest dairy and sugar.

I still to this day don't fully understand what exactly is going on with this particular issue, but it probably has something to do with my aging body and producing smaller amounts of the enzyme, lactase, therefore, suffering from lactose intolerance. There, I said it. No gory details, just the facts.

And then I met the Lacto Angel. Many of you likely remember the delicious pie and fresh made whipped cream we served at the Co-op's recent annual meeting. I made the comment that I would love to pour at least half the bowl of whipped cream onto my slice of pie, but that I had not consumed whipping cream for about four years. Luckily, Lacto Angel happened to overhear my comment and shared with me a product called Lacto, which is now found on our shelves in the wellness department by a company called Enzymedica. Lacto Angel had also suffered from lactose intolerance and had tried many products before discovering Lacto. Lacto Angel pulled a capsule from his private stash and gave it to me to try. After swallowing the capsule, I piled on the white, velvety cow nectar and watched my slice of pie disappear. Incredibly, my stomach felt completely normal. And, actually, I felt more energized than I had in a long time. Instead of eating a dessert and worrying about the consequences, I was able to enjoy something delicious that took me back to my childhood. I closed my eyes and was transported back to my grandmother Mary Helen's kitchen table eating her homemade French silk pie with fresh cream. Then, there I was hand-churning a frosty-steamy cold steel cylinder of homemade ice cream in a salty ice bath to the rhythm of the drone of a thousand cicadas on my grandfather Oak's porch on a humid day in Richmond, Virginia. I opened my eyes and said, ahhhhh.

For some reason, Lacto works for me at this moment in time and I can, on occasion, join my family devouring a quart of Talenti Sea Salt Carmel ice cream instead of sitting on the sidelines with my sorbet. It's a tiny win on the surface but goes much deeper for me. Here's to our health, the journey it takes us on, and the angels that help us along the way.



Tickled Pink

By: Beth Rotto, Chill and Cheese Buyer

Have you been hearing more and more about Aronia Berries? If not, I expect you will. Iowa growers are getting into raising this crop as our own Midwest "superfruit."* High in antioxidants (claimed to be 3 times higher than blueberries) and native to the heartland, these astringent, sour fruits can be eaten off the bush but are more frequently processed, like their relative the cranberry. Country View Dairy, our local yogurt supplier, has started producing a new flavor of Greek yogurt: Aronia Blackberry. Blackberries complement and sweeten up the taste of the Aronia. Each 6 ounce cup of Aronia Blackberry Greek Yogurt contains the equivalent of 20 Aronia Berries in the form of concentrate. The Aronia Berries used are sourced from four Iowa growers.

And guess what? Country View Dairy is the first company to make an Aronia flavored yogurt for sale in the US. With most, if not all, yogurt companies getting their flavoring from the same industry supplier in Chicago, this is a big innovation for Country View Dairy and Iowa. I consider it a claim to fame.

Aronia Berries, which have been popular in parts of Europe for a long time, are gaining visibility in the US. They are not the same as choke cherries but are sometimes called choke berries. I enjoy the flavor of this fruit and use it every day in drinks that I make for breakfast and to bring to work. I purchase Superberries Aronia Concentrate and use just a few drops to flavor both smoothies and water kefir. I love the color it makes my drinks (dark pink) as well as the taste. Superberries Aronia Concentrate is found in the refrigerated department located in the back of our store. A bottle lasts me for several months. Lots of folks on staff at the Co-op keep Aronia Concentrate on-hand at home.

As a special bonus, if you are in the West Union/Hawkeye area, you are welcome to stop into Country View to watch yogurt being made Monday-Thursday. You can watch through their viewing window in their Country View Creamery Farm Store.

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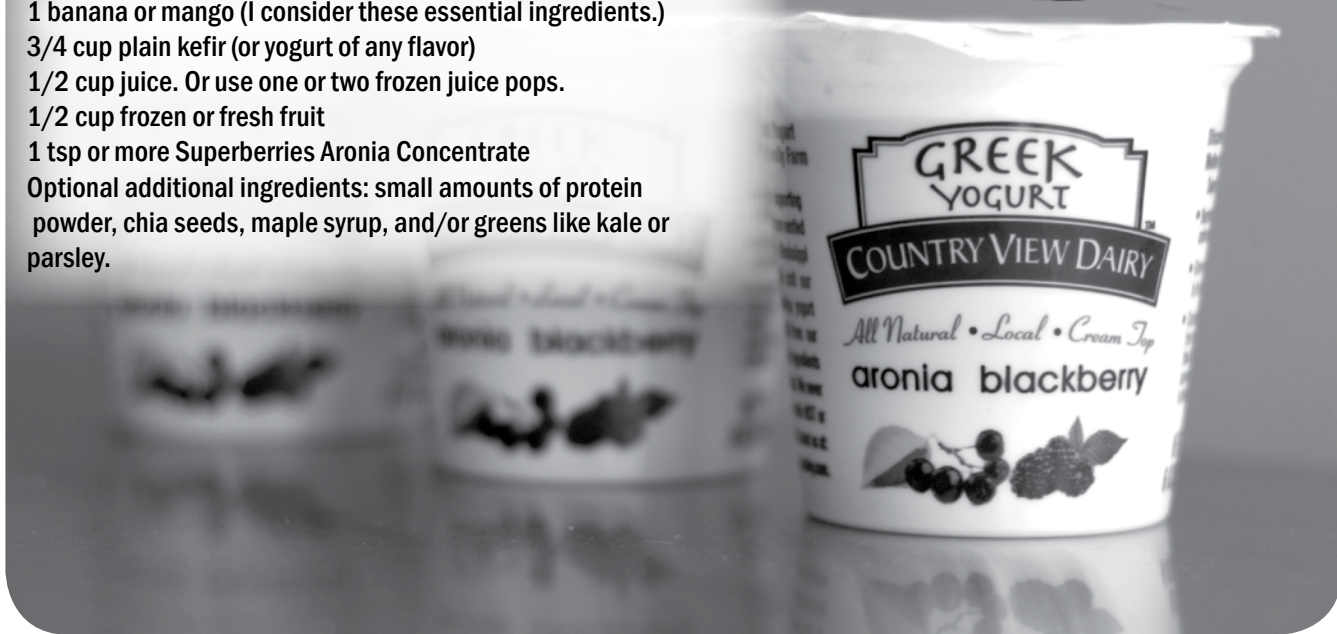
A community that is educated about food and other products which are healthy for people and the environment.

*Just so you know, there is no official definition of a superfruit. It's a catchy name usually referring to fruits that have exceptional nutritional qualities, such as antioxidants and high amounts of vitamins and minerals. It is more often used with fruits and berries that are unfamiliar to the public than traditional fruits that may also be full of good stuff. Similar to the word "natural" its definition is entirely up to the person using the word.

Beth's Breakfast smoothie

(Full disclosure: I actually don't make smoothies from a recipe. I always use what I have on hand, and I don't measure. Just use this as a guide.)

- 1 banana or mango (I consider these essential ingredients.)
- 3/4 cup plain kefir (or yogurt of any flavor)
- 1/2 cup juice. Or use one or two frozen juice pops.
- 1/2 cup frozen or fresh fruit
- 1 tsp or more Superberries Aronia Concentrate
- Optional additional ingredients: small amounts of protein powder, chia seeds, maple syrup, and/or greens like kale or parsley.



KITCHEN CHEMISTRY

By: Rachel Sandhorst, Co-op Member/Owner

I am not a Luther alum, but I am married to one. One of the perks of this union is the Luther Alumni Magazine. When it arrives in our mailbox every few months, I immediately start thumbing through the alumni news. I don't even know anyone and yet I am curious about what all the alums are doing these days. That is how I came across Liz Heinecke, who incidentally graduated the same year my husband did. Heinecke is a scientist and mother who recently published *Kitchen Science Lab for Kids*, a how-to book on doing science at home with household materials.

I am also a mother, and while I never worked in a lab, I use to teach high school science. But the extent of doing kitchen chemistry with my kids is giving them baking soda and vinegar to clean the toilet. (The bubbles make cleaning the toilet bowl at least bearable). So when I read about Heinecke's book in the Alumni magazine, I had to check it out. It was high time we started adding a little more chemistry to our lives.

Our wonderful local bookstore, Dragonfly Books, had the book in stock so I went to town the next day and bought it. The best part – I've actually used it. The book is a great resource for doing science at home. There are 52 experiments, all with very clear directions,

common ingredients from around the house and good photos. The background information is helpful, and the book is filled with ideas of how to get kids interested in science. There are safety tips throughout the book and enrichment ideas as well. The book goes beyond chemistry with experiments in physics (Marshmallow Slingshots, anyone?) and biology (there's some creative botany in Vegetable Vampires).

Some of the experiments are old favorites, like making Cornstarch Goo and Rock Candy. But there are lots of new ideas that we are ready to try. Most of the materials are things I have one hand, such as eggs, sugar, food coloring, salt, and of course, baking soda and vinegar. Any other materials I don't have are easily purchased at a grocery store and inexpensive like 2L Diet Coke, alum, unflavored gelatin, or cranberries. We don't need special planning for most of the experiments – just grab a few things from the kitchen and start having fun.

The sections in the book are broad, and include chemical reactions, polymers, microbiology, rocket science and sunny science. Likewise, the ages are broad – toddlers through teens will find interesting, exciting science in this book. My family has really enjoyed our Kitchen Science Lab and we have lots of pages marked for things we still want to do. We have moved beyond toilet bowl reactions and are gearing up for more science fun in the kitchen.



End 6 A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.



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Author **LIZ LEE HEINECKE**
with **KITCHEN SCIENCE LAB FOR KIDS**
at *Oneota Community Food Co-op*
Kitchen Classroom
Saturday, June 27th at 3:00-5:00 pm



Liz will have science stations set up at the Oneota Co-op Kitchen Classroom for families to dig into. Join us to try the experiments for yourself, meet Liz, and learn more about Kitchen Science Lab for Kids. Dragonfly Books will be on hand selling copies of Liz's book.

This event is sponsored by Dragonfly Books, Friends of the Decorah Public Library, Arthaus, and the Oneota Community Food Co-op and will take place at the Oneota Co-op Kitchen Classroom at 308 W. Water St., Decorah, IA and is free and open to the public. To learn more about this and other events at Dragonfly Books, please visit www.dragonflybooks.com, or contact us at events@dragonflybooks.com or 563-382-4275.

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A Summary of the Results of Studies by U of IA Graduate Students & Faculty on **FRAC SAND MINING** in *Winneshiek County*

Lyle Otte, Winneshiek County Protectors - May 5, 2015

The Winneshiek County supervisors contracted with the University of Iowa's "Iowa Initiative for Sustainable Communities" to study the possible development of frac sand mining in Winneshiek County during the academic year 2014-15. A report was given in December of the first semester's projects. The May 5th report covers the second semester's studies. For a complete report of the studies, please go to <http://urban.uiowa.edu/iowa-initiative-for-sustainable-communities> (available in June).

The first report answered the question, where is the frac sand in the county? Using electronic information and actual samples from the county, the conclusion was that it is nearest (50' or less) the surface in the 6 townships (Hesper, Highland, Canoe, Pleasant, Decorah and Glenwood) of northeast Winneshiek County. For the other study projects, the report focused on the Big Canoe Road area on the border with Allamakee County. The other projects then used that place as a hypothetical starting point.

The next report answered the question, is the frac sand (the St. Peter Sandstone formation) in the county useable for hydrofracking wells around the world? Using 3 physical and chemical tests, the author concluded that yes, the sand here can be used as part of the fracking process. The size, shape and hardness make it suitable.

