

the Scoop

VOLUME 42 • NUMBER 2 • SUMMER 2016



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

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

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666

Sterile Landscape Not Solution To Feeding The World

By Harriet Behar, MOSES

Challenges to our food system continue to grab headlines—avian influenza, bacteria in meat, contaminated produce, herbicide-resistant weeds. To manage these challenges, the non-organic world seems to want to sterilize our landscape and food production system. Organic farmers know that strong immune systems in plants and animals are built through challenges, not in a sterile environment. Solutions to food system challenges must be holistic, not simplistic.

The outbreak last spring (2015) of highly pathogenic avian influenza virus in Midwestern chicken and turkey flocks resulted in the culling of tens of millions of birds to prevent its spread. The high number of birds killed reflects the size of some of these poultry operations. In Iowa, one of the states hit hardest,

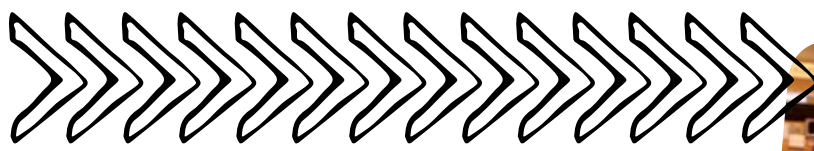


31,723,300 birds were killed—on just 75 operations. The likelihood of disease spreading with this type of livestock concentration is extremely high.

The main response by our governmental veterinary experts was to encourage poultry operators to keep their birds indoors, if they were not already doing so. While I understand the seriousness and the need to manage this type of extreme emergency, I wonder why experts are not recommending ways to improve the immune systems of the poultry to help them combat this and other diseases. Is it too radical to consider having smaller flocks whose immune systems are highly developed due to their exposure to the

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FROM THE GM ~ MEETING YOUR NEEDS WITH SELECTION, SERVICE & SPEED



By: David Lester, General Manager

If you have been in the store lately, you've probably noticed a few changes in several departments. The staff and I have been focusing our efforts on providing a more pleasant shopping experience and purchasing new pieces of equipment to offer a wider variety of products. It is important to respond to our member/owners' needs and try to keep up with the ever-changing natural foods world.

We are concentrating our efforts on the current store space this year and getting several areas of the store updated and ready for a larger expansion in the coming years.

We began earlier this year by replacing all of the old, wooden cube displays in our Wellness department with a new straight run of black metal shelving. As many of you probably know, there are a lot of different products in this department ranging from soap and oils to nutritional supplements. Finding a particular product used to be challenging. Now, the different categories of products in Wellness are displayed beautifully and we've heard from customers that it is much easier to find what they want. Along with the extra shelving space you will also see several new products. We hope you take the time to explore this section of the store the next time you visit.

Merchandising the store and adding more products can also lead to tighter aisles. Typically, a five foot aisle width is standard in most grocery stores and this is our goal in all areas of the store. With more weekly deals and larger displays of sale items, some areas of the store may feel a little cramped for space. One area we will be working on this summer is the front entrance. By removing the interior set of doors and eventually switching to

a sliding door system, we hope that our entry will be more welcoming and spacious.

You told us, "more meat!" And, we listened. The last two member/owner & customer satisfaction surveys have clearly stated that this was your #1 area of the store that needed more selection. We have recently purchased two new meat coolers to carry more fresh options. You'll find more local selections of beef and pork as well as an ever-expanding selection of sausages, chicken and other specialty items. In the near future, we will be putting more resources into the Meat department which will allow us to be cutting our own local steaks and other customer-favorite cuts.

Customers have also been telling us for years that they LOVE our hot, panini sandwiches. Our Café Manager, Leah King, and her staff keep the sandwich selection unique and made with the freshest ingredients possible. However, the panini grills are not the fastest or most efficient way of cooking a sandwich. These sandwiches can take up to 20 minutes to cook and that can be a barrier to those in a hurry. By mid-June, we will have a brand new high-speed convection oven for sandwiches and other new items like flatbreads. Most of these items can be cooked in less than 2 minutes using this new circulated, heated-air technology...and the sandwiches are fantastic! This piece of equipment will allow for future expansion of our breakfast, lunch and dinner menus and meet the needs of the customer on-the-go. In addition to added quality,



more selection, and speed of service we are also adding a new mobile app for those who want to place an order for sandwiches. Either by your smartphone, or our website, <http://order.oneotacoop.com/>, a customer will be able to order any number of sandwiches or flatbreads and pay with their credit card online. An order will be generated in our kitchen and available for pick up within 20 minutes. Search Water Street Cafe in the app store!

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MEMBER APPRECIATION DAY

SALE

10% OFF storewide*
Tuesday, August 2nd

8:00 AM - 8:30 PM

May be combined with all other member discounts.

*discount excludes Co-op and Member Deals sale items and special-order case discounts.

Stock Up
AND
Save



• • • • • these sales valid JUNE 15 - JUNE 28, 2016 • • • • •



Shish Tawook

Serves 4-6. Prep time: 4 hours; 20 minutes active.

- 1 cup Greek yogurt, nonfat
- ½ cup lemon juice
- ¼ cup chopped fresh garlic (about 12 cloves)
- ½ cup olive oil
- ¼ cup apple cider vinegar
- 2 tablespoons tomato paste
- ½ teaspoon ground ginger
- ¼ cup chopped fresh mint
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper
- 2 pounds boneless, skinless chicken breast, cut into 2-inch cubes
- 1 red bell pepper
- 1 green bell pepper
- 1 small eggplant
- 8 ounces whole fresh mushrooms, rinsed and halved

In a medium-sized bowl, mix together the yogurt, lemon juice, garlic, olive oil, vinegar, tomato paste and spices. Add the cubed chicken to the marinade and refrigerate for at least 4 hours or overnight. Heat the grill to 375 degrees F. Seed peppers and cut into approximately 2-inch squares. Slice the eggplant crosswise into ¼-inch thick slices. When the grill or oven is hot, remove chicken from the marinade and place on skewers, alternating with the cubed peppers, eggplant slices and mushrooms. Place kabobs on grill, and cook, covered with grill lid, for 10 to 12 minutes or until chicken is done and vegetables are tender, turning occasionally. Let stand 5 minutes before serving.

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

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



\$4.39
NANCY'S
Organic Plain Yogurt
32 oz., selected varieties



\$3.99
TALENTI
Gelato
16 oz., selected varieties



\$3.69
GOODPOP
Frozen Pops
4 ct., selected varieties



\$3.69
UDI'S
Gluten-Free Hamburger Buns
10.4-10.8 oz., selected varieties



\$5.69
BULK
Organic Apricots
per pound in bulk



\$5.99
ALDEN'S
Organic Ice Cream
48 oz., selected varieties



\$3.99
GARDEIN
Beefless Burger
12 oz.
other Gardein products also on sale



\$3.39
ALMOND DREAM
Frozen Dessert Bites
6.6 oz., selected varieties
other Frozen Novelties also on sale



\$3.39
ANNIE'S HOMEGROWN
Graham Crackers
14.4 oz., selected varieties



4/\$5
MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties



5/\$5
LARABAR
Fruit & Nut Bar
1.6-1.8 oz., selected varieties



4/\$5
HARVEST BAY
All Natural Coconut Water
8.45 oz., selected varieties



2/\$5
DREW'S
Organic Dressing
8 oz., selected varieties



2/\$3
C2O
Coconut Water
17.5 oz., selected varieties



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



Cherries

It's little wonder that "with a cherry on top" makes a sweet thing even sweeter. Whether it's a handful of chopped sweet Bings in a chicken salad, a sour variety baked into a pie or the dried fruit in your trail mix or muffin, cherries add a glisten of crimson and a fabulously fruity taste to sweet and savory dishes. A true cherry lover knows there's no better way to savor this seasonal fruit than lingering over a bowl of sweet cherries in a nice, sunny spot. But they're also a stellar addition to oatmeal, yogurt, pancakes, grains and salads. It's easy to incorporate cherries in any meal or snack.

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

(continued from page 2)

running faster on the GMO treadmill—but that doesn't mean they're getting anywhere. The biotech agricultural companies keep pushing the USDA and EPA to approve more genetically engineered crops on a fast track. Since glyphosate (brand name Roundup) no longer kills every weed in a field of crops genetically engineered to tolerate the herbicide, the biotech industry introduced 2,4-D-plus-glyphosate-tolerant corn and soybeans this spring (Dow's Enlist crops). There are already numerous weeds that are resistant to 2,4-D, a long-used and problematic chemical. This "solution" to Roundup resistance will be short-lived.

Monsanto is now petitioning for genetically engineered dicamba- and glufosinate-tolerant corn (Liberty and Liberty Link GMO corn). Since the non-organic crop producers in the U.S. appear to have become addicted to growing these GE crops, each new product seems to be eagerly awaited and adopted without any thought to negative primary and secondary environmental effects. Statistics show how false the initial promise was that claimed fewer herbicides would be used when GE crops were introduced. Instead, the biotech firms are stacking more and more herbicide-tolerant traits in crops to pair with even more toxic multi-ingredient cocktails of herbicides to knock down persistent weeds.

These solutions ignore an important aspect of weed- and insect-free fields. Numerous studies show if a plant is challenged by a little bit of insect feeding or competes with a few weeds for nutrients and sunlight, the plant's immune system is boosted. A similar immune response occurs in people and animals. If we are not challenged by diseases and germs, especially in childhood, we do not develop strong immune systems and defenses that protect our vitality.

Plants with strong immune systems also contain more antioxidants, providing healthier food for the humans and animals who consume these crops. Many researchers have found antioxidants in organically grown foods are significantly higher than in their non-organic equivalents. The fact that organic plants do not grow in a sterile environment contributes to the presence of these antioxidants. Less nutritious food is the unintended consequence of striving for that absolutely weed-, disease- and insect-free field by using products that lessen soil biological life and leave the plants in a sterile environment.

Another "unintended" consequence is the loss of biodiversity—fewer pollinators, frogs and reptiles, fish, birds, and mammals results in less resilient ecosystems. While not every insect, bird, mammal, or aquatic animal provides agricultural services, many do. Everyone understands the need for a strong and diverse population of pollinators. Birds eat problematic insects; predatory birds consume rodents that eat crops. The web of life is interdependent. When one strand of the web is weakened, the entire system falls out of balance, allowing for problematic insects, diseases and animals to become more prevalent. Our loss of biodiversity also negatively affects our quality of life.

There are more and more humans on the planet, and we are challenged to provide food and fiber for all. Industrialized agriculture, which seeks sterile conditions to deal with the numerous problems of concentrated and large-scale production and processing, must be challenged as the only model to feed the world.

Harriet Behar is an organic farmer and a MOSES Organic Specialist. She serves on state and national committees, providing the organic farmer perspective. This article was first printed in the Midwest Organic Sustainable Education Service (MOSES) Organic Broadcaster's September/October 2015 issue, www.mosesorganic.org.

FROM THE GM~

(continued from page 1)

By updating our store with new equipment, one of the more important benefits is reducing our carbon footprint. Every new piece of equipment that we purchase will be Energy Star certified if available. One of our goals is to replace several of the older, open-air cases like the meat cooler we just replaced. The newer, more efficient closed door coolers that we are purchasing are 78% more efficient than the older, open-air cases. The new, high-speed panini oven is only on when it is toasting a sandwich for about two minutes compared to having two 220-volt grills on all day. We expect to reduce our electrical usage with these upgrades and look for more ways to reduce both our gas and electrical usage in the future.

