

# the Scoop

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**ONEOTA  
COMMUNITY  
FOOD  
COOPERATIVE**  
*decorah, iowa*

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

## & NOT THE Crunch I EXPECTED &

By: Ruth Jenkins, Asst. Mktg. Manager

I have been a member of the Oneota Community Food Cooperative for almost 16 years. It was one of the first things I did when I moved back to Decorah in 1999. I had been shopping at various food cooperatives in the Twin Cities for several years prior and wanted to purchase high-quality whole foods after my move back to Decorah.

At first, I did not feel as though I "belonged" at the Co-op because I assumed I had to be "crunchy granola" and part of "the crowd." How humbling it has been for me to learn that my feelings were not accurate. Quite the

opposite is true and is evident when you take time to shop at the Co-op. The Co-op truly is a store for everyone, and we as staff and fellow member/owners strive to make each shopper feel welcome.

The Oneota Community Food Co-op offers the potential for a healthier life through better eating of fresh, flavorful ingredients. Often these ingredients are more flavorful because of local producers who take pride in their work and their sustainable practices and also deliver them only a few miles from the store.

Our Co-op, your Co-op, is a concept to behold and a unique aspect of Decorah

and NE Iowa. Inside the doors you will find all the makings of a grocery store with the integrity of a cooperative organization that has not only remained profitable but has strengthened the community around it for over 40 years.

Take a moment to step inside and see what speaks to you. We hope you enjoy what your member/owner and shopping dollars bring to the Co-op and Decorah.

end 3

A business that promotes the development of cooperation and cooperative enterprise

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Decorah, IA  
Permit 25

## step inside...

By: Nate Furler, Mktg. Manager

Inside the doors of this community-owned, cooperative grocery store, you will find not only groceries, but also a Café and separate Kitchen Classroom space for enjoying what our hands (and your hands) can create in the way of wholesome food.

*Let's take a look inside....*

Our own **Water Street Café** features a daily buffet of hot and cold items – including containers and select items for take-out in case you need a hand getting dinner ready. These Café items are nearly all made-from-scratch, every day, in a kitchen that serves breakfast, lunch and dinner items. This, in addition to a tasty spread of fresh-grilled, made-to-order sandwiches and a grab-n-go cooler stocked with sandwiches, salads, dips and spreads to enjoy.

Our **fresh breads & pastries** are supplied by several local producers, including our largest supplier in this area – Waving Grains Bakery. We get weekday deliveries of assorted fresh breads and pastries from the bakery kitchen located just a block away from the Co-op.

As witnessed by our growing **meat** department sales and customer comments - local, sustainable and humanely raised meat is in high demand. You will find both fresh and frozen options for meat at the Co-op – including frozen beef, chicken, turkey, pork, lamb and bison. Our fresh meat cooler features uncured ham, sausages, and hot dogs, plus fresh chicken, ground beef and other various meat items – including fresh fish as we are able to get it.

Our **produce** section features an array of root vegetables, many of which are local and remain so through even the winter season. Fruits, greens, and other vegetables line the shelves of our produce coolers and dry tables. Some of these are local (100 miles), some regional (300 miles), and some shipped in from other parts of the country (California and Washington). When we can't get it local, we use suppliers that ensure our products are fairly and sustainably or gently raised – like Fair Trade certified bananas & Rainforest Alliance certified grapes. We also freely admit that sometimes you will find the occasional conventional item on our produce shelves, which is there because our members demand that accessibility.

**Cheese**, glorious cheese, lines the shelves of our 8 foot cheese cooler and ranges from fresh, house-made mozzarella and bocconcini (complete with seasoned olive oil), to international favorites from afar. Our cheese buyer has a passion for all things cheese and even offers a monthly cheese club which allows not only great, but spectacular cheeses to grace our palates.

Join during the  
**MEMBER/OWNER drive**  
**March 2nd - 13th**

**NEW member/owners** signing up between March 2nd & 13th will have the \$5 sign-up fee waived, & will receive a Theo chocolate bar & coupon for a free Co-op class of your choice.

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

*Water Street Café*  
fresh organic local  
(a \$20 Value)

Continued on page 11



# THE Beard FAMILY FARM

## An Interview with Tom Beard

By: Kristin Evenrud, Co-op Grocery Manager & Meat Buyer

Since I began my role as Meat Buyer at the Oneota Community Co-op I have been purchasing lamb from Tom Beard. His dedication to raising well-treated and sustainable sheep has always been evident. Tom has recently stepped into the role of marketer for the beef steers his parents, Bonnie and Dan Beard, and their farming partner, Rick Groux, raise for the Co-op and other outlets. They are working on a branded name for their beef operation, so look for a different name on their label at some point in the near future.

Currently, the Co-op buys a whole cow from the Beards about once a month and they deliver it a half at a time. There may be times when all the stew meat is sold out, but we still have ground beef or steaks. Generally we get caught up within a week and customers can find the cuts they want. Personally, I have really enjoyed the steaks I have purchased from the Beards at the Co-op. The last ribeye that I ate was pan fried on a hot stove with a little salt and pepper and it just melted in my mouth. I am really looking forward to grilling season when I can grill steaks and burgers over natural hardwood charcoal or even better yet over an open fire during a backpacking trip.



### Now, a little more about Tom & the herd.

**Q. Tell us about the history of the Beard family farm?**

My Dad's ancestors were early settlers in Winneshiek County. The family still farms some land that has been in the family for over 150 years. Neither of my parents were raised on a farm. My Dad started farming in college, and my parents started farming together when they got married. My Mom actually grew up in the Chicago area. I have been farming full time since I graduated from college. Now I do some farming on my own and also work with my parents and brothers.

**Q. How many acres? What kind of animals are on the farm? What type of crops are grown?**

My parents farm about 1,000 acres. Much of the land is in pasture and hay, but they also farm some crops. Their crop rotation usually consists of several years of hay, corn, wheat or oats and then back to hay. We have grown sunflowers, field peas, soybeans and crops like sorghum sudan grass and turnips for grazing. The 140 cow seasonal organic dairy is my parents' main enterprise, but they also have Red Devon beef cattle with a partner. They also have a few pigs and laying hens for family use. An added benefit to having chickens around is that they help to control the fly population by eating fly larvae.

**Q. How many acres does Tom have on his own?**

Maren and I have 133 acres along Canoe Creek bordering my parents' farm. We raise sheep, organic crops and grow a large garden. We also have some additional pasture for our sheep around our neighborhood.

**Q. Organic certification and how important is it for the family?**

Starting in May, all of our land and livestock will be certified organic. Most has been since 2003. We initially certified so that we could sell organic milk. Since we're certified organic, we are members of

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



Organic Valley and they do a really good job of providing us with a stable market for our milk. We didn't have to make a lot of changes to be organic so it was kind of a natural progression for our operation. We're grateful for the good prices that organic markets provide.

**Q. Breed of beef steers and do you breed your own?**

My parents have had mixed breeds of beef over the years but more recently they've started a Red Devon cow/calf herd with a partner, Rick Groux. Red Devons are supposed to have very high quality beef and do very well on pasture. Some of our cows have their calves in the spring and others have calves in the fall. We save a few of the steers to raise for beef. Some of the heifers are retained to grow the herd and some calves go to the livestock auction.

**Q. Breed of lamb?**

We have 150 crossbred ewes. We started out with a flock of Ramboulet but have since crossed with Dorper and Katahdin which are breeds of hair sheep. There are a few benefits to having hair sheep. First, they don't need to be shorn. Secondly, they are lower maintenance breeds. They are more resistant to internal parasites which is important for organic management. Finally, they have milder tasting meat than wool breeds. We haven't really figured out what the ideal breed is, but the hair sheep are working pretty well for us.

The ewes lamb on pasture in May and are usually moved daily to fresh pasture through the growing season into winter. This is a strategy to keep them healthy and limit their exposure to internal parasites. This winter the ewes are on a hillside by our house. Every couple weeks I place round bales at the top of the hill with the tractor and then they can be unrolled down the hill as needed. Usually gravity does most of the work.

*^ continued on pg. 10*

## MEMBER APPRECIATION DAY

» SALE «

10% OFF  
storewide\*  
Tuesday, March 17th  
& Tuesday, May 12th  
8:00 AM - 8:30 PM

Stock Up  
AND  
Save



May be combined with all other member discounts.

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



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Here we go!  
← **EXPANSION** → **UPDATE**

By: David Lester, General Manager

On January 2, 2015 the Co-op took possession of the Cutting building next door to our current store location. This purchase solidifies our commitment to the downtown district for many years to come and will offer many exciting opportunities for our Co-op's future.

Members, Ellen and Craig Cutting, purchased this building over 30 years ago, and we knew that the opportunity to purchase this building would not come around very often. Acquiring this building on contract is an affordable way for us to take our time to build our cash and do the research and planning needed to use this building as best as we can. Our recent customer/member survey is giving us a lot of good feedback and direction for this project. This data will help us shape the direction of our store for the next three years and gives our Leadership Team and me ideas to try in our current work. Thank you to everyone who participated in the survey.

The big questions I am often asked are "when are we going to expand?" and "what will the new building space have in it?" The current answer to the first question is that we are looking at starting an expansion project sometime in the summer of 2016. This will give us enough time to build our cash sufficiently so that we do not have to do member loans, and it will help us keep any bank loans to a minimum amount to pay for the expansion project.

We have two excellent tenants in the upstairs apartments. This rental income helps considerably with our monthly contract payments. This time schedule should also give us sufficient time to get the right people to help us plan

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

this project. The answer to the second question is a little hard to answer at the moment, but we do know that we want to open up as much of the wall between the two buildings, expand our Café/Deli, expand our Café/Deli seating area, and offer more locally produced items like meat, produce and other items.

The good news is that half of the expansion project is already done...and paid for! We renovated the east half of the building in September 2014 and created the Co-op Kitchen Classroom. Classes for all ages and cooking skills have been happening (check out our website or this issue of the SCOOP for full class listings). This space continues to get used by groups and organizations looking to improve team building and cooking skills. I am thrilled to see the positive response in our community to learn more about whole foods from farm to table.

Eventually, we need adequate and expanded office space for our staff to do their work. The upstairs half of this building will provide that type of space for new offices and many of our basement offices will be transformed into walk-in cooler and freezer space as our business grows. This is all really good stuff and we are focusing on growth that will provide more opportunities for local farmers and producers.

Feel free to ask any questions you may have about our expansion when you see me in the store, or email me at: gm@oneotacoop.com, or come to a Board meeting which takes place the fourth Tuesday of every month in the new Co-op Kitchen Classroom. Hope to see you soon!

# Why Choose Organic?



Organic agriculture builds fertile, drought-resistant soil.



Organic practices protect clean water by avoiding toxic pesticides and fertilizers.



Organic farms maintain natural habitat for pollinators like butterflies and bees.



The **USDA Organic** seal is a federally regulated guarantee that your food has been produced in a transparent and sustainable way.

**Third-Party Verified**  
30,000 on-site inspections conducted annually of organic operations, both in the U.S. and internationally.

**Not Permitted in Organics:**

- Toxic, synthetic pesticides
- Petroleum-based fertilizers
- Added hormones
- Antibiotics
- GMO seed & feed
- Sewage sludge
- Irradiation
- Artificial colors, flavors and preservatives

**A choice that is good for people and our environment**  
Organic methods work in concert with natural biological systems to produce food while simultaneously preserving resources for future generations. Organic farming is also healthier for farm workers and surrounding communities since they aren't exposed to toxic chemicals.

**A transparent & trusted food label**  
The Organic Foods Production Act of 1990 establishes federally regulated organic standards and grants the public the opportunity to assist in determining regulations for producing organic food via the National Organic Standards Board, making the USDA Organic seal representative of a uniquely democratic system that doesn't exist in any other federal agricultural regulations.

