

the Scoop

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312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666

PRODUCE GEEKS



by: Katherine Hannigan,
Assistant Produce Manager

Geek /gēk/ n: 2. a person who has excessive enthusiasm for and some expertise about a specialized subject or activity: a foreign-film geek. (from Dictionary.com)

We are geeks. Produce geeks. We sample the fruit when we get it from our distributors. Why? To insure quality, and so we can tell our customers what sort of flavors they can look forward to. When we taste something extraordinary—like the multi-layered lusciousness of a non-heat-treated mango, or the sweet and tangy sassiness of a Starkrimson pear—we get excited. Yes, and some of us make sounds—loud, wordless ones. One colleague emits a noise that’s part scream, part squeal, and a whole lot of “Mmmmm.” It is the most direct expression of happiness I’ve ever heard. It also scares coyotes and feral cats.

We like eliciting similar (but quieter) reactions from our customers. Not much makes me happier than watching the surprise and delight that transforms a customer’s face the first time they try something they didn’t know would be delicious. That’s why I was cutting up slices of Melogold grapefruit and passing them out to anyone who would take them after I first tasted it. Until I met the Melogold, grapefruit had been a lot like homework—it might be good for me, but it was hard to swallow. I even suspected there was some cruelty involved in its creation. But Melogold tastes like angels kissed it, banishing that grapefruit bitterness, leaving pure scrumptiousness. Lots of folks felt the same. We’d be standing in the produce section, smiling and having a small-scale celebration, so happy because we live in a world where humans help grow these things, and then get to eat them. We were reveling in our connectedness.

I’ve said to my colleagues more than once, “There’s a reason produce and party both begin with the letter ‘P’.” They laugh, but they don’t disagree.

We are not simply enthusiasts, though. We bring our intellects to this vocation, too. One Monday, as we discussed the distinct shape and color of Romanesco broccoli, Betsy Peirce, the produce manager, shared, “And its form is a natural approximation of a fractal.” So there. And after delivering the last of the Roma tomatoes for the season, Barb Kraus from Canoe Creek Produce informed me that kiwi berries are the same genus, but not species, as a regular kiwi. Why? Because I asked her. Because I’m a geek.

Betsy shares the Coop Partners Produce Newsletter with us every week, and we read it - because we want to. It’s informative and educational. It tells us which fruits and vegetables are on their way, how they’re grown, how they taste and how to take care of them. The writing is succinct, honest, and enthusiastic—it’s a pleasure to read (for a geek). Here’s an example:

“The spectacular ‘non-hot water treated’ Kent Mangoes are here. These are from growing regions in Mexico that are determined to be free of bugs that the USDA is concerned about, so the fruit does not need to go through the hot water treatment that most import mangoes are subjected to. Truly raw fruit has always been better eating with better texture (and more consistent ripening) than the treated fruit.” (8/14/17)

CCPN gives us ideas and gets us excited. In the October 9th edition of the newsletter, the CCPN authors announced, among other things, that jicama would finally be available from a regional

grower. Betsy prefaced her e-mail to us with this message: “LOCAL Jicama!!” as if we should break out the confetti and kazoos. Indeed it was time to start celebrating because it’s a party.

Sometimes, the CPPN folks tell us things we don’t want to hear like there will be no more Melogolds for a while or the price of avocados is going up. They offer explanations. We study those remarks a little more specifically partly to soothe our own sadness and to have answers for our customers when they ask, “Why?” The reasons are always matter-of-fact, involving cause and effect like, “Over the last few weeks, Maywood Farms (the premier Fig orchard in the country) has seen unprecedented heat, and then rains...and now

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Capitalism Is Not the Only Choice

We have opportunities every day to build economies that lift each other up and spread joy.

By: Penn Loh

Since the breakup of the Soviet bloc and China’s turn toward free markets, many economists have pronounced an “end of history,” where capitalism reigns supreme as the ultimate form of economy. Perhaps “there is no alternative” to a globalized neoliberal economy, as former British Prime Minister Margaret Thatcher often said. Indeed, free markets in which individuals compete to get what they can while they can are glorified in popular culture through reality shows such as Shark Tank.

But many of us in the 99 percent are not feeling so happy or secure about this economy’s results. Many are working harder and longer just to maintain housing and keep food on the table. Even the college-educated are mired in student debt, keeping the American Dream beyond their grasp. And then there are those who have never been served well by this economy. African Americans were liberated from enslavement only to be largely shut out of “free” market opportunities. Immigrants continue to work in the shadows. Women still earn only about three-quarters of what men make for the same work.

So, are we trapped in capitalism? While many of us may want a new economy where

people and planet are prioritized over profit, we remain skeptical that another world is really possible. We make some progress locally but then feel powerless to affect national and global forces. Too often “the economy” is equated with markets where corporations compete to make profits for the wealthiest 1 percent and the rest work for a wage or salary (or don’t make money at all). Work itself is seen as legitimate only if it legally generates income. Value is measured only in money terms, based on what people are willing to pay in the market. The capitalist mindset also separates economy from society and nature, as if it exists apart from people, communities, government, and our planet. Economy is its own machine, fueled by profit and competition.

When everything that we label “economic” is assumed to be capitalist—transactional and market-driven—then it is no wonder that we run short on imagination.

Redefining economy beyond capitalism To escape this “capitalocentrism,” we need to broaden the definition of economy beyond capitalism. What if, instead, economy is all the ways that we meet our material needs and care for each other? And what if it’s not a singular thing? Then we would see that beneath the official capitalist economy are

all sorts of thriving non-capitalist economies, where there may not be a profit motive or market exchange. They include tasks that we do every day. We care for our children and elderly; we cook and clean for ourselves and each other; we grow food; we provide emotional support to friends. These are all ways of meeting our material needs and caring for each other.

For many, these economies, which foster solidarity and are rooted in values of democracy and justice rather than maximizing profit, are invisible or not recognized as “economic”; they are merely how we go about our lives. Capitalist thinking blinds us to these economic activities, some of which make survival possible and life meaningful. These non-capitalist ways also add up to a significant portion of all economic activity. Economist Nancy Folbre from University of Massachusetts Amherst



estimates that unpaid domestic work (historically considered “women’s work”) was equal to 26 percent of the U.S. gross domestic product in 2010.

Broadening the definition of economy also puts people back into the system and empowers us. Economy is not just something that happens to us, a sea in which we swim or sink. Rather we are all part of multiple economies, some in which we are the main actors—such as our household economies—and others in which we are the extras—such as venture capital markets.

Recognizing these diverse economies and lifting the veil of capitalocentrism allows us to see that there are choices to be made,

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

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Decorah is one of those special places in the Midwest that has a vibrant, independently-owned downtown business district and we value our cultural heritage, diversity and raising healthy children. I hope we can find some solutions to these issues facing our foodservice and service industry so that onions, local meats, vegetables and other ingredients will once again find their way back into the dishes offered by our restaurants and bring more spice to this great community of ours.

CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

CLASS KEY

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

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

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

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

DECEMBER

SUSTAINABLE KIDS: HOLIDAY EDITION!