Many of the new things you will see in the store started with a suggestion from you, our member/owners and our customers. Feel free to leave a comment at the Customer Service Desk or email us anytime with a new idea or suggestion! We hope you will enjoy your co-op even more and we hope to see you soon.

JOIN US FOR LUNCH & DINNER
7 days a Week

Water Street Cafe

fresh . organic . local .

COMING SOON:
Expanded hot menu options & less cooking time with our new hot sandwich oven!

Starting today:
Now order hot sandwiches online and on your smartphone through our new app! Simply search Water Street Cafe in the app store.

FRESH • Tasty • Speedy



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JUNE 15 - JUNE 28, 2016

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



Chipotle Cherry Barbecue Sauce

Makes approximately 12 servings. Prep time: 10 minutes active; 70 minutes total.

- 2 cups cherries, washed and pitted
- 2 cloves garlic
- ¼ cup apple cider vinegar
- 2 tablespoons stone-ground mustard
- 1 ½ teaspoon smoked sea salt

- ¾ cups canned diced tomatoes with chilies
- ¼ cup canned chipotle sauce
- ½ cup turbinado sugar

Place all ingredients in a blender or food processor. Blend until well combined and transfer to a saucepan. Cook, stirring occasionally, on medium heat for about 60 minutes until sauce is reduced by half, or reaches desired thickness.

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

2/\$5
AMY'S
Organic Refried Beans
15.4 oz., selected varieties

3/\$7
NATURAL SEA
Yellowfin Tuna
5 oz., selected varieties

2/\$4
ANNIE'S
HOMEGROWN
Cookie Bites
5.5 oz., selected varieties

2/\$1
STRETCH ISLAND
FRUIT CO.
Organic Fruit Strip
.5 oz., selected varieties

2/\$5
BACK TO NATURE
Crackers
6.5-8.5 oz., selected varieties

\$3.39
WOODSTOCK
Organic Frozen
Mangoes
10 oz.
other Frozen Fruit also on sale

2/\$6
SANTA CRUZ
ORGANIC
Organic Juice
32 oz., selected varieties

\$15.99
RAINBOW
LIGHT
Teen Energy
Multivitamin Gummy
30 ct., selected varieties
other Rainbow Light
Supplements also on sale

\$19.99
NATURAL
FACTORS
Tranquil Sleep
60 ct.
other Natural Factors
products also on sale

\$9.99
SIMILASAN
Burn Recovery
Cooling Spray
3.04 oz.
other Similasan products
also on sale

2/\$3
GREEN VALLEY
ORGANICS
Lactose Free Organic
Yogurt
6 oz., selected varieties

2/\$5
R.W. KNUDSEN
Simply Nutritious Juice
32 oz., selected varieties

\$19.99
SPECTRUM
Fish Oil 1000 mg.
250 ct.
other Spectrum products
also on sale

\$19.99
OREGON'S WILD
HARVEST
Turmeric
60 ct.
other Oregon's Wild Harvest
products also on sale

\$5.99
BOIRON
Calendula Ointment
1 oz.
other Calendula products also on sale



Brie

Cradled in a velvety white rind, this melt-in-your mouth cheese is perhaps France's best known (and most well-loved) for good reason. It's rich, buttery and slightly sweet flavor lends itself equally well to appetizers or desserts, and warming Brie in the oven increases its delectability even more. Scoop the creamy textured cheese out of the edible rind with crusty bread or crackers. Slice and serve it with caramelized pears or onions, or with a spoonful of fruit preserves alongside whole grain bread. Or just top your next burger with it. It may just take your number-one cheese spot, too.

\$4.39
ORGANIC
VALLEY
Organic Milk
64 oz., selected varieties

\$8.99
EQUAL
EXCHANGE
Organic Love Buzz
Coffee
per pound in bulk
Decaf Love Buzz Coffee not
on sale

\$3.69
KASHI
Organic Cereal
9.5-16.3 oz., selected varieties

2/\$4
BLUE DIAMOND
Almond Breeze
Almondmilk
32 oz., selected varieties

2/\$6
BLUE DIAMOND
Almond Breeze
Almondmilk
64 oz., selected varieties

\$3.69
ORGANIC
VALLEY
Organic Pasture Butter
8 oz.

\$4.39
EVOLUTION
FRESH
Essential Greens with
Lime Juice Blend
15.2 oz.
other Evolution Fresh
products also on sale

\$2.99
CASCADIAN
FARM
Organic Granola
11-16 oz., selected varieties

\$3.99
RICE DREAM
Enriched Rice
Beverage
64 oz., selected varieties
other 64 oz. Non-Dairy
Beverages also on sale

\$8.99
COOMBS
FAMILY FARMS
Organic Maple Syrup
12 oz., selected varieties

2/\$5
KISS MY FACE
Pure Olive Oil Soap
8 oz., selected varieties

\$11.99
SEVENTH
GENERATION
Liquid Laundry
Detergent
100 oz., selected varieties

\$3.99
EO
Organic Deodorant
Spray
4 oz., selected varieties

2/\$5
EARTH
FRIENDLY
PRODUCTS
Ecos Dishmate
25 oz., selected varieties

\$5.99
GIOVANNI
Hair Care
4-8.5 oz., selected varieties

\$19.99
NEOCELL
Derma Matrix Collagen
Skin Complex
6.46 oz.

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CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

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JUNE

Knife Skills
Wednesday, June 22, 5:30-7:00 pm
If a chopped salad is one of the more intimidating recipes in your library, or you often find yourself shopping for pre-cut veggies in an attempt to save time, this class is for you. Join Chef Justin Scardina to learn the basics of good knife skills and knife maintenance, and take the edge off your next cooking project. Plus, bring along your own knife or two for sharpening at the class.
Class Code: Hand's On (HO) (max 10 participants)
Instructor: Justin Scardina
Cost: \$15 member/owners, \$18 community members

JULY

Taking the Pressure Off Cooking
Tuesday, July 5, 5:30-7:30 pm
The epitome of weeknight cooking: the one-pot meal. The only thing that could improve upon it's perfection: getting it on the table in half the time - or less! The kitchen gladiator's favorite weapon for conquering the speedy supper: the pressure cooker. Pressure cooking makes preparing grains, dried beans, vegetables, stews, and even steamed breads and desserts a breeze, all while saving energy and time, and keeping the house cooler. Enjoy samples of one pot wonders and learn how supper really can be ready in minutes!
Class code: Demonstration & Let's Eat (DM)
Instructor: Johanna Bergan
Cost: \$8 member/owners, \$10 community members

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)

Peppered Strawberries with Creme Fraiche

- Ingredients
- 1 cup heavy cream

1 tablespoon buttermilk

2 tablespoons powdered sugar

2 tablespoons cracked black pepper (coarse)

1 pint strawberries

Directions
Begin making the crème fraîche about a day and a half before you plan to serve this dessert. Place whipping cream and buttermilk in a jar with a lid. Add 2 tablespoons powdered sugar, cover securely and shake for 15 seconds. Set aside in a warm room temperature spot (70-75 degrees F.) for approximately 24 hours, stirring once or twice, until mixture is very thick. The warmer the temperature of the room, the faster the cream will thicken. It should be the consistency of yogurt.
Stir thickened crème fraîche well and refrigerate for at least 6 hours before serving. Covered tightly, crème fraîche will keep in the refrigerator for up to 2 weeks.
Wash and dry strawberries, leaving any green leaves or stems attached. Gently dip and twist the bottom half of each strawberry into the crème fraîche, then sprinkle lightly with fresh cracked black pepper before serving.

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



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!

JULY - CONT'D

Backpacking Gourmet
Wednesday, July 13, 5:30-7:30
Just because you carry your entire life (including your kitchen) on your back as you trek across the wilderness, doesn't mean you have to live off only ramen noodles and gorp. There are so many ways to add flavor and healthy nutrients to your backpacking fare while keeping the pack weight down, and the prep quick and simple. Tips on how to travel with fresh herbs, foraging for wild edibles, and making a delicious curry that's as simple as boiling water.
Class Code: DM
Instructor: Andrea Springmeier
Cost: \$12 member/owners, \$15 community members



Amusing Apps and Summertime Sparklers
Sunday, July 17, 2:00-4:00 pm
Sparkling wines in this country are usually reserved for celebrations of the "special" kind, but why not enjoy them more often? The hot summer months are a great time of year to break out the bubbly; well chilled and served with some fabulous finger food. Okay, all the appetizers in this class may not be of the finger food variety, but they certainly will go great with champagne!
*Participants must be 21 years and over to sample wine.
Class Code: Demonstration & Let's Eat (DM)
(max 12 participants)
Instructor: Stephen Larson
Cost: \$30 member/owners, \$35 community members



Market Vegetables
Wednesday, July 20, 5:30-7:30 pm
Learn how to pick, prep, and cook the freshest, in-season vegetables from your local farmers market. In this class, we will explore the bounty of food that the market has to offer, and sample several dishes made from various ingredients gathered from the market earlier in the day.
Class Code: Hands on & Let's Eat (HO)
Instructor: Andrew Blair
Cost: \$10 member/ owners, \$12 community members



Regional Italian Series: Sicily
Sunday, July 24, 2:00-4:00 pm
Join Chef Justin Scardina as we explore Italy's regional nuances. First up: Sicily! Come and enjoy a taste of several dishes from one of the largest of Italy's islands as we explore the culture and history of this distinct region. Food will be paired with samples of Italian-styled wines.
*Participants must be 21 years and over to sample wine.
Class Code: Demonstration & Let's Eat (DM)
Instructor: Justin Scardina
Cost: \$26 member/owners, \$29 community members



Smoothies with a Purpose: From Frivolous to Fortifying
Wednesday, July 27, 5:30-7:30 pm
Some of us enjoy a smoothie for the simple pleasure of sipping a wonderful concoction of whole foods on a hot summer day. Others use smoothies as a vehicle to enhance body performance and fuel our bodies. Smoothies are definitely so much more than breakfast and can be used for afternoon pick-me-ups, healthy cocktails worthy of sharing, and protein-packed meal replacements. Explore the world of smoothies, enjoying samples and tested recipes to help you find the smoothie that has been missing from your diet.
Class code: Demonstration & Let's Eat (DM)
Instructor: Johanna Bergan
Cost: \$15 member/owners, \$18 community members

REGISTRATION INFORMATION

Co-op Member/Owners: Pay at the time of registration, either by phone and charge class fees to your Co-op account which you pay when you come in to shop, in person at the Customer Service Desk or online at www.oneotacoop.com/education-events.
Non-Members: To register you will need to either pay at the store when you register or give us a credit card number when you call in your registration or pay when you register online at www.oneotacoop.com/education-events.
Classes will be fully refunded if called in 24 hours prior to the class. In cases where minimum class size is not reached three days prior to class, the class may be cancelled. To register or cancel, please call 563-382-4666 during store hours and speak to Customer Service.
ALL PARTICIPANTS MUST SIGN IN AT CUSTOMER SERVICE BEFORE ATTENDING CLASS.
(The classes offered by the Co-op do not necessarily reflect the views of the Co-op and its members.)