A group of graduate students worked on the question, what would the economic impact of frac sand mining be for the county? In their first semester study, they focused on the positive effects and concluded that potentially, 15 to 60 jobs could be created depending on the number of mines and an estimated 1.5 to 16 million dollars could be generated throughout the local economy. This semester, the students focused on

End 6 A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.

the negative effects and found that the damage to the hard surface roads from the heavy trucks would cost the tax payers between \$650,000 and \$3,000,000 to fix the damage. In addition, they studied the effect on property values to owners near a frac sand mine. Using Wisconsin's experience, they concluded that a loss of about \$3.5million would take place. That loss would also result in a loss of about \$10,000 in property tax revenue. Water quality was also examined and they referred to a report of Wisconsin's experience in 2014 in which storm water runoff led to 20 citations of the mining companies by the state DNR. Sediment and chemical pollution was reported. Impact of mining run off on ground water in our county due to the karst topography was also a concern. Tourism, especially trout fishing, in our county could also be affected negatively from the pollution possibility. Air quality in the county, both at the mine site and the transportation route could be affected by silica dust from the sand and diesel exhaust from the trucks. The students said more studies are needed to come to a clearer conclusion about the overall economic impact of frac sand mining in the county.

The students did recommend a set-back of over half a mile from trout streams for any mine here. They also urged limiting mines to 40 acres, locating mines away from visual sight lines of tourist areas and charging road use impact fees to the mining companies.

The director, Nick Benson, announced that the Institute for Sustainable Communities will again partner with Winneshiek County in school year 2015-16 to continue the study of frac sand mining and other topics.



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

B'Tween International Cooking (Youth, 10-14)
Mondays: June 8, 15, 22, 29; 10:00 am -12:00 noon
Join AmeriCorps staff as they take middle school youth (5-8 grades) on a culinary tour of the world.
\$40 Member/Owners, \$50 Community Members

Potluck Favorites
Tuesday, June 9; 5:30-7:30 pm
Ever stumped for what to bring to the next potluck? Learn how to whip up a dish that is sure to please.
Class Code: DM
Class Instructor: Rachel Sandhorst
\$15 Member/Owners, \$18 Community Members

3:2:20 Dinner Time
Thursday, June 11; 6:00-8:00 pm
Three meals, two sets of hands and twenty minutes each - join Johanna and Joel as they share the secrets of home cooking for a family, night after night, in a time frame that's sure to meet your needs. Watch the fun of speedy cooking and reap the benefits when the whole class eats together. Three meals of recipes will be created - each taking 20 minutes to prepare. You'll head home with all the knowledge you need to put pizza on the table Monday, have a Mexican fiesta on Tuesday and serve up a stir fry on Wednesday. Leaving you with time to spare to do the laundry, take a walk or put your feet up.
Class Code: DM
Class Instructor: Johanna Bergan and Joel Zook
\$15 Member/Owners, \$18 Community Members

Date Night
Friday, June 12; 6:00-8:00 pm
Ruth Jenkins and Ed Dimler will be cooking up a wonderful date night dinner. Participants will have their own stations and will be cooking right along with the team as they prepare their own dinner for two. The Co-op Kitchen Classroom is a welcoming space for all couples. Limit: 12 participants (6 couples).
Class Code: HO
Class Instructors: Ruth Jenkins and Ed Dimler
\$35 Member/Owners (per couple), \$40 Community Members (per couple)

Teen Taco Night
Wednesday, June 17; 5:30-7:30 pm
Looking for a fun night out, teens? Come to the Co-op Kitchen Classroom and make a wonderful taco dinner. We will prepare and feast on creations made with the freshest ingredients.
Class Code: HO
Class Instructor: Ruth Jenkins
\$15 Member/Owners, \$18 Community Members

Grilling for Dads
Thursday, June 18; 5:30-7:30 pm
Oneota Co-op General Manager David Lester will be firing up the grill and teaching how awesome grilled food can be. This class will also have a beer tasting. Must be 21 years old or over to attend.
Class Code: DM
Class Instructor: David Lester
\$20 Member/Owners, \$25 Community Members

Picnic Perfect
Thursday, June 25; 5:30-7:00 pm
Learn how to assemble a dreamy picnic - linens and all. Picnic baskets, picnic boxes or picnic bags - this team will take the ordinary to the extraordinary all while introducing you to food products that last on a hike, bike ride, or simply at a park.
Class Code: DM
Class Instructors: Beth Rotto and Ruth Jenkins
\$10 Member/Owners, \$12 Community Members

Join us for a

Co-op

Welcome to the

New Member/Owner Introduction

TOUR

6PM ON THE

2ND THURSDAY OF EVERY MONTH

(June 11th, July 9th, August 13th)

Enjoy a stroll through the Co-op with educated staff members & learn about

- products on our shelves
- our store labeling system
- how to shop our bulk section
- member/owner benefits, and more.

Plus, receive a \$5 coupon for each owner household who completes the tour.



E.A.T.

Experience. Ambiance. Taste.

In the Co-op Kitchen Classroom

Monster Stir Fry

Tuesday, June 23rd; 6:30 - 8:30 pm

Featured Instructors: Jenni Brant & Eric Peterson,

Co-directors of Art Haus

See class series description on bottom of page 6



Farmers' Market Meal
Wednesday, June 24; 4:30-6:30 pm
Meet in the Co-op Kitchen Classroom and then take a stroll through the Winneshiek Farmers' Market with food enthusiast, Rachel Sandhorst. Rachel has a keen eye for great vegetables and an experienced palate for great cooking. After picking up items from the market, participants will head back to the classroom to make some wonderful dishes to sample.
Class Code: HO, VG
Class Instructor: Rachel Sandhorst
\$15 Member/Owners, \$18 Community Members

E.A.T.


Experience. Ambiance. Taste.

IN THE CO-OP KITCHEN CLASSROOM

Have you ever watched your favorite cooking show, only to salivate over what is being prepared and then proceed to your own kitchen to eat leftovers for dinner? Ever wish you could watch a cooking show and then be able to dine with the chef and enjoy what was just made? Join our specially-invited chefs as they prepare a delightful dinner that leaves you un-intimidated and planning a meal for your own guests. Let each home chef share the magic of their home as they prepare and then enjoy the meal with you. Think live kitchen show meets private dining in the beautiful Co-op Kitchen Classroom. This is a series of great evenings for you and a friend – or two!

June 23rd: *Monster Stir Fry* with Jenni Brant & Eric Peterson,
Co-directors of Art Haus

July 9th: *Ramen Bowl* with Richard Merritt- Art Prof @ Luther College
Richard Merritt fell in love with Ramen on a recent trip to Japan. Not only will he show you how to assemble a bowl of goodness, but he will also share his secret to making his own noodles.





CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events



GF	Gluten Free	HO	Hands-on and Let's Eat
VG	Vegetarian	DM	Demonstration and Let's Eat
VN	Vegan	L	Lecture

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

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JULY

Kid's Cooking Class: *Good* from Slow Food
Mondays: July 6, 13, 20, 27; 10:00 am – 12:00 noon
Welcome to Slow Food USA's school garden curriculum promoting *Good* food for learners aged 6-9. We believe that education regarding good food encourages healthy food choices for all learners. *Good* incorporates knowledge of how the quality of food is affected by its freshness, cultural factors, preparation, cooking and consumption. Children will be learning about healthy food choices and will learn how to prepare basic foods.
Class Code: HO
Class instructor: AmeriCorps Volunteers
\$40 Member/Owners, \$50 Community Members

Spring Rolls
Wednesday, July 1; 6:00-8:00 pm
Spring rolls will provide versatility to your kitchen and regular cuisine that you should not pass up. Not only will you learn how to wrap and present spring rolls, but you will also receive many ideas for fillings and dipping sauces. Spring rolls are perfect for any dining occasion – light, healthy and fresh for lunch, appetizers or dinner. These rolls serve as a creative outlet for any vegetable. Lettuce wrap variations will also be shared.
Class Code: HO, VG
Class Instructor: Johanna Bergan
\$15 Member/Owners, \$18 Community Members

Pasta, Pasta, Pasta
Tuesday, July 7; 6:00-8:00 pm
Rolf Peterson has been making pasta for some time and has mastered the skill. He will show you not only how to easily make pasta dough, but also to roll it, cut it and take some home. This class is limited to 12 participants.
Class Code: HO
Class Instructor: Rolf Peterson
\$15 Member/Owners, \$18 Community Members



E.A.T. Experience. Ambiance. Taste.


In the Co-op Kitchen Classroom

Ramen Bowl with Richard

Thursday, July 9th; 6:00 - 8:00 pm

Featured Instructor: **Richard Merritt**, Professor of Art, Luther College

See class series description on bottom of page 6



Date Night
Friday, July 10; 6:00-8:00 pm
Ruth Jenkins and Ed Dimler will be cooking up a wonderful date night dinner. Participants will have their own stations and will be cooking right along with the team as they prepare their own dinner for two. The Co-op Kitchen Classroom is a welcoming space for all couples. Limit: 12 participants (6 couples).
Class Code: HO
Class Instructors: Ruth Jenkins and Ed Dimler
\$35 Member/Owners (per couple), \$40 Community Members (per couple)

Gourmet Snacks for Grown-ups
Monday, July 13; 6:00-8:00 pm
It's time to stop snacking like you're a twelve year old. There are so many delicious recipes out there to satisfy our snacking cravings and meet our foodie desires. Ants on a log may work to please our children, but our taste buds deserve an extra special treat. Join in this hands-on class where snack recipes have been carefully selected to please our adult palates. From roasting garbanzo beans to spicing up cream cheese and hummus spreads, this class will pump up your snacking style.
Class Code: HO, GF
Class Instructor: Johanna Bergan
\$15 Member/Owners, \$18 Community Members

Healthy Road Trips
Thursday, July 16; 5:30-7:00 pm
This class is designed to show you how to travel long distance in style with healthy snacks and meals that can be enjoyed at rest stops. No more fast food, aching bellies and tired arrivals. Travel well and keep your body fortified.
Class Code: DM
Class Instructors: Tara Quass and Ruth Jenkins
\$15 Member/Owners, \$18 Community Members

Lamb: “It’s Greek to Me”
Tuesday, July 21; 6:00-8:00 pm
Local farmer Lyle Luzum of Driftless Hills farm, will be in the kitchen along with Ruth Jenkins cooking up lamb. We will prepare a roasted leg of lamb and a wonderful, classic Greek Moussaka. If you have ever wanted to try lamb and were afraid to cook it, this is the class for you.
Class Code: DM
Class Instructors: Lyle Luzum and Ruth Jenkins
\$15 Member/Owners, \$18 Community Members

AUGUST

Knife Skills
Tuesday, August 11; 5:00-6:30pm
Wondering how to slice a mango, pineapple or perhaps an avocado? Ever wonder what it means to chiffonade or julienne? This class will not only cover knife basics but also tips on how to slice and dice these awkward ingredients.
Class Code: HO
Class Instructor: Ruth Jenkins
\$10 Member/Owners, \$12 Community Members

Fast and Healthy Family Meals
Wednesday, August 19; 5:00-7:00 pm
Busy woman, Rachel Sandhorst, will share a few of her “go-to” fast and healthy meals that she prepares for her own family.
Class Code: DM
Class Instructor: Rachel Sandhorst
\$15 Member/Owners, \$18 Community Members

Fascination with Fermentation
Thursday, August 20; 6:00-7:30 pm
Are you curious about fermented foods and beverages? Here’s your chance to taste and create some of the more common (kraut and kimchee, salt-brined pickles, yogurt and kefir, kombucha) and less common (white pine needle cider, water kefir, fermented grains, nut cheeses and more). Whether you are new to fermenting or are considering starting a support group for those who too often find themselves up to their elbows in chopped veggies past midnight, this class is sure to inspire creativity and confidence with this reclaimed traditional kitchen art.
Heather Sage has been creating and enjoying fermented foods daily for the last 5 years. They have been an integral part of healing a disrupted gut and making use of garden bounty with far fewer requisite hours over the canner. Beyond that, experimenting with fermented foods has given her inner mad food alchemist a laboratory to practice in and has served as an avenue to deepen community by sharing recipes, cultures, and cautionary tales (yes, there have been some failures!).
Class Code: DM
Class Instructor: Heather Sage
\$15 Member/Owners, \$18 Community Members

FIRST FRIDAYS @

Kick off First Fridays with a taste of one of the Oneota Co-op’s many libations

from 5:00-7:00 pm.