Mondays, December 4th, 11th, and 18th, 3:15pm-4:15pm

3rd and 4th grade students are invited to learn about living sustainably through the holidays and beyond. During this 3 week program, kids will engage in fun, hands-on activities to learn about sustainable living, all tied together with a holiday theme. Kids will be picked up via walking school bus from Carrie Lee Elementary at 3:05pm. This program is a partnership between The Oneota Community Co-op and Green Iowa AmeriCorps.

Concepts taught in each class are as follows:

December 4: Up-cycling - making holiday ornaments from recycled materials

December 11: Reusing - creating an edible homemade gift in a reusable container

December 18: Eating Sustainably - making a holiday treat from sustainably sourced food

*Class concepts and activities are subject to change without notice

Class Codes: HO

Max participants: 12

Instructor: Ashley Lookenhouse and Hannah Haugen

Cost: FREE

GIFTS MADE WITH LOVE

Saturday, December 16th, 2pm-4pm

This year, forgo the conventional plastic singing fish, and the electronic wine breather, in favor of a gift that will fill the belly rather than the landfill. In this class we will demonstrate a variety of homemade (and edible!) gift options using a minimum of disposable materials. We will also touch on Furoshiki, the Japanese art of wrapping with reusable cloth. Participants will each leave with a gift jar of homemade deliciousness.

Class Code: DM, HO, VG

Max participants: 16

Instructor: Andrea Springmeier

Cost: \$15 member/owners, \$18 community members

FOOD TRADITIONS OF UKRAINE:

CABBAGE ROLLS

Thursday, December 21st, 5:30-7:30pm

Try your hand at making the Ukrainian version of stuffed cabbage. Stuffed with a mixture of rice, meat, and vegetables and served warm, these may be the perfect dish to warm up those cold winter evenings.

Class Code: DM/HO, GF

Max participants: 20

Instructor: Maryna Bazylevych

Cost: \$12 member/owners, \$15 community members

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

JANUARY

LEFSE MAKING

Sunday, January 7th, 1:00-3:00pm

You asked for it, Decorah! Austin Bauer is here to deliver on your requests. Let your inner Norse shine by learning to make this traditional pastry. Lefse is a Norwegian flatbread made from potatoes, flour, butter and milk. In this demonstration-style class, we will cover the basics of lefse making, with an opportunity for participants to work on their lefse-flipping prowess, and of course, taste the results.

Class Code: DM

Max participants: 12

Instructor: Austin Bauer

Cost: \$12 member/owners, \$15 community members

TESTING FOR WELLNESS & TRAUMA

Wednesday, January 17th, 6:00-8:00pm

Have you ever dowsed or been muscle tested? In this class we will learn how to tap into what our body is telling us we need for essential oils, homeopathy, and supplements. A lecture on what Quantum Neuro Reset Therapy and how muscle testing is used for the session. QNRT is a protocol designed for the recipient to have a quantum shift in the nervous system by resetting the brain's response to emotional triggers from the past and present. Further information on QNRT.com

Class Code: L

Max participants: 14

Instructor: Carol Whittle

Cost: \$5 member/owners, \$7 community members

PLANNING TO EAT WITH THE SEASONS

Thursday, January 18th, 6:00-7:30pm

We live in Iowa, one of the agriculturally richest places in the world. Let's eat abundantly from this place we call home! Your favorite local veggie farmers have come together to whet your appetite for the 2018 season by discussing topics on seasonal produce: when different crops are planted and come to maturity, how to plant successions of crops for a continuous supply, and favorite ways to decide what to eat based on what's coming out of the garden. We'll talk through ways of preserving local produce to enjoy all year long... and we'll also give everyone the opportunity to start thinking about their seasonal eating plan, with vegetables from the garden and from local farmers, along with discussion of meat, dairy, egg, and grain options.

Class Code: L

Max participants: 24

Instructors: Hannah Breckbill, Emily Fagan, Barb Kraus, and Erik Sessions

Cost: \$5 member/owners, \$7 community members

FEBRUARY

ENERGY SAVERS

Thursdays, February 1st, 8th, 15th, 22nd, 3:15pm-4:30pm

3rd and 4th grade students are invited to join us as we learn fun ways to help to save energy. During this 4 week program, kids will engage in hands-on activities while learning to be successful energy savers. We will experiment with building model windmills, water wheels, and more! Kids will be picked up via Walking School Bus from Carrie Lee Elementary at 3:05pm. This program is a partnership between The Oneota Community Co-op and Green Iowa AmeriCorps.

Class Codes: HO

Max participants: 12

Instructor: Ashley Lookenhouse and Hannah Haugen

Cost: FREE

VEGAN-FRIENDLY ETHIOPIAN

Thursday, February 1st, 5:30-7:30pm

Participants will make and take home a spice blend as well as a spice-infused olive oil to use as the foundation for Ethiopian cooking. In addition, we'll make two stews to eat, and experiment with making injera, the Ethiopian flatbread, to give your lefse griddle something else to do in life. While we'll be forgoing some traditional ingredients, such as butter and goat, we'll still enjoy the distinctive smells and flavors of Ethiopian cuisine.

Class Code: HO, VN

Max participants: 16

Instructor: Eric Baack

Cost: \$ 12 member/owners, \$15 community members

EXPLORING REGIONAL CUISINES & THE LANGUAGE OF MEXICO: GUANAJUATO & YUCATAN

Saturday, February 10th, 2:00-4:00pm

The Co-op's own David Lester and Monica Vazquez will lead participants in an exploration of the cuisines of two distinct regions of Mexico. Monica presents dishes from her home state of Guanajuato, just North of Mexico City. She loves creating variations on traditional dishes like tamales and carnitas, including a variety of salsas. David spent a month of his recent sabbatical traveling the Yucatan and attended courses at Los Dos Cooking School in Merida, started by chef David Sterling. David's focus is Yucatecan botanas, the traditional snacks served in the region's cantinas. To round out the evening, Jim Tripp leads the class in a brief study of some basic Spanish words and phrases used in the kitchen, as well as some key phrases for ordering in restaurants. Wine a beer sampling will be offered to complement the menu.

*Must be 21 or older to sample alcohol.

Class Code: DM/HO, GF

Max participants:14

Instructors: David Lester, Monica Vazquez, and Jim Tripp

Cost: \$25 member/owners, \$28 community members

CLASS INSTRUCTOR BIOS:

ASHLEY LOOKENHOUSE

is a member of Green Iowa AmeriCorps and a recent graduate of Gettysburg College, Gettysburg, PA. She received her degree in Political Science and Women, Gender, and Sexuality Studies. During her time at Gettysburg she found that she was passionate about serving her community, National Parks, and social and environmental justice. All of which she participated in by volunteering with multiple programs, many of them focusing on education.

AUSTIN BAUER

Recently completed his MS in entomology from UW - Madison and is currently an AmeriCorps Promise Fellow at Northfield High School in Northfield, MN. Growing up in Northern Minnesota, making lefse was a staple for his family around the holidays. Lefse making is an art that he eagerly looks forward to sharing with the Decorah community.

CAROL WHITTLE LPN, BSW, BS, HHP

Has a professional certificate in Quantum Neurological Reset Therapy and working on her doctor of Natural Medicine with over 30 yrs in private health care. Carol was diagnosed with Systemic Lupus in 2004 which was a manifestation of Lyme disease, PTSD, and heavy metal poisoning. Carol is the owner-practitioner of Bluff View Wellness.