**A healthy food supply**  
Shoppers who seek healthy food free of GMOs, pesticides, added hormones and antibiotics can look to the USDA Organic seal for assurance that a product meets those standards.



To learn more, visit  
[www.strongertogether.coop](http://www.strongertogether.coop)

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## SPECIAL ARTISAN CHEESES - EVERY MONTH!

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

**THEMES**  
March - Taste of Italy  
April - Cave Aged  
May - Farmstead  
June - Wisconsin  
July - Scandinavian  
August - Raw Milk  
September - Alpine Cheese



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

**Sign-up today**  
**563-382-4666**

*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."

*Spring Plant Sales at the Co-op*

AVAILABLE STARTING LATE APRIL,  
WEATHER PERMITTING

*Flowers, Herbs,  
& Veggies from*

**RIVER ROOT FARM**

*Strawberry starts from*

**Driftless Gardens**

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KRISTINE JEPSEN

**How long have you been a member/ owner of the Co-op and why are you interested in serving on the board?**  
I've been a member/owner since moving to the area in 2006 and in that time have built a livelihood in the local/niche food industry - Grass Run Farms. As a conscientious consumer and industry business person, I care a lot about the vitality and professional well-being of our Co-op.

**What do you enjoy most about the Co-op and what is your vision for its future?**  
I would like to see the Co-op expand its visibility and viability as a "whole cart" destination - filling in some product gaps and strategic pricing strategies that keep target consumers in the store each week. I also love the outreach through the new classroom space.

**What kind of leadership or other experiences could you bring to the Co-op as a Board Member?**  
I'm a founder and administrator with Grass Run Farms, a regional grass-fed beef company that sells primarily boxed beef through distribution in the Midwest and to private labels on both coasts. I have a working knowledge of food business finance, fund-raising, operation, personnel management and product development. My expertise lies mostly in marketing, outreach and project management.

meet the

NICK MCCANN



**How long have you been a member/owner of the Co-op and why are you interested in serving on the board?**  
I've been a member/owner for three years. The Co-op is important to me and my family. I would like to help steward its resources to ensure its growth and stability for the future.

**What do you enjoy most about the Co-op and what is your vision for its future?**  
I love the community of the Co-op. I see a future of strong community along with the growth of wellness classes & products for sale.

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

- I've served on the following:
- Howard County Economic Development Board
  - NMPAN Meat Processing Board
  - Iowa Food Hub Board
  - Founding and growth of the Iowa Food Hub

**What experience do you have working with a group process?**  
I have extensive experience working with group process both through work and the boards listed above.

CARL PETERSON



**How long have you been a member/owner of the Co-op and why are you interested in serving on the board?**  
Our family joined the Co-op six years ago when we moved to Decorah. I strongly support the Co-op's mission and principles and believe my extensive business skills and financial background in training, financial analysis, policy/guideline writing, and as a manager provide good background for enhancing the work of the Co-op board.

**What do you enjoy most about the Co-op and what is your vision for its future?**  
The friendly, knowledgeable and helpful staff makes it a joy to shop at the Co-op. It's great to have choices of organic and local foods. As to the future, I would like to see the Co-op continue to expand the emphasis on local, sustainable product sources, classes and activities with our community (families and businesses) and manage the physical expansion of the recently purchased adjacent building.

**What kind of leadership or other experiences could you bring to the Co-op as a Board Member?**  
I worked for companies (banks or mortgage lenders) ranging in size from 25 to 4,500 with much of the time as mid-level or senior management. I have also served on numerous nonprofit boards throughout my career, usually as a board officer. (I recently retired after 40 years in the mortgage lending industry).

**What experience do you have working with a group process?**  
See above. Regardless of the type of organization or its size, every entity can function well only if those impacted by activities or initiatives are actively involved in implementing a product or process change. I believe it all boils down to effective communication, coordination and training, respect for staff and customers, and a commitment - a passion - for quality.



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Movement for Health and Well-Being

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563.419.5420 or taichigrandmadi@msn.com





# MAREN STUMME-DIERS

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

If memory serves me right, I've been a member of the Co-op since 2004 or 2005. I joined as a freshmen or sophomore at Luther. Food and community are two of the most important aspects of my life, and I appreciate the way in which they are able to intersect at the Oneota Community Food Co-op. I have always seen the Co-op as a welcoming place and value having access to a store that so closely aligns with my own food values.

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

My partner always teases me when I tell him I'm going to make a "quick stop" at the Co-op. It's true that my stops are never quick and I really like the fact that it's true. One of the things I love most about the Co-op is the way it brings people together and, increasingly, people of different socioeconomic backgrounds, education levels and political views. In a small town it is crucial that we have the opportunity to interact with people who we perceive as different than us.

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

In May 2015 I will graduate with my Masters of Science in Sustainable Food Systems from Green Mountain College in Vermont. This program has been recognized for the innovative way that it teaches sustainable food systems through a place-based approach. Throughout the program I have had the opportunity to take a deep dive into the Driftless Region, Winneshiek County and Decorah. I took classes in marketing and communications, livestock, fruits and vegetables, history of agriculture and business model development; among other things.

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

I work at Luther where committees are abundant. I don't have any experience working with policy governance but I have chaired many committees where I have been responsible for developing agendas and making sure the appropriate amount of discussion takes place on the topics at hand. In 2014 I served as chair of the Food and Wellness Planning Committee and was responsible for meeting with our group of eight to develop food and wellness related goals for the new strategic plan for the Center for Sustainable Communities. That process involved coordination, listening, sifting, drafting and redrafting. I enjoy being part of all of the following committees because of the respectful disagreements that take place and clear passion for the respective organization that comes through in discourse.

Recent committee responsibilities include:

- Food, Purchasing and Waste Committee Chair, Luther College (current)
- Iowa Food Hub, Board Member and Secretary (current)
- Land Use Committee Member, Luther College (current)
- Sustainability Council Member, Luther College (current)
- Student Learning Task Group Member, Luther College (current)
- Food and Wellness Planning Committee Chair, Center for Sustainable Communities, Luther College (Spring 2014)



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DEMOCRATIC  
MEMBER CONTROL IN ACTION.  
MEMBER/OWNERS VOTE IN MARCH!

By: Brita Nelson, Oneota Co-op Board Vice President

**COOPERATIVE PRINCIPLE #2**  
**Democratic Member Control Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions.**  
**Men and women serving as elected representatives are accountable to the membership. Members have equal voting rights – one member, one vote.**

Greetings member/owners of the Oneota Community Food Co-op. 2015 Board election ballots were mailed to all members-in-good-standing on Monday, March 2nd. If you did not receive a ballot in the mail and believe that you should have, please call the Co-op at 563-382-4666 to verify your address and membership status. The contents of the mailing include the announcement of the upcoming Annual Meeting of the Membership, 2015 Board Election Ballot and Candidate Statements. The Annual Meeting has been scheduled for Thursday, April 16th at 7:00 pm and will be held at Good Shepherd Lutheran Church in Decorah. All members of the Co-op are welcome and encouraged to attend the meeting. There are always delicious snacks and beverages as well.

This year, 2015, we have two positions to fill on the Oneota Co-op Board of Directors. Both of these positions are 3-year terms. Our sincere thanks go to Lora Friest and Anne Dykstra for their service on the Oneota Co-op Board. Board candidates for the 2015 election include the following (four) individuals to fill the two, 3-year term slots on the Co-op Board: Kristine Jepsen, Nick McCann, Carl Peterson and Maren Stumme-Diers.

An abbreviated candidate statement for each individual can be found in this Scoop publication, as well as a calendar for the remaining election period.

The member/owners of the Oneota Co-op have the responsibility to review the candidate statements and vote for your Co-op Directors during the month of March. (Completed ballots must be received at the Co-op no later than 8:30 pm on Wednesday, April 1st). The full candidate statements can be found on the Co-op website ([www.oneotacoop.com](http://www.oneotacoop.com)) and are included with the mailed ballot. Candidate statements are also available at the Co-op Customer Service Desk and posted on the bulletin board in the Oneota Co-op foyer. Please thank these candidates for their willingness to serve on the Oneota Co-op Board of Directors.

BOARD ELECTION CALENDAR	
★ Ballots & candidate statements mailed out	March 2nd
★ Balloting stops	April 1st - end of business- 8:30pm
★ Balloting counted	April 2nd-7th
★ Results announced -April General Membership Meeting	Thursday, April 16th, 7pm Good Shepherd Lutheran Church 701 Iowa Ave, Decorah





# CO-OP EVENTS & CLASSES



oneotacoop.com/classes-and-events

## CLASS KEY

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

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

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

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

## MARCH

**Welcome to the Co-op! Member/Owner Orientation Tour**  
**Thursday, March 12, 6:00 pm**  
**Tour led by Co-op Staff**  
Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section, member/owner benefits, and more. This is also a great chance to sample products as we tour the store. Receive a \$5 store coupon for each owner household who completes the tour.  
**FREE**

**50 Shades of Green**  
**Thursday, March 12, 5:30 - 7:00 pm**  
So you've heard that dark green leafy greens are the key to just about every health condition, but are you eating them yet? Kale, collards, spinach and chard may just be your new best friend. Join in an adventure of green eating just in time for St. Patrick's Day, and turn your friends green with envy of your new favorite recipes. Lindsey will share recipes (and generous tastings) of green juice and green smoothies. Looking to cook or bake with greens? Yes, there's a way, a recipe, and a dish to taste for that too. We won't promise you'll turn green, but you're sure to find something to enjoy.  
**Class Code: DN**  
**Class Instructor: Lindsey Harman**  
**\$12 Co-op Member/Owners, \$15 Community Members**

**Living a Raw-mazing Life!**  
**Monday, March 16, 6:00 - 7:30 pm**  
Are you intrigued by the raw foods diet? Eating foods without baking, cooking or heating in any way may seem impossible. Join us for a sneak peek into practical ways to incorporate the freshest, crispest and most intensely flavorful food into your lifestyle. Discover the nutrients gained from eating raw food and find energy to power your busy days and max-out your daily fruit and vegetable intake. All this while enjoying good food and great company in the Co-op Kitchen Classroom.  
**Class Code: DN, GF, VN**  
**Class Instructor: Johanna Bergan**  
**\$15 Co-op Members/\$18 Community Members**

**M.A.D. (Member Appreciation Day) Sale**  
**Tuesday, March 17, 8:00 am - 8:30 pm**  
10% off storewide\* for Oneota Co-op member/owners. Discount may be combined with all other member discounts. (\*Discount only excludes Co+op Deals and Member Deals sale items).