AUGUST

Farmers Market Curiosities
Sunday, August 7, 2:00-4:00 pm
Do you have a CSA that comes every week, but have no idea what to do with kohlrabi? Or do you love going to the farmers market, but hesitate to buy some of the more unique local products without knowing where to begin?! Join Chef Justin as he answers your questions about produce and products while demonstrating tasty ways to prepare some of the more "curious" items from local farms.
Class Code: DM
Instructor: Justin Scardina
Cost: \$15 member/owners, \$18 community members



Dumplings and Riesling
Sunday, August 14, 2:00-4:00 pm
Almost every ethnic cuisine has some kind of dumpling in its culinary cannon. Think potsticker, ravioli, pierogi, empanada, kreplach and more. To best illustrate the three basic styles of Riesling (dry, off-dry and sweet) we'll match it with three different ethnicities of "dumpling". The menu will be a secret for now, but come prepared to have your eyes opened...
*Participants must be 21 years and over to sample wine.
Class Code: Demonstration & Let's Eat (DM)
(max 12 participants)
Instructor: Stephen Larson
Cost: \$30 member/owners, \$35 community members



Cheese Making for Beginners
Wednesday, August 24, 5:30-7:30 pm
Curious about making your own cow's milk cheese? In this class, we will explore this accessible culinary craft. Join Andrew in the kitchen as he shows you the basics of making fresh cheese. Featured cheeses include mozzarella, ricotta, and feta - with samples at the end of the class too. Plus, learn tips for storing cheese and incorporating fresh cheese into recipes in your own home kitchen.
Class Code: Demonstration & Let's Eat (DM)
Instructor: Andrew Blair
Cost: \$12 member/ owners, \$15 community members



Condiments from Scratch: Quick, Easy, and Super Tasty!
Tuesday, August 30, 5:30-7:30pm
Move condiments from the dugout to center field. A simple way to make your food taste and look great is to have homemade condiments ready in the fridge. Making your own condiments leaves you in control of sugar and salt levels, making each batch a home run. No worries here about what's 'real' or not. Just good wholesome food. Come and join in making aioli, mustard, rubs, and BBQ sauce. Participants will make condiments to take home at the end of the class.
Class Code: Hands on & Let's Eat (HO)
(max 12 participants)
Instructor: Joel Zook
Cost: \$20 member/owners, \$25 community members

CLASS INSTRUCTOR BIOS:

JUSTIN SCARDINA
was born in Chicago, IL and lived in Wisconsin for a while before attending Luther College here in Decorah. He has been the executive chef at several restaurants in the Driftless area for nearly 15 years and is currently Sous Chef at Luther College. He lives in Decorah with his partner, Amanda, and their daughter, Adina, and a fat cat.



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



STEPHEN LARSON
is the former owner and chef of Quarter/quarter in Harmony, MN. Originally from Brandon, South Dakota, Stephen started cooking full-time while finishing his high school education. Stephen attended St. Paul Vocational College and accepted his first head chef position three weeks before graduating. Stephen also has experience as a cooking instructor through Cook's of Crocus Hill as well as Gourmet's Garden B&B Cooking School which he and his wife operated until 2009 when the "call of the restaurant world" beckoned and Stephen jumped back into the professional kitchen.



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



ANDREA SPRINGMEIER
Co-op Education & Demo Coordinator
Her passion for food began in the garden (and kitchen) of her childhood in Davenport, IA. Becoming a vegetarian at age 13 ignited a fascination for vegetarian ethnic cuisines. Later, working at Seed Savers Exchange illuminated the incredible diversity of garden vegetables and fruits available to local gardeners. Exposure to the local food culture of Decorah has helped develop her obsession for delicious and unique natural foods; an obsession she happily shares and promotes while teaching in the Co-op Kitchen Classroom.



**SCHMIDT'S
NATURAL DEODORANT**

Schmidt's wants to change the way you think about deodorant. By setting new standards with a luxurious feel, health conscious formulation, captivating scents and an experience that outlasts the competition, Schmidt's has definitely raised the bar with these award winning formulas that naturally and effectively neutralize odor and wetness. In five different scents: Bergamot Lime, Cedarwood Juniper, Lavender Sage, Ylang Ylang Calendula and Fragrance Free. Just remove product from jar using enclosed spatula. Warm a small dab between fingers and apply. Made in Portland, Oregon since 2010.



**HONEST COMPANY
HONEST DEODORANT SPRAY**

A cooling spray deodorant that safely neutralizes and instantly refreshes for long-lasting odor protection. This aluminum free deodorant offers soothing, yet powerful essential oils and botanical extracts to help inhibit underarm bacteria and odor, and deliver a healthy dose of clean freshness anywhere, anytime. Available in three light and refreshing scents: Bergamot Sage, Lavender Vanilla, and Vetiver. Perfectly balanced for both men and women.



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A blend of 100% Pure Organic Eucalyptus Citriodora, Lemongrass, Rose Geranium, Lavender and Peppermint Essential Oils that help repel mosquitos, ticks and other insects. Add 40 -70 drops of concentrate to a 4oz spray bottle of water. Shake well and apply often. Or mix 4 drops per tablespoon of lotion and apply as needed. Great for dogs too.



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PRANAROM
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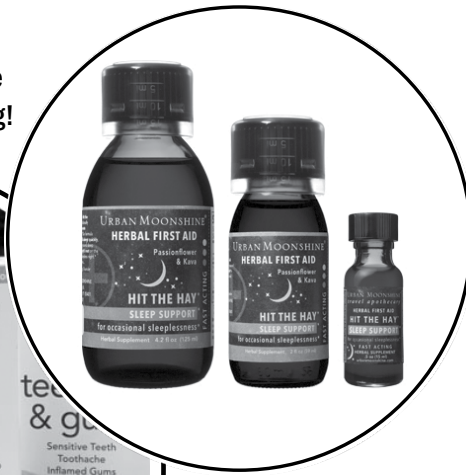
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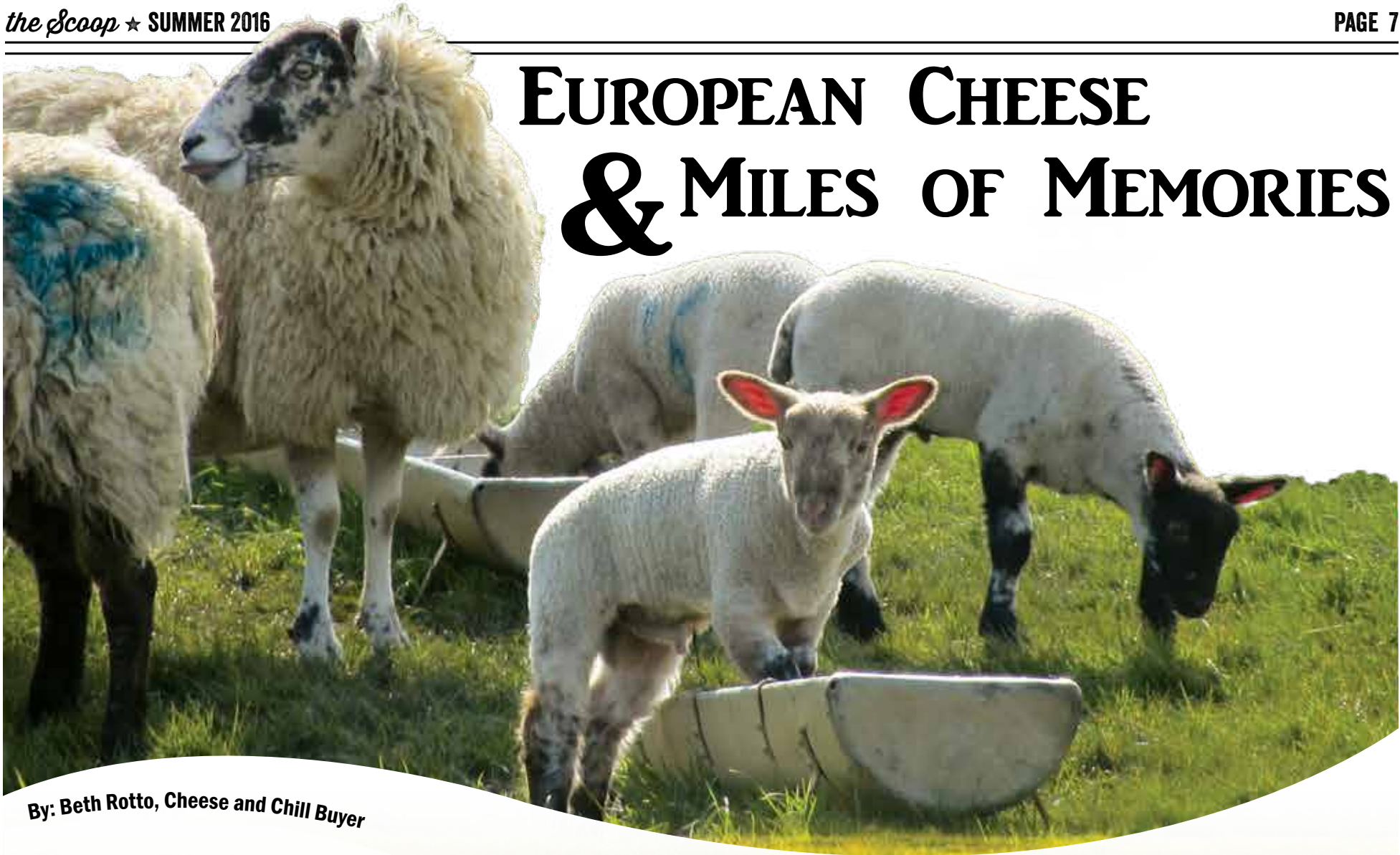
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By: Beth Rotto, Cheese and Chill Buyer

Time marches on. Yes, I'm stable, persistent, enduring. I've spent my entire adult life involved with Oneota Community Co-op. At age 20, I volunteered to do childcare at the Co-op annual meeting and now it's 40 years later. I'm still here, happily and solidly spending my working days keeping up our refrigerated case and providing all of you with the best selection of cheese in northeast Iowa.

What I'm leading up to is the fact that I turned 60 years old recently. It was a landmark birthday, and I was able to do something extra special. Accepting an invitation, I joined three college friends to hike in England on the Cotswold Way, a historic trail through sheep fields and villages built of honey colored limestone. It was our pleasure to find a pub or a tea room in a hamlet or village serving refreshments including British cheeseboards of fantastic, local cheese, which delighted me to no end.

I've said it before, but it's the milk that makes the cheese. The milk is based on the animal and what it eats, which is based on the distinctive soil and the weather. There are many classic and historic cheese from Europe that are unique to a very specific locale. Some are name protected by law so that only cheese made in that certain specific area with traditional methods can use the name (PDO- Protected Designation of Origin).

Since certain cheeses are both one-of-a-kind and distinctive and used in ethnic and traditional cooking, we offer a steady supply of a number of classic European cheeses at the Co-op, along with our great selection of local, regional and American artisan cheeses.

We regularly carry these outstanding European cheeses (and more).

Brie from France - A rich and creamy soft-ripened cow's milk cheese covered with a white rind. The cheese is often served warm or baked and is often topped with preserves or fruit. Look for either Couronne or Ermitage Brie. A party darling.

Manchego from Spain - A firm sheep milk cheese. Great by itself, shredded on a salad or into mashed potatoes and good with dates or fig preserves. A historic hero of a cheese.

Gruyere from the Alps - A hard cheese from France or Switzerland. Excellent for baking as in quiche, or melted as in fondue or french onion soup, or added to make a classic ham sandwich. Can also be grated on salad or pasta. We try to keep Comte Gruyere on hand. A superstar in the kitchen.