June 5 – Beer tasting
July 3 – Sangrias and Craft Soda Pops
August 7 – Wine tasting





WINE & CHEESE PAIRING

Dan Katalinich returns to the Co-op to talk wine. Beth Rotto, Oneota Co-op Cheese buyer will have a wonderful selection of new cheese to try and Dan will pair the cheese with just the right wine. All participants will receive a coupon for discounts on wine purchases from the Co-op and will be provided with ample tastings. Must be 21 years old or over to attend.
Class Code: DM
Class Instructor: Dan Katalinich
\$20 Member/Owners, \$25 Community Member
****DATE TBD****

Watch the Oneota Community Food Co-op Facebook page & website for details

CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

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.

Community 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. Classes also have minimums. In cases where minimum class size is not reached three days prior to class, the class may be cancelled. To register or cancel, 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.)

Nurtured & Nourished

Pregnancy Gatherings

For *all* expectant mamas & their loved ones.

The goal is to create intentional opportunities for building supportive community, weaving connections, nourishing empowerment and embracing innate inner wisdom during this very special time of pregnancy, birth and early postpartum life.

These gatherings honor this important transformation that is unfolding and holds the belief that many families find great value in community, connection and supported confidence in their ability to grow, birth and parent their babies and families.

During these gatherings, space and time are created to share new experiences, explore questions, topics of interest, information and resources. It is a sharing of stories and life experiences in order to support growth, preparation and transformation.

Each gathering will hold time for moving our bodies and include a peaceful meditation or guided visualization. In addition, we will create in the Co-op Kitchen Classroom space and enjoy a nourishing dinner.

To find out more about Nurtured and Nourished Pregnancy Gatherings, please contact Brenda Burke, Mamatoto Midwifery at 563-380-5433 or inpeaceandjoy@gmail.com; or Lara Martinsen-Burrell, Belly Mama, at 563-419-8277 or laramystara@gmail.com.

This is a heartfelt offering to our community and there is no fee for the Nurtured and Nourished Pregnancy Gatherings. If inspired, we will accept donations to forward to non-profit organizations we embrace.

Gathering dates scheduled for Sundays: June 7th, July 12th and August 9th from 3:30 to 6:30 pm in the Co-op Kitchen Classroom.



SUMMER KOHLRABI

Brassica oleracea

Looking like an overblown radish crossed with a groping space squid that grows in the ground, the kohlrabi doesn't make many people's lists of most-anticipated summer produce. Which is a shame because this awkward little crucifer, while not as popular as its close cousins kale, cabbage and broccoli, is a delicious, versatile ingredient for warm-weather cooking.

A member of the cabbage family, kohlrabi carries a signature sweet-but-peppery flavor profile with a taste and texture reminiscent of broccoli stems. When buying kohlrabi, pick vegetables that are firm and solid, never squishy. They will keep in your refrigerator for a week or more.

All parts of the kohlrabi are edible, though most people just stick to the bulbous bottom. The leaves and stems are best sautéed or added to a stir-fry. The bulb can be eaten raw, which maintains its super-crisp texture and mild bite, or it can be roasted, sautéed, steamed, or boiled and mashed like a potato. When serving raw, you may want to gauge the thickness of the skin—if it feels particularly thick and rubbery, you can remove it with a vegetable peeler. But the skin is perfectly edible. Many people actually eat kohlrabi right out of the garden, like an apple, in big crunchy bites.

Don't worry if that doesn't sound appealing to you, kohlrabi absorbs other flavors excellently. Thus, making it the perfect backdrop for summer salads and slaws, like the one on the next page. It can also be used as a substitute for turnips, white radishes or celeriac in recipes that call for those vegetables. So the next time you're in the produce aisle, take a second and get to know the much misunderstood kohlrabi. It's not flashy. It doesn't have its own bumper sticker campaign, but you might just fall in love all the same.



end 2

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

Try something like this:

Spicy Apple Kohlrabi Slaw

Servings: 6

INGREDIENTS:

for the slaw:

- 1 medium size bulb of kohlrabi, peeled and julienne sliced
- 1/2 of a small head of green cabbage, shredded
- 1/2 of a small head of purple cabbage, shredded
- 1/4 cup of finely diced onion
- 2 large apples, peeled and julienne sliced
- 1 Tbsp. parsley, chopped

DRESSING:

- 1 Tbsp. grated fresh horseradish
- 5 cloves of garlic, grated
- 3 Tbsp. stoneground mustard
- 3 Tbsp. grapeseed or sunflower oil
- 3 Tbsp. apple cider vinegar
- 3 Tbsp. honey
- 1 1/2 tsp. kosher salt
- 1/4 tsp. coarsely ground black pepper

Combine all the ingredients for the dressing in a large bowl and whisk until well-mixed. Add all the ingredients for the slaw and turn to coat in the dressing, using a spatula or your hands. Mix until slaw is well-dressed. Serve at room temperature. Perfect for a picnic!

Originally printed in "At the WEDGE", Summer 2014, a publication of The Wedge Co-op in Minneapolis, MN



ASK PROFESSOR PRODUCE



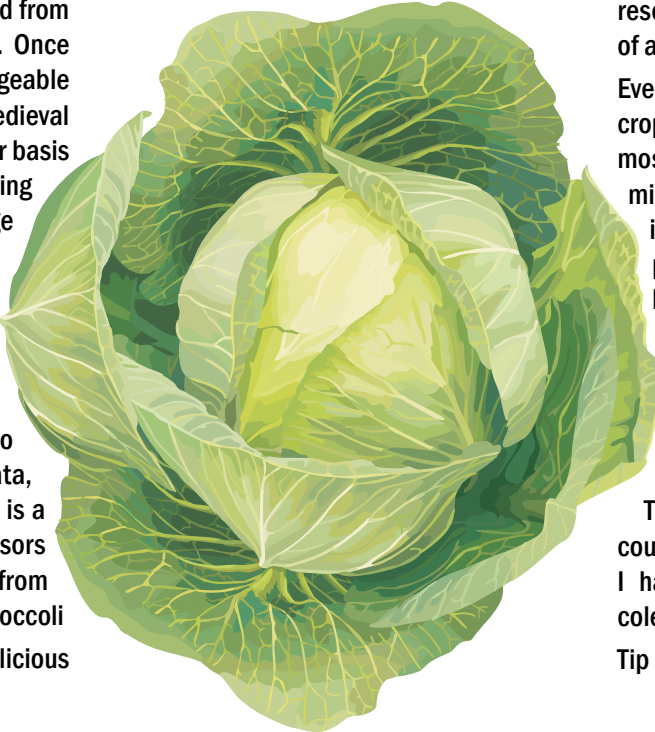
Dear Professor,
Could you help me settle a debate with my mother? Does a salad have to have cabbage in it to be considered a "slaw?" I say no, mom says yes. Case in point: the Broccoli Slaw you sell in bags at the Wedge. —Marie, Minneapolis

As is so often the case, Marie, mother knows best. The origin of "slaw" is inseparable from cabbage. Let's work this thing backwards: the word slaw is Southern (US) shorthand for coleslaw, and the word coleslaw comes from a translation of the Dutch word koolsalade (cabbage salad). Why does cole mean cabbage? Cole is derived from the Latin term for cabbage, colis. Once upon a time, cole was interchangeable with cabbage. This is why medieval scholars who use Latin on a regular basis will sometimes be overheard referring to Nat King Cabbage or Cabbage Porter. Right? Right?

"But," I hear you asking, "How do you explain broccoli slaw?" The answer is, of course, marketing. Broccoli slaw isn't a bad idea, any more than baked sweet potato "fries" or "crustless quiche" (frittata, anyone?) are. In fact broccoli slaw is a great way for fresh vegetable processors to use up the stems that are left over from processing bags of premium broccoli florets. Broccoli stem is also delicious

in its own right. So let's be clear: broccoli slaw is good. But according to Webster's Dictionary, there is no such thing as slaw without the cole and so mom wins on a technicality.

Really, why would we want to replace the cabbage, anyway? Cabbage is an old vegetable and is popular on every continent. Some of the oldest recorded recipes involve cabbage; it is the single most popular fermented vegetable in the world, making it a staple of the pre-refrigeration era of the human diet. Part



of what people like about it is its versatility. It can range in flavor from mild to pungent and takes to a variety of seasonings depending on what's available. Cabbage also provides great nutritional value for your dollar, being high in fiber, vitamins C, B, and K and many minerals including calcium. It's also highlighted in cancer research because it contains high levels of antioxidants and polyphenols.

Even though cabbage is a great storage crop and our local supply lasts through most of the winter here, it is harvested midsummer to late fall. This is when it is at its textural best for fresh preparations. Now I know that at a Minnesota BBQ, potato salad is king, but most of the country knows that nothing complements the salty, smoky, fiery flavors of barbeque like a rich and creamy, or brisk and briney, shredded cabbage salad.

There are so many ways to work it you could try a new coleslaw every week. I have three tips for making exquisite coleslaw.

Tip #1: Shred your cabbage as thinly as

possible using a sharp chef's knife or a mandoline-style vegetable slicer. For easier handling, quarter the cabbage and remove sections of leaves six to seven at a time and slice. The thinner the shred, the better the coleslaw will hang on to its dressing (and stay on your fork).

Tip #2: Wilt your cabbage. After shredding, place cabbage in a colander and sprinkle liberally with salt. Let it sit over a bowl for an hour until it has given up about a quarter cup of water, then rinse the salt from the cabbage and proceed with your recipe. Wilting cabbage ahead of time prevents the cabbage from weeping once it's dressed, so the dressing stays on the cabbage and doesn't end up in a watery puddle at the bottom of the bowl.

Tip #3: Experiment! Cabbage is extremely versatile and will take to any number of herbs, flavors and dressings. A favorite coleslaw of mine has a lime yogurt dressing with cilantro, parsley and mint. You can try adding other shredded veggies, too—fennel, carrot, cucumber, or radish.

Yes, even broccoli.

Originally printed in At the WEDGE, June/July 2012, a publication of The Wedge Co-op in Minneapolis, MN



WHAT'S COMING UP (PATCHWORK) Green?

By: Betsy Peirce, Produce Manager

Erik Sessions of Patchwork Green Farm has mastered the art of succession planning. For that reason Erik is our season-long grower on many crops. Two of the more underappreciated summer crops are kohlrabi (May-November) and cabbage (July-January). I caught him in the aisles to ask him how he so consistently keeps us rich in these two Brassica crops.

Betsy: Tell me about kohlrabi.

Erik: I plant the variety "Winner" every two weeks. It is a good variety for summer because it is quick growing. All it takes is a lot of water and it doesn't get woody. It is sweet and crisp all summer long. I recommend that your customers make sure that all the peel is removed to experience kohlrabi's optimal sweetness.

Betsy: What's your favorite way to eat kohlrabi?