**Be Your Best Self**  
**Wednesday, March 18, 6:00 - 7:30 pm**  
We each strive towards a personal wellness goal and struggle with our unique barriers to reach them. Join Emily in an exploration of eight tested healthy habits that help you see that reaching your goals - be it weight loss, increased fitness levels, learning to cook, or others - is not rocket science. Living mindfully through eight concrete habits, while holding yourself accountable with a network of friends or family, can be your key to success. Habits will be explained, challenges addressed, and of course, delicious and nutritious foods will be sampled.  
Each class participant will have the option to sign up for an eight-week challenge (at an additional cost) to be accountable to implementing the eight healthy habits and work towards meeting your personal well-life goals.  
**Class Codes: DN**  
**Class Instructor: Emily Neal**  
**\$8 Co-op Members/\$10 Community Members**

**Exploring Foods**  
**Saturday, March 21, 10:00 - 11:30 am**  
The love of cooking and eating good food starts young. Children are welcome to explore foods through sight, sound, smell and tactile experiences at the Co-op Kitchen Classroom. Join Megan on this Saturday morning to follow recipes, prepare delicious food and get your hands busy in the kitchen. The class will cook and eat together. Classes designed for Kindergarten - 2nd Grade, please inquire about additional ages.  
**Class Code: HO**  
**Class Instructor: Megan Woodward**  
**\$10 Co-op Members/\$12 Community Members**

**Monthly Board Meeting**  
**Tuesday, March 24, 5:30 - 8:00 pm**  
All members are welcome to attend board meetings.  
**Location: Co-op Kitchen Classroom, 308 W. Water St., Decorah**

# E.A.T.

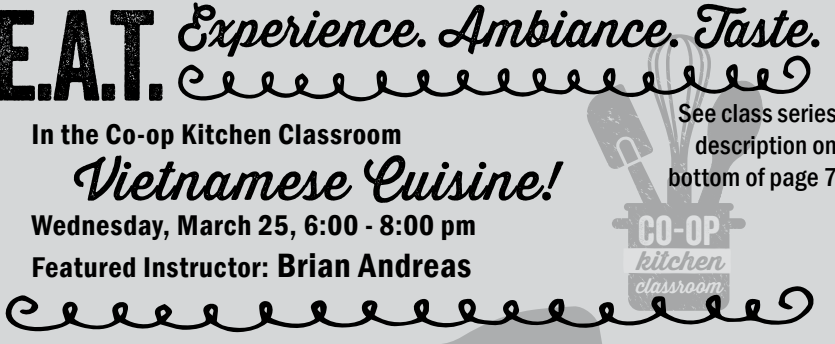
*Experience. Ambiance. Taste.*

In the Co-op Kitchen Classroom

## Vietnamese Cuisine!

Wednesday, March 25, 6:00 - 8:00 pm

Featured Instructor: **Brian Andreas**



See class series description on bottom of page 7

**Science in the Kitchen**  
**Saturday, March 28, 10:00 - 11:30 am**  
Teaching children to cook is a science. Science can happen in the kitchen. Which is it? Both of course! Join in a Saturday morning of fun (perfect for adults or adult/child combos) and learn just how practical it is to bring science experiments and learning into the kitchen. Lindsey will share many ways to learn and explore science concepts with ingredients we usually think are just for eating. Class is sure to get a bit messy and there may be a giggle or two. Don't say we didn't warn you.  
**Class Code: HO**  
**Class Instructor: Lindsey Harman**  
**\$12 Co-op Members/\$15 Community Members**

**The Joys of Fresh Spring Rolls**  
**Monday, March 30, 5:30 - 7:00 pm**  
Spring rolls will provide a versatility to your kitchen and regular cuisine that you should not pass up. Not only will you learn how to wrap and present spring rolls, but also will receive many ideas for fillings and dipping sauces. Spring rolls are perfect for any dining occasion - light, healthy and fresh, for lunch, appetizers or dinner. These rolls serve as a creative outlet for any vegetable. Lettuce wrap variations will also be shared.  
**Class Code: HO, GF**  
**Class Instructor: Johanna Bergan**  
**\$12 Co-op Member/Owner, \$15 Community Member**

# WELLKID WEDNESDAY

**7:45 am - 8:45 am**

Join us for mornings of food and fun all before the school day has begun. This class will teach the importance of breakfast, eating well-balanced meals, & encourage trying new foods. Classes will be varied in theme but will always provide breakfast, activities for students, & a walking school bus to John Cline School. Activities include engaging children in science, math, physical movement & more - all connected back to the nutritious food we eat together in class.  
**Instructor: Megan Woodward**

**Classes designed for kindergarten - 2nd graders.** Please inquire about additional ages. One session (5 classes) is \$40.00. OR both sessions for \$75.00. Registering siblings? There is a \$10 discount on the second registration in the same family. Registration fees a challenge? Scholarships are available by emailing customerservice@oneotacoop.com

**SPRING SESSION ONE**


**March 4**  
**March 11**  
**March 18**  
**March 25**  
**April 1**

**SPRING SESSION TWO**

**April 22**  
**April 29**  
**May 6**  
**May 13**  
**May 20**

## Member/Owner Orientation Tour

**2nd Thursday of each month 6:00 pm**  
Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section, member/owner benefits and more. This is also a great chance to sample products as we tour the store. Plus, receive a \$5 coupon for each owner household who completes the tour.











# CO-OP EVENTS & CLASSES



oneotacoop.com/classes-and-events



## CLASS KEY

- |                       |                                       |
|-----------------------|---------------------------------------|
| <b>GF</b> Gluten Free | <b>HO</b> Hands-on and Let's Eat      |
| <b>VG</b> Vegetarian  | <b>DM</b> Demonstration and Let's Eat |
| <b>VN</b> Vegan       | <b>L</b> 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!

### SPRING CLASS INFORMATION CONTINUED

#### REGISTRATION INFORMATION

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

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

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

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

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

## FRUGAL GOURMET

Are you in search of real food that is affordable and practical to prepare? Then this is the class for you. Eating well and cooking wholesomely, all while being on a budget is the challenge accepted in each Frugal Gourmet class. Co-op instructors will stretch your kitchen skills as we focus on a single ingredient and prepare multiple dishes featuring this ingredient. Class participants will dive into food preparation as well as eating and enjoying all of the dishes made in class.

Stay tuned to the Oneota Co-op website and Facebook page for the most up-to-date class information – including additional classes in this series!

# CO-OP KITCHEN CLASSROOM— *Spatula at the Ready*

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

Since opening its doors in September 2014, the new Co-op Kitchen Classroom – located at 308 West Water Street (next door to the Co-op retail space) – has been host to a number of new classes, instructors and special events. In addition, we have kicked our previous class offerings up a notch with this beautiful space we now call “home” – or home-plate might be fitting.

The Co-op Kitchen Classroom is equipped with everything you might expect an outfitted home kitchen to have, plus some extras for the consideration of teaching a large group. The space can accommodate 24 individuals with stainless steel work tables, stools, cutting boards, pots, pans, knives, and other basic utensils. In addition to the “teaching island” which features a 5-burner induction cooktop and plenty of workspace, we also have six portable single induction burners – one for each work table. We also own a Vitamix blender, a juicer, food processor, immersion blender, pressure cookers, water bath canner, Kitchenaid 6 quart mixer, fridge, freezer, and dishwasher.

Double wall ovens anchor the bank of cabinets which store most of the equipment, thereby leaving the space clean and cozy for events, meetings and gatherings that don't involve cooking. But we would love to help you find a way to incorporate cooking into your gathering or event because that is what we are all about.

The Co-op Kitchen Classroom is a learning space, a teaching kitchen. It is also a gathering space. Check out the Co-op website for details about utilizing this space for your next event, gathering, team building/training, meeting, or present us with an idea you would like to see. In the works are ideas like kid's birthday parties, group food prep opportunities, private dinner parties, hosted class parties and more. We would love to hear how you would like to use the space and welcome your input. Contact Nate or Ruth at the Co-op to inquire about reserving the space.

You can reach us at 563-382-4666 or [customerservice@oneotacoop.com](mailto:customerservice@oneotacoop.com).





# CANOE CREEK FARM

By: Betsy Peirce, Produce Manager

Canoe Creek Produce Farm located north of the town of Decorah, started off as an acreage owned by Barb and Kevin Kraus. At the time they were a busy family with three kids and two full-time jobs. Kevin worked as a professor at Luther College and Barb as a Veterinarian. Their busy life did not allow them much time to spend on the farm. Between all the trips to town for school activities and chores at their other family farm (a Heritage Farm that has been in the Beard Family for 150 years!) where they were raising cattle, they were maxed out.

Barb Kraus began toying with the idea of becoming a farmer by installing a large flock of chickens that produced many more eggs than their family could eat. She cooked up an idea to sell them at the Farmers market on Saturdays, and they quickly became a hot selling item. Customers would ask their friends before heading to Market “does Barb have any eggs left?” and most often the answer was “they’re gone.” You had to be an early bird to get Canoe Creek Eggs. She also sold them to the Oneota Community Food Co-op for many years before she ever sold vegetables. I remember customers waiting for egg deliveries so they could snatch up two or three dozen before they were gone - they were that good. The reason was the care and freedom she gave those birds. They were set on a rotation in their “chicken tractor” to graze on the lush grass filled with nutritious bugs all over the farm. Unfortunately high grain prices made it unfeasible financially for her to continue that part of her business, but it’s sure fun to reminisce about those amazing Canoe Creek eggs.

In 1999 Barb made the decision to leave her career of 11 years as a Veterinarian to begin full time vegetable and poultry farming. It was time - the kids needed a chauffeur for their many activities in town, it freed her up to make money as a gardener and to use all that fertile land they were living on. While growing up Barb and her siblings had always helped her mom in the garden, but Barb did not view it as a chore - she truly loved gardening.

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

She says of her transition from Veterinarian to gardener that it was “a little scary.” She said people had a hard time understanding her decision to leave one career that had status for another that many people had less regard for. Luckily, the perception of people toward vegetable farmers has really shifted, on a national level as well as in our rural area where local growers are sometimes elevated to local celebrity status. Local growers are especially revered at the Oneota Community Co-op where they even have their own pin-up posters hanging in the store!

As the business progressed, it became clear that she could produce more with a little help from the sun and some plastic. Barb’s next idea was to extend her growing season by purchasing a hoop house. The hoop house has no heat or electricity but simply insulates crops from the elements by using the sun to heat the structure and the tunnel to trap and contain the heat. It has extended her growing season by two months - one on either end of the growing year. Along with every good thing there comes challenges. With the tunnel she has had to acquire a whole new set of gardening skills. The learning curve has provided her with the opportunity to learn about: pruning and trellising tomatoes from the rafters, figuring out how to trap soil heat near the plants when the outside temperatures are in the single digits, ventilating and irrigation challenges when summer temperatures are hot and lastly, disease and pest problems unique to hoop house gardening. She says learning the new techniques is both fun and frustrating - definitely an ongoing process.

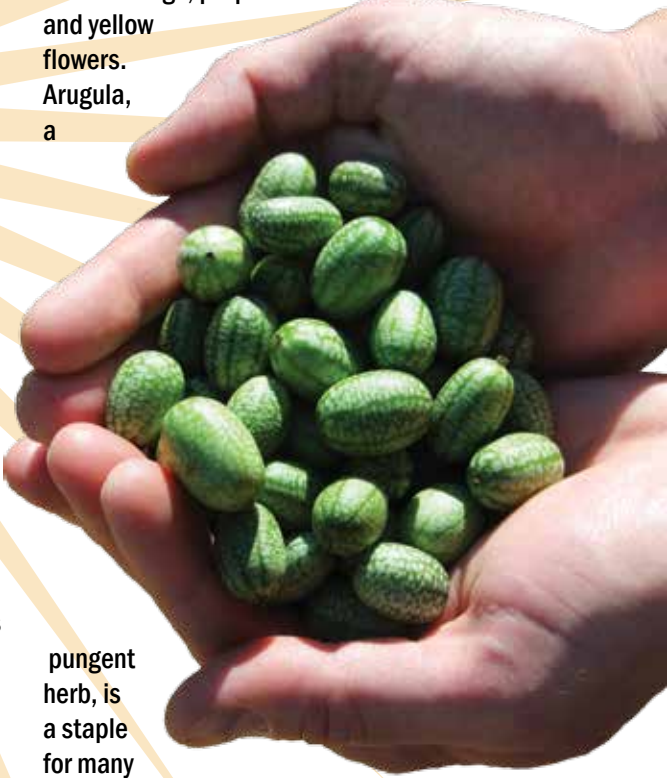
Certified Organic since 2010, Canoe Creek Produce now sells the Co-op a large variety of specialty products throughout the year. Many customers eagerly await the early spring spinach that has overwintered in her fields. Barb has mastered the technique of planting in the autumn for an early spring crop of

extra sweet spinach. The colder temps make for a higher sugar content.

Other specialty crops customers at the Co-op especially love are her tender salad greens delicately sprinkled with edible orange, purple and yellow flowers. Arugula, a

pungent herb, is a staple for many throughout the growing season. She also grows rare vegetables not commonly found on the shelves in grocery stores like Mache, a crunchy spring green, and sorrel, a lovely lemony salad green and herb. My favorite is the Mexican Sour Cucumbers which look like tiny watermelons and impart a tangy lemon burst along with the cucumber flavor.