Gouda from the Netherlands (also called Dutch or Holland Gouda) - Mild and semi-soft when young (we sometimes have the harder, more flavorful aged gouda too). Good for sandwiches or snacking. Who doesn't like Gouda?

Parmigiano Reggiano from Italy - Aged, hard, granular raw milk cheese excellent for grating over pasta dishes, stirred into risottos or soup or sprinkled over salads. A celebrity Italian cheese.

Cheddar from England - A popular cow's milk cheese produced by a

special method originating in England. Aging produces stronger flavor. Some versions are smoked or flavored with red onions. Look for Ticklers, Quickses or Kingdom brands. Versatile and beloved.

Geitost (or Gjetost) from Norway - A type of goat or goat/cow's milk whey cheese that is a brunost or brown cheese. Its caramelized flavor is often served in thin slices on dark bread with preserves for breakfast. Look for Gudbrandsdalsost in bulk or Tine Ski Queen in the red package. An iconic Norwegian food.

Look for other European cheese at Oneota Co-op too (as you can imagine, I'm bringing in Cotswold cheese currently). We do carry an even larger selection near the holidays.

Look for more domestic sheep's milk cheese (and hopefully butter) in our store as a result of my delightful hiking among the Cotswold sheep. I just love sheep's cheese - its milk is rich and full of nutrition. Many people find sheep milk cheese very appealing. Have you tried it?



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By: Betsy Peirce, Produce Manager

You may not believe it, but Oneota is a co-op rich in local salads from April all the way through December. Most recently, in a strategic move to get their local produce onto more shelves in the Midwest, Mike Bollinger and Katie Prochaska of River Root Farm saw an opportunity. They noticed that the five co-ops they supply continued to stock California-grown salad mixes with catchy names in plastic clamshells throughout the summer months. These California mixes were in addition to the River Root Farm salad mixes. After speaking with a handful of produce managers they determined that many customers prefer the convenience and the extended shelf life of buying their salads in clamshell packaging, as well as the variety of mixes these companies could provide.

After researching a variety of California blends, Mike and Katie have created their own versions. Local River Root Farm Salad Mix, Baby Kale, Baby Arugula, Mighty Greens, 50/50 Blend and Baby Spinach five ounce clamshells are now set to take a whole section of shelving in our produce cooler from April through Christmas.

Replacing this California-based product with a local variety will keep over \$7,500 in our local economy this year. In addition, Midwestern co-ops in Rochester, LaCrosse, Viroqua and Minneapolis have chosen to do the same. Mike and Katie have been very pleased that they have had such a positive response from customers who are excited to buy salads grown in Decorah.

These and other local salad mixes travel only a few minutes to the store and last longer in your fridge because they spend less time traveling to their destination on our shelves, and ultimately your plate. Their taste and nutrition are second to none because they are picked at their peak and often sold to the customer the same day.

LOCAL SUMMER SALADS

Make sure to stop down at the Co-op and try some great local salad mixes – not only from River Root Farm, but also from Canoe Creek Produce, Patchwork Green Farm and Rolling Hills.

Barb Kraus of Canoe Creek Produce (Decorah) grows salad greens with beautiful edible flowers, baby arugula, baby kale, mache and sorrel and oodles of bulk spinach.

Erik Sessions of Patchwork Green Farm (Decorah) grows tender sweet Sala Nova lettuce blend and spinach.

Rolling Hills (West Union) supplies us with year-round hydroponic tender greens and herbs.

Salads can make the perfect summer meal. They are healthy, fresh and require minimal or no cooking. You can easily incorporate all the food groups. Simply combine greens, fruits or other veggies, nuts and seeds, grilled or smoked meats, and any cheese. The possibilities are virtually endless.

Vegetables, other than leafy greens, are also an option in a salad. Try them shaved thinly with a vegetable peeler, or mandolin (available for sale in the Co-op gift section). Toss these thin raw shavings with a little lemon juice and olive oil and you have a whole new way to eat your vegetables. Make sure to combine different textures and opposing flavors - the crisp with tender, bitter with sweet, mild with sharp – for an extra treat. The creative part happens when the individual components balance each other.

To complement our wonderful local salads we have delicious Salad Girl Organic Salad Dressings in seven flavors (Curry Fig, Blueberry Basil, Pomegranate Pear, Lemony Herb, and Crisp Apple Maple). Salad Girl is a regional company producing their dressings in Mahtomedi, MN using all organic ingredients. They recently added two new dressings to their line-up: Dark Cocoa & Sea Salt and Citrus Splash.

The new Citrus Splash Vinaigrette is lightly sweetened with organic orange juice. It is an extremely versatile dressing – its light, tangy flavor both complements and enhances your fresh greens, summer slaws, veggies, and fruits. It is also the perfect finishing sauce for grilled fish, meats, and poultry.

The Dark Cocoa & Sea Salt Vinaigrette is a savory, balsamic-like vinaigrette made with antioxidant rich organic dark cocoa, organic maple syrup, vinegar, and sea salt. This dressing tastes great on any fresh greens. It is also a perfect pairing drizzled over artisan cheeses and as a finishing sauce for grilled meats, poultry and wild game.

Have fun and enjoy your local greens!



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Ingredients:
3 tablespoons fresh lemon juice
1 teaspoon red wine vinegar
1 teaspoon anchovy paste
1/2 cup extra-virgin olive oil
fine sea salt
1 5-ounce package arugula
1 fresh fennel bulb, trimmed, halved,
sliced paper-thin
1/3 cup oil-cured black olives,
halved, pitted
2 cups Parmesan cheese shavings

Directions:
Whisk first 3 ingredients in small bowl to blend. Gradually whisk in oil. Season dressing to taste with sea salt and pepper. Toss arugula, fennel, and olives in large bowl with dressing. Sprinkle cheese over.

SIMPLE DIY BALSAMIC DRESSING
In a half pint container combine the following and shake vigorously:
2 parts oil to one part vinegar
1 T Maple Syrup
1 heaping teaspoon of prepared mustard (Dijon or stone ground)
Pinch of salt and pepper

DIY QUICK SALAD DRESSINGS
DIY Lemon, Oil and Garlic Dressing
In a half pint container combine the following and shake vigorously:
2 parts oil to one part fresh lemon juice
1 garlic clove, crushed
Pinch of salt to taste

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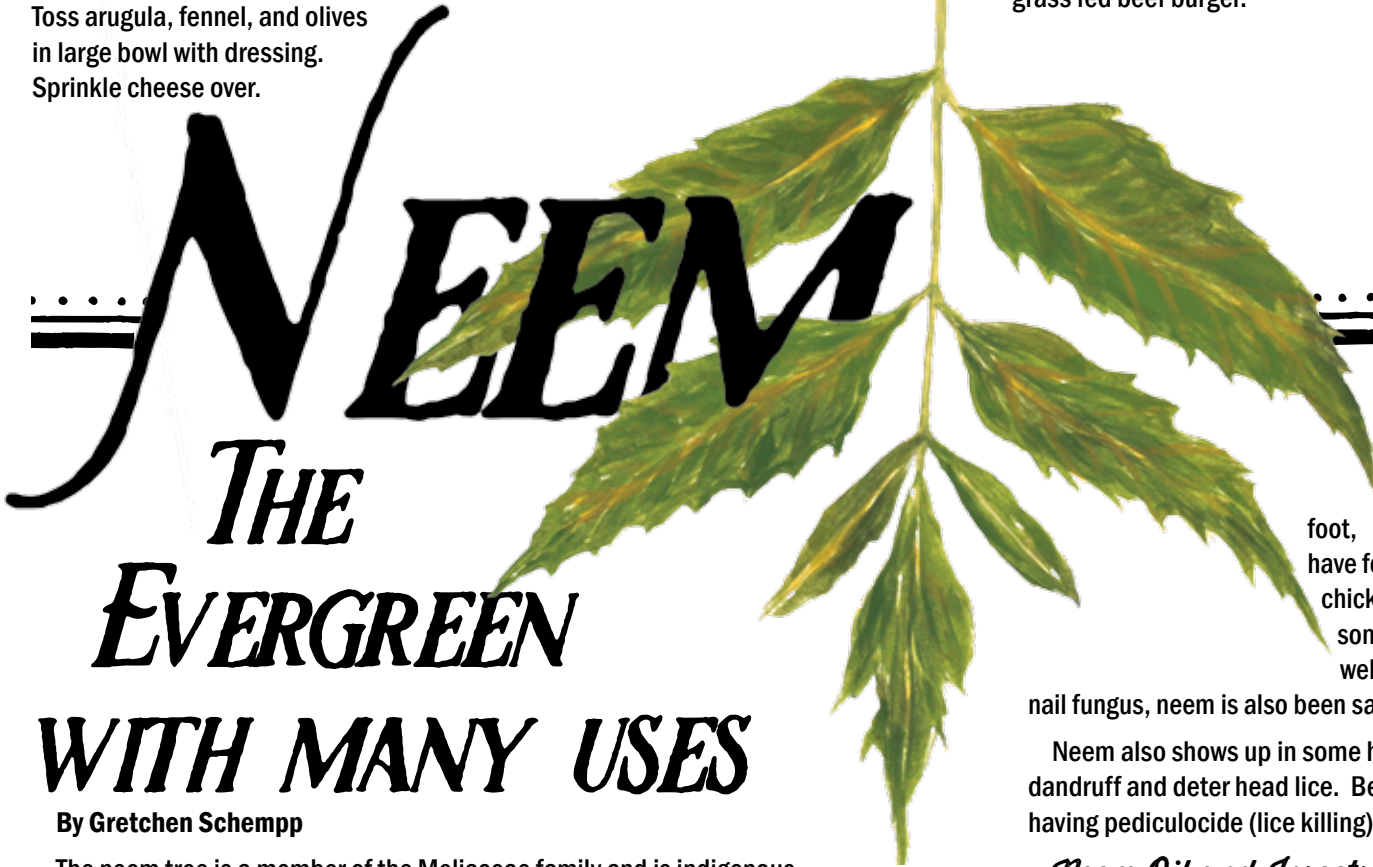
Ingredients:
1 - 10 oz bag organic broccoli slaw
2 cups fresh mango, chopped
1 cup organic, unsweetened coconut
1 ½ cups crumbled, roasted and salted macadamia nuts
1 cup sliced sugar snap peas
1 ½ cups finely chopped cauliflower
½ bottle Salad Girl Curry & Fig Organic Salad Dressing.

Directions:
Mix all ingredients together in a bowl and enjoy. Great as a side salad or dollop a spoonful atop a grilled veggie burger or grass fed beef burger.

MIXED GREENS WITH PLUMS & MARINATED GOAT CHEESE
www.epicurious.com

Ingredients:
1/2 cup extra-virgin olive oil
2 tablespoons plus 1/4 cup chopped fresh basil
1 7-ounce log soft fresh goat cheese, cut into 6 rounds
8 ounces mixed baby greens
2 1/2 tablespoons rice vinegar
3 large ripe plums, pitted, each cut into 16 wedges

Directions:
Whisk oil and 2 tablespoons basil in shallow bowl. Season with salt and pepper. Add cheese; spoon basil oil over. Cover; let stand at room temperature 2 hrs. Remove cheese from basil oil. Reserve oil. Toss greens and 1/4 cup basil in large bowl. Add reserved basil oil and vinegar; toss. Season with salt and pepper. Divide among 6 plates. Top each salad with 1 cheese round and plum wedges.



