

the Scoop

VOLUME 41 • NUMBER 4 • WINTER 2015

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WWW.ONEOTACOOP.COM

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

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666



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

HIGH QUALITY, COMPETITIVE PRICES, CO+OP BASICS



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.

Looking to stretch your grocery budget? So are we! That's why we're pleased to introduce our new Co+op Basics program. Co+op Basics offer everyday low prices on many popular grocery and household items. Look for featured "Field Day" and "Natural Value" brands at the Oneota Co-op to find competitively priced certified organic and natural items.

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.

Plus, don't forget to take advantage of these other great ways to save when shopping the Co-op:

- Co+op Deals – our bi-weekly flyer focused on packaged grocery. Look for flyers at the front of the store and our green Co+op Deals sale signs in the aisles. These sales are available to all shoppers of the Co-op. You can check out our December flyers on the pages of this publication too.
- Member Deals – member/ownership has its perks. Look for special Member Deal (orange) sale signs throughout the store and become a member/owner today to take advantage of these sale prices.
- Shop Bulk – save when buying just what you need – whether it's a pinch or a pound.
- Special Orders – member/owners save 15% off the retail price when placing special orders. Case quantities vary, but savings add up when you buy by the case.
- Member Appreciation Days (M.A.D.) – these special member/owner sale days treat Co-op member/owners to an additional 10% off most items in the store. Combine this with your 5% once a month member/owner discount and this jumps to 15% off for your same MAD sale shopping trip.
- Coupons in the aisles – check out the sales floor for extra savings with our bi-monthly Co+op Deals coupons. Every once in a while you will even get lucky and there will be a coupon for use on a sale item – adding up to an extra deep discount.

Shop your local, community-owned, food co-op and invest in your community through something as simple and tasty as filling your pantry.

IT'S A GREAT TIME TO TRY THE CO-OP!

*\$.45 of every dollar
spent at the Co-op
stays within 100 miles.*

That's over

\$2,000,000

back into our community in 2015!

WHAT IS A CO-OP?

We all have childhood memories of parents, teachers and others encouraging us to work together. A co-op is what "working together" looks like all grown up. From the outside, many co-ops look like any other business, since a co-op provides products and services like conventional businesses do. But it's what goes on behind the scenes that makes it different.

A cooperative exists to serve its members, but what makes co-ops unique is that the members are also the owners. So, in addition to getting the products and services you need, you also have a say in the business decisions your cooperative makes.

Rather than rewarding outside investors with its profits, a co-op returns surplus revenue to its members in proportion to how much they use the co-op. This democratic approach to business results in a powerful economic force that benefits the co-op, its members and the communities it serves.

coop™
basics



low prices every day!
great food just got even better.



COMMUNITY APPRECIATION DAY



SALE

10% OFF storewide*

Thursday,
December 17th



8:00 AM - 8:30 PM

May be combined with all other member discounts.

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

IT'S A SALE FOR EVERYONE!

Why Co-ops Matter

Cooperation is defined as working together towards the same end, and joining forces to accomplish a task that one can't achieve alone. Simply put, co-ops provide the framework that allows people to get what they want in a way that better meets their economic, social and cultural needs.

And because cooperation builds strong bonds between the people who use products and the people who supply them, co-ops offer a way to transform the way business is done. Co-ops give you the opportunity to get the products and services you need on a daily basis while strengthening the community around you.

...continued on page 4


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DECEMBER 2-DECEMBER 15, 2015

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






3/\$7

CROFTER'S
Organic Premium
Fruit Spread
16.5 oz., selected varieties
10-11 oz. varieties also on sale




\$2.99

KASHI
Organic Cereal
9.5-16.3 oz., selected varieties




\$9.99

SPECTRUM
Organic Unrefined
Extra Virgin Olive Oil
25.4 oz., selected varieties




3/\$7

ENDANGERED
SPECIES
Chocolate Bar
3 oz., selected varieties




3/\$7

FIELD DAY
Organic Crackers
4.4-8 oz., selected varieties




\$3.69

RUDI'S
Organic Sandwich
Bread
20-24 oz., selected varieties




\$1.99

JOVIAL
Organic Brown Rice
Pasta
12 oz., selected varieties




2/\$6

EQUAL
EXCHANGE
Organic Chocolate
Bar
3.5 oz., selected varieties




\$8.99

ORGANIC PRAIRIE
Organic Summer
Sausage
12 oz., selected varieties




\$3.39

DAIYA
Cream Cheese Style
Spread
8 oz., selected varieties




3/\$7

KETTLE BRAND
Organic Potato Chips
5 oz., selected varieties




3/\$7

WAY BETTER
SNACKS
Tortilla Chips
5.5 oz., selected varieties
Other Way Better Chips
also on sale



2/\$5

ANNIE'S
HOMEGROWN
Cookies
8.4 oz., selected varieties



2/\$4

ANNIE'S
HOMEGROWN
Organic Pasta &
Cheese Dinner
6 oz., selected varieties

Featured Inside:

- Sweet, seasonal persimmons star in a delicious bread pudding recipe
- DIY gifts! At the co-op, it's easy to please just about anyone on your list
- Our mouthwatering Maple Mustard Brisket recipe is a crowd-pleasing dinner
- Read all about naturally-delicious dates (and get a quick-to-fix appetizer idea, too)



DIY Gifts

Still searching for a last-minute gift? Look no further than the food co-op! There are plenty of great items for all sorts of people. Here are just a few:

- Host/hostess gift – cheeses, spiced nuts, dates and figs, with an assortment of crackers
- College student – energy bars, trail mix, snacks, cozy socks and a gift card for the co-op nearest their campus
- Bestie – bath salts scented with your own special blend of essential oils, lip balm, lotions
- Fitness buff – energy bars, protein shake mixes, warming/healing massage oil

Pack in a basket, reusable container or bag, add a heartfelt message, and you're good to go!

Visit www.strongertogether.coop for more DIY gift ideas.



\$3.99

BREADSHOP
NATURAL FOODS
Honey Gone Nuts
Granola
per pound in bulk



\$7.99

EQUAL
EXCHANGE
Organic French Roast
Coffee
per pound in bulk
Decaf French Roast Coffee
\$13.99 per pound



\$3.39

SO DELICIOUS
Coconut Milk Yogurt
16 oz., selected varieties



\$6.99

EQUAL
EXCHANGE
Organic Coffee
10-12 oz., selected varieties
Decaf Coffee \$8.99



2/\$4

SO DELICIOUS
Coconut Milk Creamer
16 oz., selected varieties



\$3.69

ORGANIC VALLEY
Organic Soy Beverage
64 oz., selected varieties

\$20,000+

TO LOCAL FOOD PANTRIES

End 6

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

By: Nate Furler, Marketing and Outreach Manager

Since its inception in 2009, Taste of the Holidays at the Co-op has raised over \$20,000 to support the local food pantries of Decorah Lutheran Church, First Lutheran Church, Greater Area Pantry, and NE Iowa Community Action.

Anyone in attendance at the event can attest to the delicious nature of it. Planning for the Co-op begins in August and September with the formulation of the menu and extensive ingredient list needed for the event. Once this list is assembled, our various managers and buyers contact their local, regional and national vendors to see about ingredient donations and purchase specifically for the event.

Taste of the Holidays starts with an appetizer course – including wine and sparkling beverage samples. This year we were fortunate to feature donations from Sartori Cheese (Rosemary Olive Oil Asiago and Merlot Bellevitano), Vern's Cheese (Maple Leaf Cranberry Cheddar), and (the very talked about hit) Tribeca Multigrain Bread provided courtesy of Classic Provisions.

In addition to donations for the appetizer course, we were fortunate to benefit from the generous support of many other vendors for the event, including Ferndale Market (turkey), Beeler's (ham), Albert's Organics (potatoes, yams, cranberries), Co-op Partners Warehouse (potatoes, salad greens, carrots, bell peppers), SnoPac Foods (green beans), Peake Orchards (apples), River Root Farm (carrots), Patchwork Green Farm (onions), GROWN Locally (onions), Waving Grains Bakery (fresh rolls), and United Natural Foods, Inc. (heavy cream and butter). Many of these companies and organizations have supported the event through their ingredient donations multiple years. We could not have done this without their efforts as well.

Decorah Bank & Trust has also supported the event for several years. We were grateful to once again add their generous \$500 cash donation to the grand total for 2015 – bringing the total cash donation to the food pantries to \$3,600.

It is with a bit of sadness and a lot of excitement that I let you know 2015 was the last year for the "Taste of the Holidays" event. However, though the event may be going away, the support of the local food pantries through your donations continues. Community support of efforts such as the

SINCE 2009



Merry
Mint Spray

Infuse your home, car or office with the refreshing scent of peppermint and sweet orange for extra holiday cheer. This uplifting scented spray makes a great DIY gift, too!

- 4 drops Aura Cacia peppermint essential oil
- 6 drops Aura Cacia sweet orange essential oil
- ¼ teaspoon vanilla extract
- 2 ounces distilled water

Place water and essential oils in a small spray bottle. Shake contents before spritzing the air lightly with this seasonal fragrance.

Give the gift of great food with a co-op gift card.

Tara Courtney, Cheese Assistant and Beth Rotto, Cheese and Chill Buyer

food pantries are near and dear to us at the Co-op and among our member/owners. Therefore, we will be starting a "round-up at the register" ongoing campaign that allows for the donation of funds to this and other community organizations throughout the year.

Stay tuned for more information regarding "round-up at the registers" in the coming year. Again, thank you for your continued support of the Co-op and the community of Decorah and the surrounding area.



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DECEMBER 2-DECEMBER 15, 2015

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Persimmon Bread Pudding

Serves 8. Prep time: 60 minutes active; 2 hours total.

- 4 to 5 ripe Hachiya persimmons
 - 3 eggs
 - 2 cups milk
 - ¾ cup sugar, divided
 - 2 teaspoons vanilla extract
- 1 teaspoon cinnamon
 - ½ teaspoon ground ginger
 - 1 loaf (about 16 ounces) challah, torn or cut into bite-sized pieces
 - ½ cup raisins

Cut the ripe fruit in half. Scoop the pulp out with a spoon and puree or mash until smooth. Measure 1 ½ cups of puree for the recipe (refrigerate or freeze extra puree to spoon over oatmeal, yogurt or ice cream).

In a bowl, whisk together the persimmon puree, eggs, milk, sugar (reserve 1 tablespoon), vanilla, cinnamon and ginger. Stir the bread and raisins into the mixture, cover and let sit in the refrigerator for at least 1 hour.

Preheat the oven to 350 degrees F. Grease a 9 x 13 inch casserole dish with butter and sprinkle the dish with 1 tablespoon sugar. Pour the bread pudding mixture into the casserole dish, spread out evenly and bake for 40 to 45 minutes until just set but still pudding-like. Remove from oven and serve warm.

Tip: Hachiya persimmons are ready to enjoy when they are very, very soft, like an overripe tomato or water balloon.

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



\$3.99

WOODSTOCK

Organic Frozen Fruit
10 oz., selected varieties
other Frozen Fruit also on sale



\$3.99

WHOLESOME!

Organic Brown Sugar
24 oz., selected varieties
other Wholesome Sweeteners also on sale



\$5.69

BULK

Organic Dried Sweetened Cranberries
per pound in bulk



\$6.69

PAMELA'S

Baking & Pancake Mix
24 oz.
other Pamela's products also on sale



\$3.99

ORGANIC VALLEY

Organic Pasture Butter
8 oz.



\$2.99

LOVE GROWN FOODS

Cereal
8-12 oz., selected varieties



\$1.19

BULK

Organic Rolled Oats
per pound in bulk



\$12.99

BULK

Organic Pecans
per pound in bulk



\$4.39

SUNSPIRE

Organic Chocolate Chips
9 oz., selected varieties
Other Sunspire Baking Chips also on sale



2/\$6

NATURE'S PATH

Organic Granola Bars
6.2-7.4 oz., selected varieties





2/\$6

YOGI

Tea
16 ct., selected varieties



\$6.99

FAGE

Total Yogurt
35.3 oz., selected varieties



2/\$3

MORI-NU

Silken Tofu
12-12.3 oz., selected varieties
Organic Silken Tofu on sale \$1.69



\$2.39

ARROWHEAD MILLS

Organic Whole Wheat Flour
32 oz.
other Arrowhead Mills Flour also on sale



\$2.69

ORGANIC PRAIRIE

Organic Mighty Bar
1 oz., selected varieties



\$3.69

ARROWHEAD MILLS

Buttermilk Pancake and Waffle Mix
26 oz., selected varieties
other Pancake & Waffle Mix also on sale



5/\$5

LIBERTE

Mediterranean Yogurt
6 oz., selected varieties



\$2.39

WESTSOY

Organic Soymilk
32 oz., selected varieties



\$5.99

AURA CACIA

Peppermint Essential Oil
.5 oz.
other Essential Oils also on sale



\$5.99

BACH

Rescue Pastilles
50 gr., selected varieties
other Rescue Remedy products also on sale

Co-op Board Seeking Multiple Candidates for 2016 Election

This is a fantastic time to join the Board of Directors at Oneota Co-op. Following the Co-op staff and General Manager in making tremendous strides in meeting strategic goals and priorities over the past three years, the Board has recently completed a new 3-5 year strategic planning process. The Co-op continues to pursue increasing both local food sales and community education opportunities, all while investing in staff and infrastructure to allow the Co-op to grow into the future.

The Board of Directors seeks interested member/owners to serve on the Board to help ensure a bright future for the Oneota Community Co-op. In 2016, there are four positions that will be open for candidates to fill as Steve McCargar, Brita Nelson, and Mike Bollinger have completed their terms, and Deneb Woods is relocating. Full-term positions last three years. The 2016 election will fill three full-term positions and the one-year position remaining in Deneb Woods' term.

So what are some of the characteristics that the Board is looking for in Board nominated candidates? Open mindedness, critical thinking, financial acumen, the ability to plan strategically, passion for our Co-op, along with cooperative values in general, just to name a few.

Application packets, available at the Customer Service Desk as well as online, contain considerable information regarding service as a Board member and the application process. The current Board Nomination Committee consists of Alicia Trout, Maren Beard, Mike Bollinger, Rachel Sandhorst, and Luther Snow. We would all be exceptionally happy to have a conversation, in person, via email, or on the phone with all interested in applying. You are also welcome to direct specific questions to Alicia Trout at oneotatrout@gmail.com.

←end 3 A business that promotes the development of cooperation and cooperative enterprise.

Serving on the Board is a wonderful way to make a positive impact, not just on the Co-op, but on our community, region, state, and planet. The application deadline is right around the corner – January 8th.

BOARD ELECTION CALENDAR 2016

ACTIVITY	DEADLINE
Candidate recruitment / self nomination	Ongoing
Candidate applications & statements due for all candidates	January 8
Board interviews candidates as necessary	January 9-25
Board Nomination	January Board Meeting
Final deadline for all candidates for name inclusion on ballot	February 10
Candidate forum TBA	
Ballots and candidate statements with announcement of annual meeting mailed to members in good standing	March 1
Voting ends at end of business day	April 1
Administration of ballot counting	April 1-4
Election results announced	April 5-10
New Board members start service	April Board Meeting



Tai Chi of Decorah

Movement for Health and Well-Being

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



LaRana
Bistro

Creative Midwest Fare • Local Seasonal Menus

Monday-Saturday • Lunch 11-2 • Dinner 5-9 • Bar til close
120 Washington St. • Decorah • 563.382.3067

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DECEMBER 2-DECEMBER 15, 2015

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



Maple Mustard Brisket

Serves 8. Prep time: 30 minutes active; 6 hours, 30 minutes total.