We are so fortunate to have growers who grow what they love. And we love having growers who can innovate and create their own markets simply by having beautiful unique local products. Thank you Canoe Creek Produce!



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It's planetary!

Celebrate

EARTH DAY

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in

Water Street Park

Wednesday, April 22<sup>nd</sup>

5:00 to 7:00 pm

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Absolute Hoot

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

Join GreenIowa AmeriCorps service members as they help kiddos make native seed flower bombs and teach us how to earth-ify our lives.

Food and Fitness AmeriCorps and FoodCorps service members will be on site to show off their blender bike!

Powered by your pedaling, smoothies will be made for the tasting.

Take your turn pedaling, or eating!

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CONTINUED FROM PAGE 2.....

**Q. What do you feed the animals?**

North of Decorah our landscape is more suited to pasture and hay production, so those are the main things that we feed our livestock. Ruminant livestock are very important to our farming operation because they can thrive on forage. Our dairy cows and beef steers also receive some organic grain, such as ground corn or ground wheat and corn silage. Our lambs are fed some oats in the late fall and winter. The beef calves are born on pasture and get hay and pasture for the first year. As they get bigger, the steers to be raised for beef get put with the dairy cows where they get the best quality feed. Pasture and hay are a main source of nutrition for the steers, but they do have access to the same feed that the cows get twice a day when they come home for milking.

**Q. What type of meat do you eat most often?**

Well, we don't tend to eat much chicken because that's one type of meat that we don't raise. We tend to eat a variety of different meat, mostly depending on what's most abundant in the freezer at the time.

**Q. What are your favorite winter beef and lamb recipes?**

Maren, the lifelong vegetarian, has found that she really enjoys shepherds' pie...and so does everyone else. It's a great way to use lots of different ingredients that we raise on our farm - potatoes, onions, carrots, garlic, cream, butter and lamb. I really enjoy trying new recipes and Maren is a little shocked by how many meat cookbooks I have. I may have about as many meat cookbooks as she has vegetarian cookbooks. I enjoy using all of them.

**Q. Importance of the Co-op to your family?**

I can remember going into the Co-op across from Vesterheim with my Mom when I was really young, so I guess we've been shopping at the Co-op for a long time. We rely on the Co-op as a source for wholesome food that we don't grow ourselves. It also provides us with a market for lamb, beef and Organic Valley dairy products. We enjoy the diverse group of people that it serves. Maren likes the fact that there's no such thing as a quick run to the Co-op. It's inevitable that whenever we walk through the Co-op door we see someone who we know and find a few minutes to catch up on life.

**Q. Direction of the family farm for the future?**

My younger brothers are both interested in farming. It seems like there's plenty of opportunity on the family farm if they want to make farming their career.



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# ...step inside...

CONTINUED FROM PAGE 1



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

Our **bulk** department is certainly the largest of its kind in northeast Iowa. Here you will find many of the items in our grocery department, however they are sans individual packaging. This practice has carried on since the early days – over 40 years ago – when a group of like-minded individuals pooled their time and resources to buy items more cheaply and with less packaging (and waste). Grains, pastas, beans, nuts, dried fruits, oils, nut butters, honey, spices, and more – totaling roughly 600 items altogether in our bulk department offerings. We do offer simple packaging materials for purchase and use in this department, but we encourage everyone to make efficient use of materials with their reusability and also to bring their own clean containers for re-filling. It is a great way to make strides towards a zero waste home and save some money in the process.



Perhaps most notably, the knowledge and customer service provided by our staff throughout the store – be it Wellness, Produce, Bulk, or any department – strives to be second to none. If we don't have the answer immediately, we will find it for you and help you make the most educated decision possible.

Though anyone can shop at the Co-op, we would be gravely negligent to leave out the fact that we are a cooperative organization. Among the many things that we stand for, member/ownership and the rights and principles that guide our organization are the beacons that guide our mission – not simply a bottom line of profitability. We aren't just here to blindly make money.

Member/ownership has its financial benefits – like monthly sales and discounts. However, it also has benefits in supporting this local business that has a stake in this community of northeast Iowa and a greater commitment to the global community. Are you ready to own it? Now is the perfect time.

To become a member/owner, simply buy a share. There are two ways you can do it. The cost of a fully paid share is \$140. This isn't a yearly fee or membership fee. This is an actual share in the business. We don't have membership fees – yearly, monthly or otherwise. We sell ownership.


You can pay this \$140 in two simple ways. Either as a single \$140 payment – the one-and-done. Or as 7 separate \$20 payments over the course of seven years. Unlike your membership at some big-box retailer, your membership at the Co-op doesn't expire. It is fully refundable, at any time, whether you have paid for the full share, or are simply in the process of doing so. You truly are investing in your community, and the community benefits from your investment. It doesn't stop with us. It grows.

## Come GROW with us!

And don't forget to check out our **Wellness** department for reputable varieties of nutritional supplements, body care items, and remedies from the natural world. Tinctures, vitamins, minerals, soothing salves, lotions and soaps – again, just to name a few – fill the shelves of this department.



A special  
**Mother's Day Brunch**  
& moms eat free\*  
Sunday May, 10th from 11:00 - 3:00



**Water Street Café**  
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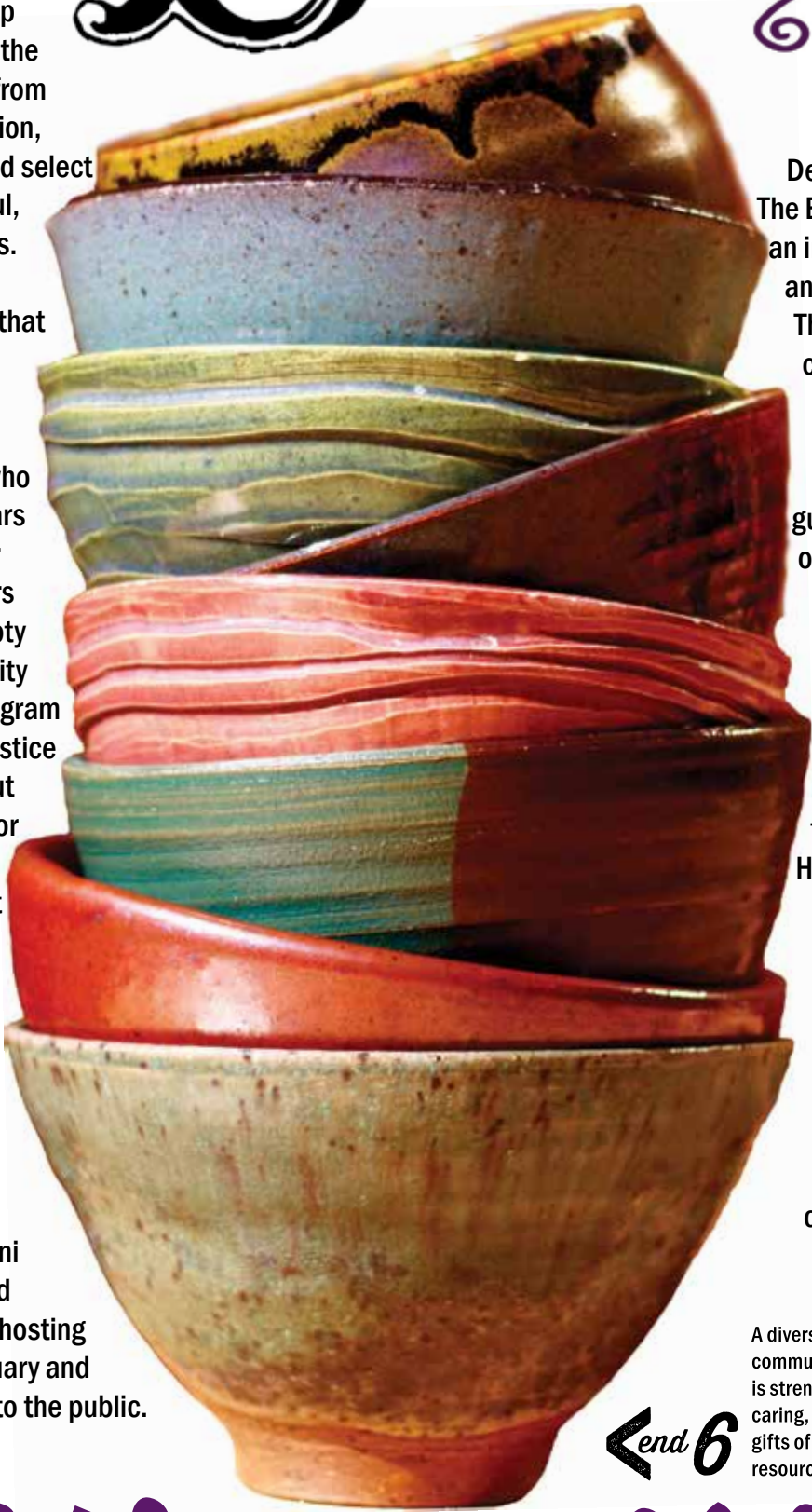


# EMPTY is back! & BOWLS

After a brief hiatus in 2014, Empty Bowls will be taking place, once again, in Decorah. The popular meal of locally donated soup and bread will be Sunday, April 19th, at the Hotel Winneshiek, Steyer Opera House from 11:00 am to 2:00 pm. For a \$20 donation, attendees get to enjoy a simple meal and select and take home one of the many beautiful, handcrafted bowls made by area potters. Proceeds from Empty Bowls will go to local food pantries and other programs that alleviate hunger in the community.

The 2015 Empty Bowls will include a special tribute to potter George Lowe, who began the program in Decorah eight years ago and was a driving force behind it for many years. Area restaurants and bakers are again responding generously to Empty Bowls. “We are lucky to have a community as supportive as Decorah to get this program back off the ground,” says Peace and Justice Center Administrator Erin Ryan. “Without everyone who is responding to our call for volunteers and donations, we would never be able to continue this important event.”

Community support for past Empty Bowl events in Decorah has always been enthusiastic and contagious, and those efforts continue into 2015. Joe Madrigal of Luther College’s Visual and Performing Arts Department has organized a bowl making marathon. Jenni and Eric Petersen-Brandt of ArtHaus and Rachelle Branum of the Clay Studio are hosting community bowl-glazing events in February and March. These events are free and open to the public.



Empty Bowls has been well received in Decorah, but it is not unique to the community. The Empty Bowls website states, “Empty Bowls is an international grassroots effort to fight hunger and was created by The Imagine Render Group. The basic premise is simple: Potters and other craftspeople, educators and others work with the community to create handcrafted bowls. Guests are invited to a simple meal of soup and bread. In exchange for a cash donation, guests are asked to keep a bowl as a reminder of all the empty bowls in the world. The money raised is donated to an organization working to end hunger and food insecurity.”

Upon learning that Empty Bowls was not taking place last year, Decorah resident, Randall Duvall, determined that this was a project too good to see disappear. He began the task of organizing and recruiting volunteers and potters. Empty Bowls is now sponsored and organized by the Northeast Iowa Peace and Justice Center with the assistance of many area individuals. Hotel Winneshiek is the special 2015 Event Sponsor for Empty Bowls.

For more information or to volunteer, please contact Erin at the Northeast Iowa Peace and Justice Center: 563-382-3887, or email [neipjc@gmail.com](mailto:neipjc@gmail.com).

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

End 6

Follow us along the way on our Facebook page – Empty Bowls – Decorah.

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# NCG CONSUMER ADVOCACY & GMO LABELING

National Co-op Grocers (NCG) advocates for mandatory, federally enforced labeling of foods produced from genetically modified organisms (GMOs) as a consumer right-to-know issue. Supporting federal legislation that would require GMO foods to be labeled has been one of NCG's active priorities. For the past several years, NCG has partnered with the Just Label It (JLI) campaign to inform government officials about consumers' call for mandatory labeling. These two organizations, (NCG, JLI) and other partners, have worked together by sponsoring a reception to educate lawmakers, meeting directly with key Congressional offices, and providing expert testimony at a recent Congressional hearing.