NEEM

THE EVERGREEN

WITH MANY USES

By Gretchen Schempp

The neem tree is a member of the Meliaceae family and is indigenous to India and South Asia. The tree has spread throughout drier lowland tropical and subtropical regions of Africa, the Middle East, the Americas, Australia and South Pacific islands. The leaves are used as medicine and are available year round as the tree is an evergreen.

Neem has been used traditionally for many centuries and in India is known as “the village pharmacy” for all of its uses. Multiple studies have shown neem oil to have anti-inflammatory, antibacterial, antiseptic, antioxidant and anti-fungal properties. Neem oil is also rich in fatty acids making it an excellent moisturizer.

Oral Uses

Because of its antibacterial and antiseptic properties and ability to strengthen immune function, studies show that using neem for oral care can help to prevent gum disease, treat gingivitis and prevent plaque buildup. In one clinical study 50 patients with advanced gingivitis were treated. 40 of the people suffered from bleeding gums and pustular discharge from the gum. The patients were instructed to brush their teeth twice daily with neem toothpaste. After just 3 weeks 80% of them showed significant improvements. All patients had lower levels of bacteria and bad breath had disappeared. Another study done in Germany used 70 patients with periodontitis in different stages. The study reports similar results after only five to ten treatments with neem toothpaste and mouthwash.

Skin, Hair and Nails

Neem is often used in soaps, salves and lotions to treat various skin conditions. Due to its antifungal properties neem has been helpful for many in fighting athlete's foot, nail fungus and ringworm. Other skin conditions people have found neem to be helpful with are eczema, psoriasis, chicken pox, rashes, boils, wounds and acne. Neem is sometimes used as a natural preservative in cosmetics as well as to benefit many skin conditions. Along with fighting nail fungus, neem is also been said to help prevent splitting and breakage in nails.

Neem also shows up in some hair care products. The oil is used to condition hair, treat dandruff and deter head lice. Beauty By Nature by Brigitte Mars even touts neem as having pediculocide (lice killing) properties.

Neem Oil and Insects

Mixed in a base of coconut oil, neem shows promise as a reliable mosquito repellent. It can be applied directly to the skin though studies show it is more effective when blended with coconut oil. Don't count on neem to work all day like DEET would. However, applied frequently, neem can be an effective alternative to potentially harmful chemicals.

Neem has also been gaining popularity as a repellent for ticks and fleas. I personally use neem when I go into the woods or garden and have found it to be an effective tick and mosquito repellent. Neem is also safe to use on pets as a means of flea and tick protection. The oil rubbed on the coat of your pet not only can protect them from insects but gives their coat a lustrous look and feel. Be advised that neem does degrade in UV light so it will need to be reapplied.

Many gardeners have found neem applied to plants repels the biting, chewing and sucking garden pests. Due to a hormone-like action from the neem oil, pests “forget” to eat after being in contact with trace amounts of neem. It is also the presence, the slightest scent of neem, that can keep away leaf eating insects. Neem oil can be a powerful antifeedant and insect repellent. Due to neem's degradation in sunlight it can be used as a systemic insecticide. Meaning that you can pour a dilution into the soil and the plant will absorb it. They will take it up in their tissue and it will work from the inside.

Alaffia's unrefined Neem oil is available in our first aid section.

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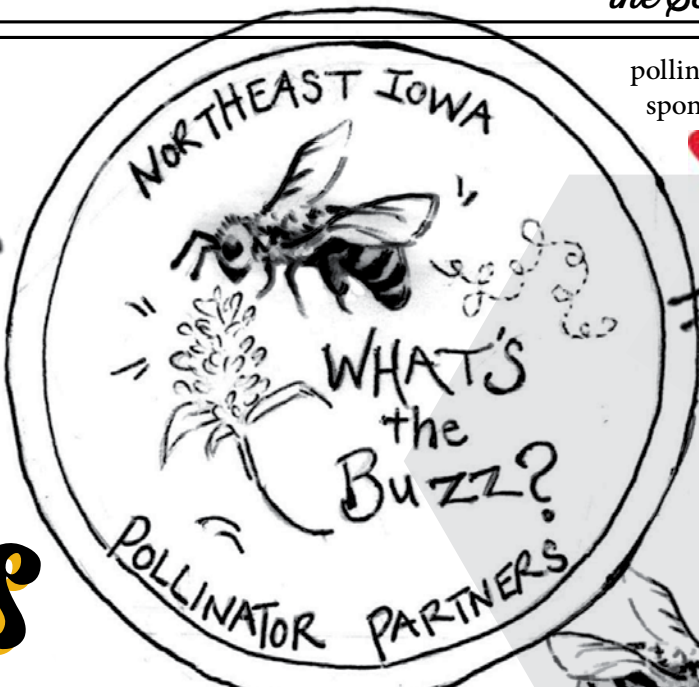
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The Importance of Pollinators



pollinator celebration
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By: Joe Lamp'I, GrowingAGreenerWorld.com

Imagine living in a world without flowers or fruit or even coffee or chocolate for that matter. Thanks to the wonderful work of pollinators like bees, much of the food we eat and flowers and plants we enjoy are possible.

And it's not just bees that are doing all the work. Butterflies, birds, beetles, bats, wasps and even flies are important in the pollination process. But despite the importance of pollinators, they are taken for granted all too often. Worldwide, there is an alarming decline in pollinator populations. Excessive use of pesticides and an ever-expanding conversion of landscapes to human use are the biggest culprits.

It is estimated that more than 1,300 types of plants are grown around the world for food, beverages, medicines, condiments, spices and even fabric. Of these, about 75% are pollinated by animals. More than one of every three bites of food we eat or beverages we drink are directly because of pollinators. Indirectly, pollinators ultimately play a role in the majority of what we eat and consume.

Pollinators are vital to creating and maintaining the habitats and ecosystems that many animals rely on for food and shelter. Worldwide, over half the diet of fats and oils comes from crops pollinated by animals. They facilitate the reproduction in 90% of the world's flowering plants.

You can make a positive difference in your home environment. Provide a diverse assortment of flowering plants and encourage native species in your landscape. Use pesticides only when necessary and then only late in the day or evening. Look for alternative ways to deal with pest and disease issues before reaching for a quick fix. These often come at a price. Learn about and practice IPM (Integrated Pest Management) - <http://www.growingagreenerworld.com/integrated-pest-management-ipm/>. The actions you take in and around your garden can either help reduce or promote the population of pollinators in your landscape. Hopefully it's the latter.

Joe Lamp'I is the Host and Executive Producer of the award winning PBS television series Growing A Greener World. Off camera, Joe dedicates his time to promoting sustainability through his popular books, Compost Confidential blog, podcast series, and nationally syndicated newspaper columns.



By: Janet Alexander

Did you know that all fruits and flowers are designed specifically to entice pollinators and that both evolved side by side for over a millennia? If you are fascinated like we are by these amazing insects and how our lives intersect, make sure to join us for one of our upcoming events where we'll walk, plant, and/or celebrate the lives of local pollinators.

Join us on one of the remaining guided pollinator walks happening at local venues and gardens. The next walk is scheduled for Saturday, June 18th from 1:00 to 4:00 pm at the Decorah Community Prairie. Your guides on this walk will be Larry Reis, John Vanderlinden, and David Cavagnaro.


To kick off National Pollinator Week (June 20-26) join the Northeast Iowa Pollinator Partners (NEIPP) for a Pollinator Celebration Party at the Decorah Community Prairie on Saturday, June 18th from 1:00 to 4:00 pm. (Rain date will be June 19th from 1:00 to 4:00 pm). The event is free and will prove to be fun for both adults and children of all ages. Participate in fun and educational activities like: making seed balls to plant in your garden, playing a pollinator game, making pollinator masks, experiencing pollinator face-painting, joining in a scavenger hunt, participating in a pollinator book arts project, learning about (and purchasing) pollinator plants and the Great Sunflower and Million Pollinator Gardens projects, participating in a silent auction to support NEIPP, viewing local collections of pollinators through microscopes, seeing a bee hive in action, and making your own bee house. Plus, learn about local and national efforts to promote the health of our pollinator friends and how you can become part of those efforts.

Guided pollinator walks will leave periodically throughout the Pollinator Celebration Party, touring the Decorah Community Prairie. In addition, hear the debut of a locally-produced CD of pollinator music – proceeds of which support pollinator work in NE Iowa.

You can learn how to support new efforts in Winneshiek County as the new County Roadside Manager, Adam Rodenberg, begins new seeding of roadside areas in pollinator plants – including plantings on Colonel Taylor Road and near Freeport. Seeding includes 26 species of prairie wildflowers and grasses which often take a couple of years to be visible. County roadside planting efforts also depend on grant applications for new equipment suited to planting roadside ditches.




2016
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other pollinator resources

Interested in creating your own healthy pollinator habitat? It's a great joint project to do with kids and you can find out more information at www.pollinator.org. Here you will find the appropriate regional guide for plantings that will support the widest variety of pollinators in your area throughout the entire season.

Become one of the Million Pollinator Gardens. Visit www.millionpollinatorgardens.org and learn how to establish a healthy habitat and to register your own garden.

Join the Bring Back the Pollinators Campaign at www.xerces.org. Purchase a sign for your own yard to encourage your friends and neighbors to adopt healthy habitat practices. Sign the Pollinator Protection pledge, agreeing to grow a variety of pollinator-friendly plants that bloom spring through fall, provide and protect bee nest sites and caterpillar host plants, avoid using pesticides – especially insecticides, and talk to your neighbors about the importance of pollinators and protecting their habitat.

join us for other pollinator walks

The final three walks in this series will involve carpooling to the site and participants should meet at the lower Oneota Co-op parking lot at 12:30 pm on that day to assemble the carpool.

Saturday, July 23rd, Pepperfield Farm, 1:00 pm walk time, Guide: David Cavagnaro

Saturday, August 23rd, Chipera Prairie, 1:15 pm walk time, Guide: Larry Reis

Saturday, September 17th, Sliwa Meadow Farm, 1:00 pm walk time, Guide: David Sliwa

bee food at the Co-op

Starting in the next few weeks, you'll be able to walk through Oneota Co-op and learn more about the connection between pollinators and the food we eat. Look for the “bee” that identifies the foods we have access to only through the work of pollinators. 30% of all of our food is provided through pollinators - including:

Alfalfa*	Cherry	Kiwifruit	Pumpkin
Almond	Chocolate	Macadamia Nut	Raspberry
Anise	Coconut	Mango	Blackberry
Apple	Coffee	Melon	Sesame
Apricot	Coriander	Nutmeg	Strawberry
Avocado	Cranberry	Papaya	Sugarcane
Blueberry	Fig	Peach	Tea Plants
Cardamom	Grape	Pear	Tomato
Cashew	Grapefruit	Peppermint	Vanilla

*Alfalfa is heavily consumed by animals that produce dairy, having an impact on items like cheese and milk.



Plant Something for Pollinators

Any sized planting is great! From window and patio planters, to home gardens, to pathways and roadsides, to acres of prairies and meadows – all can help!

Register At MillionPollinatorGardens.org



Balsamic-Glazed Strawberries

Ingredients

1/4 cup balsamic vinegar	1 pound fresh strawberries, halved
2 tablespoons honey	1/4 cup chopped fresh mint
1 teaspoon vanilla extract	2 cups vanilla yogurt or vanilla ice cream

Preparation

In a small saucepan, mix together the balsamic vinegar and honey. Cook over medium heat, stirring constantly, for 5 minutes, until the mixture has slightly thickened. Remove from heat and add the vanilla. Toss the strawberries with the balsamic glaze and stir in the mint. Once the sauce has cooled, drizzle over scoops of yogurt or ice cream in individual serving dishes.