- 14-pound beef brisket
 - 1 teaspoon garlic powder
 - 1 teaspoon smoked paprika
 - ½ teaspoon each of salt and black pepper
 - 4 tablespoons Dijon or stone ground mustard, divided
 - 2 tablespoons vegetable oil
 - 1 yellow onion, diced
- 1 carrot, sliced
 - 1 celery stalk, sliced crosswise
 - 3 cloves garlic, peeled and smashed
 - ½ cup red wine
 - ½ cup water
 - 2 tablespoons maple syrup

Season the brisket with the garlic powder, paprika, salt, pepper and 2 tablespoons of mustard. Wrap the brisket in plastic wrap and refrigerate for 3 hours (or overnight).
Preheat the oven to 300 degrees F.
Heat a large oven-proof skillet over medium-high heat. Add the oil and brown the brisket for 5 minutes on each side. Remove the brisket from the pan and set aside.
In the same skillet, sauté the onion, carrots, celery and garlic for a few minutes in the brisket juices, then add the red wine and water. Place the brisket back in the pan on top of the veggies and cover the pan tightly with an oven-proof lid or aluminum foil. Place the pan in the oven and cook the brisket, covered, for 3 hours until very tender. Remove from oven.
To prepare the maple sauce, carefully remove 1 cup of the juices from the brisket pan and put into a small skillet or saucepan. Add the maple syrup and remaining mustard and bring to a simmer for about 5 minutes. Slice the warm brisket across the grain and serve with sauce.

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



2/\$4
FIELD DAY
Organic Broth
32 oz., selected varieties



\$3.39
SANTA CRUZ
ORGANIC
Organic Juice
32 oz., selected varieties



\$21.99
NORDIC
NATURALS
Ultimate Omega
60 ct.
other Nordic Naturals products
also on sale



3/\$5
NEAR EAST
Couscous Dinner Mix
5.4-5.9 oz., selected varieties
other Near East Dinner Mixes
also on sale



\$32.99
GARDEN OF LIFE
Dr. Formulated
Probiotics Mood +
60 ct.
other Garden of Life products
also on sale



\$9.99
HERB PHARM
Soothing Throat Spray
1 oz.
other Herb Pharm Extracts
also on sale



\$2.99
MONTEBELLO
Organic Pasta
16 oz., selected varieties



2/\$6
DR. BRONNER'S
Bar Soap
5 oz., selected varieties



\$3.99
DESERT ESSENCE
Tea Tree Toothpaste
6.25 oz., selected varieties



\$7.99
SPECTRUM
Organic Unrefined
Coconut Oil
14 oz.
other Coconut Oil products
also on sale



\$7.99
SEVENTH
GENERATION
Unbleached Bath Tissue
12 ct.
other Seventh Generation
Paper products also on sale



\$2.99
SEVENTH
GENERATION
Baby Wipes
64 ct.
other Baby Care products
also on sale



\$2.69
POMI
Tomatoes
26.46 oz., selected varieties



\$6.99
ALBA BOTANICA
Acnedote Scrub
8 oz.
other Alba Botanica Facial Care
also on sale



\$3.99
ECOVER
Fabric Softener
32 oz.
other Ecover Laundry products
also on sale



All About Dates

Thanks to their sticky sweetness, many people think that dates are a dried fruit. They're actually a fresh fruit, but because they contain less water than most other fruits, they naturally appear a bit dehydrated. Stuffed with nuts and cream cheese, dates are a popular (and easy) hors d'oeuvre. They're also luscious atop morning oatmeal or dinnertime pilafs. Add dates to a smoothie or blend with milk (or almond milk) and drizzle over ice cream or yogurt. Dates are surprisingly delicious in chicken or tuna salad, puddings and cookies. Few treats this sweet are also good for you!

AN OPTION TO INCREASE RENEWABLE POWER AT THE CO-OP

By Steve McCargar

As part of Oneota Co-op's most recent long-term strategic plan, your Board of Directors is committed to reducing the Co-op's carbon footprint. By implementing several energy efficiency programs and by installing a 20kw photo-voltaic solar array on our rooftop we took significant steps toward our reduction goal. The result is that our electricity consumption has gone down by over 7% per year since 2013.

By taking advantage of a generous gift (\$16,000) from George and Joann Hagen, we were able to substantially reduce our cash investment in the photo-voltaic system. Federal and state tax incentives also contributed to lowering the final cost.

Now that we've "picked the low-hanging fruit" on carbon footprint reduction, the Co-op is looking to make further cuts in fossil fuel consumption. Once again we're turning to our member/owners for help. The Co-op has received a quote for an additional 9.35kw solar array that could be installed on our main roof – interspersed with our existing panels. The project cost of \$29,500 will be offset by up to \$14,000 in federal and state tax credits – so the Board is hoping that the membership will step up with gifts to further drive down the cost and make it a feasible project in the next year. What do you think Co-op member/owners? If you are interested in contributing to a special fund earmarked to support this plan, please contact any board member, or GM David Lester.

Thank you to all our member/owners for believing in the important work of the Co-op.

WHAT IS A CO-OP?

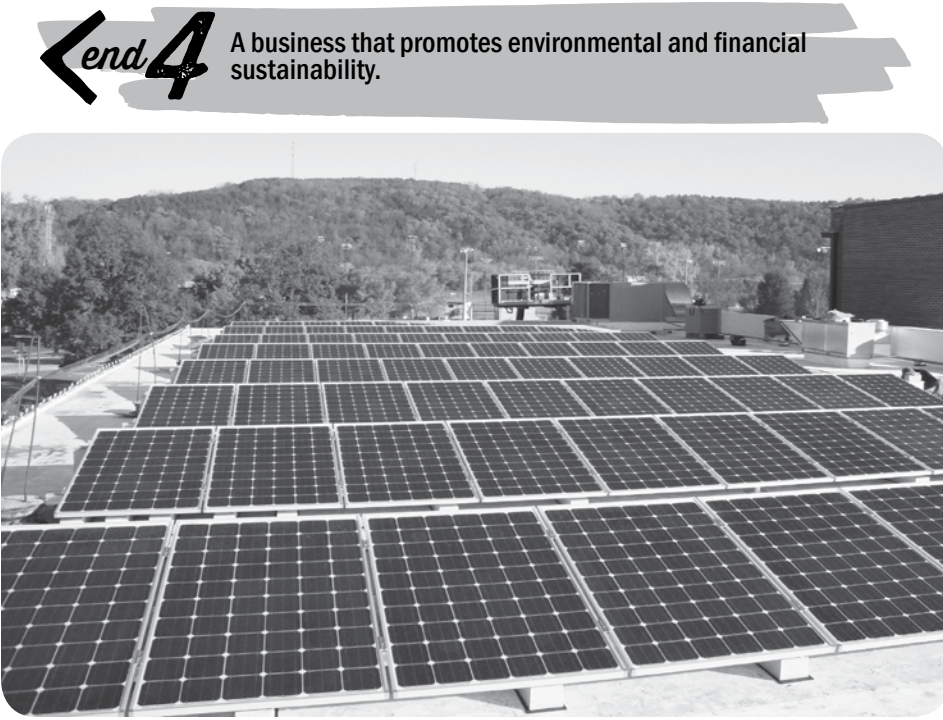
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In addition to a co-op's commitment to serving its members, most adhere to a set of seven principles that help guide the business. And as a result, many co-ops set a standard for the surrounding business community with a commitment to environmental and social responsibility. Want to see this in action? Check out our video series hosted by celebrity chef Kevin Gillespie.

Did you Know? Co-ops are All Around You
Co-ops of all kinds are all around you. More than 800 million people around the world belong to cooperatives, and at least 100 million of them are employed by co-ops. And more often than you probably realize, co-ops play a vital part of your everyday life. Consider the cup of coffee and cranberry muffin you recently enjoyed. That

premium Sumatra Siborong-Borog coffee was likely purchased from a grower co-op in Indonesia. The flour in the muffin started as wheat from a farmer-owned, grain elevator co-op in the Midwest, and those cranberries might be from Ocean Spray, a producer-owned co-op. Knowing the source of the foods you eat, the services you employ and the products you purchase are just a few of the benefits of joining a cooperative. As a member, co-ops invite you to take part in the way your favorite grocery store or financial institution is run, and share in any profits. This community approach to business is at the heart of the cooperative philosophy.

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

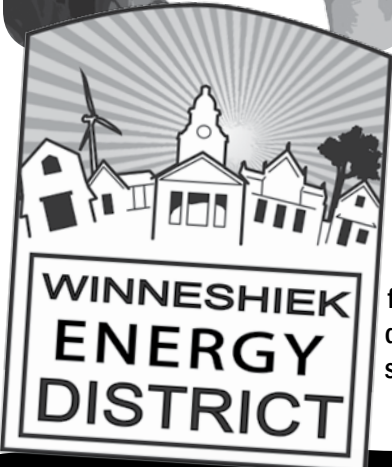


REAL,
NUTRITIOUS,
MUSIC.



KDEC
fm 100.5
for people who love music

LOCALLY OWNED. INDEPENDENT RADIO.



Hear what your fellow Co-op member/owners have to say about the Energy District, and join today at www.energydistrict.org.

CALLING ALL CO-OP MEMBERS TO JOIN YOUR ENERGY DISTRICT KEEP YOUR ENERGY LOCAL!

Community. Health. Sustainability. Local. Leadership. Economy. Future. Generations.

Oneota Community Food Cooperative and Winneshiek Energy District (WED) have a lot in common - starting with the words above and continuing with the values, opportunities, challenges, and hope they embody. We're hopeful these two organizations will also share your membership.

You don't need to be a member of either of these organizations to reap benefits, use services, or simply believe in the mission. Membership in the Energy District (like most 501(c)3 nonprofit corporations) is of the donor/supporter variety, rather than the voting membership of most cooperatives. Fundamentally however, membership in both is about belief in and support of the mission: healthy, local, sustainable food and food systems, and healthy, local, sustainable energy and energy systems.

My folks were part of the original Co-op buying club when the first storefront ("Oleville") opened in 1974. It took 20 years for the Co-op to reach 200 member/owners, but through the decades the Oneota Community Co-op has grown to become a deeply transformative organization both within and well beyond Winneshiek County.

Winneshiek Energy District is completing our sixth year of building and growing the local clean energy movement. Co-op members ranging from founders to newbies provide some of our greatest inspiration and support. Can we reach 200 members this year? Only you can answer that question, provide strength and energy in numbers, and water the seeds of a local clean energy movement that is (ask us about this!) already spreading beyond Winneshiek County. ~ Andy Johnson, Winneshiek Energy District

Lyle & Sue Luzum

The Co-op and WED are very different in purpose (food vs. energy), but they share broad approaches to life: a belief that a more sustainable society is better; a belief that we can take significant actions locally instead of just waiting for someone else to solve the problem;

and an understanding that a community capable of supporting both Oneota Co-op and the Winneshiek Energy District is a special place to live. It's not just a lucky coincidence that our county is a leader in local and healthful foods, agricultural diversity, energy efficiency efforts, solar installations, and a place in rural Iowa that attracts people from all over. WED support is a natural extension for Co-op members. Please join us to make NE Iowa an even more forward-looking place to live.

Tabita Green

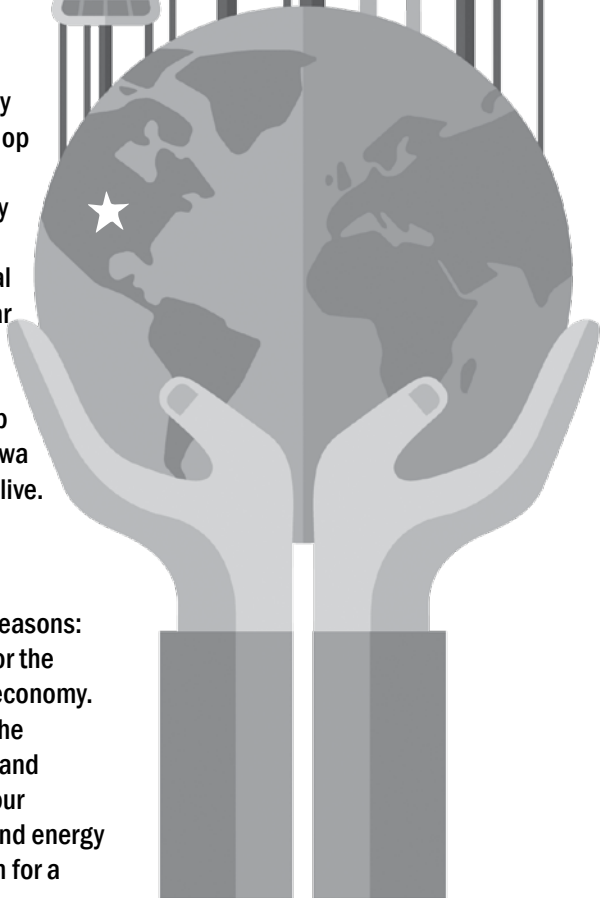
I shop at the Co-op for (at least) three reasons: 1) it's good for my family, 2) it's good for the environment, 3) it's good for the local economy. These are the same reasons I support the Winneshiek Energy District. The Co-op and the Energy District both work to make our region more resilient by keeping food and energy local. It's the only reasonable approach for a sustainable future.

Larry and Diane Grimstad

We are a member of Winneshiek Energy District because it is taking an active role in helping local people install, and is an advocate for, clean energy and energy conservation.

Jim & Karen Martin-Schramm

We believe energy conservation and locally-owned renewable energy production are two things that can unite many people who are typically divided in our society. I'm proud that so many have invested in energy efficiency in our community, and so many have also invested in solar PV systems for their homes and businesses. A lot of those investments would not have happened were it not for the leadership of the Winneshiek Energy District. We are both happy and proud to support this remarkable local initiative that is helping recycle energy dollars in our local economy.



Ann Mansfield

Investing in the local work of the Winneshiek Energy District is an opportunity to be a part of the re-birth of rural communities transitioning to renewable energy practices. This community-based organization has provided education, thorough assessments, advice and energy-saving infrastructure improvements in a way that is accessible to many residents and business owners in our community. Supporting this important work is a chance for our community to invest long term in community revitalization.

SCAN THIS WITH YOUR SMARTPHONE TO GO DIRECTLY TO THE WEBSITE.



OUR VISION:

100% BY 2050 | **LOCAL RENEWABLE Energy**

MAKE THIS VISION REALITY, JOIN OUR First Ever Membership Drive ➡

Go to www.energydistrict.org/join, or sign up on the next page

- ✓ All levels are welcome: every membership makes the movement stronger!
- ✓ Decorah Bank & Trust is matching EVERY DOLLAR up to \$100 per new member!
- ✓ Free bumper stickers and window decals
- ✓ Check, EFT, credit cards or PayPal



A HEALTHY ENVIRONMENT

...for our kids requires REDUCING CLIMATE POLLUTION NOW, and this work starts at home. Your Energy District is a leading voice in Iowa energy and climate policy, and is keeping you informed and engaged.

Did you know....

Your voice in Iowa policy, including **DEFENDING YOUR RIGHT TO OWN SOLAR** at the Iowa Utilities Board

Promoted and WON (with partners, of course) **IOWA SOLAR TAX CREDIT EXPANSION**

A movement starts right here in Winneshiek County... **2 NEW ENERGY DISTRICTS** under development in Northeast Iowa

Did you know....

MOST SOLAR PER CAPITA of any city in Iowa!

20 FARMS throughout **6 COUNTIES** enrolled in 2015

650 HOMES and **150 BUSINESSES** served directly



CLEAN ENERGY TRANSITION

...combines energy efficiency (energy not used is the cleanest, cheapest energy!) and locally-owned renewable energy. It takes good technical and financial analysis and implementation help - your Energy District puts boots on the ground.

KEEPING OUR (ENERGY) DOLLARS LOCAL

...is a tremendous opportunity to create a vibrant local economy for generations. Your Energy District is steadily tackling the \$50-75 million that leaves the local economy in energy costs every year, generating major economic activity right here at home.

Did you know....

\$3 MILLION in energy efficiency savings

DOZENS of jobs created and supported

Over a **HALF MILLION DOLLARS** of renewable energy generated annually, and we've only just begun!



i ♥ LOCAL ENERGY



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!

JANUARY

Aromatherapy for the Cold and Flu Season
Tuesday, January 12, 5:30-7:00pm

Join our own Wellness staff for an evening of delightful aromas. We will talk specifically about oils that are supportive to our health during cold and flu season. From diffusing to topical applications, we will cover the benefits of antiviral oils such as thyme, eucalyptus and tea tree. We'll even make a chest rub for each participant to take home.