DAVID LESTER

was hired as the General Manager of the Oneota Community Co-op in 2010 and has been in the foodservice industry for 22 years. He and his spouse, Amalia, live in Decorah and have traveled to the Yucatan state of Mexico extensively the last three years. One of David's passions is cooking, and learning different cooking styles to replicate and put a new twist in his home kitchen. One of his favorite things to do at home is to entertain and cook beside his son, Finn

ERIC BAACK

has been enthusiastically cooking and eating mostly vegetarian food for 25 years. He enjoys sharing his love of food and cooking through dinners for his students at Luther College and through classes offered for the Decorah community.

HANNAH BRECKBILL, EMILY FAGAN, BARB KRAUS, & ERIK SESSIONS

Your local farmers! These four contribute so much to our local food system through their many combined years of small farming experience. Now they are coming together to share their knowledge on all your veggie questions, from planting to preserving. Who's your farmer?

HANNAH HAUGEN

is a member of Green Iowa AmeriCorps and a recent graduate of Luther College where she studied Biology and Environmental Studies. She enjoys running, snowboarding, and exploring natural spaces. She is still discovering her interests that are concentrated in natural healthcare, Botany, and general environmental issues. She is excited to have the opportunity to share these interests with children and community members.

JIM TRIPP

Lives in Decorah, IA and specializes in Spanish Language Studies, teaching in Postville, IA. He frequently shares his talents with the Decorah community by offering Spanish language classes through Art Haus.

MARYNA BAZYLEVYCH

is an Associate Professor of Anthropology at Luther College. Born and raised in Ukraine, she moved to the US for graduate studies. Maryna returns to Ukraine every chance she gets to visit family and friends. Maryna lives in Decorah with her partner, children, and pets. You can see her at Preus library study desk or Koren building every morning.

MONICA VAZQUEZ

joined the Co-op as a cook in the Water Street Cafe in 2016. Monica grew up in Cuernamaro, Mexico in the state of Guanajuato. She has made her home in Postville, Iowa for the past 26 years and shares it with her 5 children. She enjoys time with family, cooking big family meals, painting, and admiring art.

CLASS REGISTRATION INFORMATION

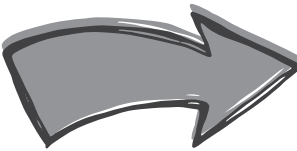
Co-op Member/Owners: Pay at the time of registration, either by phone and charge class fees to your Co-op account which you pay when you come in to shop, in person at the Customer Service Desk or online at www.oneotacoop.com/education-events.

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

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

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

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



LOOKING TO STAY UP-TO-DATE?

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

Follow us on Facebook - Oneota Community Food Co-op

Twitter - @oneotacoop

Subscribe to our weekly e-newsletter "The COMM POST" through links on Facebook and on our website - oneotacoop.com.



HOLISTIC SKIN CARE

by: Gretchen Fox Schempp, Wellness Buyer

When I began my career with the Oneota Co-op a dozen years ago, I was introduced to the divine facial care products by Evan Healy. I've been using them ever since and have had the pleasure and privilege to train with Evan on various occasions. Most recently I was treated to a facial and massage with one of her own trained aestheticians while I was in Anaheim at Expo West last spring. Even in this indulgent special treatment I was able to learn more about my own skin, general skin care and how managing stress may be one vital component to skin health.

Evan spent 6 years in the fashion industry before she decided that she needed a change and moved to San Diego to pursue a new career in personal care. Her focus right out of the gate was ingredients, valuing organic over chemicals and synthetics, and including in her formulations flower essences to enhance the emotional state of the skin. In 1986 she trained as an aesthetician and has continued post graduate studies in alternative healing modalities in France, Germany, England and India. Learning to trust her intuition and respecting the rhythms of nature, Evan grew in her private practice. More and more she discovered how little the skin actually needed to maintain health and how amazingly it responded to simple care. Hence one of her branded statements "less is more".

Evan's skin care protocol is simple and gears towards nurturing the skin rather than fighting it. One of the first items in her protocol seemed counterintuitive to even myself when I heard it. Oil. Put oil on your face. What? This goes against everything we learned as teenagers when acne and oily skin were something to assuage with all vengeance. Our skin contains oil and water glands that are a key component to our immune system: the acid mantle or pH balance. Our skin is home to an immune-enhancing

Managing the health of our skin, our largest organ, is a first line of defense for our immune systems. It doesn't have to be complicated. Cleanse, tone, moisturize, and an occasional special treatment for specific conditions or just for fun.

CLEANSING

Gentle is best. Evan offers three cleansers in her line: **Blue Lavender Cleansing Milk**, **Rose Cleansing Milk** and **Tea Tree Cleanser**. I am mostly a fan of the cleansing milks as they are a gentle approach to cleansing with kaolin clay in the formulation for purifying the skin. If you must have a slightly foamy, more traditional soap-like cleanser, or have troubled acne-prone skin, the **Tea Tree Gel Cleanser** is a gentle alternative to some of the harsher tea tree cleansers on the market. We don't carry this one on our shelf but we are always happy to special order it for interested parties. With that being said, I feel like the **Blue Lavender Milk** is a great choice for troubled skin too, as it has calming chamomile and lavender in its formulation to combat redness and irritation.

Cleanse in the morning, always. Your skin detoxifies while you are sleeping.



TONING

Oil and water. Don't be afraid. Like I said earlier, your skin is made up of oil and water. Give it what it wants.

What kind of oil though? Not just any oil is good for the face. Cold pressed and organic are key. Argan and Rosehip oils have been gaining popularity as wonderful skin care oils for the past 10 years or so. Evan's been using these all along. Not only sourcing organic and high quality, but also working with women's cooperatives in Morocco and Ghana supporting sandalwood reforestation. In addition, she's supporting small family farms deeply connected to the land in Washington State, France and South Africa.

Rosehip oil is rich in natural pro-Vitamin A and EFA's (essential fatty acids). This is used by indigenous people in the Chilean Andes to treat burned and damaged skin.

Argan oil is rich in tocopherols, squalene and saponins. It works to soften the skin and to reduce the appearance of fine lines and wrinkles. Evan's Argan formulation, **Argan Intensive Serum**, includes sandalwood and frankincense oils to additionally support the minimization of brown spots.

The combination of oil and water is the second step in Evan's skin care line. The oil and water toning step comes in the form of your oil of choice and a hydrosol. Hydrosol or **Hydrosoul**, as Evan has coined hers, are highly therapeutic waters that are normally a by-product of essential oil distillation. Evan's are never distilled for the essential oil but for the sole (soul) purpose of becoming a handcrafted **HydroSoul**.

The combination of one pump of your choice oil and about 6 pumps of your choice hydrosoul in the palm of your hand is the perfect combination for toning, nurturing and moisturizing your skin. I first pump the oil in my hand, prime my face with a mist of the hydrosoul, add the pumps of hydrosoul to the oil, rub my hands gently together and pat the emulsion on my face. I will gently massage my face across my nose and eye sockets with my fingertips to soothe my sinuses and increase blood flow. During my facial they took this step further and used a warm damp cloth on my face letting it sit so the oil could really soak in. This was highly relaxing and a nice way to relieve stress. Afterwards spritz a few more pumps of hydrosol on the face and you are toned!