Erik: We mostly eat it raw, although it is delicious steamed as well. It makes a great "slaw."

Betsy: Do you have any tips for picking out the best kohlrabi?

Erik: Yes. Choose ones that have little or no browning. Kohlrabi keeps for a long time in the fridge, but the flavor gets stronger the longer it is stored.

Betsy: Now let's talk about cabbage. I am really starting to appreciate the versatility of coleslaw. I am particularly impressed by the salting method (see the Wedge article above about cabbage in this publication). It really works to leech the water out. The dressing actually sticks better. How do you plan your cabbage plantings to keep us so well supplied?

Erik: We plan to have cabbage on the shelves at Oneota from July until January. I am really excited about our new root cellar we built on the farm. It will extend our ability to store cabbage significantly. We grow many different varieties from tender summer

ones to our fall storage varieties which are dense and firm. Cabbage will keep all winter long in a refrigerator. If the outer leaves get brown, just peel them off and they are as good as new.

Betsy: What is your favorite slaw from cabbage?

Erik: I love Asian Slaw made with Napa Cabbage which Patchwork Green also grows for a fall crop.



Lime Cilantro Slaw

-excellent for fish tacos

INGREDIENTS:

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 3 tablespoons (or more) fresh lime juice
- 1 1/2 teaspoons finely grated lime peel
- 1 serrano chile, seeded & minced
- 2 garlic cloves, pressed
- 1/3 cup chopped fresh cilantro
- 8 cups thinly sliced green cabbage
- 4 green onions, minced (about 1/4 cup)

PREPARATION:

Whisk mayonnaise, sour cream, 3 tablespoons lime juice, lime peel, chile, and garlic in large bowl.

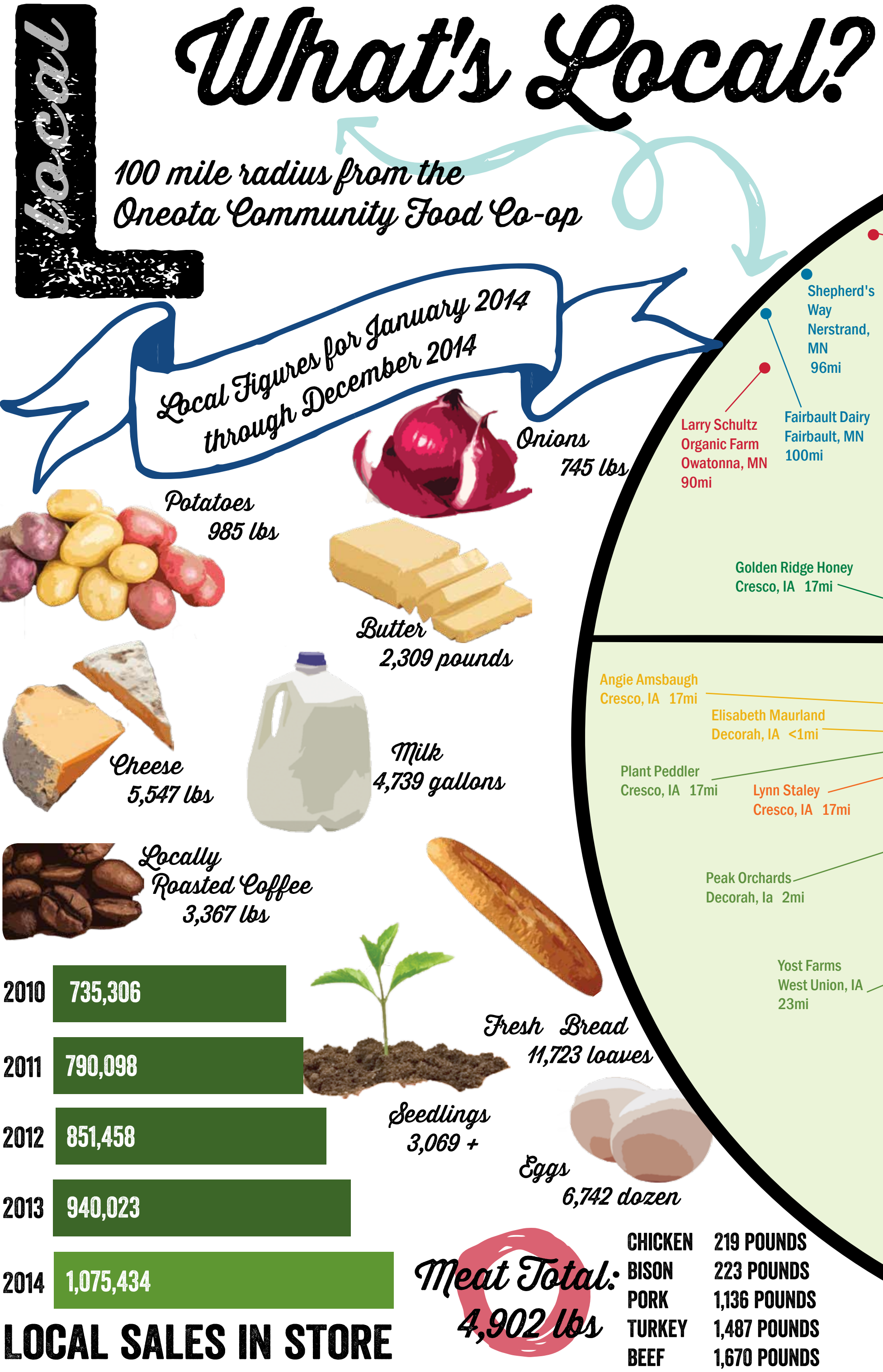
Stir in cilantro. Add cabbage and green onions; toss to incorporate evenly.

Season with salt and pepper. Cover and chill 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled.

Season slaw with more lime juice, salt, and pepper, if desired, just before serving.

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.



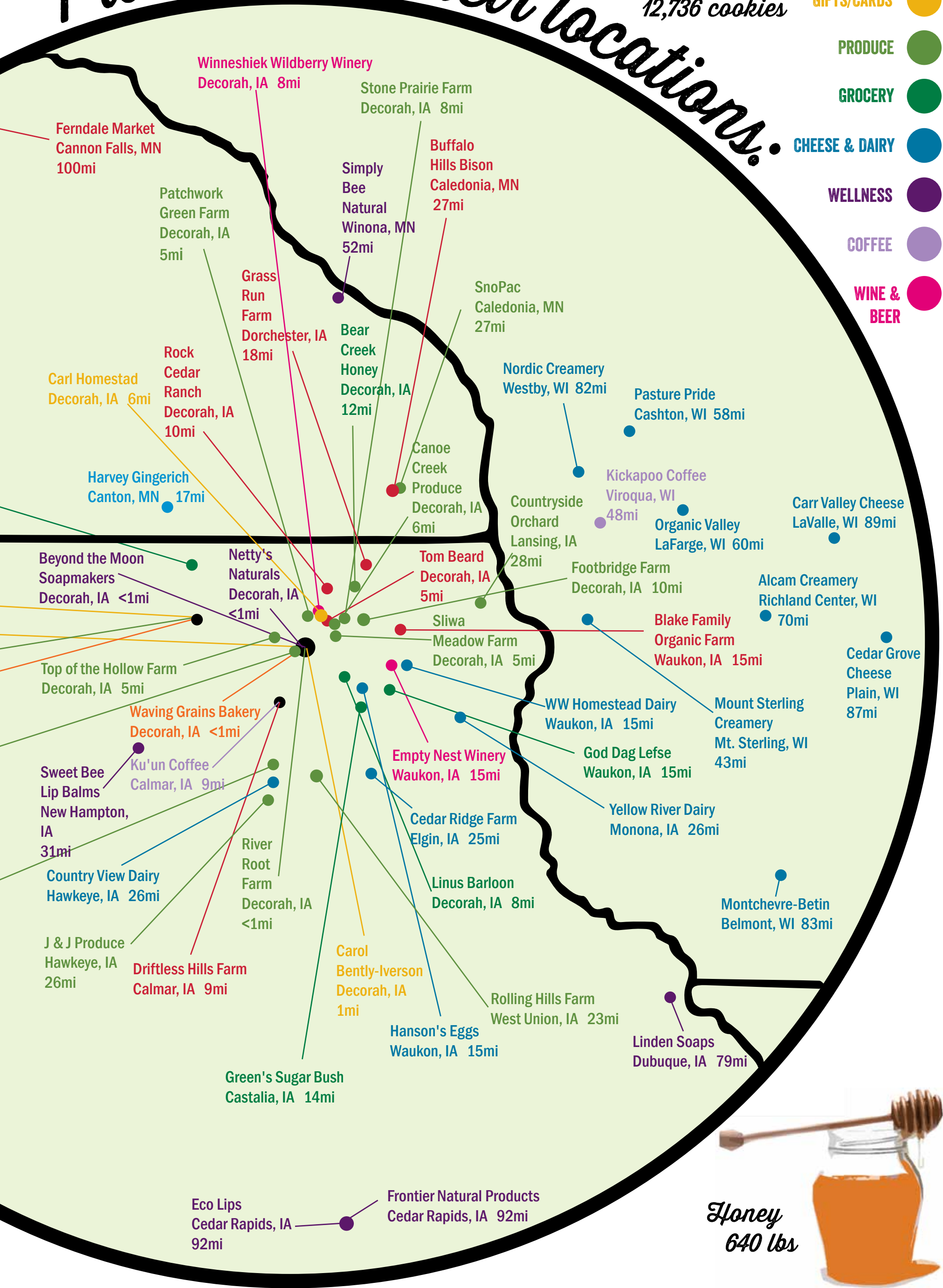




Fresh
Baked Cookies
12,736 cookies

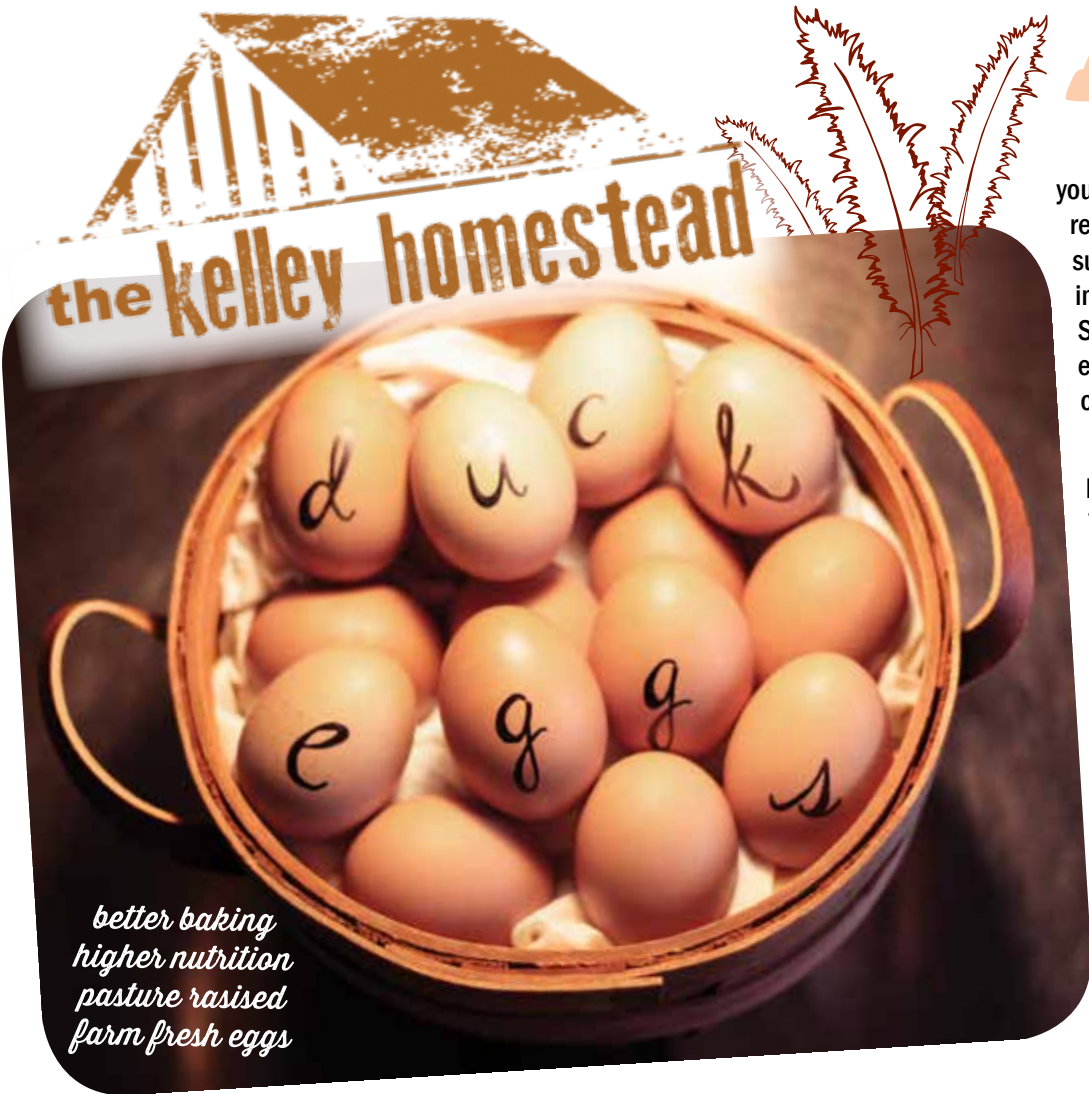
Producers & their locations.