Class Code: DM
Class Instructor: Gretchen Schempp & Carrie Johanningmeier
\$15.00 Member/Owner; \$18.00 Community Member

“Czeching” Into Bohemian Cooking
Wednesday, January 13, 5:30-7:30pm

From pork fat to lard and cracklings and on to zelniky (crackers from kraut) and bramborka (potato leaf with meat – a one-dish meal), Michael will take you on an introductory taste adventure through Bohemian cooking the old way. Shirley Mikota will demonstrate tying traditional kolaches in the Spillville style. Plenty of delightful samples this evening.

Class Code: DM
Class Instructor: Michael Klimesh and Shirley Mikota
\$15.00 Member/Owner; \$18.00 Community Member

Sassy Superfood Smoothies
Thursday, January 14, 6:00-7:30pm

Are you looking for a way to pep up your morning routine? Perhaps you'd rather sip on something with some veggies in the afternoon rather than a soda pop? Or are you constantly on the go without time to sit down for your midday meal? Smoothies may be able to play an important part of your diet. Join in this class for recipes (new! if you're a returning student) and so many smoothie samples you're sure to find something to enjoy. We'll unpack the protein powder options available to boost smoothies as well as explore the world of superfoods that can easily be added into your blender.

Class Code: GF DM
Instructor: Johanna Bergan
\$15.00 Member/Owner; \$18.00 Community Member

Teen Cooking: Asian Cuisine
Monday, January 18, 10:00am - 12:00pm

The Co-op Kitchen Classroom is an excellent place for Teens to gather, cook and eat. Designed for the 7th-9th grades, this class will center on creating food with Asian influences. The menu is open to creative input from participants and will include a rainbow of colors and flavors. Think spring rolls and stir fry! Participants will prepare a full meal and dine together.

Class Code: HO
Instructor: AmeriCorps Volunteer
\$15.00 Member/Owner; \$18 Community Member

Making Pasta with Tom Skold
Tuesday, January 19, 6:00pm-8:00pm

Join Chef Tom Skold as he teaches you the basics of pasta making, from Angel hair to Ziti, Chef Tom is a master of pasta.

Class Code: HO
Instructor: Tom Skold
\$15.00, Member/Owner; \$18.00 Community Member

Prep for a Week in a Day
Sunday, January 31, 1:00-4:00pm

Come for a few hours of cooking and community in the Co-op Kitchen Classroom and leave with a work-week's worth of entrees for storing in your home freezer. Cooking in groups makes for more fun, a lighter workload and delicious food with a great story. Entrees will be designed with a family of four in mind and will include vegetarian and meat dishes.

Class Code: HO
Instructors: Rachel Sandhorst and Ruth Jenkins
\$65.00 Member/Owner; \$70.00 Community Member

FEBRUARY

Vegetable Mania
Wednesday, February 3, 6:00-7:30pm

Crunchy. Zesty. Fragrant. These are the reasons to love eating vegetables every day. If you weren't born with the veggie-loving gene, then a little extra attention to how you prepare your vegetables will help entice your taste buds to come back for more (and more and more). Join in the making of several dishes, all with vegetables front and center. We'll eat them raw and cooked, spiraled and julienned, with sauce or dressing and without. If zucchini, kale, turnips, beets and spinach are not the best part of your meals, then this is the class for you. Rubbing shoulders with an instructor who would gladly eat vegetables for breakfast, lunch and dinner (in place of most anything else), might not hurt either!

Class Code: HO GF VG
Class Instructor: Johanna Bergan
\$15.00 Member/Owner; \$18.00 Community Member

The Classics: “Mother Sauces”
Tuesday, February 9, 5:30-7:30pm

A master class about the original 5 "mother" sauces of French cuisine: béchamel, beef stock, demi-glace, tomato sauce, hollandaise. Not only will you have recipes you can use, but also the techniques that make the sauces unforgettable.

Class Code: DM
Instructor: Justin Scardina
\$15.00 Member/Owner; \$18.00 Community Member

E.A.T.

Experience. Ambiance. Taste.

In the Co-op Kitchen Classroom
The Driftless Kitchen

Host extraordinaire, Shirley Vermace, will show off her entertaining secrets and take you step-by-step through setting up an amazing gourmet buffet. You will leave with recipes and ideas on how to make your next party a success.

Thursday, February 11th; 6:00 - 8:00 pm
Featured Instructor: Shirley Vermace
\$25.00 Member/Owners; \$30.00 Community




E.A.T.

Experience. Ambiance. Taste.

IN THE CO-OP KITCHEN CLASSROOM

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



CLASS INSTRUCTOR BIOS:

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

CHEF TOM SKOLD
is a graduate of Johnson & Wales College, Providence, RI with a Food & Nutrition degree from UW-Stout, Menomonie, WI. Skold's early years found him some of the finest kitchens across the Twin Cities. Eventually Skold and his wife transplanted themselves to southeastern Minnesota, to work in Pepin, WI for Paul and Carol Hinderlie at their critically acclaimed Harbor View Café. Off-season, Skold taught home cooks and mentored aspiring culinary professionals as well as doing menu consulting and recipe development. He partnered with regional Minnesota Workforce agencies to develop curricula to teach a Culinary Arts Custom Training Program, in partnership with the S. E. Minnesota Technical Colleges in Red Wing and Winona, MN. The course included students operating a restaurant; the class was eventually modified to train people with high functioning disabilities to work in the food service industry. In 2012, Skold moved his family to N.E. Iowa to assume the Executive Chef role at the Hotel Winneshiek in Decorah, IA, (a Rebound Hospitality property) where the menus have been revitalized to emphasize locally sourced ingredients. The restaurant was re-branded Restauration in 2014, as a nod to the hotel's historic roots and to Decorah's Nordic heritage.

MICHAEL F. KLIMESH
works hard to raise, purchase, cook and eat natural, organic, humanely raised, high nutrition foods. Fermentations, broth/stock, proper preparation methods, traditional eating and avoiding genetically modified, drug, hormone, chemically treated and processed foods are healthy life priorities for Michael.

SHIRLEY MIKOTA
has a passion for baking and Czech pastries. She is a recent transplant to the Spillville area and has Czech roots in the area.

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

RACHEL SANDHORST
works to streamline food prep for her busy family. She incorporates creativity and wholesome ingredients to make delicious and efficient meals and loves to share her experiences in Co-op cooking classes.



CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

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GF

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Hands-on and Let's Eat

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Demonstration and Let's Eat

L

Lecture

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CLASS INSTRUCTOR BIOS:

SHIRLEY VERMAGE
is a host extraordinaire with a passion for entertaining in the kitchen and home. Her Decorah roots run deep and her knowledge and organization in the kitchen are sure to help even the seasoned home cook to kick things up a notch in their own kitchen. Shirley is at home in the kitchen and wants you to feel that way too.

RUTH JENKINS
began her interest in everything kitchen as a sales associate for Cooks of Crocus Hill, a privately owned cooking store and classroom located in St. Paul, MN. During her time at Cooks, she assisted many chefs and then began teaching Team Building classes. Her love of food continued when she moved to Decorah and accepted the position of Catering Assistant at Luther College before she began her dream job at the Oneota Food Coop. Ruth loves a good meal and enjoys showing others how easy it is to enjoy the kitchen.

BETH ROTTO
brings over three decades of Co-op experience and service to her position as Cheese and Chill Buyer at the Co-op. Join her for the taste test and check out the Co-op Cheese Club to taste just what's out there in the world of cheese and dairy products.

NATE FURLER
joined us in Decorah working in the Co-op Cafe and then moving on to his passion for marketing whole, healthy, organic and local foods with the Co-op Marketing department. Nate's cooking style is best described as recipe-inspired and on-the-fly. Starting cooking and baking at an early age with the inspiration of kids cookbooks and his grandmother and mother, Nate fell in love with the art of creating in what he considers the best room in the house - the kitchen.

GARRIE JOHANNINGMEIER
is the Wellness Assistant at the Oneota Co-op and is a great compliment to Gretchen in the department. Her knowledge base and product knowledge are helpful when browsing the Wellness aisles at the Co-op and you are sure to learn a thing or two.

GRETCHEN SCHEMP
is the Wellness Manager at the Oneota Co-op and has an extensive knowledge of natural remedies to assist you with your wellness goals. From essential oils to nutritional supplements, Gretchen is our go-to Co-op staff member for advice on how to naturally assist healing and well-being.

FEBRUARY

Sandhorst Shorts: Pantry Basics
Tuesday, February 16, 2015, 5:30-6:30pm
Rachel Sandhorst will spend the hour introducing you to the best staples for the pantry. From spices to pastas to canned vegetables, this is the class that helps you keep your pantry stocked for easier meal prep.
Class Code: L
Instructor: Rachel Sandhorst
\$10.00, Member/Owner; \$12.00 Community Member

Sampling the Chill
Thursday, February 18, 1:00-2:00 pm or 5:15-6:15 pm
Taste is a matter of opinion. You have yours and so does the next person. Come and be on the Oneota Co-op Taste Test panel for fun! Beth Rotto will offer up samples of a variety of items from the Chill and Cheese cases. You will be given a notepad and samples. No commenting until we've finished the "testing" at which point we will reveal what products you tasted. You'll go home with some recipes and samples too!
Class Code: HO
Instructor: Beth Rotto
FREE - class size limited & registration required

Keep it Simple... Cook Naked!
Wednesday, February 24, 6:00-7:30pm
In our over-processed, take-out-food environment, it can be challenging for us to return to the basics. This class is centered on whole foods and how to prepare in them in simple, no fuss ways. Turn to whole grains, fruits, vegetables and just the basics to create family meals, lunches to pack for school and work, and breakfasts that power your body all day. Not only should our ingredients be simple, aka 'naked,' but preparation should be easy and fit into our busy lifestyles. Recipes shared, demonstrated and tasted will include one pot cooking methods, food that cooks while we are gone and recipes made for leftovers.
Class Code: DM GF VG
Class Instructor: Johanna Bergan
\$15.00 Member/Owner; \$18.00 Community Member

Pump Up The Jam (It's Not Just for Toast)
Thursday, February 25, 6:00-8:00 pm
Now that the weather has cooled dramatically, let's add some heat to the kitchen through late season canning. Join Ruth and Nate in the Co-op Kitchen Classroom where we'll get hands-on making a low-sugar jam featuring Pomona's Pectin and frozen organic blueberries from this past summer. Then watch - and taste - as we transform jams into delightful glazes and sauces. Jam wasn't meant for bread alone.
Class Code: DM, HO, G
Class Instructors: Ruth Jenkins and Nate Furler
\$20.00 Member/Owner; \$23.00 Community Member

MORE CLASS & EVENT INFORMATION

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. 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.)

WELLKID WEDNESDAYS

Winter Session One
→ January 6
→ January 13
→ January 20
→ January 27
→ February 3
→ February 10

Winter Session Two
→ February 17
→ February 24
→ March 2
→ March 9
→ March 13
→ March 23

7:45 am - 8:45 am
Wellness Wednesdays are here! Join us for mornings of food and fun all before the school day has begun. This class, for students in kindergarten through 2nd grade, will teach the importance of breakfast, eating well-balanced meals, and encourage trying new foods. Classes will be varied in theme, but will always provide breakfast, activities for students, and a walking school bus to John Cline School - St. Ben's students will catch the bus from John Cline to St. Ben's.



Looking for a great space to host a cookie exchange or to share in holiday prepping with family and friends? Is your kitchen too small? Oven not big enough? Consider reserving the Co-op Kitchen Classroom.

Cost is just -

\$20 for member/owners and \$40 for community.

This price includes use of the space, tables, chairs, restroom, refrigerator, sink, and all kitchen equipment.

For more details, including a list of available equipment, please visit the Education and Events page of the Co-op website: www.oneotacoop.com/education-events/ or email kitchenclassroom@oneotacoop.com.





A VISIT TO KALONA organics

By: Beth Hoven Rotto, Cheese & Dairy Buyer



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.

non-milking cows at his farm, allowing more milkers to be kept on the dairy farms. The young cows are given good care, moved to fresh grass daily, and the quality of pasture is carefully monitored. As we passed the barn, classical music was being played for the cows, which we were told helps keep them relaxed.

Looking back to 2004, Kalona Organics was up and running with milk from just one farm and twelve employees. By 2014, there were 60 farms and 32 employees, and the business is continuing to grow. In addition to the facilities near Kalona, cottage cheese, sour cream, and yogurts are made at the Westby Cooperative Creamery in Westby, Wisconsin for Kalona Organics.

Kalona Organics mission is to promote minimally processed dairy products. We were told that they are the only company in the United States that makes a cultured buttermilk from the byproduct of butter making. That was surprising, but appears to be true. Other companies just use regular milk. Kalona Supernatural milk is not homogenized, so the cream rises to the top, as it does in all their products. At Oneota Co-op we don't currently have room to carry Kalona Supernatural milk, but we do carry many other Kalona Supernatural products, including yogurt, butter, buttermilk, and cottage cheese. Give them a try and feel good about the company you are supporting!

“Over the past few decades many studies have revealed that pasture-feeding is much healthier for both cows and consumers. “Greener Pastures: How Grass-fed Beef and Milk Contribute to Health Eating” by Kate Clancy was the first study to synthesize the findings of virtually every English-language study (25 were chosen for analysis) comparing the amounts of total fats, saturated fats, omega-3 fatty acids, and Conjugated Linoleic Acid (CLA) in both pasture-raised and conventionally raised beef and dairy cattle. The report also combined analyses of the nutrition, environmental, and public health benefits of grass-based farming techniques. The report found that grass-fed milk contains higher levels of omega-3 fatty acids, the so-called beneficial fats. Grass-fed milk tends to be higher in an omega-3 fatty acid called alpha-linolenic acid (ALA) that scientists have demonstrated reduces the risk of heart disease. And grass-fed milk also is higher in CLA, a fatty acid shown in animal studies to protect against cancer. The most abundant source of natural CLA is the meat and dairy products of grass-fed animals. Research conducted since 1999 shows that grazing animals have from 3 to 5 times more CLA than animals fattened on grain in a feedlot. Switching your diet from grain-fed to grass-fed products can greatly increase your intake of CLA. Remember that USDA Certified Organic products require that animals be kept on pasture for a minimum of 120 days a year.” www.kalonaorganics.com

On a lovely fall day, I visited Kalona Organics in rural Washington County, Iowa to be part of their tenth anniversary celebration. Kalona Organics produce high quality and minimally processed dairy products that we have started carrying at Oneota Community Co-op. That morning a small group of their customers and distributors met at their Frytown Facility, which is a distribution warehouse on a rural, gravel road where product is stored until it is assembled for delivery. We were given the VIP tour of the warehouse, and then drove several miles to visit the Farmer's All-Natural Creamery, where Kalona Supernatural brand milk, butter and buttermilk are produced. These businesses are part of the Open Gates Group, founded and owned by Bill Evans, who was one of our hosts. Back in 2002, Bill was hired to help finance a creamery. Amish farmers in the area were seeking an organic milk processor but because Amish do not work on Sunday, they were not able to be on the same schedule as other dairy farmers for their milk pick-ups. (Pick-up is generally every other day, making pick-up days fall on two Sundays a month.) Kalona Organics was set up to work without pickup on Sundays and the company takes pride in the fact that most of their supply comes from Amish and Mennonite family farms, where almost all the work is done by hand. Kalona Organics was envisioned as a way to help small farmers bring organic products to a larger market.

We met Eldon Miller, one of the farmers who is a leader in both organic farming and the Amish community. He told us about the special area around Kalona where some of the farms are located have never seen herbicides or pesticides and have been in the same family for 150 years. There are around 4,000 acres of certified organic crop and grazing land there, making it one of the densest areas of organic farms in the country. The rolling hills and winding country roads are dotted with red barns and green pastures, not so different than parts of Winneshiek County. The farms average 90 acres and the typical herd is 35 cows, with several different breeds including Holstein, Jersey, Brown Swiss and Red Devon. As Kalona Supernatural products are expanding into major markets across the nation, it is really astonishing to me to know that so few people are making such a large impact and by using methods that are in stark contrast to that of conventional farming.

On our way to a lunch, served outdoors at a quaint and beautiful farm setting, we drove past a dairy facility that was recently purchased by Kalona Organics to allow for expanded operations. When this business closed in September 2014, conventional dairy farmers no longer had access to a place to sell their milk within 100 miles. Kalona Organics has been fielding numerous questions from farmers interested in converting to organic production. It looks like Iowa will be getting more and more organic farmers, even though it takes several years to obtain organic certification. The Des Moines Register reported on September 17, 2015, in fact, that Iowa added 94 organic farms from 2008 to 2014, making Iowa the tenth largest producer of organics in the United States.