Serving Suggestion

The tangy sweet sauce showcases fresh-picked strawberries at the height of the season. Spoon some over sliced pound cake or angel food cake for a special dessert.

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

Why the Economy Should Stop Growing—And Just Grow Up

By: David Korten

“How do we grow the economy?” is an obsolete question. Local initiatives across the world are looking for maturity instead as they rebuild caring, place-based communities and economies.

Listen to the political candidates as they put forward their economic solutions. You will hear a well-established and rarely challenged narrative. “We must grow the economy to produce jobs so people will have the money to grow their consumption, which will grow more jobs...” Grow. Grow. Grow.

But children and adolescents grow. Adults mature. It is time to reframe the debate to recognize that we have pushed growth in material consumption beyond Earth’s environmental limits. We must now shift our economic priority from growth to maturity—meeting the needs of all within the limits of what Earth can provide.

Global GDP is currently growing 3 to 4 percent annually. Contrary to the promises of politicians and economists, this growth is not eliminating poverty and creating a better life for all. It is instead creating increasingly grotesque and unsustainable imbalances in our relationship to Earth and to each other.

Specifics differ by country, but the U.S. experience characterizes the broader trend. Corporate profits as a percentage of GDP are at a record high. The U.S. middle class is shrinking as most people work longer hours and struggle harder to put food on the table and maintain a roof over their heads. Families are collapsing, and suicide rates are increasing.

The assets of the world’s 62 richest individuals equal those of the poorest half of humanity—3.6 billion people. In the United States, the 2015 bonus pool for 172,400 Wall Street employees was \$25 billion—just short of the \$28 billion required to give 4.2 million minimum wage restaurant and health care workers a raise to \$15 an hour.

Humans now consume at a rate 1.6 times what Earth can provide. Weather becomes more severe and erratic, and critical environmental systems are in decline.

These distortions are a predictable consequence of an economic system designed to extract Earth’s natural wealth for the purpose of maximizing financial returns to those who already have more than they need.

On the plus side, as this system has created the imperative for deep change, it has also positioned us to take the step toward a life-centered planetary civilization. It has:

- Globalized awareness of humans’ interdependence with one another and Earth,
- Produced a system of global communications that allows us to think and act as a global species,
- Highlighted racism, sexism, and other forms of xenophobia as threats to the well-being of all, and

Turned millennials into a revolutionary political force by denying them the economic opportunities their parents took for granted.

We cannot, however, look to the economic institutions that created the imbalances to now create an economy that meets the essential needs of all in balanced relationship to a living Earth. Global financial markets value life only for its market price. And the legal structures of global corporations centralize power and delink it from the realities of people’s daily lives.

Restoring balance is necessarily the work of living communities, of people who care about one another, the health of their environment, and the future of their children.

The step to maturity depends on rebuilding caring, place-based communities and economies and restoring to them the power that global corporations and financial markets have usurped. Local initiatives toward this end are already underway throughout the world.

“How do we grow the economy?” is an obsolete question. The questions relevant to this moment in history are “How do we navigate the step to a mature economy that meets the needs of all within the limits of a finite living Earth?” How do we rebuild the strength and power of living communities? How do we create a culture of mutual caring and responsibility? How do we assure that the legal rights of people and communities take priority over those of government-created artificial persons called corporations?

Living organisms have learned to self-organize as bioregional communities that create and maintain the conditions essential to a living Earth community. We humans must take the step to maturity as we learn to live as responsible members of that community.

This article was written for YES! Magazine, a national, nonprofit media organization that fuses powerful ideas and practical actions. Licensed under a Creative Commons Attribution-Share Alike 3.0 License.



Simply Antiques

Nancy Lerdall

801 East Water • Decorah, IA 52101

563-382-8806

Oneota Community Food Co-op

MISSION STATEMENT

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

Ends Policy

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

- The Oneota Community Co-op serves primarily members, customers, and the OCC staff, but also its service extends outward to the following:
- vendors and suppliers,
 - the larger community of cooperatives,
 - the wider regional comm unity.

- Because the Oneota Community Co-op exists as an institution grounded in the cooperative principles, there will be the following:
- 1

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

A community that is educated about food and other products which are healthy for people and the environment.
- 3

A business that promotes the development of cooperation and cooperative enterprise.
- 4

A business that promotes environmental and financial sustainability.
- 5

Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.
- 6

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

Oneota Community Food Co-op Staff

General Manager, David Lester.....	gm@oneotacoop.com
Marketing and Outreach Manager, Nate Furler.....	nate@oneotacoop.com
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Customer Service, general inquiries.....	customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

Editor	Nate Furler
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Proofing	Cathryn Baldner

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

2016-2017 Co-op Board of Directors

Maren Beard	oneotabeard@gmail.com
Flannery Cerbin-Bohach.....	oneotacerbinbohach@gmail.com
Scott Hawthorn	oneotahawthorn@gmail.com
Brita Nelson, President	oneotanelson@gmail.com
Carl Peterson, Treasurer.....	oneotapetersonc@gmail.com
C. Bryan Stuart.....	oneotastuart@gmail.com
Alicia Trout, Vice President.....	oneotatrout@gmail.com

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	Joel Zook	Annie Pierce	Kristin Eggen
Deneb Woods	Carol Bergan	Michale McElrath	Miriam Skrade
Mike Bollinger	Barb Dale	Jon Hart	LeAnn Popenhagen
Brita Nelson	Joan Carlisle	Mary Hart	Taylor Claman
Alicia Trout	Randall Duvall	Onita Mohr	Cynthia Lantz
Maren Beard	Wendy Stevens	Ruth Huffman	Heidi Olstad
Carl Peterson	Joan Johnston	Brittney Claman	Jim Dale
Flannery Cerbin-Bohach	Dennis Carter	Sabrina Claman	Perry-O Sliwa
Scott Hawthorn	Jerry Aulwes	Kelley Claman	Arlyls Adelmann
C. Bryan Stuart	Georgie Klevar	Brenda Burke	Janet Alexander
Sheryl Scheffert	Carol Bentley-Iverson	Mwaura Muiruri	Lindsay Lee
Randi Berg	Steffen Mirsky	Jim Stevens	Lee Zieke
Karin Sassaman	Louise Hagen	Yvonne Van Veldhuizen	
Johanna Bergan	Cathy Baldner	Patrick Lynch	
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).
- 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:

Marilyn Adam	Kim Gossling	Sherri Miene	Ann Smith
Megan Anderson	Mark Hamann	Ian Miller	Shirley Snitker
Nancy Bakken	Dan Helmuth	Ahmed Muaz	Tamathy Stage
Andy Bernhard	Clayton Holmstrom	Stacey Nalean-Carlson	Merry Stover
Jacqueline Betts	Sara Hotvedt	Becky Ott	Ian Stuelke
Ginny Blattert-Sacquitne	Matt Iudin-Nelson	Christie Owens	Hilary Teslow
Sharlene Bohr	Jayme Kimber	Karn Pankow	Justus Thompson
Philip Borter	Shirley Kleve	Joanne Pohland	Brittany Todd
April Bril	Amy Knox	Alexandra Polk	Tammy Vrzak
Beth Buhr	Kristin Kopperud-Stinn	Amy Price	Shawna Wagner
Mike Cadinal	Arleen Krueger	Amanda Rhine	Julie Walsh
Katie Carlson	Esther Kuhn	Lisa Roberts	Laurie Walter
Jenna Casper	Wilmer Landa	Maxwell Rooney	Ashley Welch
Shannon Duncan	Vickie Larson	Susan Ruhser	Kathy Wettleson
Jennifer Ewert	Amy Linder	Connie Samec	Sam Whitehead
Christopher Fassbender	Betty Livingood	Helen Sass	
Anne Feldman	Lindsey Lund	Sandra Schieb-Ostwinkle	
Jamie Fisk	Tiffany Macklin	Amber Seitz	
Maggie Fitzgerald	Sarah Maeck	Sarah Sindelar	
Molly Ford	Shannon Meehan	Erik Sipman	
Holly Gibbs	John Mehaffey	Kathy Skold	

the COMM POST



ONEOTA COMMUNITY FOOD COOPERATIVE
decorah, iowa

Willy Street Café

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

www.oneotacoop.com

..... these sales valid JUNE 29 - JULY 19, 2016

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



 **2/\$4**
BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties

 **3/\$7**
HILARY'S
Veggie Burgers
6.4 oz., selected varieties

 **2/\$5**
KETTLE BRAND
Potato Chips
5 oz., selected varieties

 **\$2.69**
CASCADIAN FARM
Organic Cereal
8.6-14.6 oz., selected varieties

Featured Inside:

- It's picnic season! Pick up the fixings at the co-op
- Make our crowd-pleasing Crockpot Calico Beans
- Learn how to choose the ripest, juiciest watermelons
- Try a mouthwatering Watermelon Feta Appetizer recipe

 **\$4.99**
APPLEGATE
Beef Hot Dogs
12 oz.
Chicken or Turkey Hot Dogs also on sale

 **\$3.39**
LIGHTLIFE
Veggie Hot Dogs
12-13.5 oz., selected varieties
other Lightlife products also on sale

 **2/\$7**
SUNSHINE BURGERS
Organic Veggie Burgers
3 ct., selected varieties

 **2/\$7**
SO DELICIOUS
Coconut Milk Frozen Novelties
4 ct., selected varieties
other So Delicious Non-Dairy Novelties also on sale

 **\$3.69**
GOODPOP
Frozen Pops
4 ct., selected varieties

 **\$1.99**
MUIR GLEN
Organic Ketchup
24 oz.

 **\$3.99**
WOODSTOCK
Organic Pickles
24 oz., selected varieties
other Woodstock Condiments also on sale

 **3/\$5**
SANTA CRUZ ORGANIC
Organic Lemonade
32 oz., selected varieties

 **\$2.99**
R.W. KNUDSEN
Very Veggie Juice
32 oz., selected varieties

 **5/\$5**
TAZO
Ready-to-Drink Tea
13.8 oz., selected varieties



Summertime Sides

Isn't it great the picnic season and peak season for summer fruits and veggies coincide? When you're looking for a delicious and tasty side dish for your next get-together, consider a grain- or bean-based salad. They're easy to make, easy to transport and taste even better if you make them ahead of time. A hearty barley tabouli salad with fresh chopped herbs and juicy tomatoes, or a Tex-Mex black bean salad spiked with juicy sweet corn and jalapenos are inexpensive crowd-pleasers. Visit www.strongertogether.coop for more recipes and ideas.