- MEAT
- BAKERY
- GIFTS/CARDS
- PRODUCE
- GROCERY
- CHEESE & DAIRY
- WELLNESS
- COFFEE
- WINE & BEER

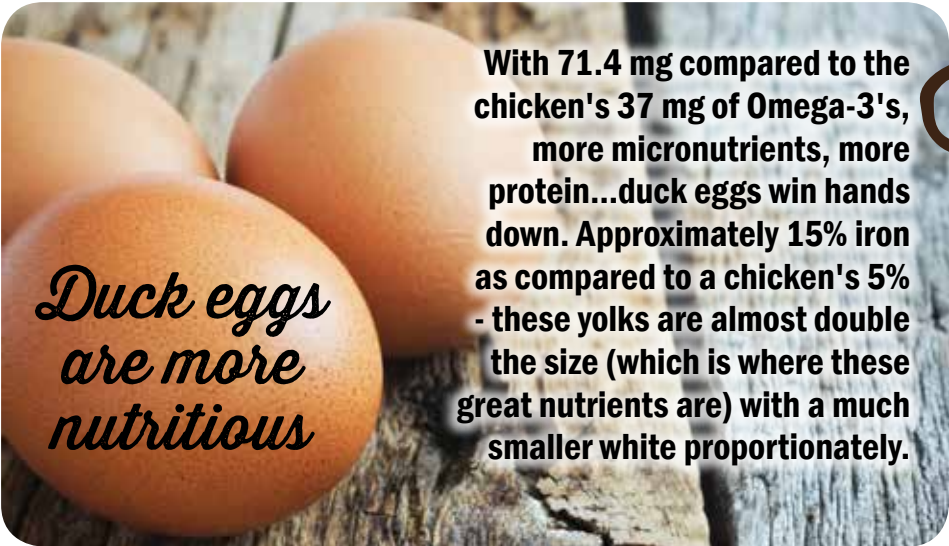


Honey
640 lbs





and diet as possible. "We supplement with sprouted seeds that can provide up to 4x the calories and nutrients as a traditional feed grain. I'm looking forward to letting the ducks out into our garden too." The Kelley kids love feeding fruit and vegetable scraps to the chickens and ducks...not surprisingly, they love it too!



With 71.4 mg compared to the chicken's 37 mg of Omega-3's, more micronutrients, more protein...duck eggs win hands down. Approximately 15% iron as compared to a chicken's 5% - these yolks are almost double the size (which is where these great nutrients are) with a much smaller white proportionately.

End 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.

The Kelley Homesteaders are Stephanie, her husband Heath, and their four young children. Growing up on a dairy farm, connectedness to the land and the responsibility of animals was something Stephanie was taught to value. Last summer, Stephanie's husband, Heath, accepted a 5th grade teaching position in the Decorah School District, and after being away from the area for 10 years, Stephanie is living - literally - a stone's throw from where she grew up. Now she enjoys raising her chickens and ducks while passing on the same values to her children that she was taught as a child.

While Stephanie grew up raising only chickens, a friend introduced her to the perks of baking with duck eggs a few years ago. She never looked back! Though the Kelleys still prefer their scrambled eggs from their 10 laying hens, "We use duck eggs for everything else! Cookies are moister, my baking is better, and since it's more nutritious, I'm all for it. I thought I made a nice quiche before the ducks, but I have to admit, the chicken eggs cannot compare to the richness and lift the duck eggs give to brunch foods."

Future plans include raising Khaki Campbell and Indian Runner ducks for next summer's layers and possibly some heritage birds for the fun of it. "There's an incredible market for duck eggs," says Stephanie. "In 17 of 20 essential vitamins and minerals, the duck egg has more, according to the USDA. If you're allergic to chicken eggs, chances are, you'll be able to eat duck eggs. It's a niche, to be sure, but it's growing. At the top of the market, duck eggs are going for \$18-20 a dozen."

Forage and range fed, the Kelley's chickens and ducks enjoy as natural an environment






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MEAT YOUR TOP 5 AFFORDABLE STEAK CUTS

Happy grilling season! Can you smell the smoky BBQ wafting through the nighttime summer breeze? Or are you distracted by the light weight of your wallet? Fret not—we're here to fill you in and fill you up, and maybe even help you woo a fetching butcher along the way. But seriously, check out which of our budget-friendly faves made the cut:

1. *An Eye for a Chuck Eye:*
Rib Eye flavor for less

If you want to grill a flavorful steak on a tight budget, look no further than the chuck eye. C'mon, everyone knows the secret lies in the fifth rib. The chuck eye—indeed the fifth rib of the cow—lives on the butcher's edge between the chuck and the more renowned rib eye. This cut has rich flavor and nice meat-to-fat balance similar to rib eye, but costs less. That doesn't mean that you can treat it exactly the same; whatever you do, don't cook the chuck eye well done. Actually, there are lots of people who will say just don't cook beef well done, period. Perfect for grilling or pot roasts.

2. *Never a Cold Shoulder: Flat iron steak*

Versatile and untraditional, the flat iron cut (also known as "top blade") comes from the shoulder of the cow. A trendy cut popular among food chains and upscale restaurants alike, a flat iron steak can be grilled, braised, pan fried, marinated, and everything in between. The bonus? It's affordable. This meat – although tougher than a sirloin or fillet – has delicious flavor and marbling beautiful enough for Lady Gaga's wardrobe. Get creative: this cut can be cooked in many ways, just be sure to not overcook it.

3. *Flank is Bank*

Skirt steak is a cut of meat from the plate – the long, flat, and flavorful bottom ribs of the cow. Flank steak is a similar cut. Both skirt and flank steak cuts can be used in a variety of dishes, most common in Colombian (think fajitas) and Asian (stir-fry, anyone?) cuisine. Flank steak is best when sliced across the grain before serving. Grill, pan-fry, broil or braise for increased tenderness.

4. *A Sirloin Tipped in Your Flavor*

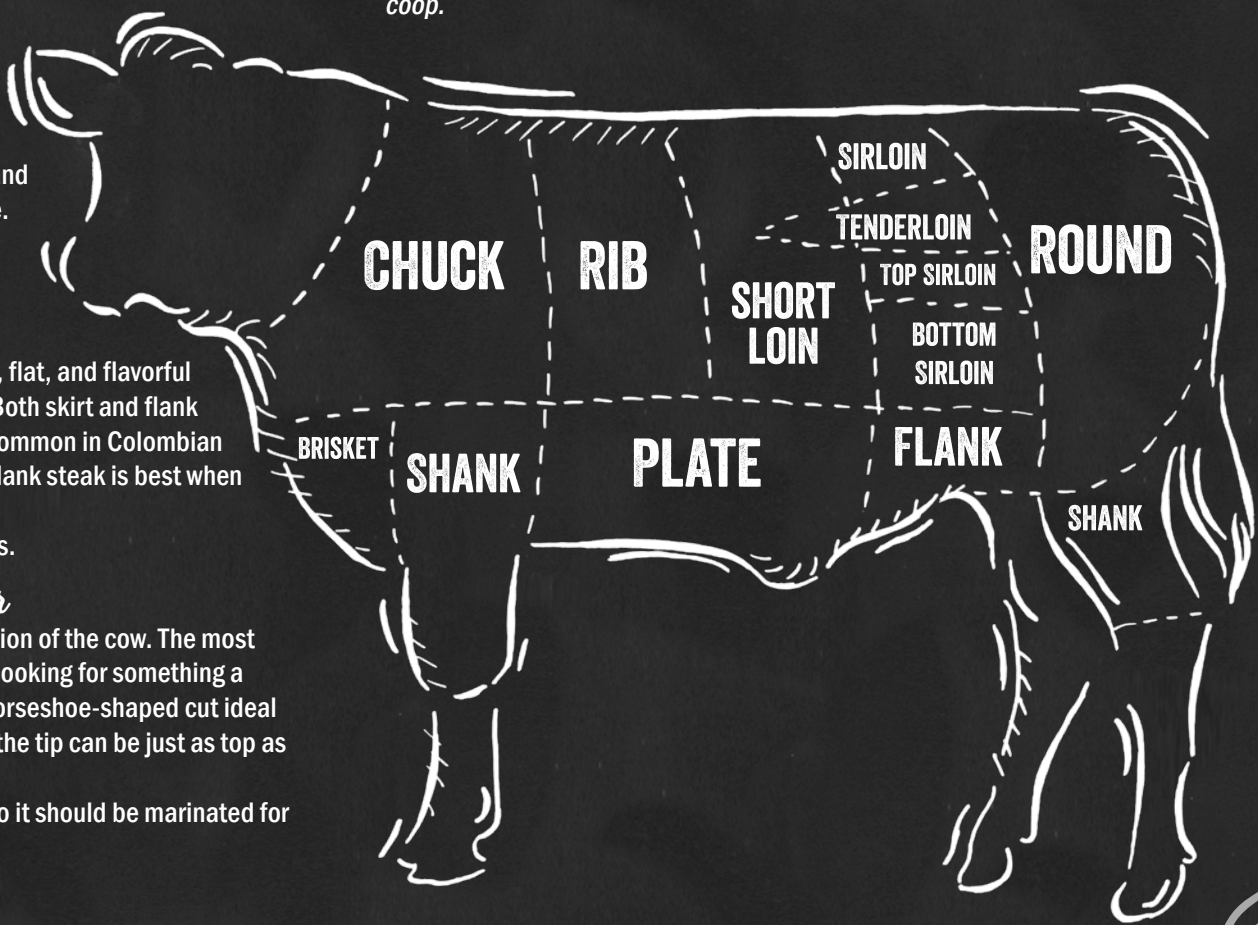
The sirloin is a large area cut from the rear back portion of the cow. The most prized and tender of this area is top sirloin. If you're looking for something a little easier on the wallet, the tip sirloin is a leaner horseshoe-shaped cut ideal for cutlets, stir-fry, kebabs, and stew. Cooked right, the tip can be just as top as the top. Because it's lean, tip sirloin can be dry and chewy, so it should be marinated for a few hours before grilling, broiling or pan-searing.