Additionally, NCG has created resources which are available to co-ops on the NCG website, and consumers on the StrongerTogether website. "We anticipate that 2015 will be a pivotal year for GMO labeling," said Allie Mentzer, NCG advocacy specialist. Experts predict that Rep. Mike Pompeo, R-Kan., will reintroduce his "Safe and Accurate Food Labeling Act." If passed as originally written, this bill would reaffirm the existing system of voluntary GMO labels, and it would prevent state mandatory labeling laws, including those already on the books in Maine, Connecticut and Vermont. The Pompeo bill would block mandatory GMO labeling, undoing the momentum gained by NCG and its partners. As of press time this bill has not yet been introduced, but it's a fast moving issue. Co-ops can stay tuned to NCG's weekly email updates and follow JLI on social media for current information.

The proponents of GMOs often argue that GMO crops reduce pesticide use. Yet, in 2012, U.S. farmers planted 170 million acres of GMO crops, and 154 million of those acres were planted with crops genetically modified to survive being sprayed by the herbicide glyphosate. Unfortunately, weeds have adapted and become resistant to glyphosate, which means farmers use evermore toxic herbicides to control these new "superweeds." Last summer, GMO crops that are resistant to the herbicide 2,4-D were approved, and dicamba-resistant GMO crops will likely be approved for market in 2015. USDA estimates that dicamba-resistant crops will result in a tenfold increase in the herbicide's use. NCG recognizes "USDA Certified Organic" as the gold standard of food labels, in part because organic farmers work with natural biological systems—as opposed to relying on GMOs and pesticides—to strengthen crop yields, which NCG believes is better for people and the environment.

Many consumers want to know how their food is grown and where it comes from. Surveys consistently show that over 90 percent of Americans across a wide spectrum of demographics support mandatory GMO labeling. While the year 2015 may prove to be an uphill battle for mandatory labeling advocates, Robynn Shrader, CEO of NCG said, "NCG's work on the GMO labeling issue, including direct lobbying and our partnerships with likeminded organizations, ensures that our co-ops are at the table, having our voices heard in Washington." NCG is participating in weekly strategy meetings with JLI, Environmental Working Group, Center for Food Safety, and other partners to harmonize their efforts to urge Congress to reject any legislation that would prevent mandatory, federally enforced labeling of GMO foods. "People come to the GMO issue from many perspectives," Mentzer said. "NCG's overall approach is support for consumers' right to information so that they can make their own purchasing decisions. Our advocacy on the GMO labeling issue falls within that context."

This article reprinted from CDS Consulting Co-op publication Connections 2015.



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

## USDA Organic

[www.usda.gov](http://www.usda.gov)

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



## NON-GMO PROJECT Verified

[www.nongmoproject.org](http://www.nongmoproject.org)

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

Use of seal requires:

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

NO GMO'S BUT NO REQUIREMENT TO BE ORGANIC\*

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



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

### — Why would a product be labeled both? —

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

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

## 3 WAYS TO AVOID GMOS



### ★ Buy Organic

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

### ★ Buy Non-GMO Project Verified products

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

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

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



# JUST HOW DID Smoothies TAKE OVER THE WORLD?

By: Robin Asbell, Stronger Together

When I was growing up, the blender was for making milkshakes. My mom might have had some other uses for it, but to me, it was the magical machine that made creamy, frosty milkshakes. Maybe that’s why Mom didn’t use it much. Just putting it on the counter created a hopeful crowd of kids, milling around like cats who hear a can opener.

That pleasurable association may be why I fell so completely for smoothies. I wasn’t an early adopter. Unlike my mom, I got a blender and used it for pureed soups, salad dressings and tofu cheesecake recipes. There were some memorable experiments with piña coladas and margaritas in there, too.

Then, suddenly, smoothies were everywhere. This hippie drink, a new version of the kinds of fruity drinks made in tropical countries for years, was christened “smoothie” in the 1960’s. The smoothie grew to include healthy add-ins, boosting it from a snack, to a meal, and began to inch into the healthy mainstream. Your co-op might well have helped bring the smoothie to your town. Sometime in the early 2000’s, entire books were dedicated to the smoothie. Coffee shops and healthy restaurants started offering them. Beautiful people made them on TV. It was a green smoothie that convinced me. Spinach, mixed with antioxidant-rich berries and a frozen banana, tasted just like a delicious milkshake! Overnight, a smoothie for breakfast became a part of my routine. If you are new to making smoothies, there are a few practical things to know. One is about building your smoothie in the blender. I have a high-powered blender, so I can buzz through most anything. But even in a standard blender, you can easily make smoothies with frozen fruit and whatever your heart desires, as long as you load them properly.

So, always put the hard chunks, like frozen fruit, in first, and any leafy greens in with them. Add any powdery ingredients next, and then pour the wet ingredients in last, making sure that they make it down the sides, too. The order is important, just to keep you from having to scrape down and re-blend more than necessary. If you put in powder first, it clumps under the blade. If you put spinach on top, it floats around the top and doesn’t get pureed until you push it down with a spatula.

Tip: freeze very ripe bananas for your smoothies. Peel them, break them into chunks and store them in a freezer bag or container.

*Mixed Berry & Oat Smoothie with Granola*

Set your oatmeal and berry cereal bowl on its head, and make this easy, creamy smoothie. Berries disguise the secret ingredient (tofu!) and a crunchy sprinkle of granola adds a tasty flourish.

**Ingredients:**  
2 cups frozen mixed berries  
4 ounces firm silken tofu  
1/4 cup rolled oats  
1 1/2 cups vanilla soymilk or other milk  
1/2 cup granola

**Preparation:**  
In a blender, place the mixed berries, then tofu, oats and soymilk. Process until smooth. Serve in two glasses, with 1/4 cup of granola on top of each.

*Creamy Cocoa Banana Smoothie*

The addition of almond butter provides a rich protein boost, and cocoa gives it an energizing kick.

**Ingredients:**  
2 medium frozen bananas  
1/4 cup almond butter  
3 tablespoons cocoa

With blender loading mastered, it’s time for the fun to begin. Want a pure fruit drink to make you feel like you are on the beach? Puree mangos and papayas, and add some coconut milk or coconut water. Looking for a post-workout muscle builder? Pick a smoothie with protein in it, like the tofu (Mixed Berry and Oat Smoothie with Granola) or nut butter (Creamy Cocoa Banana Smoothie) enhanced recipes.

View these smoothie recipes (Sensational Smoothies) as starting points. Each one is completely delicious and simple. Depending on your goals and the time of day, you might want to play with some add-ins (see the list of suggestion, below). Just remember, start small. The Dark Cherry Smoothie is a creamy and delicious treat, and has enough flavor to carry a couple of tablespoons of chia or hemp, or a couple of cups of spinach. If you start throwing in too many add-ins, you can end up with something that might be amazingly healthy, but with a flavor that leaves something to be desired.

As you add dry ingredients, you will need more liquids. So, if you put in a scoop of protein powder or a few tablespoons of oats, add a splash of your milk of choice, juice, or even a few ice cubes.

So get that blender out on the counter, and start enjoying the meal that eats like a shake.

*Explore Add-Ins*

**CHIA**  
Chia is an ancient “superfood” eaten by Aztec warriors. Adding Chia adds healthy Omega 3 fats, protein, fiber, calcium, potassium, magnesium and phosphorus.  
1 ounce: 137 calories, 11 g fiber, 4 g protein, 18% calcium

**WHOLE FLAX SEEDS**  
Flax seeds are packed with Omega 3 fats, cholesterol lowering fiber as well as plant estrogens.  
1 tablespoon: 55 calories, 4 g fat, 3 g fiber, 2 g protein, 3% calcium, 3% iron, 2338 mg Omega 3, 606 mg Omega 6

**HEMP**  
Hemp seeds are very concentrated sources of protein, with Omega 3 and Omega 6 fats, fiber and antioxidants.  
3 tablespoons: 170 calories, 14 g fat, 1 g fiber, 11 g protein, 15% iron, 50% magnesium, 50% phosphorus, 25% Zinc 7.5 g Omega 6 LA, 3 g Omega 3 ALA

**SPRIRULINA**  
Spirulina is a microscopic algae, very concentrated with protein, chlorophyll, iron, B vitamins and antioxidants.  
1 tablespoon: 20 calories, 4 g protein, 1% vitamin A, 1% calcium, 1% vitamin C, 11% iron

**NUTRITIONAL YEAST**  
Nutritional yeast is a vegan form of B12 and very high in protein. It also adds a “dairy-like” flavor to foods.  
2 tablespoons: 45 calories, 5 g carbohydrates, 4 g fiber, 8 g protein, 4 % iron, 130% B12, 480% B6, 280% niacin, 570% riboflavin, , 640% thiamin

**PROTEIN POWDERS**  
About 20-30 g protein per serving, depending on the type.

**MATCHA POWDER**  
Matcha is a potent form of green tea, which contains caffeine and antioxidants in abundance.

**PEANUT BUTTER**  
Nut butters add protein, healthy fats and fiber and have been found to promote satiety, keeping you full longer after meals. Try other nut butters, too.  
2 tablespoons: 188 calories, 16 g fat, 7 g fiber, 8 g protein, 1% calcium, 3% iron

**OATS**  
Oats are a whole grain fiber containing iron, fiber, magnesium and B vitamins.  
1/4 cup: 77 calories, 1 g fat, 14 g carbohydrates, 2 g fiber, 3 g protein, 1% calcium, 5% iron

**SPINACH**  
Spinach ranks high in nutritional value in the vegetable world and is high in antioxidants.  
2 cups: 14 calories, 2 g fiber, 2 g protein, 112% vitamin A, 28% vitamin C, 6% calcium, 10% iron

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## Recipes!

By Robin Asbell

2 cups vanilla almond milk  
1 teaspoon almond extract  
**Preparation:**  
In a food processor, combine the ingredients in order, then blend. Serve immediately.

*Kiwi-Avocado Smoothie*

Let your kiwis get nice and ripe—a little soft—even, to get the full sweetness from them. The combination of Vitamin C-rich fruit, iron-rich spinach, and the essential fats of the avocado gives you a great nutrition boost.

**Ingredients:**  
5 medium kiwis, peeled  
1/2 medium avocado  
1 cup baby spinach  
1 cup plain coconut water or kombucha  
2 tablespoons honey

**Preparation:**  
Combine the ingredients in the blender and process. Serve immediately.



Water Street Café

fresh . organic . local .

NEW PANINI MENU

**Panino Hours**  
Monday-Saturday 11:00 am - 7:30 pm  
Sunday 10:00 am - 6:00 pm

In a hurry? Call ahead with your panino order 563-382-4666.  
We'll have it ready for you to pick up.