To sell milk to Kalona Organics, farms need to be USDA Certified Organic, which means that no toxic and persistent pesticides, insecticides, herbicides or fungicides, no synthetic growth hormones or antibiotics, no genetically modified organisms (GMOs), no irradiation or sewage sludge, and no synthetic fertilizers can be used. Organic certification also means that affirmative practices are used to promote a healthy natural environment, such as using biological and mechanical processes to control pests, rotating crops to maintain nutrient rich soil, minimizing soil erosion and avoiding mono-crop farming to maintain biodiversity. It means accommodating natural animal behavior by providing a minimum of 120 days on pasture, and providing shade, shelter and dry bedding. Animals are fed organic, vegetarian feeds and their waste is used as fertilizer. All products carry the USDA Certified Organic seal and are inspected annually by an accredited third party certifying agency to ensure compliance with these rigorous standards. Eldon Miller told us that many of the farms exceeded the standards.

Another requirement is that each farm can only keep a certain number of animals based on the size of their acreage. This includes the young cows that are not being milked. Since cows are not bred until they are around 2 years of age they, in a way, "take up space" limiting the potential for some of the small farmers. We met a grass farmer who is passionate about his pasture ground and is able to house his neighbors



THEMES

December - Festive
January - Melters
February - French
March - Hard Cheeses
April - Soft Cheeses

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

Sign-up today
563-382-4666

SPECIAL ARTISAN CHEESES - EVERY MONTH!

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



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

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

The How & Why of Bulk Foods



A business that promotes environmental and financial sustainability.

By: Carl Haakenstad, Bulk Buyer

To many long-time Co-op shoppers the Bulk department is thought of as the heart of the Co-op and has been since the Co-op's founding in 1974. After all, the beginning of Oneota Co-op was primarily about pooling resources to buy product in bulk quantities and then split them between the individuals in the group.

These days Oneota is attracting additional new shoppers, many of whom may not understand how Bulk shopping works and what the benefits are to shopping in this department. For this reason I thought I would give you a little background on how the Bulk department operates and why it is a good part of the store to shop in. Let's start with the basics of how to shop in the Bulk department.

(items that come in bulk but we pre-package for the customer). Even if we pre-pack items in a clear plastic container, we are still eliminating the need for lots of inks, dyes and extra layers of packaging needed for the normal packaging you find in the grocery aisle.

Let's get back to another great benefit to shopping Bulk - the ability to buy as much or as little as you want. If you are buying packaged goods, you often only have two size options: small box and large box. In the Bulk department you can buy a quarter pound (or less) of something or you can buy ten pounds (or more). It is up to you. When you buy only what you need, you are less likely to waste food and money by having the product go bad before you use it.

The Bulk department is also full of foods that are healthy because they are less processed, or, in some cases, still raw. Don't get me wrong, we do have plenty of great snacks and candy in the Bulk department too. However, most of the department features food like whole grains, nuts, legumes, and dried fruits. These foods, in their single ingredient form, oftentimes mean more work in the kitchen. But this also usually leads to great health benefits by deciding for yourself precisely what goes into the items you are eating. Items like salt, MSG and other flavor enhancers or preservatives are not items found in single-ingredient product in the Bulk department.

Looking for another reason to do more from-scratch cooking at home? A study released in 2014 by Julia Wolfson and Sara Bleich at the Johns Hopkin Bloomberg School of Public Health found that individuals who cooked and ate home-cooked meals more often consumed fewer calories as a whole - including less overall fat and sugar. The study looked at data from adults aged 20 years and over from the 2007-2010 National Health and Nutrition Examination Survey. (<http://journals.cambridge.org/action/displayAbstract.jsessionid=37369928DFF710ED1D698A57D8B02997.journals?aid=9671907&fileId=S1368980014001943>)

Cooking at home is also a great way to pass along valuable kitchen skills to your kids. If you don't feel confident in your cooking skills yet, you should take one of the many cooking classes offered through the Co-op - see page 6 of this publication.

As with many decisions, shopping patterns often come down to price and affordability. By allowing us to buy in larger, less package-intensive quantities and sell it to you in the quantity that is right for you, shopping the Bulk department can make organic and natural foods more affordable as well. Our bulk and packaged products often come from the same source, but flashy and plentiful packaging usually comes with a higher price.

Now that you know the benefits of shopping the bulk department I hope to see you amidst the bins and scoops. If you have questions about bulk shopping, feel free to approach me or one of Oneota's fine employees. We'll be happy to assist you.



BAG IT & TAG IT

When you have found a bulk product you want to purchase, you must first decide if you want to put it in a bag, plastic container, or a container that you brought from home. (I will cover the container from home a little later).

Shopping in Bulk with a container from the Co-op can seem complicated, but it is actually quite simple and can be summed up by the simple phrase "Bag It and Tag It."

Obviously, some things work better in bags than others. Flour and oats work great in a bag, but I would steer clear of peanut butter in a bag. Let's say you are getting some rolled oats. You will grab a paper or plastic bag provided at the Co-op Bulk department and then scoop the oats into your chosen bag. You can take as much oats as you want or as little as you want - which illustrates another beautiful aspect of shopping bulk. For example, if you want only enough oats for a cookie recipe, we provide measuring cups so you can buy only a half cup - or whatever measurement you need.

Once you have the amount of oats you want, all you need to do is write down the PLU (Product Look Up) number of the item you are purchasing on the container. The easiest way to do this is to write the number on the thick white twist ties that are available throughout the Bulk department. Simply write the corresponding number from the bin on the twist tie and seal your bag with it. If you are getting something in a plastic container, you can write the PLU number on small white stickers that we provide in the Bulk department. We also provide masking tape for sealing and writing on if you like - which works great for paper bags.

We also provide a scale in the Bulk department in case you want to see how much of a product you have in your bag or container. However, you do not need to weigh it yourself once you have it packaged because our cashiers will take care of that for you at the checkout.

See, bag it and tag it. It's that simple.

WEIGH IT, FILL IT, TAG IT

You can also bring containers from home to fill with product from the Bulk department. For example, think mason jars, Ziploc bags, large Tupperware containers, or any clean container you want to use. If you bring your own container, you will want to make sure to weigh it before you put any new product into it. This empty weight is called the tare weight. Our cashiers need to know this weight so they only charge you for the product you are putting into the container. Think of it like the farmer who is taking grain to the local elevator. He or she has to weigh the tractor and wagon first when empty because the elevator doesn't want to pay them for the weight of the tractor and wagon, just the grain.

When you pre-weigh your container, you will need to write down the weight either on a piece of masking tape adhered to the container, or on a piece of scratch paper that you give to the cashier at the checkout. After that simply fill your container with bulk food and write down the PLU number. If you get confused while you are in the Bulk department, a staff member should be nearby. We are always glad to give you an explanation or help you fill your container. Just ask, we are here to help.

As a long-time Bulk shopper, my tip for new Bulk shoppers would be to buy products off the grocery shelves and then use the containers to shop for comparable items in bulk after you run out. You can take your olive oil bottle and refill it with bulk olive oil and your jar of cinnamon and refill it with Bulk cinnamon. (Just remember to weigh your container before you start to fill it with new product.)

WHY?

Now that we have the basics covered of how to shop in Bulk we should cover the "why" to shop Bulk. One of the best things about shopping in bulk is being able to see exactly what you are getting. When buying packaged foods, you often can't see the product inside the package until you open it at home. We are even happy to give you a sample - if you ask.

There are also environmental benefits to shopping in the Bulk department. The main environmental benefit being reduced packaging. If you buy bulk granola in a thin plastic or paper bag instead of a cardboard box off the shelf, you have saved the energy needed to make and recycle the box. Kick it up a notch. If you bring a container from home and fill it with granola, you have saved even more packaging and energy use.

Recently, the Bulk department has been selling more items that are re-packed

Going Green is a Global Concern

By: Erica Bjelland

Hi, I'm Erica and I'm an environmentalist. I like to be outside, I eat (for the most part) a vegetarian diet, I believe all living things on Earth have intrinsic value and I would gladly hug a tree if you asked me to do so.

This column isn't about saying how much I hate humanity, that we should only ever care about the environment, or that you're terrible if you throw away that plastic bottle instead of recycling it. That kind of shaming, I think, gets us nowhere. (Though I definitely think it's valuable to care about other species and you should definitely recycle if you can).

Why? Because we're all in this together. Maybe you don't identify as an environmentalist, and that's fine, but you still live on this planet and should try to do something. Though the threats might not be immediately visible in our everyday lives, environmental issues concern everyone, not just environmentalists. The cool part is humans can play a positive role in the environment if we so choose. At Concordia, the word sustainability is what's used to describe ways we can positively influence the natural world around us. I think this idea can also help better illustrate the value in working together as a species to create change.

The word sustainability is all about sustaining life on this Earth for future generations. To help specify that idea,

Climate Talks to Consider Global Policy

By: Erica Bjelland

A huge event called the Conference of the Parties Climate Summit is happening in Paris from Nov. 30 to Dec.11. It's going to include over 50 countries, environmental leaders, businesses and other key players to try to come up with a global agreement to address climate change. The conference has two main objectives: 1. Present concrete commitments from a whole range of territorial players and 2. Submit specific proposals for commitments from non-state actors to be acknowledged in a bold climate agreement.

This type of "global" climate talk may sound familiar to you because there have been several climate talks in the past. The first official United Nations talk like this was in 1995 in Berlin. Since then, there have been many more talks of this kind in various places around the world, but none that have led to extremely groundbreaking actions on a global scale. Part of the reason why there hasn't been as much bold action is because there wasn't as much of a push to do so. Now, however, more and more people around the world are realizing the negative effects of climate change or are suffering from the current tragedies associated with it. With the more immediate realization for action, it seems like more and more leaders are concerned with the urgency of the issue.

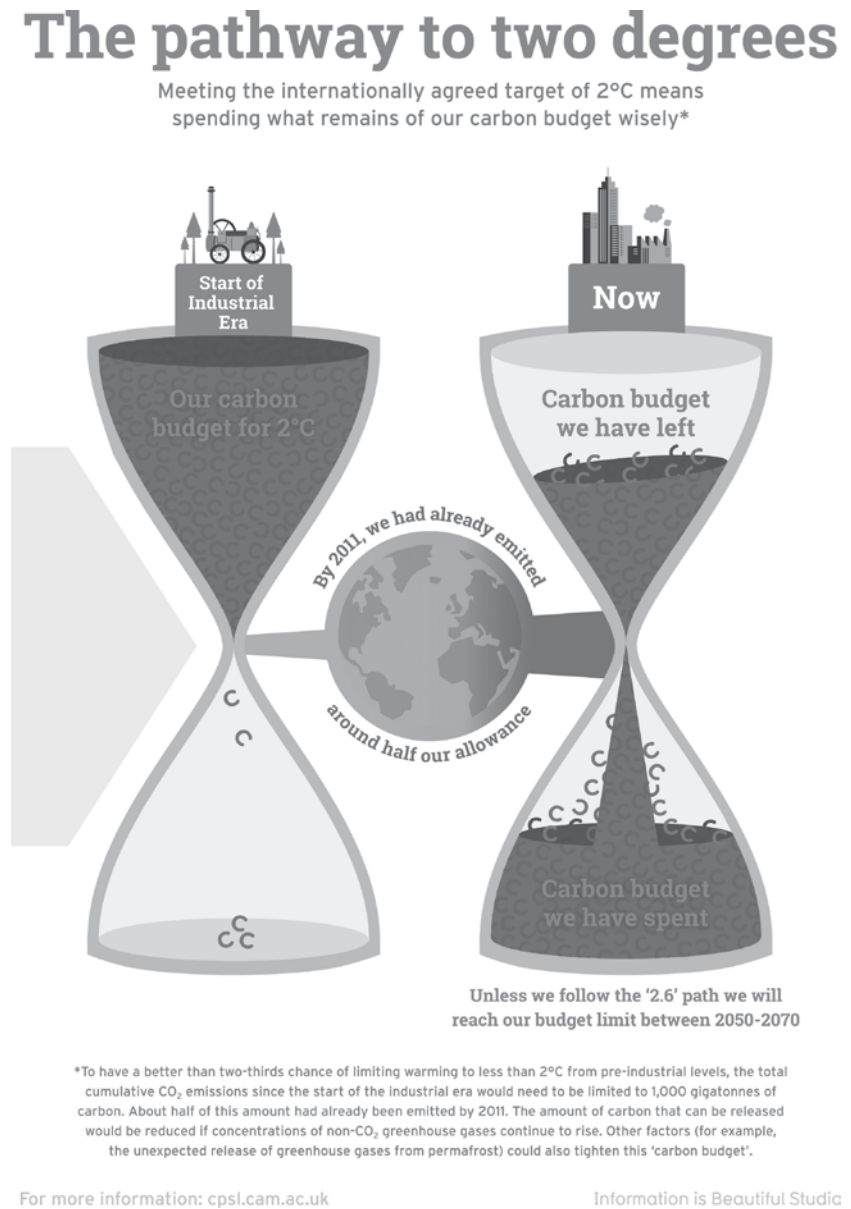
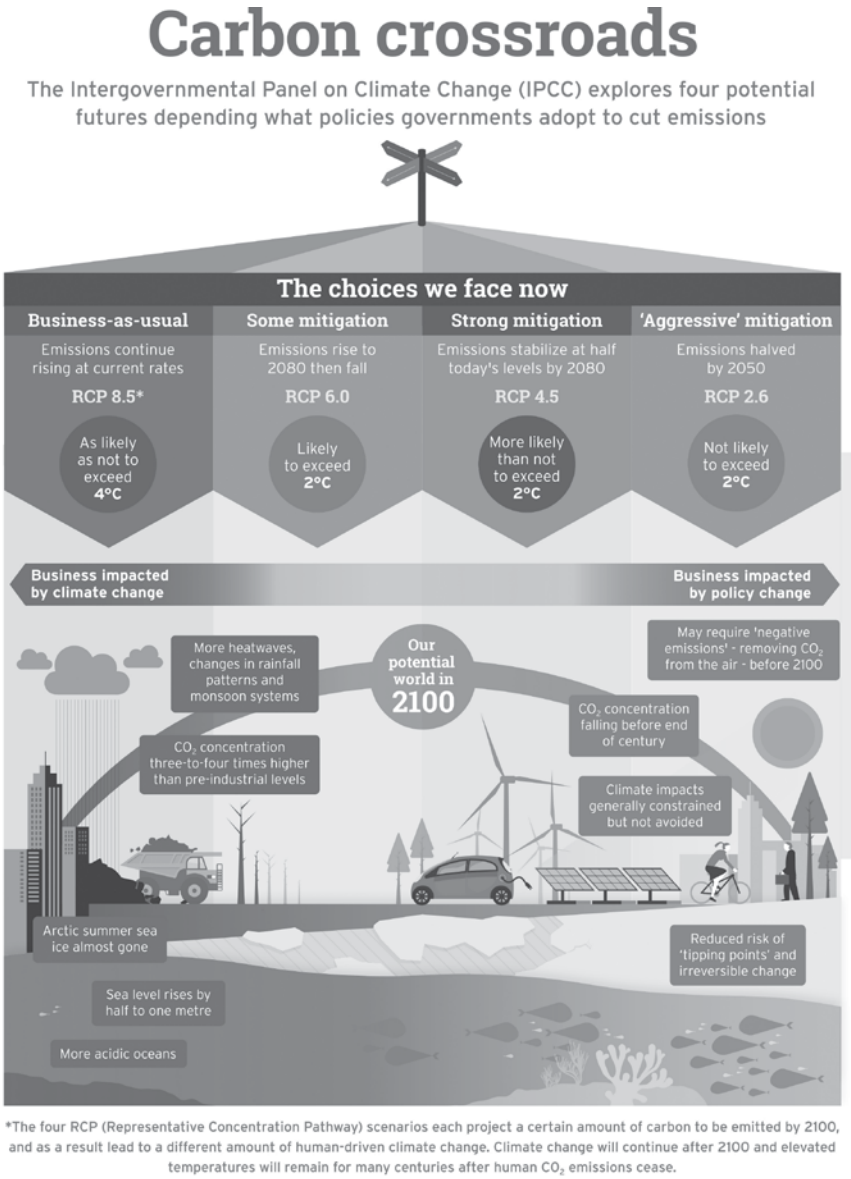
So that's cool, there are a bunch of big world leaders meeting to talk about ways to combat climate change, but where do we fit in here? Well, I think we fit into putting pressure on world leaders to make bold moves in moving forward, but also in creating change in our own local communities. Both, simultaneously, can help. Climate change is about more than just environmentalists caring about the planet. It has already tragically affected people today (one recent example being Hurricane Patricia) and will take every type of person with different passions and interests – doctors, lawyers, businesspeople, students – to really make the change.

the term is broken up into three different rings of influence: environment, economy, and political/social relationships. Each one of these rings is interconnected with the other and is ideally considered when thinking about environmental issues. For example, you could say the fracking of oil in North Dakota has brought great short-term economic benefits to North Dakota and has employed many people. However, the fracking boom would not be considered sustainable because it does not fit within the long-term goals of the three sustainability rings. With every boom there is always a bust, meaning the massive amount of economic prosperity of oil is only temporary. Socially, the many people moving to the area has caused issues with housing, providing emergency services, and the way local people live in the area now. Finally, the environmental impacts of fracking itself and the mass development of the region will leave impacts on ecosystems there for a long time. It is difficult to call a process that doesn't consider all three rings a sustainable one.