5. *Gunnin' for Chuck Arm Steak*

The chuck arm comes from that larger chuck area surrounding ribs one through five. The muscles in this area get a lot of work, so the meat tends to be tough, but this makes it ideal for kebabs and stews. Also, the cuts from this area are plentiful, thus cheap! Pair with some grilled veggies for a saucy combo fit for late-night fiestas. Perfect for braising (grilling not recommended).

Though no filet mignon, all these cuts add variety at the right price. Cook them with care, and you'll enjoy great flavor all summer long. Note: Some of these cuts may not be displayed at the counter. So make a personal request; befriend those nice meat folks behind the counter (if you've read this far you're bound for special treatment anyway).

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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.

THEMES

June - Wisconsin
July - Scandinavian
August - Raw Milk
September - Alpine Cheese
October-Mixed Milk
November-British
December-Festive



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Sign-up today
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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."

DEMYSTIFYING PROTEIN POWDERS

By: Gretchen Fox Schempp, Wellness Manager

Hemp, Rice, Whey, Pea, Pumpkin, Soy, Sprouted... oh my, the choices. Like many of the categories on the wellness shelves, there are many choices in protein powders too. Wouldn't it just be easier if we had two choices, like chocolate and vanilla and that was that? If only it were so simple.

At the Co-op we cater to customers with a vast range of dietary needs and/or allergies. This is often why there are so many different items to choose from. In this article we are going to get down to the nitty-gritty on our selection of protein powders. Then the next time you are peering at all the choices on that shelf, you'll have a better idea of which one fits your needs.

Protein is necessary for muscle repair, maintenance and building. A complete protein is one that provides all of the essential amino acids. Amino acids are the building blocks in protein that are used to produce antibodies, enzymes and hormones. Some common reasons to use protein powders include: athletic support, vegan or vegetarian lifestyles or general nutritional support.

Add any of these powders to smoothies or drink them with milk or milk alternatives such as soy, rice, flax or nut milks. Protein powders can also be used in bars and baked goods for added protein and energy.

Soy

Soy was once the leader in protein powder sales, but today we only offer one choice in soy protein. Soy is a good source of protein, weighing in at 14 grams per serving. It is also high in phytoestrogens, particularly isoflavones. Some women find soy products to be supportive for menopausal symptoms. Soy is known for being low in saturated fat and free of cholesterol. It is not surprising that the consumption of soy products is associated with cardiovascular health.

Rice

Rice protein is a good vegan option with around 12 grams of protein per serving. It mixes easily and doesn't have too strong of a flavor. I like to use rice protein when making energy bars because of the simplicity in flavor. For a simple rice protein with just protein and your basic amino acid profile, we carry Nutribiotic Organic Rice Protein in vanilla flavor.

Looking for protein with a little something extra? Garden of Life's Raw Protein in chocolate or vanilla are ramped-up rice protein powders. Made with not only sprouted brown rice, but also with sprouted grains including amaranth, quinoa, millet, buckwheat, garbanzo bean, lentil, adzuki bean, flax seed, chia, pumpkin seed, sunflower seed and sesame seed. In addition this product contains chlorella for enhanced energy and a raw probiotic and enzyme blend for digestive support.

Rainbow Light also offers a rice protein option with a little something extra. Their Creamy Vanilla Protein Energizer has 14 grams of brown rice protein and a green food and fiber complex along with enzymes for digestive support.

Hemp

Hemp protein is a great vegetarian and vegan choice weighing in at 11-15 grams of protein per serving. Some additional benefits of hemp as a choice is its fiber and essential fatty acid content. Hemp protein is one of our only offerings with up to 5 grams of fiber per serving. It also boasts a balanced ratio of omega-3 and omega-6 fatty acids. Additionally hemp is an excellent source of magnesium and iron. Hemp seeds are ground into a powder that mixes in with liquids and smoothies. I recommend hemp protein in blended drinks or even baked goods as its consistency is generally a bit grainier than that of whey or pea.



Pumpkin

Pumpkin seeds have a celebrated history in many Native American tribes for their dietary and medicinal purposes. Pumpkin protein is derived from the seeds and is a great dairy free, soy free, vegan option in protein powders. With 14 grams per serving, Oneota Community Food Co-op's Organic Pumpkin Protein is made from non GMO pumpkin seeds and comes in a creamy chocolate flavor.

Whey

Whey protein is from animal milk sources. We carry both cow whey protein and goat whey protein. At anywhere from 18-22 grams of protein per serving, whey protein offers one of the higher protein profiles available. You will find that whey has natural sugar content in it, often 1 gram or less, due to milk sugar present. Whey protein is a top choice for many people because of taste and because it mixes well with a smoother consistency. Another often overlooked benefit of whey protein is its ability to enhance the immune system.

Whey protein come in two varieties, concentrate and isolate. Each has its advantages. Whey concentrate has a low lactose level that is often well tolerated by most lactose sensitive individuals. It is a more concentrated source of protein than isolate. Comparing to the isolate we carry which is 18 grams, the concentrate wheys in (yes, pun intended) at 22 grams per serving. We carry two whey concentrate products by Tera's Whey, one is dairy whey and one is goat whey. Tera's Whey is non GMO, gluten-free and offers an rBGH-free option. They are located in Reedsburg, Wisconsin.

Whey isolate is virtually fat free and is also very low in lactose, even more so than the concentrate. Some think that it tastes better than the concentrate, though the consistency is a little thinner due to the lack of fat. Oneota Community Food Co-op brand is one option with three flavors to choose from - vanilla, chocolate and strawberry - each offering 18 grams of protein per serving and are rBGH-free. Whey Factors French vanilla is 17 grams of protein, grassfed and rBGH-free.

Pea

Pea protein is a fairly new addition to our selection. This choice is the highest protein per serving we have to offer at 24 grams per scoop. Peas are a highly bioavailable source of protein and are not highly allergenic. Each serving offers the spectrum on amino acids. This choice is unflavored and mixes well in beverages with a smooth consistency. Now Foods uses only non-GMO yellow peas and manufactures in a GMP (Good Manufacturing Practice) facility. This item is free of wheat, gluten, soy, egg, fish and tree nuts.

end 2

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We Heard it Here.

Comment: Cookies are too expensive. Java Johns has cookies for \$1.00 and they are bigger.

We feel that it is important to note that the fresh-baked cookies at the Co-op utilize predominantly organic and local ingredients – including organic oats, organic whole wheat and unbleached flours, organic shortening, organic butter, and local eggs. These ingredients cost a bit more than conventional ingredients of the same kind, thereby resulting in a bit smaller cookie for a bit higher price. However, this makes a product that we can better stand behind – saving chemical inputs and runoff due to conventional crop raising methods, protecting the environment from detrimental effects of deforestation, and promoting the local economy by utilizing ingredients from vendors who call this area home.

Comment: Don't kick me out after 20 minutes of "dining." I graduated from the school lunch system 17 years ago. A real (non-snarky) suggestion: Please don't put mean signs saying you'll take away my wi-fi as a punishment. It does not create a friendly feeling. It insults my Midwestern sensibilities.

We appreciate your feedback concerning our seating area signage reminding people to be courteous towards dining patrons at the Co-op. We do not intend these signs to be "snarky." We feel they are a necessary reminder that our seating area is first and foremost to be utilized for dining. We tried multiple versions of the signage and found that being to the point was the best approach. Our seating area is small and will be a focus in our upcoming expansion. However, until then, we ask that everyone be kind to their neighbor and kindly give up their lounging spot if there are others waiting for a seat to dine.

ONEOTA COMMUNITY FOOD CO-OP: BRINGING IOWA GREEN GOODS AND GREEN VALUES



Earning the

Oneota Community Food Co-op began their facility upgrades with the help of Winneshiek Energy District, who guided them through tracking their energy usage with the ENERGY STAR Portfolio Manager tool and assisted in setting up an energy audit through their local gas provider, Black Hills Energy.

- With this they were able to implement the following improvements:
- Invested in the building envelope when the business moved to the new 312 West Water Street location in 2008.
 - Invested in a heat-recovery tunnel system designed to capture heat produced by refrigeration and freezer compressors.
 - Invested in a high-efficiency HVAC system and Web-based controls.
 - Partnered with the Winneshiek Energy District to create a Portfolio Manager account and upload energy use data to measure and track energy performance.
 - Partnered with the Winneshiek Energy District to conduct a Commercial Energy Audit.
 - Implemented day-to-day operational changes suggested in the Commercial Energy Audit.

It became clear to Oneota that a 14-year-old, undersized HVAC unit could not provide the proper amount of heating and cooling for their grocery store. The engineering firm they worked with suggested a high-efficiency dual HVAC system that increased capacity from 12.5 tons to 20 tons. This led to the installation of Web-based controls that included setbacks when the store is closed and alarms on critical systems.

Oneota has also made use of a compressor tunnel system that houses all refrigeration and freezer compressors in a tunnel in the basement of the building. This allows the system to recapture heat produced from the compressors in the colder months in order to supplement heating needs for about 9 months out of the year. In May 2011, they used about 2,000 KWH less compared to the same period in 2010, and gas usage dropped about 50 CCFs in the same period. In addition to these measures, Oneota has also wrapped up an insulated, reflective roof project. They chose to install an R-38 insulated white roof on the building which will have a significant impact on energy usage. The previous roof was less than R-10. The total cost of installing the new roof with two HVAC units, controls, and other systems totaled about \$75,000.

Since January 2014, Oneota has reduced electrical usage by 8.6% compared with the same period in 2013. This is due in large part to the installation of a 20k solar array on the roof of the Co-op. This solar project was completed with the help of a \$25,000 rebate from Alliant Energy, tax credits and a significant donation from Co-op member/owners JoAnn and George Hagen. Oneota also converted their freezer and refrigerated cases to LED lights and installed occupancy sensors in all offices and work spaces. Other upgrades that have helped reduce their electrical usage have been installing night shades/screens on one of their six open refrigerated cases, beginning the process of replacing older open cases with more efficient full-glass door cases, and educating their staff better on energy awareness and implementing better business practices.

TESTIMONIAL

“EPA’s ENERGY STAR Portfolio Manager has been a very helpful tool in tracking our energy usage over time. We are already seeing reductions in our electrical and natural gas usage after implementing some suggestions that came out of the energy audit. I also enjoy checking out other buildings on the ENERGY STAR site to see what other companies are doing to reduce their energy usage. We are a small retail natural foods grocery store, and I am grateful that the Portfolio Manager works for both small and large buildings.” – David Lester, General Manager, Oneota Community Food Co-op

LESSONS LEARNED

“Look at the big picture when it comes to upgrading equipment and investing in more efficient equipment. When we began replacing older, open coolers with fully enclosed, glass door units, we knew we would save money on running these coolers, but we had no idea that we would increase cold beverage sale, for example, by 50%! LED light spectrum technology has gotten a lot better lately and our products really look great in these cases. Also, educating your whole staff on energy efficiency goes a long way and is a fun way to engage them in your business practices.” – David Lester, General Manager

Keep Produce Fresher, Longer

KEEP IT COLD

The warmer the temperature, the faster the rate of respiration. In most cases, keeping produce at a temperature just above freezing is best to slow that process, but consult the storage recommendations for individual items in this guide for more detailed information.

KEEP IT LOW

Avoid stacking. Air circulation and the absence of pressure prolongs produce life.