Many days this is enough for my skin and I skip the moisturizing step altogether. If you need extra moisture or want to protect your skin from the elements I would suggest a moisturizer.

MOISTURE

There are two main moisturizers in the line **Blue Chamomile** and **Rose Vetiver**. **Blue Chamomile** is geared towards sensitive or inflamed, irritated skin. **The Rose Vetiver** is designed for mature, sun damaged skin. Fortified with carrot seed, rose geranium, clary sage and vetiver oils, it is both nourishing and balancing. That being said, if you despise the scent of rose geranium or blue chamomile, go with your nose. As with all components of this line, if it doesn't smell good to you it's not going to make you feel good. If you emotionally don't feel good about it, your skin will know!

There is also the **Whipped Shea Butter** that can be used for deep moisturizing and/or a barrier moisturizer for extreme weather conditions. I like to use this one in winter when I am out in the elements to protect my face from the cold and wind. Another of my favorite uses of the the Whipped Shea is to mix with Green Clay and apply before a shower for a deeply moisturizing and detoxifying experience. Just rinse after letting soak in while you shower.



SPECIAL TREATMENTS

Clay masks are one of the special treatments in the Evan Healy line. Special treatments should not necessarily be done on a daily basis, but on a weekly or as needed basis. **Evan's Green Tea Clay** is a deeply detoxifying clay mask. This is a good mask to use for disrupted skin, breakouts or prior to toxic exposure. **The French Rose Clay** is a gentler and smoothing clay mask. They both come as a powder that you mix yourself with a bit of water. You may add a few pumps of facial oil to smooth out the clay mask as an added treat. Apply with fingertips or a mask brush and let dry. To lengthen process and treat the skin more deeply, spritz Hydrosoul of your choice on the mask and let dry again. Rinse with warm water and tone, using extra Hydrosoul to restore moisture and balance. Don't be alarmed if you find yourself with an extra rosy glow after a mask. The clay is highly detoxifying and will bring blood to the surface briefly, thereby increasing circulation.

There are many other delightful and delicious items in the Evan Healy line.

The Wild Carrot Nourishing Eye Balm is packaged in a tube for easy application. Daily application tones, nourishes, brightens, smooths and protects the delicate skin around the eyes.

The Sea Algae Serum is a silky sheer antioxidant firming treatment that can help visibly revitalize skin damage caused by sun, pollutants and aging.

The Sheer Tint Sun Stick SPF 30 is Evan's long awaited supreme solar protection for all skin.

The Whipped Shea Butter for Lips has got to be my favorite lip balm EVER. This gourmet lip balm is the ultimate protection for lips. I find that it lasts long, doesn't need to be reapplied too often and doesn't even melt in my car during the summer!

And lastly, the **Blue Cactus Beauty Elixir** is a cooling and nourishing antioxidant rich desert inspired oil for soothing, calming, moisturizing and illuminating the skin, rich in EFA's and Vitamin E.

You will find more information on other Evan Healy items in her pamphlet (pick one up in the store) or on her website www.evanhealy.com. We are always happy to special order items you can't find on our shelves.

Stop by, I'm always happy to chat skin care in the aisles!



these sales valid

NOV 29 - DEC 12, 2017

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

holiday and every day

DEALS FOR DELICIOUS MEALS

When you're planning for a special occasion or a weeknight easy dinner, look for the **Co+op Deals** sales signs - good food at great prices, every day.

2/\$3

Dr. McDougall's Soup Cups

1.1-3.4 oz., selected varieties

3.19

Jovial Organic Brown Rice Pasta

12 oz., selected varieties

3.69

Crofter's Organic Premium Fruit Spread

16.5 oz., selected varieties
10-11 oz. Fruit Spread also on sale

10.99

Spectrum Organic Mediterranean Extra Virgin Olive Oil

33.8 oz.,
other Cooking Oil also on sale

2/\$4

Cascadian Farm Organic Frozen Vegetables

16 oz., selected varieties
other frozen vegetables also on sale

2/\$4

Wolfgang Puck Organic Soup

14.5 oz., selected varieties

2/\$4

Endangered Species Chocolate Bar

3 oz., selected varieties

3/\$5

Near East Couscous Dinner Mix

5.4-10 oz., selected varieties

3.99

Organic Valley Eggnog

32 oz.

2/\$4

EVOL Burrito

5.6 oz., selected varieties
other EVOL products also on sale

1.69

Coconutmilk Creamer

16 oz., selected varieties

4.69

Coconutmilk Yogurt Alternative

24 oz., selected varieties

2.99

CocoWhip

9 oz., selected varieties

2.39

Holiday Nog

32 oz., selected varieties

3.69

Glutino Perfect Pie Crust Mix

16 oz., other Gluten Free Pantry Mixes also on sale

3.39

Wholesome! Organic Powdered Sugar

16 oz., other Sugar products also on sale

2.99

Santa Cruz Organic Applesauce

23 oz., selected varieties

8.99

Equal Exchange Organic Bulk Coffee

per pound in bulk
Bulk Decaf Coffee not on sale

2.99

Arrowhead Mills Graham Cracker Crust

6 oz.

3.39

Organic Valley Whipping Cream

16 oz.

3.99

Talenti Gelato

16 oz., selected varieties

2.99

Golden Temple Bulk Granola

per pound in bulk

3.39

Arrowhead Mills Pancake & Waffle Mix

26 oz., selected varieties

4.39

Organic Valley Organic Brown Eggs

doz., Large or Extra-large, selected varieties

2/\$5

Chocolove Chocolate Bar

3.2 oz., selected varieties

2/\$5

Nature's Path Organic Waffles

7.4 oz., selected varieties

4/\$5

Liberte Organic Yogurt

5.5 oz., selected varieties

3.99

Lifeway Organic Lowfat Kefir

32 oz., selected varieties

2.99

The Greek Gods Greek Yogurt

24 oz., selected varieties

3.69

Nature's Path Organic Love Crunch Cereal

11.5 oz., selected varieties

2/\$5

Divine Chocolate Bar

3.5 oz., selected varieties

4.99

Organic Valley Organic Ricotta Cheese

15oz.

5.99

Organic Prairie Organic Sliced Deli Meat

6 oz., selected varieties

8.99

Just Coffee Co-Op Coffee

12 oz., selected varieties

goodness giveaway

Win groceries. Give groceries.

Visit your co-op and enter to win an assortment of quality **Co+op Basics** products for yourself - while earning a donation for a local food shelf or food bank! Co+op Basics is a program that offers everyday low prices on grocery and household items for everyone, every day.

One giveaway per participating store; entry forms and online entry managed by participating co-ops. No purchase necessary.

joy to deliciousness

It's no coincidence that delicious is the name. Make your dairy-free holiday brighter with tasty **So Delicious** Coconut Creamer, Coconutmilk Yogurt Alternative, CocoWhip! and Holiday Nog. Now that's a reason to celebrate!