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

MEMBER DEALS 6/1/16 - 6/28/16

*Regular prices subject to change

	SALE Price	Reg Price	Savings
Packaged Grocery			
NATIVE FOREST, Marinated Artichoke Hearts, 6.5 oz	\$2.99	\$3.49	\$0.50
Quartered Artichoke Hearts 12 oz	\$3.49	\$3.99	\$0.50
MANITOBA HARVEST, Chocolate Hemp Bar, 1.6 oz	\$2.39	\$2.79	\$0.40
Vanilla Hemp Bar, 1.6 oz	\$2.39	\$2.79	\$0.40
MAYA KAIMAL, Sea Salt Naan Chip, 6 oz	\$2.99	\$3.69	\$0.70
NAPA VALLEY, Grapeseed Oil, 25.4 oz	\$7.99	\$9.99	\$2.00
GINGER PEOPLE, Sweet Chili Ginger Sauce, 12.7 oz	\$4.79	\$5.99	\$1.20
SAFFRON ROAD, Korma Simmer Sauce, 7 oz	\$2.49	\$2.99	\$0.50
Tikka Masala Simmer Sauce, 7 oz	\$2.49	\$2.99	\$0.50
FISH PEOPLE, Clam & Bacon Chowder, 10oz	\$4.49	\$5.49	\$1.00
Smoked Salmon Chowder, 10 oz	\$4.49	\$5.49	\$1.00
NAPA VALLEY, Raspberry Balsamic Vinegar, 12.7 oz	\$3.99	\$5.39	\$1.40
UNCLE MATT'S, Lemonade, 59 oz	\$3.99	\$4.49	\$0.50
Lemonade, 2 oz.	\$1.99	\$2.29	\$0.30
FOLLOW YOUR HEART, Chipotle Vegenaize, 12 oz.	\$4.39	\$4.69	\$0.30
Horseradish Sauce, 8 oz.	\$2.99	\$3.29	\$0.30
Roasted Garlic Vegenaize, 12 oz.	\$4.39	\$4.69	\$0.30
Tartar Sauce, 8 oz.	\$2.99	\$3.29	\$0.30

Supplements & Body Care			
HOST DEFENSE, Cordyceps Energy Support, 60 Cap	\$19.99	\$28.99	\$9.00
Reishi, 30 Cap	\$13.99	\$18.19	\$4.20
FIRE CIDER, Fire Cider Sweetened, 16 oz	\$19.99	\$24.99	\$5.00
Sweetened, 8 oz	\$10.99	\$14.99	\$4.00
Unsweetened, 8 oz	\$10.99	\$14.99	\$4.00
Unsweetened, 16 oz	\$19.99	\$24.99	\$5.00
ELEMENTAL HERBS, All Good Coconut Lip Balm, 4.25 oz	\$2.99	\$3.49	\$0.50
All Good Goop, 1 oz	\$6.99	\$7.99	\$1.00
All Good Unscented Lip Balm, 4.25 oz	\$2.99	\$3.49	\$0.50
BADGER, Beard Balm , 2 oz	\$10.99	\$14.99	\$4.00
Beard Oil , 1 oz	\$10.99	\$13.99	\$3.00
SEAWEED BATH, Body Cream Citrus Vanilla, 6 oz	\$9.99	\$10.99	\$1.00
Body Cream Eucalyptus Peppermint, 6 oz	\$9.99	\$10.99	\$1.00
Body Cream Lavender, 6 oz	\$9.99	\$10.99	\$1.00
Body Cream Unscented, 6 oz	\$9.99	\$10.99	\$1.00
Body Wash Citrus, 12 oz	\$9.99	\$10.79	\$0.80
Body Wash Eucalyptus, 12 oz	\$9.99	\$10.79	\$0.80
Body Wash Lavender, 12 oz	\$9.99	\$10.79	\$0.80
Body Wash Unscented, 12 oz	\$9.99	\$10.79	\$0.80
Conditioner Citrus Vanilla, 12 oz	\$9.99	\$10.99	\$1.00
Conditioner Eucalyptus Peppermint, 12 oz	\$9.99	\$10.99	\$1.00
Conditioner Lavender, 12 oz	\$9.99	\$10.99	\$1.00
Conditioner Unscented, 12 oz	\$9.99	\$10.99	\$1.00
Mustache Wax, .75 oz	\$6.99	\$8.99	\$2.00
Shampoo Citrus Vanilla, 12 oz	\$9.99	\$10.99	\$1.00
Shampoo Eucalyptus Peppermint, 12 oz	\$9.99	\$10.99	\$1.00
Shampoo Lavender, 12 oz	\$9.99	\$10.99	\$1.00
Shampoo Unscented, 12 oz	\$9.99	\$10.99	\$1.00
NUBIAN, Hand Cream, 4 oz	\$5.99	\$8.99	\$3.00
FORCES OF NATURE, Nerve Pain, 11 ml	\$13.99	\$18.99	\$5.00
SUNLEAF, Shampoo Bar Cedar Mint, 5 oz	\$4.99	\$5.99	\$1.00
Shampoo Bar Clary Sage Lavender, 5 oz	\$4.99	\$5.99	\$1.00
Shampoo Bar Olibanum Spruce, 5 oz	\$4.99	\$5.99	\$1.00
Shampoo Bar Orange Ginger, 5 oz	\$4.99	\$5.99	\$1.00
Shampoo Bar Rosy Geranium, 5 oz	\$4.99	\$5.99	\$1.00
GreenBar Shave & Face Soap, 3.6 oz	\$4.39	\$5.99	\$1.60
Cinnamon Cypress Candle, 11 oz	\$10.99	\$13.99	\$3.00
Clary Sage Lavender Candle, 11 oz	\$10.99	\$13.99	\$3.00
Rosy Geranium Candle, 11 oz	\$10.99	\$13.99	\$3.00
Olibanum Spruce Candle, 11 oz	\$10.99	\$13.99	\$3.00
Lemon Vetiver Candle, 11 oz	\$10.99	\$13.99	\$3.00
Orange Ginger Candle , 11 oz	\$10.99	\$13.99	\$3.00
ONE WITH NATURE, Dead Sea Mud Bar Soap, 7 oz	\$3.69	\$4.99	\$1.30
Dead Sea Salt Bar Soap, 7 oz	\$3.69	\$4.99	\$1.30

Stop Back for Sunday Chicken Dinner!



2:00-6:00 pm

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

CO-OP cheese club

THEMES

June - Wisconsin Innovations
July - Aged Raw Milk Cheese
August - West Coast Cheese
September: Artisan Mixed Milk

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

Sign-up today
563-382-4666

SPECIAL ARTISAN CHEESES - EVERY MONTH!

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



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

"The choices have been amazing. Very enjoyable and worth every cent."
"We plan to renew! We enjoy having new cheeses every month."
"Loving this cheese club."
"I really, really, really appreciate your efforts to bring us tasty selections."
"Another home run for the cheese club! Thanks so much."

oneota community food co-op

MEMBER DEAL

KETTLE
Krinkle Cut Potato Chips
limit 2 bags per customer

\$3.89

Reg. Price \$4.69
SAVE \$.80

These items are on sale all month for members only. There are also numerous other deeply discounted items that are available to all. To find them, pick up a sale flyer by the Customer Service Desk or look around the store for the sale signs.

• • • • • these sales valid • • • • •



Crockpot Calico Beans

Serves 10. Prep time: 15 minutes active; 5 hours 15 minutes total.

- 1 tablespoon olive oil
 - 1 yellow onion, diced
 - 1 red bell pepper, diced
 - 2 garlic cloves, minced
 - 115-ounce can pinto beans
 - 115-ounce can butter or cannellini beans
 - 115-ounce can kidney beans
 - 115-ounce can crushed tomatoes
- ½ cup ketchup
 - 3 tablespoons maple syrup
 - 2 tablespoons tamari
 - 1 tablespoon apple cider vinegar
 - 2 teaspoons Worcestershire sauce
 - Salt and pepper to tasted

Rinse and drain the canned beans. Heat olive oil in a skillet over medium-high heat and sauté the onion, bell pepper and garlic for 5-10 minutes until tender. Add the onions and peppers to a crockpot along with the rest of the ingredients and stir well. Turn the crockpot to low and cook for 5 hours. Taste for salt and pepper. Serve warm.

Serving suggestion: Serve these slow-cooked beans in tangy-sweet sauce alongside fried or barbecued chicken, with a scoop of your favorite potato salad. Using a crockpot is a great strategy for keeping the house cooler on steamy days, too.

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

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



\$1.99

SAN-J
Black Label Tamari
10 oz.
other San-J products also on sale



\$13.69

BULK
Organic Raw Almonds
per pound in bulk



\$5.99

ALDEN'S ORGANIC
Organic Ice Cream
48 oz., selected varieties



4/\$7

WESTBRAE
Organic Beans
15 oz., selected varieties



\$3.69

THREE TWINS
Organic Ice Cream
16 oz., selected varieties



\$2.99

STONYFIELD
Organic Frozen Yogurt
16 oz., selected varieties



\$2.69

BULK
Organic Kidney Beans
per pound in bulk



2/\$3

THIRD STREET
Organic Ready-to-Drink Tea
14 oz., selected varieties



4/\$5

HUBERT'S
Lemonade
16 oz., selected varieties



\$2.39

BULK
Organic Pinto Beans
per pound in bulk



3/\$7

BEANITOS
Bean Chips
6 oz., selected varieties



\$2.39

ANGIE'S
Boomchickapop Popcorn
4.8-6 oz., selected varieties



\$10.99

CALIFORNIA OLIVE RANCH
Everyday Olive Oil
25.4 oz.



2/\$4

FOOD SHOULD TASTE GOOD
Tortilla Chips
5.5 oz., selected varieties
11 oz. Tortilla Chips 2/56



Watermelon

A simple wedge of watermelon is a classic summertime treat, but watermelon is also remarkably versatile. Add it to cold soups, fruit platters, salsa and pickles, or pair its fresh clean taste with salty prosciutto and refreshing mint in a classic summer melon salad. Another savory recipe combines chopped heirloom tomatoes, cubed melons and a lime and tequila dressing for a mojito-inspired dish. Stir watermelon balls or cubes into a bowl of cottage cheese, or slide them onto a skewer and freeze for several hours for a cool snack.

Go to www.strongertogether.coop for great in-season recipes.



\$9.99

EQUAL EXCHANGE
Organic Bulk Coffee
per pound in bulk,
selected varieties
Bulk Decaf Coffee not on sale



\$3.69

IMMACULATE
Cinnamon Rolls
17.5 oz.
other Immaculate Baking products also on sale



\$2.79

MOM'S BEST
Cereal
14-24 oz., selected varieties



\$3.99

ORGANIC VALLEY
Organic Grassmilk Yogurt
24 oz., selected varieties



\$3.39

NATURE'S PATH
Organic Granola
10-14 oz., selected varieties



2/\$3

SO DELICIOUS
Coconut Milk Yogurt
6 oz., selected varieties



\$7.99

ARTISANA ORGANICS
Organic Raw Coconut Butter
14 oz.



3/\$5

REDWOOD HILL FARM
Goat Yogurt
6 oz., selected varieties



\$1.99

KALONA SUPERNATURAL
Organic Greek Yogurt
5 oz., selected varieties



\$19.99

ORGAIN
Organic Protein Powder
1.02 lbs., selected varieties
other Orgain products also on sale



\$2.99

SO DELICIOUS
Organic Coconut Milk
64 oz., selected varieties



\$28.99

HEALTHFORCE
Liver Rescue
120 ct.
other Healthforce products also on sale



\$3.99

KISS MY FACE
Toothpaste
4.1-4.5 oz., selected varieties
other Kiss My Face products also on sale



\$9.99

ALBA BOTANICA
Very Emollient Body Lotion
32 oz., selected varieties



\$7.99

ACURE
Body Lotion
8 oz.
other ACURE products also on sale



2/\$6

SEVENTH GENERATION
Dish Liquid
25 oz., selected varieties



\$5.99

AVALON ORGANICS
Shampoo or Conditioner
11 oz., selected varieties



\$3.99

JASON
Toothpaste
4.2-6 oz., selected varieties



\$21.99

NORDIC NATURALS
Ultimate Omega
60 ct., other Nordic Naturals products also on sale



\$27.99

VEGA
Protein & Greens
20.7-21 oz., selected varieties
other Vega products also on sale



5/\$5

LUNA
Whole Nutrition Bar
1.59-1.69 oz., selected varieties

Peach and Strawberry Bruschetta

Ingredients

- 2 fresh peaches
- 1/2 pint fresh strawberries
- 1 tablespoon honey
- 1/2 teaspoon smoked sea salt
- 1/4 cup chopped fresh chives

- 1 teaspoon chopped fresh thyme
- 1 teaspoon sherry vinegar
- 2 tablespoons olive oil, divided
- 6 ounces chevre
- 1 whole wheat baguette, sliced

Directions

Preheat the oven to 375°F.