So that's an example of a way humans have negatively impacted the environment. Since our impact on the world is constructed by all of us, however, that means we have the opportunity to do something about it as well. The possibilities are endless: we could invest in solar energy, consume less,

close the income gap, or eat local food. None of us will ever be perfectly no-impact people, but that doesn't mean we should hate humanity and be all doom and gloom about the future. Moving forward to a better, more environmentally friendly world means

sticking together to admit mistakes, to move forward and to think of ourselves as only one important part of the world, among many. So go hug a tree or a friend, remind yourself that we're all in this together, and then do something.



Erica Bjelland is a senior Global Studies and Environmental Studies double major hailing from Decorah, IA. She likes to keep her iCal full by being co-president of the Student Environmental Alliance (SEA), a member of the President's Sustainability Council and Student Government Association, and a bassist in the Concordia Orchestra. When she's not living off her calendar, Erica spends time learning guitar, running, drinking coffee, fan-girling over Aldo Leopold, and discovering new ways to cook black beans.

These articles were originally published in "The Concordian", a student-run publication of Concordia College.

From the GM: Investing in our staff and our future

By: David Lester, General Manager

The Board of Directors and I just finished completing our strategic plan for the next 3-5 years. One particular area has me very excited – Employee Relations.

Our staff is the largest and most vital resource at the Co-op and we need to be thinking of creative and innovative ways to enhance the workplace experience at the Co-op. We are operating in an industry where the average turnover rate for grocery stores is around 47%. Our store turnover has ranged from 30-45% in the past three years. Typically, the grocery store environment is fast paced, physically challenging and doesn't offer a lot of upper management opportunities. The majority of our staff are grocery stockers, food-service workers, cashiers and other entry-level positions.

Each year I report to the Board on Policies L2 Staff Treatment and L3 Compensation and Benefits which includes data to show how we compare to other similar positions in northeast Iowa and other food co-ops with regard to wages and benefits. Historically, we have always been very competitive and ahead of other stores in northeast Iowa with our wages, but slightly less than other surrounding food co-ops. Part of this has to do with our cost of living being less than larger cities.

Last year, we set our entry-level wage at our store at \$9.00/hour. The average wage for our employees in the entry-level paygrades I and II is currently at \$9.87/hour and our total store average wage for all paygrades is \$13.46/hour. A couple of other areas that make us a unique employer are that 65% of our staff are considered full-time (30-40 hours/week) and we are the only food co-op that offers its' part-time employees (20-29.99 hours/week) partial benefits like paid time off and other benefits. We are really making an effort through our wages and benefits to be the best in our industry in northeast Iowa.

The industry best turnover rate is with the northeast U.S. grocery store chain, Wegman's, which boasts about a 4% turnover rate. Obviously, they are doing some things that are making a difference like making good hires, creating opportunities for movement within the organization, offering competitive wages and benefits and retaining their best talent. One area where they really excel is in employee wellness.

Two areas of focus for this strategic initiative will be reducing staff turnover and instituting an employee wellness program.

Reducing staff turnover is not an easy task and will need to address several aspects of our employee program. Of course making improvements in wages and benefits will need to continue at a rate that the Co-op can afford, but there is also a lot of improvement needed in the employee experience: connecting the employee with their work in our store and community.

One project that has been in the works for almost a year has been creating an extensive staff guide. This new guide is about to be launched and will transform the employee's experience at the Co-op and clearly define the importance of every position at the store. There will be agreements that I and the leadership team agree to give the employee and there will be agreements that the employee promises to do while employed. There will be an "employment passport checklist" that will outline the important steps during each employee's first 90-days.

Some items on this checklist include:

- taking a store tour
- watching a video about why sustainably raised foods create a healthier world
- understanding what it means to be a co-op



MEET THE STAFF

- the importance of excellent customer service
- understanding the world of whole/natural foods
- understanding our finances

The second area of focus that we are excited about is Employee Wellness. Our business can be a stressful one and demand a lot from our employees both physically and mentally. We will be looking for ways to incorporate more stretching, exercising and mindfulness into our daily work for our employees.

We have many health experts right here in our own community to use as resources and we will be reaching out to them for solutions to increase the health of our staff. It will take some time to develop an extensive employee wellness program at the Co-op because it involves more than just eating healthy. We need to give our employees more skills and tools to be physically, emotionally, socially and mentally ready to do their jobs well on a daily basis. This will be a challenging but rewarding task to try to accomplish over the next three to five years.

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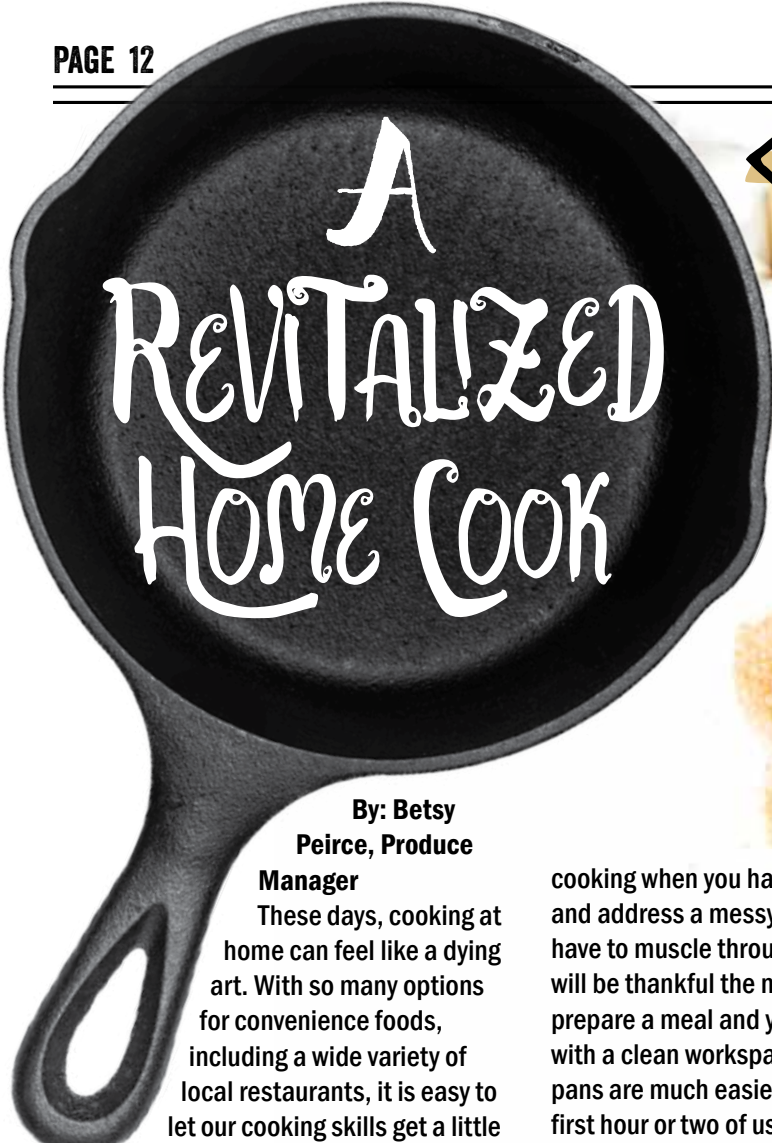
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←end 2 A community that is educated about food and other products which are healthy for people and the environment.



By: Betsy Peirce, Produce Manager

These days, cooking at home can feel like a dying art. With so many options for convenience foods, including a wide variety of local restaurants, it is easy to let our cooking skills get a little rusty. The restaurant ambience, more local ingredients on the menus and the added value of convenience can make our evening meal choices a simple one. Throw in the fact that our lives seem to be getting busier and the thought of cooking at home can be overwhelming; the choice of convenience often wins out.

With all this deliciousness at our fingertips through these extensive restaurant menus, it is easy to forget the benefits of cooking at home like ingredient control and budget friendlier meals. However, once the temperature drops and the snow starts to fly we tend to feel less cause to leave the cozy confines of our homes to eat out. Instead, consider turning on the stove and add a little delicious heat to our own kitchen. Here are a few tips about what you need to start on the journey to revitalizing your home cooking habits.

START (AND END) WITH A CLEAN COUNTER

I personally have to start with a clean kitchen. For the super time-crunched, I suggest at the very least the countertops should be clean and free of clutter. Clean off the cutting board, wash your favorite knife, and get your ingredients within arm's reach. As you wrap up your meal prep, remember that it can be daunting to entertain

cooking when you have to first stare down and address a messy kitchen. You may have to muscle through clean-up, but you will be thankful the next time you need to prepare a meal and you can simply start with a clean workspace. Plus, pots and pans are much easier to clean within the first hour or two of use. Better yet, make an agreement with other family members to share the load by helping to clean up after the meal.

ATMOSPHERE

Just like you do when you have a party, you can set the tone for what sort of cooking evening you desire. You can create a mellow or rockin' atmosphere tailored for your mood so that you enjoy being in your kitchen. Putting on the perfect music, a podcast, or choosing silence can set the mood and make your cooking time even more enjoyable than you anticipated.

Pour yourself something nice to drink - tea, water with lemon, or perhaps a glass of wine or beer. If you have children, ideally send them off to play with siblings, alone, or with another parent if you are lucky. I even used to cook with my daughter in a backpack on my back. On occasion, a little screen time for my daughter can work to get that critical, uninterrupted time and lead to more enjoyable outcomes in the kitchen.

TIME

When I asked some of my friends how they make cooking more fun, they replied that time to cook is their greatest luxury. Cooking does take time. There is no way around that. It's not uncommon to feel really impatient when you are first starting out. The good news is that it is

possible to build stamina for cooking along with new skills in a very short amount of time. When time is luxuriously mine, the sky's the limit for dinner preparation. Normally, I can pull something together in half an hour with the right ingredients on hand. We'll get to pantry stocking tips a little later in this article.

RECIPES

It is a good idea to use recipes for at least inspiration even if you aren't following them to the letter. My all-time favorite standby cookbook is "The New Joy of Cooking." It has a little bit for everyone - vegetarian and meat, as well as baked goods and variations on sauces and desserts.

I have a few favorite websites I like to use, one being Epicurious.com. It has recipes from many famous cooking magazines compiled into one website. It has a great search engine for putting in the ingredients you have in your pantry and coming up with dozens of options for those ingredients. It also has reviews for most recipes including user suggestions of how to kick them up (or down) a notch. I also like 101Cookbooks.com. The site administrator, Chef Heidi Swanson, has great recipes for cooking with whole foods. And, as most computer savvy people are aware, Pinterest

has loads of recipes to get your taste buds rolling.

In terms of what to cook: I like to build on one ingredient I have, and then add a few more to create some kind of meal. A great example is the other evening when I was in the mood for potatoes. I checked the fridge and happened to also have broccoli, sour cream and onions. Then I used a simple search engine (google.com) to hunt for recipes including those ingredients. Multiple choices for casseroles and salads greeted my search inquiry and gave me plenty of ideas to run with.





CHECK OUT THE CLASS:
SANDHORST SHORTS: PANTRY BASICS
TUESDAY, FEBRUARY 16, 2015, 5:30-6:30PM
SEE PAGE 7 FOR MORE DETAILS.

YOUR PANTRY

Keeping a relatively well-stocked pantry helps tremendously. I like to keep the following basics on hand at all times. Keep in mind that the Bulk department at the Co-op makes it possible for you to buy small quantities of these items so that you don't go broke trying to stock your pantry. The Co-op has also recently added two new, mostly organic product lines called "Field Day" and "Natural Value." They offer substantial savings over other similar brand names on many staple items like pasta, oil, vinegar, beans, peanut butter and jams, etc. Remember also, that many of these ingredients are interchangeable. You can easily substitute one starch for another, or make a sauce out of the ingredients you DO have rather than those you don't. Here are ideas of what the start of your kitchen basics pantry might look like.

VEGGIES:

- Onions
- Garlic
- Carrots
- Celery
- Greens

STARCHES:

- Brown and white rice
- Pasta - long and short
- Polenta
- Quinoa

SWEETENERS:

- Honey
- Sugar

SPICES - DRIED:

- Curry
- Chili powder
- Smoked paprika
- Basil
- Oregano
- Herbs de Provence
- Salt
- Pepper

VINEGAR:

- Balsamic
- Cider Vinegar
- Rice vinegar

OTHER CONDIMENTS:

- Tamari or Soy Sauce
- Ginger Juice
- Hot sauce (Siracha)

OILS:

- Olive
- Toasted Sesame
- High heat: Coconut or Peanut

OTHER:

- Broth (or bouillon)
- Tortillas
- Canned beans
- Canned coconut milk
- Salsa
- Canned Tomatoes

TOOLS

The Williams Sonoma catalog would have you think that you need many high-end gadgets to cook a great meal. All you really need is a sharp knife, a cutting board, wooden spoons and blender or immersion blender. Sure, a few others come in handy, like a microplane (a sharp fine grater), rubber spatulas, and thick bottomed pots and pans. You can add these gradually as you decide you are ready to make an investment in your cooking habits.

AWESOME...SAUCE

If you want to get to the "eating part" as quickly as possible, relying on basic ingredients and adding something simple like sauces is the way to go. Sauces can liven up a basic recipe, adding flavor and transforming the ordinary into extraordinary. You can take ordinary ingredients like cruciferous veggies, potatoes, pasta, squash, grains and meat and add a sauce to make them "new" again. Sauces are quite versatile. Check out the following link online for recipes and techniques to make several different sauces - including béchamel, pesto, marinara, wine reduction, and remoulade (www.cookinglight.com/cooking-101/techniques/how-to-make-sauces).

EVERYONE LIKES A GOOD ROAST

Roasting is also an easy, quick way to transform veggies into something extraordinary. The roasting process brings out the sugars in the vegetables and concentrates the flavors. One family member of mine who eats almost anything insisted over and over that he did not like beets, until he tried them roasted. He is now a fan.

ROAST IT - LIKE BETSY

1. Chop into bite size pieces.
2. Coat with extra virgin olive oil and sprinkle generously with salt and pepper.
3. Pour onto a cookie sheet and put into a preheated 400 degree oven.
4. Let roast for 20-30 minutes or until golden brown.

Remember, simple can be flavorful. When I start to feel the temptation to eat out, my husband is the one who is really good at bringing me back home. "What about Tuna melts with spinach for dinner? Or nachos with beans and avocado?"

It doesn't have to be gourmet to be healthy and delicious. Simple sandwiches are tasty and perfectly healthy as long as there are some fruits and veggies to munch on the side. I hope this article helps to inspire you to view cooking in a whole new light - as an activity that can actually be enjoyed. Happy cooking and bon appetit!