KEEP IT DIRTY

Wash your produce just before you use it, not before you store it. Water can cause damage. Some types of produce are often misted with water while on display in the store, but this is a tradeoff. Vegetables like it humid and forced-air refrigeration dries them out quickly making spraying necessary. When you get your produce home, pat wet items dry with a towel. If there’s dirt, leave it until you’re ready to prepare or eat the produce.

KEEP IT WHOLE

Broken stems, pierced skin and exposed surfaces allow microorganisms access. Keep produce close to its original state until you’re ready to prepare or eat it.

KEEP IT BREATHING

You want to slow respiration, not stop it. Whether refrigerating or ripening at room temperature, avoid sealing fruits and vegetables in airtight containers or bags. The produce may suffocate and accelerate spoilage.

EAT IT QUICKLY

Don’t keep it long. Fruits and vegetables lose flavor at low temperatures. Refrigeration dehydrates and saps sugar from produce. So plan ahead to buy what you need and prioritize to use what you buy.



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

KEEP CERTAIN FRUITS AND VEGGIES SEPARATE

Many fruits emit ethylene, an odorless, colorless gas as they ripen. This gas will speed the ripening of nearby ethylene-sensitive vegetables, leading to premature spoilage. It is best to avoid storing fruits and vegetables near one another. Separate them from each other in your refrigerator and on your countertop.

Ethylene is not all bad, however. You can use it to control the speed at which your fruit ripens. Ethylene-producing fruits can be stored near other fruits to ripen them faster, or kept apart from them to reduce ripening speed. Examples include placing a ripe banana in a paper bag with unripe peaches, or storing an apple in a bag with a green avocado.



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Oneota Community Food Co-op

Mission

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 co-operative, the organizational goals of the Oneota Community Co-op originate from our commitment to the seven internationally recognized Principles of Cooperation and reflect our concern for our community.

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

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

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

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

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The Scoop is published quarterly and distributed to 11,000+ 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

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Deneb Woods, Secretary oneotawoods@gmail.com

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)

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.

Steve McCargar	Carol Bentley-Iverson	Daniel Sullivan	Dave Johnson
Anne Dykstra	Georgie Klevar	Onita Mohr	Lindsey Harman
Lora Friest	Brenda Burke	Randal Duvall	Janet Alexander
Deneb Woods	Carl Peterson	Heather Sage	Perry-O Sliwa
Mike Bollinger	Michael McElrath	Bob Wilson	Arlyls Adelmann
Brita Nelson	Wendy Stevens	Micheal Foster	Lara Martinsen-Burrell
Alicia Trout	Sparticus Rosales	Emily Neal	Rachel Sandhorst
Sarah Frydenlund	Kristin Albertson	Johanna Bergan	Jerry Aulwes
Dalton Little	Ann Mansfield	Yvonne Van Veldhuizen	Tyler Finch
Sheryl Scheffert	Christine Gowdy-Jaehnig	Tom Beard	
Rick Scheffert	Ellen Cutting	Neal Patten	
Jeanine Scheffert	Dennis Carter	Jim Stevens	
Maren Beard	Ruth Ann Kearney	Mary Hart	
Marti Runyon	Steffen Mirsky	Rachel Breitenbach-Dirks	
Barb Dale	Louise Hagen	Jon Hart	

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:

Tara Augustyn	Kathy Elsbernd	Deborah Lathrop	Phyllis Ronnfeldt
Eugene Bachman	Cory Ferguson	Julie Linderbaum	Gayle Rose
Teesha Bappe	Natalie Fitzgerald	Dawn Lukes	Alexander Rosenow
Jill Beran	Katie Franzen	Teresa Lyford	Harold Rue
Mindy Berns	Dawn French	Patrick Lynch	Carol Salisbury
Andrea Bie	Melissa Fuhrmann	Rachel Madryga	Brandon Samuelson
Lee Bjerke	Carol Gaustad	Mark Mahler	Jill Samuelson
Travis Blanchard	Denise Gjere	Dirk Marple	Dale Scobie
Clair Blong	Carole Goodale	Frank Mauss	Dawn Severson
Penny Bockman	Teri Gregerson	Cheryl McConnell	Robert Slack
Michelle Boike	Jane Hardy	Jody McKee	Carol Smith
Ranell Bolson	Julie Harford	Tammy Michels	Bryan Spilde
Kim Bromelkamp	Ann Hart	Deveny Miles	Carol Stoddard
Grant Burke	Hilary Hart	Karla Miller	Jerry Swartzentruber
Carmen Buss	Tara Hoffert	Linda Monroe	Duane Teschler
Kelli Chensvold	Tom Hove	Stacy Moran	Colton Thayer
Lori Christen	Cindy Hovey	Paul Mullen	Elaine Thurston
Sarah Christen	Ruth Huffman	Julie Munkel	Jean Tweten
Kim Clinton	Doris Huinker	Andrea Nelson	Sharon Tweten-Henry
Rebecca Cooper	Marianne Huinker	Russell Norris	Edna Vandervort
Kelly Coppola	Eric Jenson	Laura Ode	Sherry Vangsness
Kim Cota	Tom Kafka	Mary Ohloff	Duane Vine
Patrick Dahlquist	Carrie Kauffman	Karen Ostrenga	Christy Vrtis
Jimmy Deignan	Kelsie Korsness	Kristen Padilla	Nicole Weidemann
Edward Dimler	Solveig Sperati Korte	Amber Pambin	Janelle Whittle
Norma Dirks	Jackie Kruse	Rebecca Pankow	Ted A. Wilson
Ron Dougherty	Martin Kulstad	Janice Pleggenkuhle	Pamela Wolter
Cora Egberman	Jaimisen Kupka	Jay Procalamos	Jeanine Wurzer
Brianne Eilers	Connie Larson	Shiela Rassman	Sara York
Marilyn Ellestad	Gail Larson	Mary Jo Rings	Michelle Mertens-Dodgen

MEMBER DEALS 06/03/15 - 06/30/15

* Regular prices subject to change

	SALE Price	Reg Price	Savings
Packaged Grocery:			
ARTISANA, Organic Cacao Bliss Spread, 8 oz	\$6.99	\$8.99	\$2.00
LOTUS FOODS, Organic Jasmine Mekong Brown Rice, 15 oz	\$3.39	\$3.99	\$0.60
Black Forbidden Rice, 15 oz	\$3.39	\$4.29	\$0.90
Organic Jade Pearl Rice, 15 oz	\$3.99	\$4.99	\$1.00
Organic Jasmine Bekong Rice, 15 oz	\$3.39	\$3.99	\$0.60
ORGANIC VALLEY, Organic Chocolate Protein Shake, 11 oz	\$2.99	\$3.29	\$0.30
Organic Vanilla Protein Shake, 11 oz	\$2.99	\$3.29	\$0.30
SANTA CRUZ, Organic Peach Applesauce, 23 oz	\$3.69	\$4.49	\$0.80
Organic Applesauce, 6/3.2 oz	\$3.69	\$4.69	\$1.00
Organic Cinnamon Applesauce, 6/3.2 oz	\$3.69	\$4.69	\$1.00
Organic Cinnamon Applesauce, 23 oz	\$3.69	\$3.99	\$0.30
Organic Applesauce, 23 oz	\$3.69	\$3.99	\$0.30
SOPHIE'S KITCHEN, Vegan Black Pepper Toona, 6 oz	\$3.69	\$4.49	\$0.80
Vegan Sea Salt Toona, 6 oz	\$3.69	\$4.49	\$0.80
SPECTRUM, Safflower Oil, 32 oz	\$6.99	\$8.99	\$2.00
Canola Oil, 32 oz	\$6.99	\$8.69	\$1.70
Organic Canola Oil, 32 oz	\$9.99	\$12.99	\$3.00
WISDOM NATURAL BRANDS, Instant Yerbamate Tea, 2.82 oz	\$7.69	\$9.99	\$2.30
Instant Royal Yerbamate Tea, 2.82 oz	\$7.69	\$9.99	\$2.30
TERRA CHIPS, Original Exotic Vegetable Chips, 5 oz	\$2.99	\$3.99	\$1.00
AMY'S, Organic Cheese Pizza Snack, 6 oz	\$3.69	\$4.39	\$0.70
Organic Broccoli & Cheese Pocket, 4.5 oz	\$2.39	\$2.99	\$0.60
Organic Cheese Pocket, 4.5 oz	\$2.39	\$2.99	\$0.60
Organic Vegetable Pot Pie Pocket, 4.5 oz	\$2.39	\$2.99	\$0.60
JULIE'S ORGANIC ICE CREAM, Organic Chocolate Ice Cream, 32 oz	\$5.69	\$6.99	\$1.30
Organic Vanilla Ice Cream, 32 oz	\$5.69	\$6.99	\$1.30
TROPFREEZES, Coconut Frozen Bar Treat, 4/3 oz	\$3.69	\$4.99	\$1.30
Mango Frozen Bar Treat, 4/3 oz	\$3.69	\$4.99	\$1.30
KALONA, Organic Vanilla Yogurt, 6 oz	\$1.39	\$1.49	\$0.10
TOFURKY, Hickory Smoked Deli Slices, 5.5 oz	\$2.69	\$3.39	\$0.70
Oven Roasted Turkey Slices, 5.5 oz	\$2.69	\$3.39	\$0.70
Peppered Slices, 5.5 oz	\$2.69	\$3.39	\$0.70
DANCING DEER, Olive & Fig Kalmata Shortbread, 6 oz	\$3.69	\$4.99	\$1.30
Rosemary Shortbread, 6 oz	\$3.69	\$4.99	\$1.30
Nutritional Suppliments/ Body Care:			
FES, Grief Relief Spray, 1 oz	\$12.99	\$16.99	\$4.00
Magenta Self Healer, 1 oz	\$12.99	\$16.99	\$4.00
Post Trauma Trauma Stabilizer, 1 oz	\$12.99	\$16.99	\$4.00
ACURE, Cell Stimulating Body Wash, 8oz	\$8.99	\$9.99	\$1.00
Exfoliating Body Wash, 8oz	\$8.99	\$9.99	\$1.00
CoQ10 Lotion, 8oz	\$8.99	\$10.99	\$2.00
Firming Lotion, 8oz	\$8.99	\$10.99	\$2.00
Energizing Lotion, 8oz	\$8.99	\$10.99	\$2.00
BULLDOG, Face Wash, 5.9 oz	\$6.99	\$8.99	\$2.00
Moisturizer Bull, 3.3 oz	\$9.99	\$11.99	\$2.00
Shave Cream, 5.9 oz	\$6.99	\$8.99	\$2.00
Shower Gel, 6.7 oz	\$6.99	\$8.99	\$2.00
Travel, 1 oz	\$14.99	\$16.99	\$2.00
EARTH THERAPEUTICS, Back Brush Far Reach	\$6.99	\$10.49	\$3.50
Eye Compress Fire Ice	\$5.69	\$11.99	\$6.30
Heel Repair Lotion, 4 oz	\$3.69	\$4.99	\$1.30
Foot File Wood	\$6.99	\$10.49	\$3.50
Herbal Beauty Mask	\$6.99	\$7.99	\$1.00
Nail Brush	\$2.69	\$2.99	\$0.30
Foot Massager Footsie	\$2.39	\$3.99	\$1.60
ELEMENTAL HERBS, Eye Pillow	\$1.39	\$1.99	\$0.60
Nail Clipper	\$3.69	\$4.99	\$1.30
All Good Goop, 1 oz	\$6.99	\$10.99	\$4.00
All Good Lip Balm	\$1.39	\$1.99	\$0.60
PEACEFUL MOUNTAIN, Loofah	\$4.39	\$5.99	\$1.60
Amica, 3.5 oz	\$4.99	\$9.89	\$4.90
PRESERVE, Razor Replacement	\$2.39	\$3.99	\$1.60

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 \$0.80

EXAMPLE

sale valid 12/9/14 - 12/16/14

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.

the COMM POST



ONEOTA COMMUNITY FOOD COOPERATIVE
decorah, iowa

Willy Street Café

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WHEN IT COMES TO GMOS
WHAT'S THE LABEL MEAN?