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

. these sales valid NOV 29 - DEC 12, 2017			
 2/\$4 Perrier Sparkling Water 25.3 oz., selected varieties	 <i>Co-op Deals sale prices are available to all shoppers of the Co-op!</i> 2/\$4 Boulder Canyon Potato Chips 5 oz., selected varieties	 <i>easy, elegant!</i> Welcome guests with a lovely local cheese platter. Add dried fruits, nuts and your favorite assortment of crackers from the co-op.	
 2.69 R.W. Knudsen Sparkling Juice 750 ml., selected varieties, Organic Sparkling Juice \$3.39	 2/\$5 Kevita Organic Sparkling Probiotic Drink 15.2 oz., selected varieties	 <i>dinner in minutes</i> Pantry staples like canned beans, roasted red peppers & pesto in a jar mean you've got dinner, pronto! Find the recipe for Penne with Green Beans & pesto at www.strongertogether.coop , and stock up on great deals for weeknight meals at the co-op.	
 2/\$7 Izze Sparkling Juice Beverage 4 pack, selected varieties	 2/\$7 Green Mountain Gringo 16 oz, selected varieties	 10.99 Alba Botanica Very Emollient Lotion 32 oz, selected varieties	 11.99 Weleda Skin Food 2.5 oz, other Hand Cream also on sale
 25.99 Garden Of Life mykind Organics Multi Gummies 120 ct., selected varieties	 14.99 Natural Vitality Natural Calm 8 oz., selected varieties Unflavored 8 oz. Natural Calm \$13.99	 7.99 Aura Cacia Lavender Essential Oil .5 oz, other Essential Oils also on sale	 3/\$10 Nubian Heritage Bar Soap 5 oz, selected varieties
 10.99 Oregon's Wild Harvest Organic Echinacea 90 ct., other Herbs also on sale	 2/\$6 Yogi Herbal Tea 16 ct., selected varieties	 29.99 Dr. Hauschka Day Cream 1 oz., selected varieties other Dr. Hauschka products also on sale	 12.99 Evolution Salt Co. Himalayan Crystal Salt Lamp ea.
 39.99 Nordic Naturals Ultimate Omega 2X 60 ct., other Supplements also on sale	 22.99 New Chapter Turmeric Force 60 ct., other New Chapter products also on sale	 3/\$5 Eden Foods Organic Beans 15 oz., selected varieties	 2.69 Pomi Tomatoes 26.4 oz., selected varieties
 4.99 Better Than Bouillon Organic Broth Base 8 oz., selected varieties	 2.99 Montebello 15 oz., selected varieties	 6.99 Dr. Bronner's Organic Coconut Oil 14 oz., selected varieties	 2/\$5 Earth Friendly Ecos Dishmate 25 oz., selected varieties
 2/\$3 Wellness Cat Food 5.5 oz., selected varieties other Cat Food products also on sale	 16.99 Solaray D-Mannose with CranActin 60 ct., other Herbal products also on sale	 3/\$5 Green Forest Facial Tissues 175 ct.	 <i>sweet savings in bulk</i> 2.99 Bulk Organic Thompson Seedless Raisins per pound in bulk
 9.99 Bulk Organic Walnuts per pound in bulk	 <i>craveable, lovable.</i> Kids, moms & bunnies all agree. With whole grain and real cheese, you won't believe organic tastes as good as this.	 11.99 Bulk Deluxe Roasted & Salted Mixed Nuts per pound in bulk	2/\$3 Annie's Homegrown Pasta & Cheese Dinner 6 oz., selected varieties
Not all flyer items available in-store, but please speak to a staff member about placing a special order.			



Christmas Trees

FROM ONEOTA SLOPES
5.5-8 FT TALL

WHITE PINE - **\$35 each**
SPRUCE - **\$40 each**

Fresh, Locally & Sustainably Grown

AVAILABLE AT THE ONEOTA CO-OP

HOLIDAY STORE HOURS

CHRISTMAS EVE
December 24th - 10:00 AM - 4:00 PM

CHRISTMAS DAY
December 25th - CLOSED

NEW YEARS EVE
December 31st - 10:00 AM - 4:00 PM

NEW YEARS DAY
January 1st - CLOSED

Waving Grains COOPERATIVE Bakery

About 25 years ago Waving Grains Bakery began serving up delicious breads, rolls, cookies and fudgy oat bars that have become a staple for many of us here in Northeast Iowa. Using primarily organic and whole grain ingredients, the bakery maintained a commitment to both healthy food and safer agriculture. Now, after two and half decades of building this community asset, Jo Iverson has exited the business in order to do something different (she recently became a grandmother for the first time) and give her wrists some rest.

In the absence of a willing buyer, it appeared the bakery might have to be closed and the equipment auctioned off – piece by piece. This would have meant no more sourdough bread or cornmeal lime cookies in our household. The prospect of having no Waving Grains Bakery in Decorah got several of us thinking. How could we purchase the business to keep it going, and enable Jo to retire without losing all that has been invested in the bakery over the years?

One workable answer to that question was to transition the bakery into a consumer cooperative using the same business model and structure as the Oneota Co-op. After several months of investigating and bouncing the idea off many people in the Decorah area, we decided to do just that. Papers were filed with the State of Iowa in early August to incorporate Waving Grains Cooperative Bakery and the new cooperative was in place by the end of September.

But the work is not over yet. This is where the community comes in. We need to capitalize this new co-op to officially buy the bakery and pay for needed capital improvements that will secure its future. The Board of Directors of the new cooperative bakery has set the common stock share price at \$250 and our goal is to raise \$100,000 in share income over the next few months. This is an ambitious target, but we think we can do it. Are you in? If you would like to learn more or want to purchase a share, please contact Steve McCargar at 382-2451 or stevemccargar@gmail.com.

Thanks for helping Decorah's newest co-op launch!

For the Board of Directors

Steve McCargar



Gingerbread Cookies

Makes 48 3-inch cookies. Prep time: 1 hour

- 1 1/2 cups unbleached flour
- 1 cup whole wheat pastry flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1 stick unsalted butter, softened
- 1/4 cup light brown sugar
- 1/2 cup molasses
- 1 large egg

- Royal Icing**
- 2 cups powdered sugar, approximately
 - 1 large pasteurized egg white or 2 1/2 tablespoons meringue powder
 - 1/4 teaspoon lemon juice
 - 2 tablespoons water, approximately

1. In a large bowl, mix together flours, baking soda, baking powder, salt and spices. Using a stand mixer or an electric beater, cream butter until soft, then add brown sugar and beat until well-mixed. Add molasses and beat, scrape down and add egg, beat again until combined. Stir in the flour mixture. Divide dough into four rectangular pieces, place between sheets of parchment and roll out 1/4" thick. Stack sheets of dough on a baking pan and chill for 3 hours.
2. Preheat oven to 350 degrees F. Lay sheets of dough on counter, remove top layer of parchment and use a cookie cutter to cut into shapes. Using a thin spatula, transfer cookies to parchment-lined baking sheets. Repeat process with scraps.
3. Bake 12 minutes, switching the pans between oven racks halfway through. When cookies are puffed and look dry, remove and cool on the pan for five minutes, then move cookies to a cooling rack.
4. Using a stand mixer or electric beater; mix powdered sugar with egg white or meringue powder. Mix in lemon juice and water, a tablespoon at a time, to reach desired consistency. Transfer icing to a piping bag with a small round tip and use to draw outlines on cookies.