**BBQ Chicken** ..... \$6.39  
Amish chicken and BBQ sauce on Rudi's sourdough with cilantro mayo, red onion, pepperjack and smoked provolone

**Buffalo Chicken** ..... \$6.39  
Amish chicken and buffalo-bleu ranch on Rudi's sourdough with sautéed onions and mozzarella cheese

**California Turkey** ..... \$6.39  
Applegate smoked turkey and chipotle mayo on Rudi's sourdough with roma tomato, avocado & cheddar cheese

**Chipotle Tofu** ..... \$6.39  
Cajun-seasoned tofu with chipotle mayo on Rudi's sourdough, with sautéed green peppers/onions, cheddar/smoked provolone

**Italian Lovers** ..... \$6.79  
Pepperoni on a ciabatta bun with peperoncini, marinated tomato spread, smoked provolone, mozzarella and red onion

**Kids' "Create Your Own"** ..... \$4.50  
Choose one of each: bread, protein or topping, cheese

**Magic Mushroom** ..... \$6.79  
Marinated portabello mushrooms on a ciabatta bun with basil pesto, roasted red peppers and mozzarella cheese

**Roast Beef Philly** ..... \$6.39  
Applegate roast beef and garlic aioli on a ciabatta roll with sautéed onions and peppers, swiss and mozzarella cheese

**SW Turkey Tom** ..... \$6.39  
Applegate smoked turkey on Rudi's sourdough with marinated tomato spread, cilantro mayo and cheddar cheese

**Turkey Jack** ..... \$6.39  
Applegate smoked turkey on sprouted wheat bread with cilantro mayo and pepperjack cheese

**Turkey Mango Madness** ..... \$6.39  
Applegate smoked turkey and curried mango mayo on Rudi's sourdough with rstd red peppers & smoked provolone

**1/2 sandwich w/ cup of soup** ..... \$4.79  
Your choice of half of any panino on the menu along with a cup of your choice of soup

**PANINO OF THE MONTH** ..... \$5.79  
New flavors and sandwich concepts as well as old favorites!

Smoothies

**Dark Cherry Smoothie**  
Keep a bag of cherries in the freezer, and you can make this incredible smoothie as a snack or even a dessert.

**Ingredients:**  
1 cup frozen sweet cherries, pitted  
1 frozen banana, cut in chunks (see Tip)  
1 1/2 cups plain yogurt or milk, dairy or other  
6 fresh dark cherries, for garnish

**Preparation:**  
In a blender, combine the cherries and banana. Add yogurt and blend to puree. Transfer to two glasses and garnish with three cherries per glass.

**Tips & Notes:**  
If you've got too many ripe bananas, cut or break them into chunks, seal in a plastic bag, and pop into the freezer to add to future smoothies.

Find more recipes and information about your food and where it comes from at [www.strongertogether.coop](http://www.strongertogether.coop).

C.S.A.

Community Supported Agriculture

»

Make an investment  
in your local farmer!

«

And reap the benefits  
all season long.

★ How does a C.S.A. work?

A farmer offers a certain number of "shares" to the public. Typically the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a "membership" or a "subscription") and in return receive a box (bag, basket) of seasonal produce each week or two weeks throughout the farming season.

★ Advantages for farmers.

- Get to spend time marketing the food early in the year, before their 16-hour days in the field begin.
- Receive payment early in the season, which helps with the farm's cash flow.

★ Advantages for consumers.

- Eat ultra-fresh food, with all the flavor and vitamin benefits.
- Get exposed to new vegetables and new ways of cooking.
- Develop a relationship with the farmer who grows their food and learn more about how food is grown.
- It's a simple enough idea, but its impact has been profound. Tens of thousands of families have joined CSAs, and in some areas of the country there is more demand than there are CSA farms to fill it.

<http://www.localharvest.org/csa/>

Choose your farmer:

**Annie's Gardens and Greens - Fort Atkinson**  
Ann Bushman  
[www.anniesgardensandgreens.com](http://www.anniesgardensandgreens.com)

**Canoe Creek Produce - Decorah**  
Barb Kraus  
Check out Canoe Creek Produce on Facebook for CSA details.  
Other information about the farm - [www.canocreekproduce.com](http://www.canocreekproduce.com)

**Humble Hands Harvest - Decorah**  
Hannah Breckbill  
Email: [humblehandsharvest@gmail.com](mailto:humblehandsharvest@gmail.com)  
Check out Humble Hands Harvest on Facebook for CSA details.

**Kitchen Table CSA - Dorchester**  
Jeff and Mary Abbas  
[www.kitchentablecsa.com](http://www.kitchentablecsa.com)

**Patchwork Green Farm - Decorah**  
Erik Sessions and Sara Peterson  
[www.patchworkgreen.com](http://www.patchworkgreen.com)

**River Root Farm - Decorah**  
Katie Prochaska and Mike Bollinger  
[www.riverrootfarm.com](http://www.riverrootfarm.com)



Oneota Community Food Co-op

Mission

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

Ends Policy

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

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

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

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

1. A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed and affordable. A business that encourages the expansion of sustainably grown local food sources.
2. A community that is educated about food and other products that are healthy for people and the environment.
3. A business that promotes the development of cooperation and cooperative enterprise.
4. A business that promotes environmental and financial sustainability.
5. Employment in a workplace that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.
6. A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.

Oneota Community Food Co-op Staff

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

"The Scoop" Newsletter Staff

Editor ..... Nate Furler  
Design/Layout ..... Kaija Kjome  
Proofing ..... Cathryn Baldner  
The Scoop is published quarterly and distributed to 10,000+ 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.

2014-2015 Co-op Board of Directors

Mike Bollinger ..... oneotabollinger@gmail.com  
Anne Dykstra..... oneotadykstra@gmail.com  
Lora Friest..... oneotafriest@gmail.com  
Alicia Trout ..... oneotatrout@gmail.com  
Steve McCargar, President..... oneotamccargar@gmail.com  
Brita Nelson ..... oneotanelson@gmail.com  
Deneb Woods ..... oneotawoods@gmail.com

Senior Citizen Discount Monday

Every Monday members who qualify for senior discount  
(60 years of age or older) receive an extra 5% off most purchases.  
(excludes already marked down Co+op Deals sale items)

Member Volunteers - Nov/Dec/Jan

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

Steve McCargar	Lindsey Harman	Jeanie Kuhn	Yvonne VanVeldhuijen
Anne Dykstra	Wendy Stevens	LeAnn Popenhagen	Dave VanVeldhuizen
Lora Friest	Jon Hart	Carol Bentley-Iverson	Jim Stevens
Deneb Woods	Mary Hart	Brenda Burke	Wendy Stevens
Mike Bollinger	Arllys Adelmann	Lee Zook	Ingrid Rotto
Brita Nelson	Randall Duvall	Jan Heikes	Ann Mansfield
Alicia Trout	Carolyn Corbin	Jerry Aulwes	Joel Zook
Steffen Mirsky	Christine Gowdy-Jaehnig	Michael McElrath	Marti Runyon
Barb Dale	Onita Mohr	Lee Zieke	Dalton Little
Cynthia Lantz	Tara Woosley	Lindsay Lee	John Kraus
Carl Peterson	Rachel Breitenbach-Dirks	Bob Wilson	Elizabeth Rosales
Louise Hagen	Spartacus Rosales	Joann Aulwes	Brenda Burke
Nancy Eldgridge	Georgie Klevar	Bruce Jordan	Mwaura Muiruri
Dennis Carter	Marlene Runyon	Heather Sage	Dan Sullivan
Kristin Albertson	Ellen Cutting	Ruth Ann Kearney	Eric Lee

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

The Statement of Cooperative Identity

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

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

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

1st Principle.....	Voluntary & Open Membership
2nd Principle.....	Democratic Member Control
3rd Principle.....	Member Economic Participation
4th Principle.....	Autonomy & Independence
5th Principle.....	Education, Training & Information
6th Principle.....	Cooperation Among Cooperatives
7th Principle.....	Concern For Community

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

MEMBER-OWNERSHIP

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

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

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

- Support a locally owned and operated business that is part of our community and puts money back into the local economy.
- Get additional discounts on specific "member deals" sale items.
- Receive a 5% discount on Mondays if you are 60 years of age or older.
- Place free classified ads or reduced-rate display ads in The Scoop.
- Once each month, ask for your 5% discount on an unlimited quantity of purchases. (Excludes Member Deals, Co+op Deals, milk, eggs, magazines, wine, beer, fresh breads and pastries and Café items).
- Receive discounts on Co-op sponsored classes.
- Write checks for up to \$20 over purchase for cash back.
- Enjoy a 15% special order case discount on all Grocery, Bulk, Wellness and Produce special orders. Case quantities vary. (Excludes Co+op Deals and Member Deals sale items).
- Access to the Co-op's video collection with no fees.
- Have access to information on the Co-op's financial status.
- Run for a seat on the Board of Directors.
- Vote in Board elections and on referenda. (Share payment must be current).
- Share in the success of the Co-op through your member patronage dividend in the years where there is sufficient profit. Patronage dividends are given at the discretion of the Board of Directors.
- Own the store where you shop!
- Shares in the Oneota Co-op are fully refundable, minus the administration fee, should you choose to leave the Co-op.

*everyone can shop. everyone welcome. no membership required*

Welcome to these new member-owners:

Beth Albertson	Alex Gisleson	Lisa Radtke
Sherry Alcock	Kathy Grinhaus	Kathryn Rockne
Tara Bergey	Harris Hostager	Andrew Shawver
Chris Cleveland	Anna Jeide	Kati Stieler
Sylvia Clisham	Katrina Moyna	Stephanie Turnbull
Jenn DeLaRosa	Jason Kilby	Kathy Wathier
Barb Dostal	Erica Krause-Wagner	JaDene Wegner
Tim Dugger	Jody Krugger	Rachel Wrolstad
Linda Eiken	Steve Maley	
Liz Feuerhelm	Elizabeth Montet	
Laura Gentry	Neal Patten	