USDA
Organic



www.usda.gov

- Products must contain (excluding water and salt) only organically produced ingredients and processing aids.
- Items you won't find used to make or included:
 - o Genetically Modified Organisms (GMOs)
 - o Growth hormones
 - o Antibiotics
 - o Pesticides
 - o Irradiation
 - o Animal confinement
 - o Sewage sludge

NON-GMO PROJECT
Verified



www.nongmoproject.org

Product has been produced according to rigorous best practices for GMO avoidance, including testing of risk ingredients.

Use of seal requires:

- At least one post-harvest test of each batch of at-risk ingredients
- Rigorous traceability and segregation practices
- Annual audit to ensure best practices
- Action threshold of 0.9% (products containing more than 0.9% GMOs cannot use this label)

NO GMO'S BUT NO REQUIREMENT TO BE ORGANIC*

* Seals do not guarantee 100% GMO Free. "GMO Free" is not legally or scientifically defensible. More information about potential for contamination is available on both organizations' websites.

CHECK YOUR LABELS
SOME PRODUCTS WILL BE CERTIFIED BY
BOTH ORGANIZATIONS AND SOME BY JUST ONE.

— Why would a product be labeled both? —

A company may choose to have certified organic products tested and approved by the Non-GMO Project for a variety of reasons. These reasons may include support of the Non-GMO Project's efforts, desire from consumer base to support and label GMO-free products, or to maintain additional oversight over supply chain.

The Non-GMO Project label is an important deferential in the conventional marketplace. When organic isn't an option, choose the Non-GMO labeled product when attempting to avoid GMO ingredients.

3 WAYS TO AVOID GMOS

★ Buy Organic

Products certified organic by the USDA cannot contain genetically modified ingredients.

★ Buy Non-GMO Project Verified products

Products have been labeled and independently verified for rigorous GMO avoidance.

★ Avoid non-organic foods on the GMO High Risk List

Corn, Soy, Canola, Cottonseed, Sugar Beets, Papaya (China or Hawaii), Zucchini and Yellow Squash

GRASS RUN FARM

end 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.



By: Kristine Jepsen

A few weeks ago, Kristin Evenrud, Co-op meat buyer, asked me to write about the evolution of Grass Run Farms from our beginnings at the Winneshiek Farmers' Market nearly 10 years ago to our new partnership with meat powerhouse JBS.

First, we consider ourselves lucky to have been in the trenches of this grass-fed 'trend' long enough to have proven there is something to it. Feeding a beef animal forage throughout its life creates a demand in cattle production for grazing technique, non-grain forage production, and land management that includes water- and topsoil-sequestering pasture.

It's not the path of least resistance, by far, but consumers, ourselves included, have asserted their preference for this alternative in their grocery marketplace. And now we have a chance to scale and fund it, bringing more producers into our network, and providing more food to a system that supports this diversity, this choice.

But let me offer a timeline for reference.

In 2006, Ryan and I moved home to Iowa from the Greater Yellowstone region, where I worked as a magazine editor and writer in Driggs, Idaho, and Ryan, a biology major at Luther, had attended the Montana State University farrier school and had been working full-time as a traveling horseshoer. We lived as caretakers on a series of rural properties, which combined with the horse community, gave us first-hand access to the seasonal cattle and sheep grazing systems on the surrounding state and federal land.

Naturally, we thought we could replicate this grazing - husbandry of animals on forages they're built to digest - in our native Midwest. Local food was just finding traction in the marketplace, and we began reading the movement's founding DIY resources, M.G. Kains' *Five Acres and Independence* and *Salatin's You Can Farm*, among them.

We bought a century-old farmhouse on seven acres near Dorchester, ran some temporary fence powered by a solar fencer and finished our first two steers. I use "finished" loosely because we really didn't know what the meat should look or taste like. We just knew how we'd raised it, and we hoped customers had faith. Our first year at market, we sold roasts and ground beef from chest coolers.

In our next couple years, we started piecing together more pasture to rent for grazing. Already, we knew we couldn't live on the 2% margin we were posting once we'd sold every last pound of ground beef. We were both working off-farm full-time and fencing and invoicing in the dark. We started a Meat CSA. I made a logo in Microsoft Paint. Around Mother's Day 2007, we were herding calves down Balsam road along Bear Creek on foot, just two people narrowly turning an animal tide back into the pasture they'd broken from. Had they surged up the creek bed, we would have been there all day. I nearly stepped on a fawn nestled on the eastern bank of the road.

Slowly, we discovered we were running a business. Probably the most capital-intensive one we could have picked for two young-ish people with little equity and a business model that didn't involve recognizable assets like tractors and land. We sold something perishable and never did get a bank to collateralize our inventory for operating capital, even when receipts got into five digits, then six, and eventually seven and eight.

We bought additional qualifying cattle from producers who wanted to raise grass-fed beef but didn't want to transact with the public. We started packing pallets of orders from a walk-in cooler in our barn and delivering them to stores on our own 26' "reefer" truck. A few times, I drove the 400-mile loop into Minnesota or into central Iowa with our infant daughter in her car seat next to me.

People started congratulating us, thrilled to see our little green logo in stores where their parents lived or their college roommate. What they didn't realize is that our truck almost always ran in the red. We couldn't afford to own land, animals and meat at the same time. We had only the resources to do what we did best: negotiate to get grass-fed into the marketplace and illustrate for consumers how it was a healthful, flavorful alternative.

Luckily, regional distribution companies took up our cause around the time we were feeling our do-it-all folly. Cattle producers who'd seen us survive our first years took a chance and started retaining ownership of the animals until harvest. We turned our attention to ensuring cattle were truly finished, consistently marbled and available year-round, and the region's top steak houses started putting us on the menu. We made good hires. We operated within our cash flow for the first time.

Then, the unthinkable happened: the meat world took notice. By 2014, three of the four biggest beef companies in the country had announced domestic grass-fed programs. Now JBS, arguably the most nimble and progressive of them, started in 1953 by one farmer harvesting one oxen a day, wants our "clover cow" to represent this new chapter of the story.

Wait, what? That's right. We were selected as the foundation of a broader grass-fed program with the kind of capital and staffing grass-fed has needed all along. We - the Jepsens - are still suppliers of cattle for this program, and they're from the same farms you've come to trust. Our network of hard-earned relationships and production knowledge makes this possible. Yet, even with the advantages of a deeper team, nothing is easy or assured. It's turned our professional lives on end and created a new learning curve among new colleagues.

But, as you continue to see the Grass Run Farms label in the Co-op - unchanged - and we continue addressing things that matter - animal welfare, product accountability, reliable quality - we hope you'll feel some amount of entitlement. You knew us first, and your support helped us prove an alternative against great odds.

Grass-fed isn't a system that can be rubber-stamped across the landscape. In many ways, it cannot be commodified and will continue to be rooted in the knowledge and passion of real people choosing to do things a little differently.

As I created this draft in my Cloud of written work, I discovered an article I wrote four years ago this month for the Scoop. I'm humbled by how relevant it still reads:

Food is so many things - fuel, a connection to the earth, an environmental legacy. But local foods are also a business subject to the laws of economic success and failure that govern the rest of our lives, a fact that can get fuzzy in the scope of the ideals we want a local food system to embrace. ...

"Local" is "sustainable" to the degree that it can truly feed communities, complete with farming, processing, storage and distribution that offer sincere alternatives to the system we seek to reinvent. ...

It will always be up to the consumer to decide what "local" is worth in food value, as well as in social change.

Thanks for being the kind of community where a business like ours could fledge. We've enjoyed the journey and look forward to opportunities to come.

Kristine (and Ryan) Jepsen

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563-547-4744 or jkitiam@hotmail.com



Two years ago (Fall 2013) the Board of Directors set out on a mission to develop a set of strategic priorities for the Co-op for the next three to five years. This process culminated in a set of four strategic priorities and three on-going commitments. This was a collaborative process with some of the Co-op staff and Board members who gave some thought to a bigger direction that our store should move towards. Here are those priorities and updates on each one:

FROM THE BOARD: STRATEGIC PLANNING UPDATE

“Assist in the development of local food hub/processing facility.”

Done. A facility with coolers and freezers in West Union has been purchased and a refrigerated truck is delivering northeast Iowa produced goods throughout eastern Iowa. The food hub is growing at a significant rate and is doing some strategic planning of its own on branding and expanding into more markets in surrounding states.



“Expand facility with kitchen classroom.”

Done. We opened the doors to our new Co-op Kitchen Classroom in the newly purchased building next to our Water St. location in September 2014.

- Number of classes offered at the Co-op in 2014: 154 (+62% over 2013)
- Number of participants: 1,141 (+48% over 2013)



“Increase Purchases from Local Vendors.”

Ongoing. We made progress in local purchases in 2014 and crossed the \$1 million mark for local sales, but this strategic priority will be a focus for our staff in 2015. Our local sales and purchases are growing at an annual rate of about +13%.



“Implement patronage dividend program – contingent upon profitability.”

Ongoing. We implemented our first patronage dividend in the current store location to member/owners last year! Future patronage dividends are a board decision based on the profitability and financial condition of the store.

Because this was such a successful process, the board and some staff will be participating in another series of strategic planning sessions with a consultant from the University of Iowa’s Institute of Public Affairs this spring and early summer. Our outcome will be another set of priorities for the next 3 – 5 years.

We seek your input and invite you to share any thoughts at our regular Board meetings every fourth Tuesday of the month. We hope to see some of you at one of these meetings, or you can always contact one of your Board members if you have an idea. Contact information for the Co-op Board of Directors can be found on page 16 of this publication.

<<These graphs & more from the Annual Report can be found online at <http://oneotacoop.com/about-us/board-of-directors/annual-report/>

End 3 A business that promotes the development of cooperation and cooperative enterprise

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SUMMERTIME IS STONE FRUIT TIME!

Red Plums

Apricots

Apriums

Bing Cherries

Rainier Cherries

FLAVOR: Lightly tart with balanced sweetness.
USE: Excellent raw or in salads. good for cooked desserts.

FLAVOR: Subtle floral & light nut accents.
USE: Raw or pair with walnuts in a salad.

FLAVOR: Delicate, much more like apricot. Another apricot/plum cross.
USE: Eat raw.

FLAVOR: Floral, musky.
USE: Eat raw, pitted fresh for desserts.

FLAVOR: Delicate, tangy, crisp.
USE: Eat raw exclusively.

FLAVOR: Sweet, firm, mild.
USE: Eat raw.

FLAVOR: Super sweet! Plum/apricot cross. watch for Dapple Dandy variety in August.
USE: Eat raw.

FLAVOR: Sweet/ tart balance, yielding texture.
USE: Eat raw or use in cooked desserts.

FLAVOR: Sweet & often more tart than peaches.
USE: Great for desserts & fruit salads.

Black Plums

Nectarines

Peaches

Pluots

Prunes
(dried plums)

Peaches, plums, cherries and other stone fruit start appearing in our stores in May and continue through the summer months in *wave* after *delicious, juicy wave*. Grabbed from the counter and chomped into might be the preferred eating method, but some cook up well in pies and desserts. Enjoy, but grab a napkin!

the good foot FOOTWEAR

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