Chocolate Glazed Nut Brittle

Makes 2 1/2 lbs (approx 27 servings) Prep time: 1 hour; 20 minutes active

- 2 cups sugar
- 1/2 cup water
- 1 stick unsalted butter
- 1/3 cup light corn syrup
- 1/2 teaspoon baking soda
- 2 1/2 cups roasted salted peanuts or cashews plus an optional 1/4 cup, finely chopped
- 8 ounces dark chocolate, melted

1. Line a large sheet pan with a rim with parchment paper.
2. In a 2-quart saucepan, combine the sugar, water, butter and corn syrup and bring to a boil to create caramel. Cook over moderately high heat, stirring occasionally, until the caramel is light brown and registers 300°F on a candy thermometer, about 10 minutes. Remove from the heat and carefully stir in the baking soda. The mixture will bubble. Stir in the nuts, then immediately scrape the brittle onto the prepared baking sheet. Using the back of a large spoon (oil it lightly if it sticks), spread the brittle into a thin, even layer. Let cool completely, about 30 minutes.
3. Spread melted chocolate over the brittle, sprinkle with the finely chopped nuts, if using, then chill. Break the brittle into large shards. Store in airtight containers for up to two weeks.

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MISSION STATEMENT

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

Ends Policy

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

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

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

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

1

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

2

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

3

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

4

A business that promotes environmental and financial sustainability.

5

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

6

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

Oneota Community Food Co-op Staff

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

Marketing and Outreach Manager, Nate Furler nate@oneotacoop.com

Financial Manager, Larry Neuzil..... larry@oneotacoop.com

HR Coordinator/Office Manager, Deb Reiling deb@oneotacoop.com

IT Coordinator, Theresa Kleve..... it@oneotacoop.com

Produce Manager, Betsy Peirce..... produce@oneotacoop.com

Grocery Manager, Nicole Brauer..... nicoleb@oneotacoop.com

Cafe Manager, Joy Meyer..... joy@oneotacoop.com

Front End Manager, Kristin Evenrud..... kristin@oneotacoop.com

Wellness Manager, Gretchen Schempp gretchen@oneotacoop.com

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Member Volunteer Coordinator, Andrea Springmeier..... membervolunteers@oneotacoop.com

Customer Service, general inquiries customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

Editor Nate Furler

Design/Layout Kaija Kjome and Nate Furler

Proofing Cathryn Baldner

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

2017-2018 Co-op Board of Directors

Maren Beard, Secretary..... oneotabeard@gmail.com

Flannery Cerbin-Bohach..... oneotacerbinbohach@gmail.com

Scott Hawthorn, Vice President..... oneotahawthorn@gmail.com

Emily Neal oneotaneal@gmail.com

Brita Nelson, President oneotanelson@gmail.com

C. Bryan Stuart..... oneotastuart@gmail.com

Alicia Trout, Treasurer..... oneotatrout@gmail.com

WELLNESS WEDNESDAY

FIRST WEDNESDAY

of every month

members receive

5% off Wellness products

(excludes already marked down DEALS sale items)

Senior Citizen Discount Monday

Every Monday members who qualify for senior discount (60 years of age or older) receive an extra 5% off most purchases.

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

The Statement of Cooperative Identity

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

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

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

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

2nd Principle..... Democratic Member Control

3rd Principle..... Member Economic Participation

4th Principle..... Autonomy & Independence

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

6th Principle..... Cooperation Among Cooperatives

7th Principle..... Concern For Community

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

MEMBER-OWNERSHIP

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

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

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

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

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

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

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

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

Receive discounts on Co-op sponsored classes.

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

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

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

Run for a seat on the Board of Directors.

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

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

Own the store where you shop!

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

everyone can shop. everyone welcome. no membership required.

Welcome to these new member/owners:

Julian Ahrens

Linda Blackwell

Beverly Blaess

Daniel Boehme

Valerie Deeney

Tina Deeny

Doug Dollison

Tom Edie

Cory Eull

Scott Gamm

Betsy Hadley

Heidi Havran

Jessica Hegdahl

Micheala Helgerson

Kai Hestrom

Ramona Houdek

Brianne Huiskamp

Annika Johnson

Kriss Kvale

David Lockwood

Kelly Loud

Ray Lukes

Elise Lund

Melanie Malila

Lucas Merritt

Andy Meyer

Brad Miller

Evan Mitchell

Audrey Novak

Katie O'Regan

Grace Olson

Heidi Pechota

Drew Peeler

Pauline Popken

K J Rebarcak

Kathryn Roets

Ede Rollins

Stephanie Runkle

Joe Russell

Johanna Shannon

Jon Specht

Gretchen Steele

Deborah Stenat

Emily Stumpf

Heather Tappan-Dahl

Lisa Valley

Bruce Ventura

Rene Viera

Aimee Viniard-Weideman

Robert White

Sean Young

Member Volunteers - Aug/Sep/Oct

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

Brita Nelson

Maren Beard

Carl Peterson

Flannery Cerbin-Bohach

Scott Hawthorn

C. Bryan Stuart

Emily Neal

Randall Duvall

Onita Mohr

Jerry Aulwes

Johanna Bergan

Joel Zook

Arilys Adelman

Rachel Sandhorst

Dennis Carter

Cathy Baldner

Norah Hummel

Pamela Horan

Michael McElrath

Wendy Stevens

Christine Gowdy-Jaehnig

Janet Snider

Annette Schweinefus

Barb Dale

Brittney Claman

Sabrina Claman

Carol Bentley-Iverson

Lara Martinsen-Burrell

Kristin Eggen

Louise Hagen

Claire Jensen

Joan Johnston

Joanne Wu

Dena Johnston

LeAnn Popenhagen

Karen Martin-Schramm

Jim Stevens

Jon Hart

Mary Hart

Georgie Klevar

Matthew Jensen

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

MEMBER DEALS 11/29/17 - 1/2/18

* Regular prices subject to change			
	Reg Price	SALE Price	Savings
Packaged Grocery			
CAFÉ ALTURA, Organic Instant Coffee, 3.53 OZ	\$10.79	\$7.69	\$3.10
FRONTIER NATURAL PRODUCTS, Maple Extract, 2 OZ	\$4.99	\$3.39	\$1.60
Organic Vanilla Extract, 4 OZ	\$15.69	\$10.99	\$4.70
Alcohol Free Vanilla Extract, 2 OZ	\$9.59	\$6.99	\$2.60
Cream Of Tartar, 3.52 OZ	\$6.69	\$4.69	\$2.00
Pumpkin Pie Spice, 1.92 OZ	\$4.99	\$3.39	\$1.60
LACROIX, Cherry Lime Mineral Water, 8/12 OZ	\$4.99	\$4.39	\$0.60
Kiwi Mineral Water, 8/12 OZ	\$4.99	\$4.39	\$0.60
MAVUNO HARVEST, Organic Jackfruit, 2 OZ	\$3.59	\$2.69	\$0.90
Organic Tropical Fruit Mix, 2 OZ	\$3.59	\$1.75	\$1.84
NAPA VALLEY NATURALS, Avocado Oil, 12.7 OZ	\$6.99	\$5.69	\$1.30
Grapeseed Oil, 25.4oz	\$9.99	\$8.99	\$1.00
Organic Toasted Sesame Oil, 12.7 OZ	\$6.99	\$5.99	\$1.00
Pomegranate Balsamic Vinegar, 12.7 OZ	\$4.99	\$4.39	\$0.60
RED FORK, Sloppy Joe Mix, 8 OZ	\$2.49	\$1.99	\$0.50
WHOLLY WHOLESOME, Organic Traditional Pie Crust, 2 PK	\$5.39	\$4.99	\$0.40
Supplements, Body Care & Gifts			
MEGAFOOD, Megaflora Probiotic, 30 CAP	\$24.99	\$19.99	\$5.00
Megaflora Probiotic, 60 CAP	\$39.99	\$31.99	\$8.00
Megaflora Probiotic, 90 CAP	\$53.99	\$43.19	\$10.80
Megaflora Plus Probiotic, 30 CAP	\$36.99	\$29.59	\$7.40
ELEMENTAL HERBS, All Good Goop, 2 OZ	\$13.99	\$10.99	\$3.00
JUNIPER RIDGE, Cascade Forest Body Wash, 8 OZ	\$9.99	\$7.99	\$2.00
White Sage Body Wash, 8 OZ	\$9.99	\$7.99	\$2.00
Cascade Forest Essential Oil, 5 ML	\$9.99	\$7.99	\$2.00
Redwood Essential Oil, 5 ML	\$9.99	\$7.99	\$2.00
White Sage Essential Oil, 5 ML	\$11.99	\$9.99	\$2.00
Cedar, Death Valley, Desert Pinon, Douglas Fir, Sweetgrass, and White Sage Incense, 20 STICKS	\$9.99	\$7.99	\$2.00
BABO, Lavender Meadowsweet Cleansing Wipes, 30 CT	\$6.99	\$4.99	\$2.00
SEVENTH GENERATION, Free & Clean Hand Soap, 12OZ	\$4.59	\$3.39	\$1.20
Lavender & Mint Hand Soap, 12OZ	\$4.59	\$3.39	\$1.20
Purely Clean Hand Soap, 12FZ	\$4.59	\$3.39	\$1.20
COCO KIND, Original Lip Balm, .15 OZ	\$2.99	\$1.99	\$1.00
Matcha Face Moisturizer, 2 OZ	\$13.99	\$10.99	\$3.00
Facial Cleansing Oil, 2 OZ	\$11.99	\$9.99	\$2.00
Facial Repair Serum, 1 OZ	\$11.99	\$9.99	\$2.00
SUNLEAF NATURALS, Clary Sage Lavender, Neroli Geranium, Bergamot, & Yakima Mint Plant Scent, .75 OZ			
Cedar Mint, Clary Sage Lavender, Amyris Bergamot, Cinnamon Cypress, Lemon Vetiver, Olibanum Sprice, Orange Ginger, & Rosy Geranium Reed Diffuser, 1 OZ	\$8.99	\$7.99	\$1.00
PRESERVE, Shave 5 Cartridges, 4 PK	\$12.99	\$9.99	\$3.00
Triple Blade Razor	\$8.99	\$5.99	\$3.00
Shave 5 Razor	\$9.99	\$8.99	\$1.00
Triple Blade Cartridges, 4PK	\$7.99	\$5.99	\$2.00
Child Soft Toothbrush	\$3.99	\$2.69	\$1.30
Medium Toothbrush	\$3.99	\$2.99	\$1.00
Soft Toothbrush	\$3.99	\$2.99	\$1.00
Ultra Soft Toothbrush	\$3.99	\$2.49	\$1.50

Mint Tea Tree Toothpicks, 35 CT	\$1.99	\$1.69	\$0.30
Tongue Cleaner,	\$2.49	\$1.99	\$0.50
KLEAN KANTEEN, Classic sport Kanteen Kids Brushed , 12 oz	\$16.95	\$12.99	\$3.96
Brush Set, set	\$11.99	\$10.99	\$1.00
Café Cap 2.0, 1 cap	\$7.95	\$6.99	\$0.96
Flip D-Ring Cap 1 cap	\$7.95	\$6.99	\$0.96
Insulated Food Canister Brushed Stainless, 16 OZ	\$29.95	\$26.99	\$2.96
Classic Sport Kanteen Berry Syrup,			
Organic Green, & Channel Island 18 OZ	\$16.95	\$13.99	\$2.96
Classic Sport Kanteen Dragon Fruit, Organic Green,			
& Flame Orange 27 OZ	\$17.95	\$14.99	\$2.96
Insulated Growler Brushed, 32 OZ	\$44.95	\$37.99	\$6.96
Insulated Loop Kanteen Winter Lake, 64 OZ	\$54.95	\$41.99	\$12.96
Insulated Growler Brushed, 64 OZ	\$59.95	\$47.99	\$11.96
Insulated Food Canister Brushed Stainless, 8 OZ	\$24.95	\$21.99	\$2.96
Insulated Loop Kanteen Bamboo, Beet Root,			
& Canyon 20 OZ	\$26.95	\$21.99	\$4.96
Insulated Loop Kanteen Beet Root, Black Shale ,			
& Quiet Storm 32 OZ	\$30.95	\$26.99	\$3.96
Insulated Sport Kanteen Meadow, 20 OZ	\$26.95	\$21.99	\$4.96
Insulated Classic Kanteen Brushed, 32 OZ	\$30.95	\$26.99	\$3.96
Classic Loop Kanteen Channel Island, 40 OZ	\$23.95	\$19.99	\$3.96
Classic Sport Kanteen School Bus, 12 OZ	\$16.95	\$12.99	\$3.96
Insulated Wide Kanteen Wild Grape, Deep Sea, Roasted Pepper,			
Brushed, Shale Black, & Vineyard Green 12 OZ	\$22.95	\$19.99	\$2.96
Insulated Wide Kanteen Granite, Neptune, Roasted Pepper,			
Vineyard Green, Deep Sea, & Wild Grape 16 OZ	\$27.95	\$21.99	\$5.96
Insulated Wide Kanteen Vineyard Green, Rst. Pepper 20 OZ	\$28.95	\$22.99	\$5.96
Baby Bottle Medium Flow Brushed, 9 OZ	\$16.95	\$14.99	\$1.96
Classic Sippy Kanteen Brushed Stainless, 12 oz	\$16.95	\$12.99	\$3.96
Insulated Tumbler Winter Lake, Brushed Stainless 16 OZ	\$19.95	\$15.99	\$3.96
Sport Cap, 1 CAP	\$5.95	\$4.99	\$0.96
Insulated Tumbler - Brushed Stainless, Shale Black 8 OZ	\$15.99	\$12.99	\$3.00
Insulated Tumbler Bamboo Leaf, 16 OZ	\$19.95	\$15.99	\$3.96
Insulated Tumbler Brushed Stainless, 20 OZ	\$22.95	\$18.99	\$3.96
MAGGIES ORGANICS,			
Classic Crew 3pk - Eggplant/Gold/Teal 9-11, Black 9-11,			
Raspberry/Navy/Forest 9-11, Navy, & Black 10-13	\$18.99	\$15.99	\$3.00

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

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

oneota community food co-op

MEMBER DEAL

Cinnamon Apple Stuffed Squash

Serves 4-6. Total Time: 60 minutes.

2 acorn squash, cut in half, seeds removed

3 tablespoons unsalted butter

3 cups diced yellow onion

2 celery stalks, diced

3 cups diced apple, cored and seeds removed (about 2 large apples)

½ cup dried cranberries

2 tablespoons maple syrup

1/3 cup water

½ teaspoon cinnamon

Pinch each of salt and black pepper



Winter Squash Apple Bake

Serves 8. Prep time: 1 hour 20 minutes; 20 minutes active.