Peel the peaches by bringing a pot of water to boil. Cut a small “X” into the pointed end of each peach, and submerge in boiling water for approximately 30 seconds. Remove the peaches from the boiling water with a strainer or tongs, and drop into a bowl of ice water. The skin will slip off, or at least, be fairly easy to peel. Halve, pit and dice the peaches and stem and dice the strawberries. Stir in the honey, sea salt, chives, thyme, sherry vinegar and 1 tablespoon of the olive oil; set aside. Brush the baguette slices lightly with the rest of the olive oil, and place in a single layer on a baking sheet in the oven to toast for 15 or 20 minutes, turning once halfway through. Spread the warm baguette slices with chevre and top with the fruit mixture.

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

Strawberry Tomato Gazpacho

Ingredients

- 1 pound strawberries, washed, hulled, and coarsely chopped
- 1 pound tomatoes, coarsely chopped
- 1 cup chopped green bell pepper
- 1 cup chopped cucumber (peeled and seeded)
- 1/2 cup chopped onion
- 1 clove fresh garlic
- 1 fresh jalapeño, seeds and stem removed
- Zest of 1 lime
- 4 tablespoons fresh lime juice
- 1 1/2 tablespoons balsamic vinegar
- 1/2 teaspoon salt

Directions

Blend all of the ingredients together in a blender, in small batches if necessary. Stir well and taste for salt. This soup is at its refreshing best when served just under room temperature. Refrigerate the fruit and vegetables shortly before blending if you plan to serve it immediately.

• • • • • these sales valid JUNE 29 - JULY 19, 2016 • • • • •



Watermelon Feta Appetizers

Serves 6. Prep time: 30 minutes.

- 2 1/2 tablespoons olive oil
- 1 tablespoon plus 1 teaspoon balsamic vinegar
- 1 teaspoon raspberry preserves
- Dash each of onion powder, freshly-ground black pepper and sea salt
- 1 pound seedless watermelon, cut into 1/2-inch cubes
- 6 ounces feta cheese, cut into 1/2-inch cubes
- 2 tablespoons fresh basil chiffonade

Whisk together the olive oil, balsamic vinegar, raspberry preserves, onion powder, pepper and salt in a small bowl until sauce becomes smooth. In a small saucepan, heat the sauce over medium heat until bubbling. Reduce the heat to low and cook, stirring regularly, until the sauce is reduced by half and becomes syrupy, about 10-15 minutes. Remove from heat and let cool.

Using toothpicks or appetizer skewers, stack a piece of feta between two pieces of watermelon on each toothpick. Place each stack neatly on a platter, and sprinkle with basil. Drizzle the raspberry balsamic sauce over the watermelon-feta stacks before serving.

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

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

 \$2.99 HOPE Organic Hummus 8 oz. selected varieties	 \$3.99 MT. VIKOS Feta Cheese 6-7 oz., selected varieties	 \$3.39 MEDITERRANEAN ORGANIC Organic Olives 8.1-8.5 oz., selected varieties other Mediterranean Organic products also on sale
 \$2.69 LATE JULY ORGANIC Organic Tortilla Chips 11 oz. selected varieties	 \$1.99 NANCY'S Organic Sour Cream 8 oz., selected varieties	 \$3.99 ORGANIC VALLEY Organic Shredded Cheese 6 oz., selected varieties
 2/\$7 GREEN MOUNTAIN GRINGO Salsas 16 oz. selected varieties	 \$8.99 SOLIO FAMILY Organic Sunflower Oil 32 oz.	 \$6.99 ONCE AGAIN Organic Tahini 16 oz.
 2/\$6 HARVEST BAY Coconut Water 33.8 oz. selected varieties	 2/\$3 ANNIE'S HOMEGROWN Organic Pasta & Cheese Dinner 5.5-6 oz., selected varieties	 4/\$5 HAPPY FAMILY BRANDS Organic Baby Food Pouch 3.5-4.22 oz., selected varieties
 \$2.99 WTRMLNWTR Watermelon Juice 12 oz. 33.8 Watermelon Juice \$6.99	 \$7.99 SEVENTH GENERATION Unbleached Bath Tissue 12 ct. other Seventh Generation Paper products also on sale	 \$8.99 SEVENTH GENERATION Baby Diapers 20-40 ct., selected varieties



Eat Local on a Budget

Summertime's the perfect time to explore the array of local foods in your community. Besides enjoying the flavors of freshly-picked fruits and vegetables and locally-crafted cheeses, breads and more, it's fun to know more about where your food comes from and the people who grow, raise and make it. You can find great local food values, too. Here are some hints to explore:

- In-season fruits and veggies are a best buy (check www.strongertogether.coop for recipes and ideas)
- Look for local products (and often local farmers and producers!) in your co-op's aisles
- Join a community-supported agriculture (CSA) program
- Try growing your own veggies, herbs or fruit

Visit www.strongertogether.coop for cooking videos, recipes and gardening tips to try!

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

ENG's 2016 SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE

ENG's 2016 DIRTY 12

1. STRAWBERRIES	7. CHERRIES
2. APPLES	8. SPINACH
3. NECTARINES	9. TOMATOES
4. PEACHES	10. BELL PEPPERS
5. CELERY	11. CHERRY TOMATOES
6. GRAPES	12. CUCUMBERS

ENG's 2016 CLEAN 15

1. AVOCADOS	9. PAPAYAS
2. CORN	10. KIWI
3. PINEAPPLES	11. EGGPLANT
4. CABBAGE	12. HONEYDEW
5. SWEET PEAS	13. GRAPEFRUIT
6. ONIONS	14. CANTALOUPE
7. ASPARAGUS	15. CAULIFLOWER
8. MANGOES	

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OUR TURKEYS

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After starting their lives in a brooder barn on fresh wood shavings, **our birds live completely free-range during the summer months.** We move our turkeys onto fresh pasture weekly, allowing them complete access to fresh grass and sunshine. Life on range gives our curious turkeys endless opportunities to spend their day investigating their surroundings and chasing anything that grabs their attention. In the spring and fall, our birds live in a barn with generous outdoor yards to access fresh air and grass, protecting them from temperamental Minnesota weather.

Our turkeys eat a balanced diet of small grains, which is what poultry are designed to consume in nature. Our feed contains no antibiotics and we supplement with probiotics and herbs to promote good health. We're proud to have USDA approval of our growing protocols for **raising turkeys without the use of antibiotics,** which we believe is a testament to our daily care and husbandry.

Our turkeys are all naturally-processed at a USDA-inspected facility, which means they don't have any added water, salt, or flavoring, giving you a tasty bird the natural way. Our **naturally-processed turkeys** also offer you a better value, because you're not paying for added water.

We strive to carry the same values of care and quality into all our finished turkey products. In addition to our whole turkeys, our ground turkey, breasts, and meal cuts make for easy, healthy meal options year round. We're also proud to work with two Minnesota family-run smokehouses to create our natural line of turkey sausages, smoked turkey breast, and turkey hot dogs, all cured **without artificial nitrates and made using clean ingredients.**



1939. A Family Tradition

We thank you for choosing a Ferndale Market turkey from our family farm! We're proud to raise our turkeys in much the same way that we have for over 75 years, since our founders—Fern and Dale Peterson—settled on our farm in Cannon Falls. Now in our third-generation, we're proud to carry on the tradition of Fern and Dale as we care deeply for our turkeys, our land, and the quality products that bear their name.

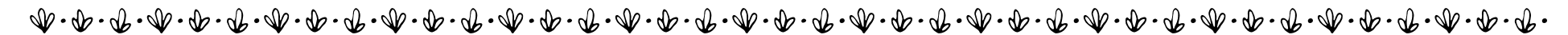
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THEN

NOW

DALE & DIK

DIK, JOHN & FINN



ASK PROFeSSOR PRODUCE

Q: "I'm wondering if we can we expect local organic strawberries this year? I know they must be grown somewhere around here, but they seem so rare in co-ops and farmers markets. Why is that?"
- Fiona, Bloomington

Great question, Fiona! Your observations are indeed astute; the elusive organic strawberry is a glistening rare ruby of local produce. That's because this crop is among the more "high maintenance" of the fruits that can eke out a season in a state like Minnesota.

Cultivated strawberries demand weedless, nitrogen-rich soil, and must be bedded in straw to keep the root system moist under the hot gaze of a summer sun, as they are highly susceptible to drought. However, moist straw is the perfect environment for mildews and other detrimental fungi that can damage the fragile strawberry plant. Insects, too, flock to the shelter of the straw, drawn in by the fragrant flowers and fruits, and once there, wreak havoc. To combat all these attacks, conventionally grown strawberries are routinely pummeled with pesticides, herbicides, fungicides and fertilizers. This is why conventional strawberries so often top the charts of produce with the highest levels of chemical residues.

In order to grow a local organic strawberry, farmers have to find ways of combating pests without the margin-improving help of chemicals, and without the sunny days and mild nights of a California climate. This is no small task. For Erik Gundacker of Scenic Valley Farms in Readstone, Wisc., it has meant building a unique system of solar thermal "high tunnels" to house his strawberry plants. Looking like large hoop houses, these structures protect his crops from tumultuous weather, their temperature and humidity meticulously controlled by a remote all-in-one system that Gundacker, a former computer engineer, designed himself. He uses insect netting and vinegar traps to keep pests off his plants and applies compost to keep his soil healthy. When it's time to harvest, his strawberries are hand picked directly into small baskets and shipped immediately, in a cool, dry storage container to the Wedge and other area cooperatives.

So what we're talking about when we're talking about a locally grown organic strawberry is a fruit so delicate and divine that we have almost no right to be enjoying it at all. The odds are stacked against us—by the numbers, something else should have gotten to it first (a bird, a beetle, a grey mold, etc.). But luckily for

you, local berry guardians like Gundacker perform the labor of love that guarantees you'll be able to enjoy these organic treasures come late June.

These berries may be smaller and pricier than the ones trucked in from California, but they are incomparably aromatic and ripe—their flavor as ephemeral as the golden haze of a summer afternoon. And because they've beaten the odds, their

arrival is so much the sweeter. Celebrate them in a simple salad, or topped with a dollop of freshly whipped cream. Let their juices trickle down your chin and leave your fingers as sticky as a humid June night. They won't be here for long, so cherish them while you can!

Originally printed in "The Share", Summer 2016, a publication of The Wedge Co-op in Minneapolis, MN

At Oneota Co-op we are fortunate to have local, organic strawberries from State Line Produce of Lime Springs, Iowa. These berries may be smaller than the usual California counterparts, but they pack one heck of a flavor-punch.





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