the

COMM

POST

ONEOTA

COMMUNITY

FOOD

COOPERATIVE

decorah, iowa

Water Street Café

OPEN • MONDAY - FRIDAY • 10-5

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



MEMBER DEALS 03/04/15 - 03/31/15

\* Regular prices subject to change

	SALE Price	Reg Price	Savings
<b>Packaged Grocery:</b>			
<b>EUROPEAN GOURMET BAKERY</b>			
Organic Frosted Chocolate Brownie Mix	\$4.39	\$4.99	\$0.60
Organic Chocolate Cake Mix	\$4.39	\$4.99	\$0.60
Organic Vanilla Cake Mix	\$4.39	\$4.99	\$0.60
Organic Vanilla Frosting Mix	\$4.39	\$4.99	\$0.60
Organic Brownie Mix	\$4.39	\$4.99	\$0.60
Organic Chocolate Frosting Mix	\$4.39	\$4.99	\$0.60
Organic Chocolate Pudding Mix	\$1.99	\$2.39	\$0.40
Organic Vanilla Pudding Mix	\$1.99	\$2.39	\$0.40
GINGER PEOPLE, Ginger Juice	\$3.39	\$4.49	\$1.10
Ginger Spread	\$2.99	\$3.99	\$1.00
Sweet Chili Ginger Sauce	\$4.39	\$5.79	\$1.40
GOOD HEALTH, Olive Oil Rosemary Potato Chip	\$2.39	\$3.19	\$0.80
Olive Oil Potato Chip	\$2.39	\$3.19	\$0.80
LUNDBERG, Organic Brown Rice Syrup	\$4.99	\$6.39	\$1.40
NAPA VALLEY, Grapeseed Oil	\$7.99	\$9.99	\$2.00
Organic Safflower Oil	\$7.99	\$9.79	\$1.80
Organic Sunflower Oil	\$7.99	\$9.99	\$2.00
Raspberrry Balsamic Vinegar	\$3.99	\$5.39	\$1.40
PERO, Instant Coffee Substitute	\$6.69	\$8.69	\$2.00
SANTA CRUZ, Organic Concord Grape Juice	\$3.69	\$4.59	\$0.90
Organic Orange Carrot Juice	\$3.69	\$4.59	\$0.90
WOODSTOCK, Organic Sugar	\$3.99	\$4.99	\$1.00
Powdered Sugar	\$3.69	\$4.49	\$0.80
YUMMY EARTH, Organic Easter Lollipops	\$3.99	\$4.99	\$1.00
RICE DREAM, Vanilla Carob Coated Frozen Treat	\$1.39	\$1.69	\$0.30
Vanilla Nutty Bar	\$1.29	\$1.69	\$0.40
Chocolate, Mint, Mocha Dream Pie	\$1.19	\$1.79	\$0.60
<b>Nutritional Supplements/ Body Care:</b>			
HOST DEFENSE, Chaga 60 Capsules	\$23.99	\$28.99	\$5.00
Cordyceps Energy Support 59	\$23.99	\$28.99	\$5.00
Cordychi Stress And Fatigue	\$14.99	\$17.99	\$3.00
Maitake Mushroom 60 Cap	\$23.99	\$28.99	\$5.00
Myco Shield Immune Support Spray	\$14.99	\$17.99	\$3.00
Mycommunity Immune Support 29	\$14.99	\$17.99	\$3.00
Mycoshield Spray Immune Support Peppermint	\$14.99	\$17.99	\$3.00
Reishi 30 Cap	\$14.99	\$18.19	\$3.20
HYLANDS, Arnica Montana 30X 250Tb	\$6.99	\$8.79	\$1.80
Calms Forte 100Tabs	\$7.99	\$9.99	\$2.00
Restful Legs 50Tabs	\$6.99	\$8.29	\$1.30
URBAN MOONSHINE, Deep Energy Spray 1/3 oz	\$5.99	\$6.99	\$1.00
Energy Tonic 2 oz	\$12.99	\$15.49	\$2.50
Immune Tonic 2 oz	\$12.99	\$14.99	\$2.00
Joy Tonic 2 oz Dropper	\$12.99	\$14.99	\$2.00
AURA CACIA, Aroma Mist Lav	\$5.99	\$7.99	\$2.00
Aroma Mist Patch/Omg	\$5.99	\$7.99	\$2.00
Aroma Mister Cinn/Ylang 4 oz	\$5.99	\$7.99	\$2.00
Aroma Mister Tangrn 4 oz	\$5.99	\$7.99	\$2.00
Body Mist - Refreshing Peppermint	\$5.99	\$7.99	\$2.00
Body Oil Lav 4 oz	\$5.99	\$8.99	\$3.00
Car Diffuser	\$7.99	\$11.99	\$4.00
Chakra Roll-On's - Crown, Empowering, Grounding			
Heart, Third Eye, Throat	\$11.99	\$15.99	\$4.00
Chill Pill Aromatherapy Mist	\$5.99	\$7.99	\$2.00
Eucalyptus Mist 4 oz	\$5.99	\$7.99	\$2.00
Pillow Potion Mist 2 oz	\$5.99	\$7.99	\$2.00
Room Diffuser	\$10.99	\$14.99	\$4.00
Yoga Mist Aura Cacia Awakening & Motivating	\$6.99	\$7.99	\$1.00
RADIUS, Replacement Heads 2Pk Soft	\$3.69	\$4.99	\$1.30
Toothbrush Case	\$2.99	\$3.99	\$1.00
Toothbrush Source Med	\$5.99	\$8.99	\$3.00
Toothbrush Right Hand	\$5.99	\$8.99	\$3.00
SOOTHING TOUCH, Narayan Balm X Strength	\$5.99	\$8.99	\$3.00
Narayan Gel Extra Strength	\$6.99	\$9.99	\$3.00
Narayan Oil 1 oz	\$7.99	\$12.99	\$5.00
MAGGIES ORGANICS, Sock Stripe, Crew, Purple	\$6.99	\$9.99	\$3.00
Sock Stripe Black & Blues	\$6.99	\$8.99	\$2.00
<b>Household Supplies:</b>			
BETTER LIFE, Floor Cleaner	\$4.69	\$6.99	\$2.30
Kitchen Sink Cleaner	\$4.69	\$6.59	\$1.90
Sage & Sink Cleaner	\$4.69	\$6.59	\$1.90
WORLD CENTRIC, Cornstarch Flatware	\$2.39	\$2.99	\$0.60
Cornstarch Forks	\$2.39	\$2.99	\$0.60
Cornstarch Knives	\$2.39	\$2.99	\$0.60
10" Compartment Paper Plate	\$3.99	\$4.99	\$1.00
9" Paper Plate	\$3.39	\$3.99	\$0.60
Cornstarch Spoons	\$2.39	\$2.99	\$0.60

oneota community food co-op

MEMBER DEAL

EXAMPLE

KETTLE

Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg. Price \$4.69  
SAVE \$0.80

EXAMPLE

see hold 12/9/14 - 12/16/14

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



Simply Antiques

Nancy Lerdall

801 East Water • Decorah, IA 52101

563-382-8806

Cleaning with Essential Oils

By: Carrie Johannngmeier, Co-op Wellness Buyer

Spring is finally here - the sun is shining and we welcome the warmer weather with its renewal. We open the windows and start purging the accumulated dirt, germs and odor from winter to create a clean and healthy living space.

A healthy environment is one that is free of toxins. So this spring let's not reach for those harsh chemicals that contaminate your home with toxins, defeating some of the purpose of all that scrubbing, soaking, washing and dusting. Exposure to chemicals in household cleaners can have an adverse effect on your family's health and pollute the air and water. The best way to make sure your living space is clean and healthy is to use safe, natural cleaning products. You can easily create them yourself, using natural and inexpensive ingredients. Nature provides simple, effective materials that clean and disinfect naturally. A short shopping list includes: vinegar, baking soda, borax, castile soap, spray bottles and essential oils.

- Essential Oils for Cleaning:**
- Tea Tree Oil-** A strong antibacterial that has antiviral and anti-fungal properties. Good for killing mold and mildew and for disinfecting surfaces.
  - Lavender Oil-** An antiseptic that has antibacterial and antiseptic properties.
  - Oregano Essential Oil-** Antibacterial, anti-fungal, antiviral and antiseptic properties. Great for floor and kitchen cleaners.
  - Grapefruit Oil-** A disinfectant and often added to bathroom and kitchen cleaners.
  - Thyme-** A strong antibacterial with antiviral and anti-fungal properties. Great in place of Lysol to clean frequently touched surfaces such as doorknobs and handles during cold and flu season.
  - Eucalyptus Oil-** Germicidal properties; enhances the effectiveness of other essential oils.
  - Lemon Oil-** Antiseptic benefits. Great to clean furniture.
  - Peppermint Oil-** Antibacterial properties. Great as a disinfectant for bathrooms and kitchen surfaces.
  - Orange Oil-** Great as a degreaser for kitchen surfaces.

WINDOW CLEANER

Ingredients:  
1 cup vinegar  
10-15 drops lemon essential oil  
Directions:  
Add vinegar to a 22-32 ounce spray bottle, add water and then the lemon essential oil. Shake well and use.

MULTI-PURPOSE SPRAY

Ingredients:  
2 cups water  
1/2 teaspoon borax  
1/2 teaspoon castile soap  
36 drops essential oil  
Directions:  
Combine ingredients in spray bottle. Shake before use.

TOILET BOWL CLEANER

Ingredients:  
18 ounces of water  
1/4 cup castile soap  
4 drops lavender  
4 drops tea tree  
4 drops lemon  
Directions: Combine ingredients in a 22 ounce spray bottle. Spray toilet bowl; scrub with brush and flush.

TUB AND SHOWER CLEANER

Ingredients:  
1 cup baking soda  
24 drops tea tree  
24 drops grapefruit  
Directions:  
Mix baking soda and essential oils. Rinse tub and shower. Sprinkle on powder and scrub with brush. Rinse.

FLOOR CLEANER

Ingredients:  
2 Tablespoons castile soap  
4-6 drops lemon essential oil  
2-4 drops tea tree essential oil  
Directions:  
Mix oils and soap in a 1 gallon bucket and add warm water. Dampen a sponge mop or rag and wipe grime from floors and hard surfaces.

end 2

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# Yogurt Choices a' Plenty

End 2

By: Beth Hoven Rotto, Cheese & Dairy Buyer

## It's enough to make your head spin.

I'm talking about the two doors full of yogurt choices at Oneota Community Co-op. Often I see people standing in front of them, and for good reason. There are a lot of options. As buyer for the Chill department, let me give you a yogurt tour and offer some considerations.

### Active Cultures or Not

Yogurt is made by introducing a small amount of active fermentation "starter" to warm milk and letting things culture for several hours. During this time the starter bacteria convert the lactose found in milk, into lactic acid which curdles the milk and gives it a distinctive, tangy flavor. Aside from the flavor, the beneficial cultures in yogurt are one of the good reasons to eat yogurt. But buyer beware. The USDA allows products to be called yogurt that are heat treated after culturing (which is done to prolong shelf life). This process kills all the beneficial cultures and still these products are allowed to bear the words "made with active cultures," because, yes, they were made with active cultures, but never mind that the active cultures were destroyed later. Be assured that the yogurts sold at Oneota Community Co-op contain active cultures.

### The Big or Little Guy

Yogurt is big business and multinational corporations own some of the brands that we carry: Brown Cow and most of the shares in the Stonyfield Farm brand are owned by the Danone Group based in France. Greek Gods is owned by giant Hain Celestial Group. Liberte is owned by General Mills. Fage is a multinational, and Chobani, though privately owned, is a huge international company. Our food co-op may have started purchasing these brands when they were independent, but corporate buy-outs happen so fast and without fanfare that we might not even notice the takeovers. In some cases these brands were built up by food co-ops over the years, and now they have a longstanding following among our members as well as widespread recognition via advertising in print and on television. They are also popular because they go on sale regularly.

You do have other choices, however. Independent companies such as Nancy's (based in Oregon), Wallaby Organic (northern California), Noosa (Colorado), and Seven Stars (Pennsylvania) make delicious yogurt and are strong companies. Right here, from Iowa, we have two independent companies to choose from: Kalona SuperNatural yogurt, and Country View Dairy.

### Organic or Not

Purchasing USDA certified organic yogurt ensures that the cow's feed was not genetically modified, and that the cows were not given recombinant bovine growth hormone (rBGH). Organic standards also require that during the grazing season a minimum of 30% of the cow's nutrition must come from pasture. It stands to reason that milk from these cows should be higher in nutrients and antioxidants than cows continuously kept in feedlots. To be certified, no synthetic herbicides or pesticides can be used at any point and no chemical aids such as de-foamers are allowed in the yogurt production. We offer organic yogurt in these brands: Maple Hill Creamery (new), Seven Stars, Wallaby Organic, Kalona Supernatural and Stonyfield - and occasionally others.

### Local, Regional or Far Flung

Country View is our local yogurt company, located less than 30 miles from our door. Yogurt made on the farm by the Rapson family is rBGH-free, gluten free and naturally sweet, possibly because the milk is pumped less than 200 feet from the milk house to the new (in 2011) creamery. All Country View yogurt is made from 1% milk.

Kalona SuperNatural is about 125 miles from Decorah and produces minimally processed yogurt using certified organic milk. Milk for their yogurt is batch pasteurized, which is a gentle, low heat method relatively rare today. The milk used in this yogurt comes from small farms in the Kalona, Iowa area, largely Amish and Mennonite family farms with an average herd size of 35. Many of the farms have been in the family for generations and have never been touched by chemical herbicides or pesticides.

### Homogenized or Not

Country View and Kalona SuperNatural yogurt are not homogenized. Homogenization is the process whereby the fat in milk becomes suspended in tiny particles throughout the milk through the use of pressure. There is no nutritional or health benefit to homogenization and it may make milk more difficult to digest. Yogurt made with non-homogenized milk has a layer of cream on the top and is, obviously, one step less processed. Stir in the cream or enjoy the layers. We carry other non-homogenized yogurt including Seven Stars and Stonyfield's new Oh My Yog!

### Greek Yogurt or "Greek style"

The rise of Greek yogurt has been phenomenal. Traditionally, authentic Greek yogurt is strained. The lactic acid that drips away makes the yogurt thicker, less tangy and sweeter. I've made it many times. Just dump yogurt onto several layers of cheese cloth, tie the ends together and let it drip for 20 minutes. Other yogurt that I'll call Greek-style are not strained and have additional ingredients to thicken and stabilize. Greek-style yogurt can be thickened with a number of ingredients including milk protein concentrate (also used because it is extremely high in protein.) What I didn't know before writing this article is that some milk protein concentrate is imported from countries where it is not regulated, whereas milk from US Grade A facilities are regulated for purity. I contacted Country View Dairy about the ingredients in their Greek yogurt, and they told me that the nonfat dry milk powder and milk protein concentrate that they use are both Grade A and rBST-free. They choose to thicken their Greek yogurt as opposed straining it due to the acidic whey by-product that can become an environmental issue.