PEANUT SAUCE

www.epicurious.com

Ingredients

- 1 - 1" piece ginger, peeled
- 1 small garlic clove
- 1/2 cup creamy peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon fresh lime juice
- 1 teaspoon (packed) light brown sugar
- 1/4 -1/2 teaspoons crushed red pepper flakes

Directions

With motor running, drop ginger and garlic clove into a blender and blend until finely chopped. Add peanut butter, soy sauce, lime juice, brown sugar, red pepper flakes, and 1/3 cup water and blend, adding more water by tablespoonfuls if needed to thin, until smooth. **DO AHEAD:** Peanut sauce can be made 3 days ahead. Transfer to a small bowl, cover, and chill. Bring to room temperature before using.

HARISSA SAUCE

www.epicurious.com

Ingredients

- 1 tablespoon coriander seeds
- 1 tablespoon caraway seeds
- 4 large garlic cloves, unpeeled
- 4 large red bell peppers
- 1/2 cup extra-virgin olive oil
- 1 tablespoon sugar
- 2 teaspoons dried crushed red pepper

Directions

Stir coriander and caraway in small skillet over medium-high heat until aromatic, about 30 seconds. Transfer to processor. Cook garlic in same skillet, covered, over medium-low heat until tender, turning occasionally, about 10 minutes. Cool. Peel garlic; add to processor.

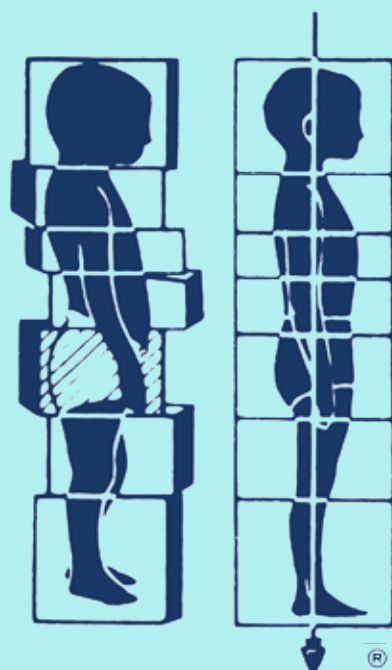
Char bell peppers over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed, and coarsely chop peppers. Add peppers, oil, sugar, and crushed red pepper to processor or blender. Puree. Season with salt and pepper. Can be made 1 day ahead. Cover and refrigerate.



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OUT & ABOUT WITH PRODUCE

By: Betsy Peirce, Produce Manager

In the Produce department we are particularly excited by a few of our local farmers who have decided to add winter storage for their crops on their property. This allows them to extend the season and provide us with local edible delights into the colder winter months. Our produce team recently toured these particular farms – River Root Farm, Patchwork Green Farm and Canoe Creek Produce – all of which have added walk-in coolers. In addition, Patchwork Green built a beautiful hi-tech root cellar along with a heated packing shed. River Root Farm has also expanded their greenhouse production dramatically.

It was a great experience for our Produce team to go together and meet the farmers on their own ground. We were able to walk around their beautiful properties, see their extensive operations, talk about tools, greenhouses, irrigation, succession planting, and graze on the bounty they provide for us at the Co-op.

Each farm has different growth strategies. We were very impressed by the forethought that they have each had in expanding their volume for the winter months, as well as the careful thought they put into how they will accomplish it all.

If you haven't realized it yet, this all comes back to you – the member/owners and customers. You get to partake in this exciting expansion of local production by supporting these farms on a daily basis at the Co-op.

EXPECT TO SEE THESE ITEMS ON THE PRODUCE SHELVES INTO THE WINTER MONTHS

- CANOE CREEK PRODUCE
- Leeks
 - Butternut Squash & Pie Pumpkins
 - Napa Cabbage

- RIVER ROOT FARM
- Red, Yellow & Chioggia Beets
 - Beauty Heart & Black Spanish Winter Radishes
 - Rutabagas
 - Spinach
 - Salad Greens
 - Micro Greens
 - Bunched Carrots

- PATCHWORK GREEN FARM
- Yellow Carola Potatoes
 - Red Maria Potatoes
 - Red Onions
 - Red and Green Cabbage
 - Garlic
 - Cipollini Onions

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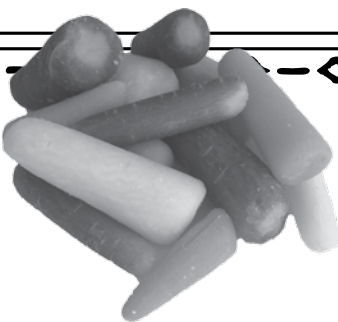
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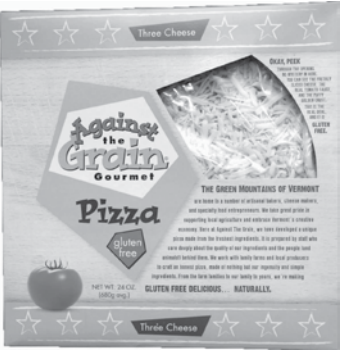
Cal-Organic Farms
Rainbow Peeled Carrots
DEB, ADMINISTRATION

The mutli colored carrots are wonderful tasting. They are a colorful option to add to a vegetable platter. I like to add these to a pot roast.

Against the Grain
Three Cheese Pizza

NATE, MARKETING

This is a great base for a gluten free pizza - or is great just as it is. I add whatever meat and veggies I am craving.



Barnana

The Super Potassium Snack

Organic Chocolate Chewy Banana Bites

RACHEL, FRONT END

This product is amazing! It tastes like a frozen banana that is not frozen. The bananas are dipped in chocolate and are soft inside :)

The World is Flat
Flatbread

DAVID, ADMINISTRATION

Such a versatile product...pizzas, sandwiches and more! I like to make my favorite stir-fry or curry and pile it on top of one of these warm flatbreads. They are also a really great product for kids to be creative.

Tropical Valley

Dark Chocolate Coated
Quinoa Crisps

KERI, FRONT END

An upgraded Nestle Crunch bar!! Richer.. better tasting. Good quality to enjoy small quantities.

BULK



Kettle Chips

Salt & Fresh Ground Pepper

LARRY, ADMINISTRATION

Crunchy with a lightly peppered flavor

Hay Maker

Sauvignon Blanc

LEAH, CAFE

I love this wine. It's the perfect bottle to share with friends, especially when you can sit outside in the sunshine. Wonderful citrus notes, not too sweet.



Bequet Caramels
Sea Salt

DEB, ADMINISTRATION

These caramels have great flavor and are a quick snack. I like to get one and eat it with an apple from our produce department.



Daiya

Dairy Free Cheezy Mac

Cheddar Alfredo

RACHEL, FRONT END

This brand of products is amazing. The dairy free macaroni is life changing. The cheddar is awesome! I give it 5 stars.

The Alfredo is a close second! The consistency is very creamy and cheesy. This product is easy to prepare and great as a quick snack!



Blue Diamond

Almond Breeze Unsweetened
Almond Milk

DEB, ADMINISTRATION

This is a low calorie great tasting product. I use this as the liquid to make healthy smoothies.

Beeler's
Breakfast Sausage Links
(ready to eat)

KRISTIN, GROCERY

Beeler's is a 5th generation family owned farm where the pigs are free to go outside and enjoy the sunshine. AND their pork is MSG, gluten, and cassein free and tastes amazing!



Field Roast
Smoked Apple Sage
Sausage (vegan)

LEAH, CAFE

These faux-sausages are awesome, and contain NO SOY! Whoo! They are especially delicious beer-boiled and grilled. I like to use the remaining beer and add it to caramelized onions, to reduce. Onion and beer 'jam' of sorts, SO good together!

Applegate

Chicken & Maple
Breakfast Sausage

DAVID, ADMINISTRATION

This is a staple product every morning in our household of boys. Pre-cooked, just heat in a skillet for a few minutes. Because you will end up eating the whole box in one meal, consider saving more money if you are a member and special order a case!



Shire City Herbals
Unsweetned Fire Cider

GRETCHEN, WELLNESS

Get your fire on! This daily tonic has been keeping me well for a few years. A shot in the morning clears the sinuses, gives me a boost and helps my aching joints. Not to mention all the other yummy things you can do with it....Bloody Mary, anyone?



Drew's
Naturals

Chipotle Ranch
Salad Dressing

KRISTIN, GROCERY

A great way to spice up salads or sandwiches!

Oneota Community Food Co-op

MISSION STATEMENT

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

Ends Policy

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

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

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

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

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

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

A business that promotes environmental and financial sustainability.
- 5

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

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

Oneota Community Food Co-op Staff

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"The Scoop" Newsletter Staff

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The Scoop is published quarterly and distributed to 11,000+ residents and members. If you are interested in advertising in The Scoop, please contact Nate Furler at the Co-op - 563.382.4666 or nate@oneotacoop.com.	

2015-2016 Co-op Board of Directors

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Member Volunteers - Aug/Sept/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.

Steve McCargar	Mary Hart	Ruth Huffman	Lara Martinsen-
Deneb Woods	Jon Hart	Brittney Claman	Burrell
Mike Bollinger	Wendy Stevens	Sabrina Claman	Brenda Burke
Brita Nelson	Dennis Carter	Miriam Skrade	Mwaura Muiruri
Alicia Trout	Perry-O Sliwa	Ellen Cutting	Elise Poindexter
Maren Beard	Michael McElrath	Arlyls Adelman	Jim Stevens
Carl Peterson	Dalton Little	Cynthia Lantz	Johanna Bergan
Rachel Sandhorst	Onita Mohr	Cathy Baldner	Bob Watson
Barb Dale	Steffen Mirsky	Emily Neal	Neal Patten
Jerry Aulwes	Georgie Klevar	Katie Becker	Sue Otte
Louise Hagen	Randall Duval	Christine Gowdy-Jaehnig	
Ed Dimler	Carol Bentley-Iverson		

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:

Dennis McNeal	Meghan Wiedow	Nicholas Lauer	Marilyn Birdsell
Jamie Hammersland	Karen Ann Conner	Nikki Jansen	Shai Shay
Rebekah Winnes	Phillip Freeman	Catherine Lewis	Emma Tebben
Brandi Crozier	Erin Vercande	Elizabeth Gordon	Alex Hirv
Simon Klimesh	Brent Willihn Ganz	Martha Hall	Pat Cross
Sharon Martin	Jana Vorvick	Ryan Hall	Tricia Glotfelty
Tristen Eberling	Darlys Rausch	Mindra Balk	Robin Sailor
Scott Biedermann	Andrea Becker	Leda Stinson/Ebert	Molly Wilker
Taren Marvets	Merlene Brown	Gerry Weiland	Emily Dufford
Tim Fechner	Thomas Blain	Sam Kaplan	Ryan Torkelson
Brecka Putnam	Therese Suzuki	Ryan Martin	Andrea Pribil
Deidre Stark	Shirley Mikota	Kari Straube	Sharon Rendack
Lisa Shaw	Colleen Portzline	Irene Floy	

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 COMM POST



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

Host Defense
Lion's Mane

NATE, MARKETING

Lion's Mane is used for memory and nerve support. After taking this for over a month I have noticed an increase in memory function and the ability to focus for long periods of time and while multi-tasking.



Ginger People
Sweet & Spicy Dip

AMBER, PRODUCE

The versatility this product lends to my kitchen is priceless. First introduced as a sauce for wings, adapted to various Asian cuisines and used as a dip for just about anything, it's become my go-to sauce.



Salad Girl
Blueberry Basil Dressing

GRETCHEN, WELLNESS

ALL of these dressings are delicious! Blueberry Basil just happens to be my fave. The lightly sweet and herbaceous flavor is the perfect compliment to any salad, especially dancing flavors with the bitter of arugula...



Frontier
Earl Grey Tea

DAVID, ADMINISTRATION

1. Open jar. 2. Insert nose to within 1 inch of jar opening. 3. Enough said.

Veriditas
Pain Relief Essential Oil

GRETCHEN, WELLNESS

I wake up and use this easy to apply roll-on oil every morning for lower back pain. Convenient to carry and quickly effective, I have it with me most of the time. Thankfully, once a day application often gets me through!



Organic India
Cinnamon Rose

GRETCHEN, WELLNESS

This tea is warming, stress relieving and calms my heart. The perfect Autumn tea.



Passionfruit

AMBER, PRODUCE

Passion fruit, to me, has become the apple of the tropics. This tangy yet slightly sweet tropical fruit can be served up over cheesecake or ice cream, made into a drink, or eaten directly out of the rind. This is a common gift of students to teachers.



Wellness
Turkey Formula Cat Food

LEAH, CAFE

I have a Siamese cat with a special diet. This grain-free food is the only kind I feel comfortable feeding her if we accidentally run out of Science Diet over a weekend. She loves the taste, and thinks it's a special treat!



SweeTango Apples

LARRY, ADMINISTRATION

This is the best tasting and sweetest apple I have ever eaten.

We Heard it Here.

Comment: Bring back Blue Ox coffee! It was a beloved flavor.

Response: Thank you for the vote for Peace Coffee's Blue Ox. The Co-op has featured Blue Ox on the coffee bar since opening the new store location in 2008. Unfortunate for Blue Ox, the Co-op recently had the opportunity to expand our relationship with local coffee roaster Kickapoo Coffee of Viroqua, WI. This partnership includes some awesome brewing equipment and a commitment to growing this local roasting business through a rotational featuring of their roasted coffees on our coffee bar. This will also include a blend made just for the Water Street Café called the Water Street Blend. Look for this new blend to come soon and let us know what you think. Blue Ox can still be found in our Bulk department for purchase as whole beans.

Comment: I believe you guys should offer a veteran's discount.

Response: Thank you so much for this comment. We offer many different types of discounts to various groups of members and non-members alike, but this has not been asked of us until now. We will definitely keep this comment in mind as we budget for discounts in the future and think of the veterans in our community.

Comment: I know there are handicapped buttons to push to help patrons out of the store, but there aren't any to get in. Wouldn't it be nice if we all had the ease of entering this beautiful space even if we were on crutches or in a wheelchair?

Response: Yes. Our current door system that was installed in 2007/2008 did not include an outside button to open our entry door to the store. This is something that we are looking at changing to be more accessible to all. We believe the best solution will be changing our doors completely to a double sliding door system with automatic sensors. Stay tuned.

Comment: On this Labor Day, I want to take the time to praise and thank the Co-op front line staff. They bend over backward to help high maintenance people like myself carrying, packing, answering questions. Thank you, thank you! The best part of the Co-op!

Response: Thank you for recognizing our most prized resource...our staff. Working on a holiday can be very hard for our staff, but it makes us smile when our customers recognize this, especially on a day that co-ops historically helped make happen...Labor Day. All of holiday hours are based on customer traffic and customer needs. Currently, the holidays that we are closed each year are: New Year's Day, Easter, Memorial Day, Thanksgiving, and Christmas. On some major holidays our hours are shortened to 4pm.

Field Day
Deluxe Mild Cheddar Shells & Cheese
KERI, FRONT END

Mac and Cheese with the cheesy packet. Super fast and easy. Tastes good and it isn't too thick and gooey. Washes right out of the pot so you don't feel like it is cement in the pot or in you...

BUY 6 bottles of wine
SAVE 10%
Buy any 6 bottles of wine at one time and save 10% on that wine purchase

FOLLOW US ON FACEBOOK!
for the latest updates about what we see and what we're doing!