2 pounds winter squash, peeled, seeded and cut into ¼-inch thick slices

2 Granny Smith apples, cored and cut into ¼- to ½-inch thick slices

3 tablespoons maple syrup

3 tablespoons brown sugar

2 tablespoons flour

¼ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon ground allspice

Pinch of salt and black pepper

¼ cup cold butter, cut into small pieces

1 tablespoon butter, melted



Preheat oven to 375°F. Place acorn squash halves face down on a rimmed sheet pan or baking dish and add ½ inch of water to the pan. Bake squash for 40 minutes.

While the squash is baking, heat the butter in a saucepan over medium heat. Add the onion and celery and sauté for 5 to 10 minutes until soft. Add the apples, cranberries, maple syrup, water and cinnamon; stir well and cook another 5 to 10 minutes until the apples begin to soften. Season with salt and pepper. Remove from heat.

After the squash has baked for 40 minutes, remove from the oven, turn them cut side up and fill each with the apple stuffing. Place back into the oven and bake another 15 to 20 minutes until the squash is tender. Serve warm.

Slice the stuffed squash halves into wedges to serve as a side with ham, turkey or chicken, or serve each half as a vegetarian entrée.

Preheat the oven to 375° F. Grease a 9 x 13 inch casserole dish with melted butter. Evenly layer the squash and apple slices in the casserole dish, alternating and slightly overlapping the squash slices with the apple slices, until all slices are gone. Drizzle the maple syrup over the squash and apples.

In a small bowl, mix together the brown sugar, flour, spices, salt and pepper. Mix the butter into the flour/sugar mix with your fingers to make a crumbly mixture. Sprinkle the mixture evenly over the top of the squash and apples. Cover the dish with foil and bake for about 40 minutes or until the squash and apples start to become tender. Remove the foil, and let casserole brown for another 15 minutes. Serve warm.

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Tell the World You Own It

You may be surprised by all the types of co-ops around you. From groceries to health care, co-ops are a vital part of everyday life for people all over the globe. Consider the cup of coffee you enjoyed at breakfast. It was likely purchased from a coffee grower co-op in Africa or Central America. Or the light fixture you're standing under might be powered with electricity from a co-op owned by people in your community.

A co-op is a business model that allows a group of people to combine their resources to meet their common needs. Grocery co-ops are one such kind of co-op. They are the true pioneers of the natural and organic food industry and they're deeply committed to providing delicious, high quality, healthy food; supporting local, sustainable agriculture; and strengthening their communities. Cooperatives, including grocery co-ops, are much more than bricks and mortar stores. Cooperatives are built on the idea that local owners, not far-away investors, gain the benefits of business success. Simply put, cooperation is for everyone.

Many co-ops start small, with a primary focus on providing goods and services to their member-owners. But that doesn't mean you have to be a member-owner at all co-ops. Nearly all grocery co-ops, for example, welcome members and non-members alike.

The co-op way of doing business is to be open, fair, and democratic. That's not just marketing speak, either. These concepts are based on a set of seven guidelines called the International Cooperative Principles that serve as the standards for how we operate.

Food co-ops demonstrate their commitment to these principles every day, by promoting a safe and sustainable food system and partnering with individuals and organizations to improve our neighborhoods. After all is said and done, when the co-op makes money, members determine how profits get used. No big box retailer is going to give local shoppers that much decision-making power. These values and principles

are common to all co-ops, whether they are in business to offer electricity, insurance, or groceries.

Cooperation is such a powerful positive force that 2012 was designated the International Year of Cooperatives by the United Nations in recognition of the influence of cooperatives worldwide. Thousands of co-ops from all over the world joined together to say loud and proud how local ownership is making life better.

Statement on the Co-operative Identity

Definition

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.

Values

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

Principles

The cooperative principles are guidelines by which cooperatives put their values into practice. The International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance (ICA) as part of the Statement on the Cooperative Identity. They are as follows:

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

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coop basics



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BUDGET FRIENDLY RECIPES

Farmhouse Bean Soup

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Serves 6. Prep time: 15 minutes active; 30 minutes total.

- | | |
|---|---|
| 2 tablespoons Field Day olive oil | 1 15-ounce can Field Day Great Northern beans, rinsed and drained |
| 1 yellow onion, diced | 1 15-ounce can Field Day pinto beans, rinsed and drained |
| 1 large carrot, peeled and diced | 1 15-ounce can Field Day kidney beans, rinsed and drained |
| 3 parsnips, peeled and diced | 5 cups fresh spinach, chopped |
| 3 cloves garlic, peeled and minced | Salt and black pepper to taste |
| 1 15-ounce can Field Day diced tomatoes | |
| 4 cups Field Day vegetable broth | |
| 2 teaspoons dried rosemary | |
| 2 teaspoons dried thyme | |

Preparation

In a large pot, heat the oil over medium-high heat. Add the onion, carrots, parsnips and garlic and sauté 5 to 7 minutes. Add the tomatoes, broth and herbs and bring to a boil. Add the beans, reduce heat to simmer and cook 20 to 30 minutes until vegetables are tender. Stir in the spinach and season with salt and pepper to taste. Serve warm.



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Looking to stretch your grocery budget? So are we! That's why we're pleased to tell you about our Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. From milk to beef to cereal, you'll find low prices on some of your favorite Co-op products.

Don't worry, we aren't paying our farmers or employees any less. We're simply committed to improving our selection so that everyone can find more value when shopping the Co-op. A few of the items are pictured above with this tasty recipe. Just look for the logo to find everyday low prices on Co+op Basics item at your Co-op!

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Artisan cheese: Cheeses that are handmade, or made using relatively small scale specialty techniques in small batches. Artisan cheese captures the uniqueness of each product and the artisan who makes it.

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"Another home run for the cheese club! Thanks so much."

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BUDGET FRIENDLY RECIPES

Turkey and Sweet Potato Chili

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- Serves 6. Prep time: 25 minutes active; 55 minutes total.
- | | |
|---|---|
| 2 tablespoons Field Day canola oil | 2 cups Field Day chicken broth |
| ½ pound turkey sausage, casings removed | 1 cup water |
| 1 medium yellow onion, chopped | 1 tablespoon chili powder |
| 1 red bell pepper, seeded and chopped | 1 tablespoon cumin |
| 3 sweet potatoes, chopped into small pieces | ½ teaspoon cayenne pepper |
| 2 cloves garlic, minced | ½ teaspoon salt |
| 1 14.5-ounce can Woodstock diced fire-roasted tomatoes, undrained | 1 15-ounce can Field Day cannellini beans, drained and rinsed |
| | Additional salt and pepper to taste |

Preparation

Warm oil in a large pot over medium-high heat. Add sausage; break up any large chunks and sauté until no pink remains. Using a slotted spoon, transfer meat to a bowl; cover. Add onion, bell pepper and sweet potato to pot and cook, stirring occasionally, until softened, about 6 minutes. Add garlic and sauté for 1 minute. Return meat to pot.

Stir in tomatoes, beans, broth, water, spices and salt. Bring to a boil, then reduce heat to medium-low and stir in beans. Cover and simmer until chili thickens slightly, about 30 minutes. Season with additional salt and pepper to taste.



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