### Whole milk yogurt vs. low fat and fat free

There has also been a phenomenal increase in the popularity of whole milk products of all kinds. Recent studies have shown the benefits of whole milk and the public has happily begun to choose whole milk products. So much so that there is, and probably will be, a shortage of whole milk, cream, butter and the like for the foreseeable future. At this time we only receive about 80% of our orders placed. The only thing I can say is that

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if you had a cow you could either drink whole milk, or you could skim it to make butter or ice cream or whatever you wanted with the cream. But you wouldn't throw away the skimmed milk, would you? I believe there is a place for low fat and fat free dairy products. Many low fat and fat free yogurts are very creamy and appealing, and are lower in calories.

### Sweetened or Unsweetened

Thinking about all of this yogurt makes my mouth water for some of the delicious flavored yogurts that are like rich desserts. My advice is that you take a look at the nutritional labels. Some yogurt is full of sugar and calories. Just so you know.

### Non-cow's milk yogurt

Don't forget that we carry yogurt made with goat's milk, soy milk, coconut milk and almond milk as well.

### Don't ask

I still have a lot to learn about yogurt. It's another case where the more I know, the more I know I don't know. But I do know that we are fortunate to have many good choices and a lot of variety. But when you are standing in front of the yogurt at Oneota Community Co-op and I say "hello", please don't ask me which yogurt is best.

(For some fascinating reading, don't forget a book I've mentioned before, "The Art of Fermentation" by Sandor Katz. He talks about the history of yogurt, describes how to make your own, and much more.)

There is a new research report (November 2014) well worth reading, specifically on yogurt. It was put out by the Cornucopia Institute and is titled Culture Wars: How the Food Giants Turned Yogurt, a Health Food, into Junk Food. It is a fifty plus page exhaustive report available online at <http://www.cornucopia.org/Yogurt-docs/CultureWars-FullReport.pdf>. The Cornucopia Institute, based in Wisconsin, is committed to promoting economic justice for family scale farms and acts as a watchdog of organic food standards. I discovered the report when I was searching for the Yogurt Scorecard. I use this as a tool in my job, and I think you will definitely find it enlightening. It is located at <http://cornucopia.org/yogurt-scorecard/>



# 2015 GARDENING CLASSES *with* LUTHER COLLEGE

All info available soon on the Luther College website (sign-up forms coming soon) · <http://s.coop/luthergardenclass>

Those interested in signing up can email [sustainability@luther.edu](mailto:sustainability@luther.edu) · Registration is required for all classes.

## SEED SELECTION: CHOOSING THE RIGHT SEEDS

Hybrid or heirloom? Indeterminate or determinate? Early or late maturing? Choosing seeds is exciting but can also be daunting. There are so many options! Which varieties grow best in this region? Where is the best place to buy seed and seedlings? How do I ensure a continuous harvest of key crops throughout the season? How do I select varieties that best suit my needs and values? Mike Bollinger (River Root Farm) and Grant Olson (Seed Savers Exchange) will discuss factors to consider when selecting seeds, and recommend some of their favorite varieties.

**Facilitators: Mike Bollinger and Grant Olson**

**Thursday, March 5, 2015**

**9:45-10:45 am**

**Luther College, Valders 362**



## SEED STARTING 101

There are many reputable places to buy high quality transplants, but have you ever thought about growing your own? Benefits of growing transplants at home include the ability to choose your favorite varieties, as well as the potential for significant cost savings. Production does depend a fair amount on the quality of the transplants so it's important to understand the factors that can lead to high quality, healthy transplants. Jeff Scott of Driftless Gardens will discuss strategies and techniques to help you learn to grow your own plant starts this year.

**Facilitator: Jeff Scott**

**Thursday, March 12, 2015**

**9:45-10:45 am**

**Luther College, Valders 362**



## HOW TO BUILD A RAISED BED

There are a myriad of benefits to gardening within a raised bed system. Benefits can include easier weed and pest control, better soil, accessibility and aesthetics. Jeff Scott of Driftless Gardens has installed many raised beds at schools and homes within the Decorah community. During this class he will discuss key considerations related to raised beds as well as show plans and budgets for various raised bed systems.

**Facilitator: Jeff Scott**

**Thursday, April 9, 2015**

**9:45-10:45 am**

**Luther College, Valders 362**



## HOW TO MAKE A BEAN TIPI

Bean tipis are an easy way to maximize the use of your garden space while also making the garden more topographically interesting. If you've always thought bean tipis must be difficult to build, think again! David Cavagnaro of the Pepperfield Project will work alongside participants to build a bean tipi in one of Luther's edible landscapes. Participants will learn about the types of materials from which tipis can be constructed as well as learn the best strategy for building a secure structure.

**Facilitator: David Cavagnaro**

**Thursday, April 30, 2015**

**9:45-10:45 am**

**Luther College, Valders 362 / Valders Edible Landscape**



## CONTAINER GARDENING

Containers can be great places to grow a garden. Container gardens are versatile and can be highly productive. David Cavagnaro has been photographing container gardens for years and will share his expertise on creating beautiful container gardens with combinations of flowers, plants and herbs. Perry Halse, of Luther's ground crew, has been incorporating edibles into flower pots all across campus. Participants are sure to leave feeling inspired to create container gardens that are sure to be the talk of the neighborhood.

**Facilitators: David Cavagnaro and Perry Halse**

**Thursday, May 14, 2015**

**9:45-10:45 am**

**Luther College, Valders 362**

## HOW TO BUILD A LOW-COST HOOP HOUSE FOR HOME PRODUCTION

Hoop houses can provide shelter for seedlings and early and late season crops. Many companies now offer greenhouses and hoop houses that are sized for home production. These structures can be expensive but the good news is that you can build one yourself! Giles Teslow and Perry Halse have both built multiple low budget hoop houses and will be on hand to provide you with design ideas and tips for constructing your own.

**Facilitators: Giles Teslow (Luther College Carpenter) and Perry Halse (Luther College Grounds Crew Staff)**

**Thursday, June 11, 2015**

**Noon-1 pm**

**College Farm - 2132 Pole Line Road, Decorah**



## BACKYARD CHICKENS

Do you like omelets and quiche? Have you always dreamed of being able to have fresh eggs for breakfast from a coop right out your back door? Jon Jensen and Rachel Sandhorst have been raising their own broilers and laying hens for years and will share some of what they've learned with participants during this session. They will discuss housing, light requirements, seasonal needs, feed and other considerations. Chickens are popping up all over Decorah. Come learn how you can be the next house to sport a coop.

**Facilitators: Jon Jensen and Rachel Sandhorst**

**Thursday, July 16, 2015**

**Noon-1 pm**

**Luther College, Valders 362**

## GROWING GRAPES

Think grapes and Iowa don't mix? Think again. Join David Cavagnaro for a conversation about growing grapes in this region. David has successfully grown grapes at his farm north of Decorah for years and will share with you some of his best tips and tricks. He will provide recommendations on varieties that do well in your Midwestern home garden.

**Facilitator: David Cavagnaro**

**Thursday, September 17, 2015**

**9:45-10:45 am**

**Luther College, Valders 362**

## SAVING THE SEASON: STORING VEGETABLES THROUGH THE WINTER

You've grown bushels of beautiful sweet potatoes, carrots, potatoes, brussels sprouts, leeks, squash and onions. They are still happy in the garden, but you know the frost and cold temperatures are imminent. Have no fear. Regardless of whether or not you have a root cellar, there are many creative solutions for storing your homegrown vegetables so that you can enjoy them throughout the winter and spring. Come learn how.

**Facilitator: David Cavagnaro**

**Thursday, October 1, 2015**

**9:45-10:45 am**

**Luther College, Valders 362**



# get your greens!

Greens are one wealthy group of classy vegetables. Can we say *nutrient rich*? They are loaded with beta-carotene, calcium, vitamin C, dietary fiber and minerals. Greens are even being given a “green” light with some cancer research. Most people are introduced to greens through soul food and southern-style cooking – and by golly, that’s some good eatin’!



## ARUGULA

**Flavor:** young leaves are mild; older leaves more peppery. **Uses:** young leaves can be eaten raw; older leaves are good in soups and stews. **Best friends:** beets, goat cheese, mozzarella, nuts, pancetta, roasted peppers, tomatoes.



## BEET GREENS

**Flavor:** sweet and mild; similar to spinach. **Uses:** young leaves briefly steamed; older leaves in stir fry. **Best friends:** Basil, dill, goat cheese, orange, slow-cooked beef or ham, sour cream, tarragon, yogurt.



## ENDIVE

**Flavor:** tangy, slightly bitter; inner leaves are milder. **Uses:** eat cooked or raw; salads, soups, stews, ragouts; cooking in cast iron will discolor leaves. **Best friends:** anchovies, bacon, cured black olives, eggs, pancetta, sweet-sour sauces, vinegar.



## KALE

**Flavor:** strong, even bitter. **Uses:** sauté, stir-fry, soups, stews.



## DANDELION

**Flavor:** young leaves are lightly bitter, tangy; good in salads. **Uses:** sauté, stir-fry, soups, stews.



## ESCAROLE

**Flavor:** a slightly milder version of endive. **Uses:** see endive. **Best friends:** See endive.



## SPINACH

**Flavor:** tender and mild. **Uses:** raw in salads, quickly wilted or braised. **Best friends:** aged cheeses, chicken, cream cheese, egg noodles, garlic, mushrooms, nutmeg, onions, shallots, sour cream.

## COLLARD GREENS

**Flavor:** slightly sweet. **Uses:** sauté, stir-fry, soups, stews.



## CHARD

**Flavor:** mild and full-bodied, like spinach. **Uses:** eat young leaves raw; older leaves cooked, sautéed, in soups or sauces. **Best friends:** anchovies, capers, cured meats and olives, garlic, hot chili pepper, lemon, olive oil, onions, citrus zest, raisins and currants, sweet spices, vinegar.



## WATERCRESS

**Flavor:** peppery and tangy. **Uses:** raw combined with other salad greens. **Best friends:** buttermilk, egg, cucumber, mushrooms, potatoes, rice, roasted meats, tofu, yogurt, apples, berries, goat cheese, mozzarella, nuts, pancetta, roasted peppers, tomatoes.

Greens content courtesy of Outpost Natural Foods Co-op  
Photos by Paul Sloth

# Driftless Gardens

Proudly offering organic garden and landscape services

Jeff Scott • [driftlessgardendesign.com](http://driftlessgardendesign.com) • 563 379-1101

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Lillian Goldman Visitors Center  
**OPENING MARCH 1**  
Seeds, Garden Tools, Books, Gifts, & more  
OPEN DAILY 10-5 [Mar-Oct] • THURS-SUN 10-5 [Nov-Dec]

SPRING SEED SALE  
**Save 20%**  
on all seeds  
Through the month of March

STARTING MAY 2  
Heritage Plant Sale  
Rare plants from our collection

## Patchwork Green Farm

Erik Sessions and Sara Peterson (563)387-0837 [patchworkgreen.com](http://patchworkgreen.com)  
Find us at the Decorah Farmers' Market from June-October.  
2015 Traditional and Market CSA Shares now available.

**Farmer's Market CSA shares available for 2015.**

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

For sign-up and more details, find us on Facebook.

### Canoe Creek Produce CSA

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

**Enrolling now for Fall 2015!**

Tuition assistance available

Kinderhaus embraces students of all racial, national and ethnic origins in all rights, privileges, programs, policies, and scholarships

### KINDERHAUS

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