MEMBER DEALS 12/02/15 - 12/29/15

* Regular prices subject to change

	SALE Price	Reg Price	Savings
Packaged Grocery			
BLUE DIAMOND, Chocolate Almond Milk, 11 oz	\$1.39	\$1.89	\$0.50
BOB'S REDMILL, Pice Crust Mix, Gluten-Free, 16 oz	\$3.39	\$3.79	\$0.40
FIORDIFRUTA, Wild Lingonberry Spread, Organic, 8.82 oz	\$4.69	\$5.39	\$0.70
FRONTERA, Citrus Garlic Marinade, 6 oz	\$1.99	\$2.49	\$0.50
Jalapeno Medium Salsa, 16 oz	\$3.99	\$4.29	\$0.30
Mango Key Lime Salsa, 17 oz	\$3.99	\$4.29	\$0.30
Tomatillo Medium Salsa, 18 oz	\$3.99	\$4.29	\$0.30
Two Chili Salsa, 19 oz	\$3.99	\$4.29	\$0.30
GREEN & BLACK, Dark 85% Chocolate Bar, 3.5 oz	\$3.39	\$3.99	\$0.60
Dark Mint 60% Chocolate Bar, 3.5 oz	\$3.39	\$3.99	\$0.60
Milk Chocolate Bar, 3.5 oz	\$3.39	\$3.99	\$0.60
Milk Almond Chocolate Bar, 3.5 oz	\$3.39	\$3.99	\$0.60
Milk Toffee Chocolate Bar, 3.5 oz	\$3.39	\$3.99	\$0.60
HEALTH VALLEY, Cream of Chicken Soup, 14.5 oz	\$2.69	\$3.29	\$0.60
Cream of Mushroom Soup, 14.5 oz	\$2.69	\$3.29	\$0.60
MONTE BENE, Garlic Marinara Sauce, 24 oz	\$4.39	\$5.39	\$1.00
Tomato Basil Sauce, 24 oz	\$4.39	\$5.39	\$1.00
OLIVIA, Stuffing Mix, Gluten Free, 9 oz	\$4.99	\$5.59	\$0.60
SPRECTRUM, Coconut Oil Spray, 6 oz	\$4.39	\$5.99	\$1.60
SPRY, Cinnamon Gum, 10 count	\$0.79	\$0.99	\$0.20
Cinnamon Gum, 30 count	\$2.19	\$2.59	\$0.40
Peppermint Gum, 10 count	\$0.79	\$0.99	\$0.20
Peppermint Gum, 30 count	\$2.19	\$2.59	\$0.40
Spearmint Gum, 10 count	\$0.79	\$0.99	\$0.20
Spearmint Gum, 30 count	\$2.19	\$2.59	\$0.40
TERRA, Exotic Veggie Chips, 5 oz	\$2.99	\$3.79	\$0.80
TINY BUT MIGHTY, Unpopped Popcorn, 20 oz	\$4.39	\$4.99	\$0.60
WESTBRAE, Green Beans, Organic, 15 oz	\$1.99	\$2.59	\$0.60
Canned Corn, Organic, 15 oz	\$1.99	\$2.59	\$0.60
HIP CHICK, Chicken Meatballs, 10 oz	\$5.99	\$7.99	\$2.00
Chicken Wing & Drumstick, 10 oz	\$5.99	\$7.99	\$2.00
Chicken Fingers, 8 oz	\$5.99	\$7.99	\$2.00
Chicken Fingers, Organic, 8 oz	\$6.99	\$9.99	\$3.00
Supplements & Body Care			
MEGAFOOD, Adrenal Strength, 30 Tab	\$26.99	\$27.99	\$1.00
Blood Builder, 180 Tab	\$39.99	\$44.99	\$5.00
Blood Builder, 30 Tab	\$13.99	\$15.99	\$2.00
Blood Builder, 90 Tab	\$23.99	\$28.99	\$5.00
Complex C, 60 Tab	\$23.99	\$26.99	\$3.00
Daily C Protect, 52.5 grams	\$14.99	\$16.99	\$2.00
Ultra C-400, 60 Tab	\$25.99	\$27.99	\$2.00
FLOWER ESSENCE SERVICES, Kinder-Garden, 1 oz	\$13.99	\$16.99	\$3.00
Mind-Ful, 1 oz	\$13.99	\$16.99	\$3.00
Yarrow Environmental Solution, 1 oz	\$13.99	\$15.89	\$1.90
JUNIPER RIDGE			
Douglas Fir Spring Tips Wild Harvested Tea, 20 bags	\$7.99	\$11.89	\$3.90
White Sage & Wild Mint Wild Harvested Tea, 20 bags	\$7.99	\$11.89	\$3.90
PACHA SOAP, Lump O' Coal Bar Soap, 4 oz	\$4.50	\$4.99	\$0.49
Mint Medlay Bar Soap, 4 oz	\$4.50	\$4.99	\$0.49
O Tannenbaum Bar Soap, 4 oz	\$4.50	\$4.99	\$0.49
EARTH THERAPEUTICS, Purest Palm Body Brush	\$6.99	\$11.99	\$5.00
Far Reaching Back Brush	\$7.99	\$10.49	\$2.50
Cuticle Nipper	\$4.69	\$5.99	\$1.30
Emery Board Set	\$3.99	\$4.99	\$1.00
Soothing Eyelid Compress	\$3.99	\$4.99	\$1.00
Eye Pillow	\$7.99	\$10.99	\$3.00
Wooden Foot File	\$2.39	\$3.99	\$1.60
Heel Repair Lotion	\$7.99	\$10.49	\$2.50
Soothing Beauty Mask	\$5.69	\$9.89	\$4.20
Loofah complexion Pads	\$1.69	\$1.99	\$0.30
Loofah Body Scrubber	\$1.69	\$2.29	\$0.60
Nail Brush	\$2.39	\$3.99	\$1.60
Nail Clipper	\$3.39	\$4.99	\$1.60
Pumice Stone	\$2.39	\$3.49	\$1.10
Footsie Foot Massager	\$6.99	\$8.99	\$2.00
ACURE, Exfoliating Body Wash, 8 oz	\$8.99	\$9.99	\$1.00
Energizing Lotion, 8 oz	\$8.99	\$10.99	\$2.00
Firming Lotion, 8 oz	\$8.99	\$10.99	\$2.00
Hydrating Lotion, 8 oz	\$8.99	\$10.99	\$2.00
BULLDOG, Original Moistuizer, 3.3 oz	\$9.99	\$11.99	\$2.00
Original face Scrub, 3.3 oz	\$6.99	\$8.99	\$2.00
Original Face Wash, 5.9 oz	\$6.99	\$8.99	\$2.00
Sensitive Shave Cream, 5.9 oz	\$6.99	\$8.99	\$2.00
Original Shower Gel 6.7 oz	\$6.99	\$8.99	\$2.00
WELEDA, Sea Buckthorn Hand Cream, 1.7 oz	\$7.99	\$11.99	\$4.00
Skin Food, 1 oz	\$7.99	\$10.49	\$2.50
Skin Food, 2.5 oz	\$11.99	\$18.99	\$7.00
BAUDELAIRE, Small Wool Sponge	\$12.99	\$13.99	\$1.00
BIG DIPPER WAX WORKS, Allium Beeswax Sphere Candle	\$15.99	\$16.99	\$1.00
Artichoke Beeswax Sphere Candle	\$15.99	\$16.99	\$1.00
EVOLUTION SALT CO, Himalayan Crystal Salt Lamp Raindrop	\$15.99	\$19.99	\$4.00
Himalayan Crystal Salt Lamp Sphere	\$27.99	\$29.99	\$2.00
PACT, Men's Work Socks, 3 pk	\$19.99	\$29.99	\$10.00
Women's Crew Socks, 3 PK	\$19.99	\$24.99	\$5.00
Men's Crew Socks, 3 pk	\$19.99	\$24.99	\$5.00
Men's Crew Socks, 3 pk	\$19.99	\$24.99	\$5.00
Women's Crew Socks, 3 pk	\$19.99	\$24.99	\$5.00
Women's Knee Socks, 3 pk	\$19.99	\$29.99	\$10.00

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

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

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

In a hurry?

CALL AHEAD

with your panino order 563-382-4666.

We'll have it ready for you to pick up.

PANINO MENU

Panino Hours

Monday-Saturday 11:00 am - 7:30 pm

Sunday 10:00 am - 6:00 pm

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.

Stop Back for

Sunday Chicken Dinner!

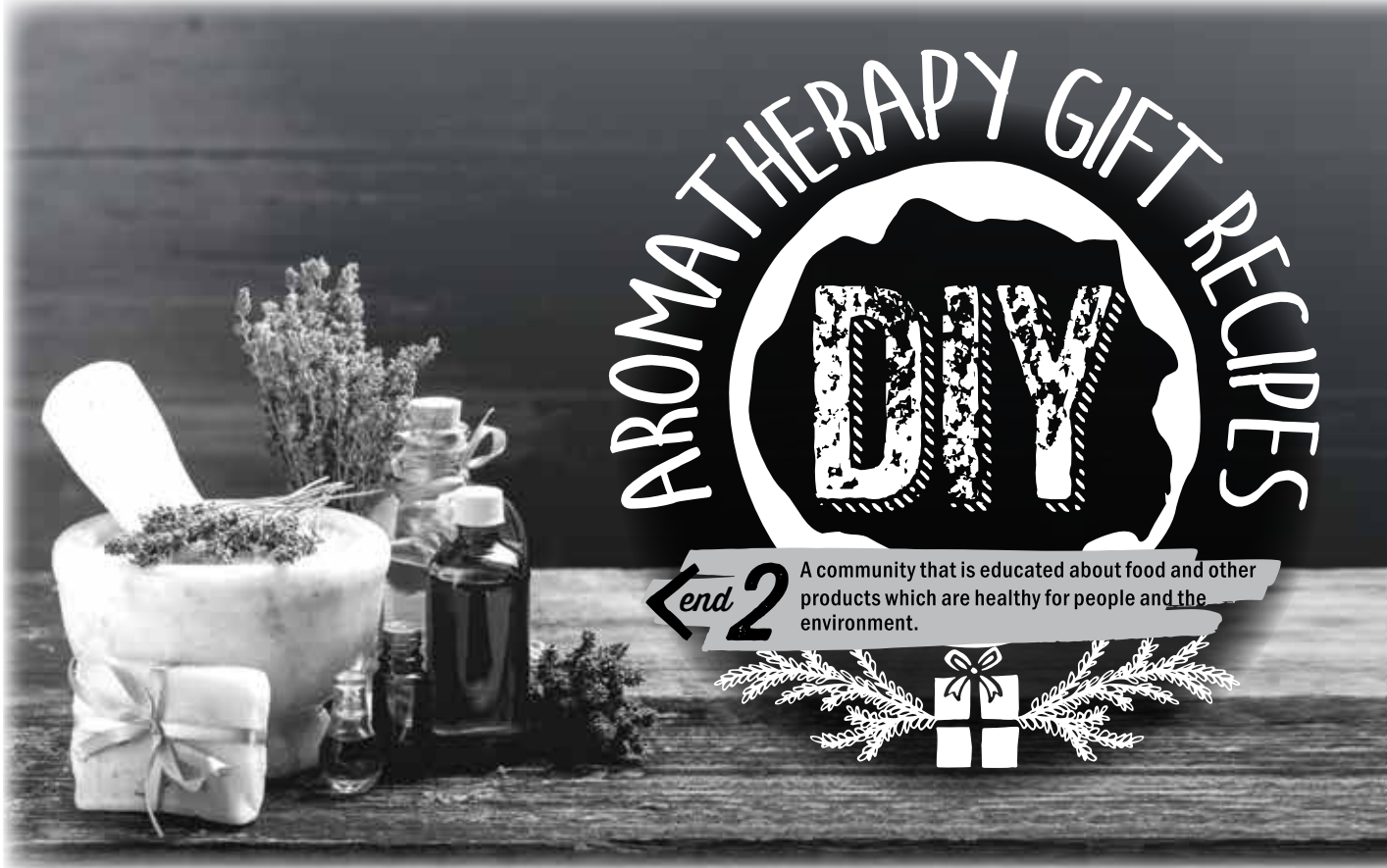


2:00-6:00 pm

► Oven-roasted Chickens whole, half, & quarter sized

► Mashed Potatoes & Gravy

► Variety of Sides



ROSE & GERANIUM SOOTHING BODY CREAM

Rose and geranium are especially well suited for dry and aged skin.

Ingredients:

- 1/2 ounce beeswax
- 4 ounces sweet almond oil
- 3 ounces water
- 6 drops rose otto or absolute oil
- 21 drops geranium
- 12 drops patchouli essential oil

Directions:

Melt the wax and the almond oil in a double boiler. Allow to cool to lukewarm temperature, then add the essential oils. Warm the water slightly and place in blender. Add the wax/almond oil/essential oil mixture to the water in a slow and steady stream. Blend until a creamy emulsion forms. Store in the refrigerator.

By: Gretchen Fox Schempp and our friends at Aura Cacia

Essential oils are hot right now. Not a day goes by when I don't use them and hear others talk about using them. It doesn't matter if I am at the Co-op or hanging out with neighbors, everyone is talking about "oils".

There are so many uses for essential oils - including diffusing, massage, body care, immune health, and first aid. We could fill the Scoop with just ways to use essential oils! Right now I'm hitting the Immunity Boost by Veriditas Botanicals to protect myself from all the colds and junk going around, while also getting a little mental boost from the aroma itself. Super-easy diffusing tip for Immunity Boost: put two drops of this oil blend in your hands, rub them together and just breathe it in, 5 nice deep breaths. Plus, now my hands are disinfected. There's my little holiday tip. Immunity Boost is my traveling companion whether in the car or on a plane. Wherever and however you travel this delightful mix of tea tree, lavender and eucalyptus radiata will keep the air clean and you breathing freely.

Utilitarian use yes, but what about fun with oils? One of my favorite things to do with essential oils is to make lovely homemade gifts with them. In the spirit of the holidays, here are some awesome recipes from my kitchen and the Aura Cacia Aromatherapy Kitchen. If you like these recipes and want more, go to: <https://www.auracacia.com> then go to Learn.

BRIGHT & CLEAR CHEST RUB

Eucalyptus oils contain the camphor constituent and peppermint contains the menthol constituent. Lemon tea tree sweetens the aroma of this clarifying salve.

Ingredients:

- 5 drops lemon tea tree essential oil
- 3 drops eucalyptus essential oil
- 1 drop peppermint
- 1 tablespoon sweet almond oil
- 1/2 tablespoon castor oil

Directions:

Combine ingredients. Apply to chest and massage well into skin. This application is great anytime you need a clear, deep breath.

EARTHY & SWEET LOTION BAR

This simple homemade lotion bar combines the wonderful aromas of cocoa butter, lime, lavender and patchouli in a skin soothing oil blend that will leave you feeling silky smooth.

Ingredients:

- | | |
|-----------------------------|--------------------------------------|
| 1/2 cup beeswax | 1/4 cup coconut oil |
| 1/2 cup cocoa butter | 1/2 teaspoon lavender essential oil |
| 2 tablespoons castor oil | 1/2 teaspoon patchouli essential oil |
| 2 tablespoons macadamia oil | 1/2 teaspoon lime essential oil |
| | 1 teaspoon vitamin E oil |

Supplies:

Measuring spoons · Cupcake liners (optional) · Cupcake pan
Two pots to use as a double boiler · Whisk

Directions:

Line your cupcake pan with liners. This keeps the clean-up easy, but is not necessary. In a double boiler, melt beeswax and cocoa butter together over medium heat. As the mixture is melting, add the castor, coconut and macadamia oils. Once the heated mixture is completely liquid, remove from heat and add the essential oils. Whisk together for 15 to 20 seconds to evenly disperse the essential oils and pour into your lined cupcake pan. If you fill each cup 3/4 of the way full, you will end up with 6 lotion bars. Let cool before removing from pan.

CHOCOLATE BODY BUTTER

This body butter is an indulgent way to nourish your skin -- and a calorie-free way to enjoy chocolate! Cocoa butter, vanilla, ylang ylang and tangerine create a floral-sweet treat that also makes a great gift.

Ingredients:

- 3 ounces cocoa butter
- 1 ounce grapeseed oil or 1 ounce jojoba oil
- 12 drops vanilla essential oil
- 3 drops ylang ylang essential oil
- 3 drops tangerine essential oil

Directions:

In a small pan on low heat, melt the cocoa butter. Stir in the jojoba oil and remove from heat. Stir in the essential oils and pour the mixture into a jar or tin. Cap and allow to set-up overnight. Apply as a massage or skincare butter.

DELICIOUS BODY BUTTER

Ingredients:

- 1/4 cup cocoa butter (shea butter is an option as well)
- 3 tablespoons sweet almond oil
- 1 teaspoon vegetable glycerin
- 50 drops or combination of drops of your chosen essential oil(s)

Directions:

Melt cocoa butter in saucepan over low heat. Remove from heat and stir in sweet almond oil, glycerin and oils. Allow to cool until edges become firm. Whip with a kitchen mixer until the butter becomes fluffy and smooth. Put in a 4 oz jar.

Oil suggestions: For a holiday treat add peppermint and spearmint as your oils, and in combination with the cocoa butter this will be like a mint chocolate delight.

VANILLA ALMOND FOOT SCRUB

Created by Aura Cacia product expert Tom Havran, this recipe for a foot scrub is personal without necessarily carrying any romantic intentions. It's an easy and delightful Valentine's Day gift you can make for your best friend who deserves a bit of pampering. Tom says, "Our feet are very sensitive and a bit of podiatric pampering will have us walking on the sunny side in no time. A good foot soak, scrub and massage seem to make your whole body happy."

Ingredients:

- 1/4 cup raw, virgin coconut oil
- 1/2 cup sweet almond oil
- 1/2 cup whole almonds
- 1 cup unrefined granulated sugar
- 1 teaspoon vanilla essential oil

Directions:

Measure coconut and sweet almond oils into a glass measuring cup. Place cup in simmering hot water bath until coconut oil melts. Remove from hot water bath. Meanwhile, measure almonds and pulse in a food processor or blender into a finely ground meal. Add almonds to melted oils. Add sugar and vanilla essential oil. Mix thoroughly and place in a pretty jar or tin.

To Use:

Soak feet in a basin of hot water until soft. Rinse feet, pat dry. Apply 1 to 2 tablespoons of scrub and massage all over feet and toes. Rinse away almond and sugar granules, massage remaining oil, then wipe dry with paper towels.
Storage: Store in an airtight container in a cabinet, protected from heat.
Good for up to one year.

CHECK OUT THE CLASS:

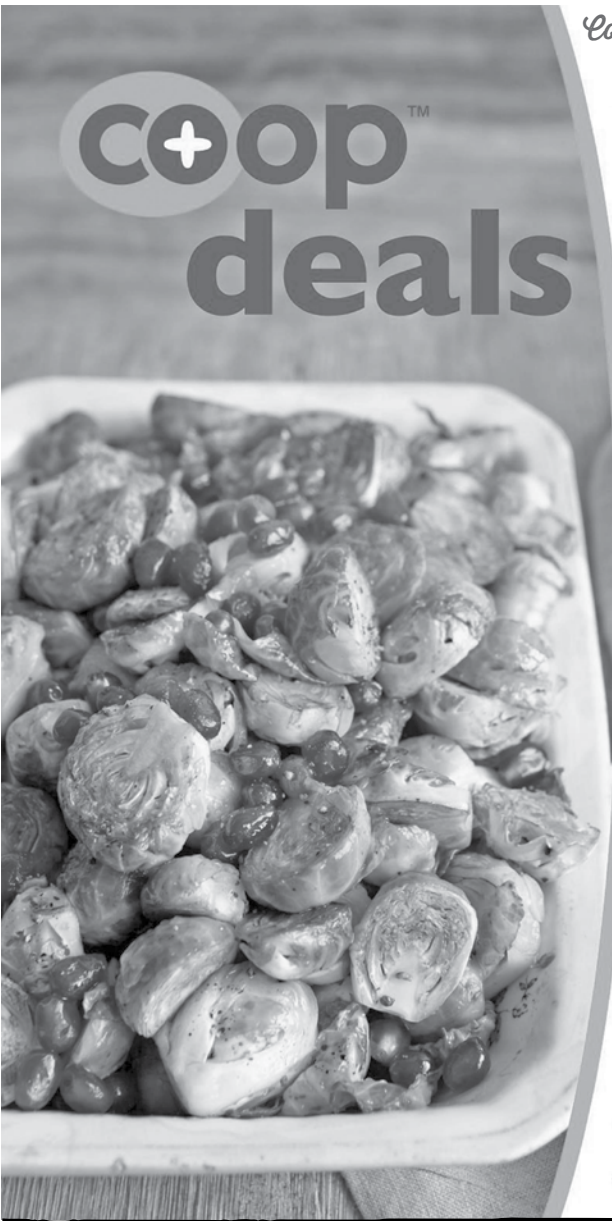
AROMATHERAPY FOR THE COLD & FLU SEASON
TUESDAY, JANUARY 12, 5:30-7:00PM

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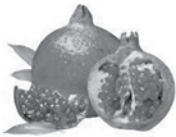
- Try a festive Brussels sprout dish, baked with a pomegranate glaze
- How to put together a perfect cheese course for your next party or potluck
- Say "hello" to the New Year with our festive (and fun) brunch recipes and tips
- The focus is on creamy Camembert cheese, and pretty, sweet-tart pomegranates

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Pomegranates

The jewel-like seeds of the pomegranate are just the thing to adorn festive holiday platters and drinks. These little rubies have a sweet-tart flavor that makes them great in salads, floating in punches or sprinkled onto puddings or custards. They can add a kick to your morning oatmeal or muesli, too! Pomegranate is particularly complementary to Middle Eastern dishes such as couscous, hummus or roasted lamb and flavors like cumin, garlic, honey, lemon and parsley. For a unique take on lentil soup, swirl in bright scarlet pomegranate juice and seeds just before serving for a surprising tangy taste.



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

By: Kristin Evenrud, Grocery Manager

Everyone is buzzing about our newest local honey producer - Highlandville Honey Farm. This honey is beautiful, rich and golden goodness that can be eaten plain, drizzled on whatever your heart desires or to sweeten up your baking creations. The folks behind Highlandville Honey Farm are Joel and Rachel Fassbinder, their 5 year old daughter and 6 month old son.

Joel is finishing up his second season of beekeeping independently. However, beekeeping is a family business for the Fassbinders, as his dad Dave (Yellow River Apiaries) and uncle Bob (Fassbinder Apiaries) have each been beekeepers for over 30 years. Joel and Rachel know northeast Iowa well as they both grew up in the Monona/ Marquette, Iowa area. Though they have spent time living in Iowa City, St. Paul, and eastern Pennsylvania, they jumped at the opportunity to move back to northeast Iowa when Rachel was hired to teach in the Environmental Studies program at Luther. While Joel's background is actually in geology and atmospheric science, moving back home gave him the chance to switch to a line of work that he secretly always wanted to get into, beekeeping.

Highlandville Honey Farm is located about where you would suspect, beautiful Highlandville, Iowa. Joel currently has about 100 hives in 8 different locations spread out in Winneshiek and Allamakee counties. Having the hives spread out increases the opportunity for the hives to survive. Joel has

hopes to expand to about 200 hives over the next few years, bringing production to about 20,000 pounds of honey per season.

This honey is harvested raw, meaning it is unfiltered and never heated above the temperature you would find in the hive. Joel harvests this way to preserve the beneficial antioxidants, minerals, active enzymes, and pollen that are naturally found in honey.

"The comb honey is completely unprocessed - I basically take the comb straight from the hive and place it directly into containers." (Comb honey is only available at certain times of the year.)

What's the Buzz?

I asked Joel what he loves most about bees and honey. This is what he said, "I love following the progress of the hives throughout the season and the constant problem solving required to keep the hives healthy. Every day I'm asking myself things like, 'why is this hive so energetic but this other hive so lethargic?' or 'why are the bees in this hive so aggressive towards me today when last week they were indifferent?'"

"Trying to figure out how the weather patterns, pest populations, and flowering cycles are affecting the honeybees at any given time allows me to live in the moment with them and that's something I really enjoy. Also, it sure doesn't hurt to be your own boss and work in some of the prettiest spots in northeast Iowa. The bee stings do hurt, though."

Look for beautiful, nutritious Highlandville Honey Farm honey next time you buzz into the Oneota Co-op.

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Beef and Scallion Rolls

Serves 6. Prep time: 60 minutes.

- 1 pound center-cut beef tenderloin
- Salt and black pepper
- 3 tablespoons olive oil, divided
- 2 portobello mushrooms, cleaned and sliced about ½-inch thick
- 6 scallions, trimmed and sliced thinly lengthwise
- 2 ounces blue cheese, crumbled
- 2 tablespoons water
- 2 tablespoons balsamic vinegar
- 1 tablespoon Worcestershire sauce

Cut the tenderloin horizontally into 6 slices and pound between pieces of plastic wrap until thin. Season both sides of meat with salt and pepper. Heat 1 tablespoon olive oil in a skillet over medium-high heat and sauté the sliced mushrooms for 5 minutes until soft. Remove the mushrooms from the pan, drain and set aside.

Lay out a slice of steak. Place a few slices each of mushrooms and scallions and a sprinkle of blue cheese crumbles near the edge closest to you. Roll the steak around the filling and secure with a toothpick if needed. Repeat for each slice of steak.

In the pan used to sauté the mushrooms, heat remaining oil over medium-high heat. When the pan is hot, add the steak rolls and sear on all sides until meat reaches desired doneness. Remove the rolls from the skillet, lower the heat and add the water, vinegar and Worcestershire sauce to the pan. Bring the sauce to a simmer for several minutes until it begins to thicken. Serve the steak rolls drizzled with sauce.

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



2/\$4

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Organic Vegetables

16 oz., selected varieties



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Organic Dressing

8 oz., selected varieties



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DEBOLES

Organic Artichoke Pasta

8 oz., selected varieties other DeBoles Pasta also on sale



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Organic White Basmati Rice

32 oz. other 16 or 32 oz. Packaged Rice also on sale



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EVOL

Burrito

6 oz., selected varieties



3/\$5

BACK TO NATURE

Organic Pasta & Cheese Dinner

6 oz., selected varieties



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PACIFIC

Organic Soup

32 oz., selected varieties



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RUSTIC CRUST

Tuscan Six Grain Pizza Crust

13 oz. Organic Pizza Crust on sale \$3.69



The Cheese Course

A really nice cheese plate makes nearly every occasion just a bit better. To elevate your plate to the next level, remember some simple tips.

- Always serve cheeses at room temperature for maximum flavor. About an hour is the right amount of time to allow your cheeses to “bloom.”
- Look for 3 to 5 cheeses that will complement one another with contrasting flavors, textures and colors.
- Adorn the platter with sweet and savory accompaniments, like fruit chutneys, stone ground mustard, quick-pickled vegetables, spiced nuts and dried fruits.

Visit www.strongertogether.coop for more holiday entertaining ideas.

Almond Honey Cake

When you want a sweet, sticky cake, and you want it soon, try this single layer of yumminess. It's all about almonds and honey, so pick a flavorful honey to show off and savor. Instead of frosting, a drizzle of honey and crunchy toasted almonds is light and easy.

Ingredients

- 1/4 cup whole almonds
- 1/2 cups slivered almonds
- 1/2 cup unbleached flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 3 large egg, separate out yolks
- 2 tablespoons canola oil
- 3/4 cups honey, divided
- 1/2 teaspoon almond extract

Directions

Preheat oven to 325 F. Oil a 9-inch round cake pan. Spread the whole almonds on a baking sheet, then toast them for 10 minutes in the oven. Let cool, then chop coarsely.

In a food processor or blender, grind the slivered almonds to a powder. In a large bowl, mix the almond powder, flour, salt and baking soda.

In a medium bowl, whisk the egg yolks, oil, 1/2 cup of the honey, and almond extract, then stir into the flour mixture. With an electric mixer, whip the egg whites to firm peaks. Fold 1/3 of the whites into the wet mixture, then gently fold in the rest. Scrape the batter into the prepared pan. Bake for 30-35 minutes, or until a toothpick comes out with only large moist crumbs attached.

Let cake cool completely. Using a wooden skewer or something similar,

Organics and Pollinators: Making Food Happen

By: Claudia Broman

A simple lunchtime meal could look drastically different without bees. We can thank these pollinators for about one out of every three bites of food we eat, including many of our favorite fruits like blueberries, peaches, blackberries, grapefruit, raspberries, oranges, pears and plums.

As pollinators, bees flitting around apple orchards and cranberry bogs move pollen from the male parts of trees and plants to the female parts. This shift of pollen allows the flowers to produce fruit. Many crops, like almonds, avocados, cucumbers and even onions, wouldn't produce much, if anything, without the help of bees. In the U.S. alone, bee pollinators annually contribute to about \$20 billion of products people use every day.

Recent scientific studies show that bee pollination is directly connected to human health. People need to consume a variety of nutrients to stay healthy. Globally, the crops that provide these nutrients vary widely from place to place, with developing regions of the world being more dependent on particular fruits and vegetables than others. Were these crops to fail on account of a decline in pollinators, it could result in a global malnutrition problem.

Unfortunately, researchers have seen declines in the success of wild and

commercial bee colonies over the past 50 years. This drop in bee numbers in the U.S. is attributed in part to an increase in private and commercial pesticide use. Other conditions contributing to the struggling numbers are habitat loss due to development, monoculture agriculture (growing just one crop, like corn, year after year), animal grazing and the introduction of non-native insect species. Cumulatively these conditions have crop farmers concerned about whether there will be enough honeybees to pollinate their fields, and beekeepers concerned about collapsing honeybee colonies.

Despite the challenges honeybees are facing, there is hope. Scientists confirm that the diverse ecosystems found on organic farms provide friendly places for bees to nest and roam. Organic farmers often grow more than one type of crop which provides bees with a varied and nutritious diet, and they don't use the types of synthetic pesticides that have been connected with bee population declines. Organic farms are helping the bees that eaters rely upon for meals every day, whether a person chooses to eat organic food or not.

Though the plight of bees may seem overwhelming, there are steps people can take to protect these precious pollinators.

- Support organic farms. By choosing

organic products over conventional counterparts you can limit the amount of pesticides being used for commercial crop production.

- Buy untreated seeds and seedlings. Neonicotinoids are insecticides applied to seeds and soil that can persist in the environment, rather than degrade. These chemicals are connected to bee colony declines. Instead, opt for organic seeds and seedlings when prepping for your coming gardening season.

- Support small, local farms. Small farms tend to be more diverse in their fruit and vegetable production, and that diversity is associated with the presence of more pollinators—like bees!

- Plant a garden for pollinators. Set aside space in your yard or garden specifically for native flowering plants that help provide food and shelter for bees, butterflies, and other pollinators. But be aware that even plants marketed as “bee-friendly” are often treated with neonicotinoids. Ask nursery staff or check the label to find out if plants have been treated.

- Start a hive. Provide bees with nesting options in your backyard. The University of Minnesota offers a tutorial for how to build different types of homes for bees.

Learn more. Watch "Queen of the Sun"—a movie about the global bee crisis. Educate yourself and your friends with the help of The Xerces Society, a non-profit dedicated to the health of bees and other invertebrates.

Authored by Claudia Broman for Stronger Together. Reprinted by permission from Stronger Together.coop. Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogether.coop.



poke holes in the cake every two inches. Transfer the cake to a serving plate. In a small saucepan, bring the remaining 1/4 cup of honey to a boil. Sprinkle the chopped whole almonds over the cake. Drizzle the honey over the almonds and into the holes. Let cool and serve.

Recipe by Robin Asbell, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.

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Brussels Sprouts with Pomegranate Glaze

- Serves 4. Prep time: 45 minutes.
- 1 pound Brussels sprouts, trimmed and halved
 - 1 tablespoon olive oil
 - Pinch each of salt and black pepper
 - 2 tablespoons pomegranate juice
 - 1 tablespoon balsamic vinegar
 - 2 tablespoons pomegranate seeds

Preheat the oven to 375 degrees F. Toss the Brussels sprouts with the oil, salt and pepper, place on a rimmed sheet pan and roast in the oven for 20 minutes. Remove the pan from oven and pour the pomegranate juice and vinegar over the Brussels sprouts, stirring well to coat. Return the pan to the oven for another 15 minutes, stirring the Brussels sprouts halfway through baking. Remove from the oven when the sprouts are tender and the pomegranate-vinegar glaze has been absorbed. Toss with the pomegranate seeds and serve warm.

Serving suggestion: The sweetness of the pomegranate juice caramelizes the sprouts, which are delicious served warm as a side dish with ham, turkey or roasted chicken, or at room temperature on an appetizer or antipasto platter.

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

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EARTH BALANCE
Vegan Spreads and Baking Sticks
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per pound in bulk



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other One Degree Flour also on sale



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NATIVE FOREST
Organic Canned Fruit
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EQUAL EXCHANGE
Organic French Roast Coffee
per pound in bulk
Decaf French Roast Coffee \$11.99 per pound



\$1.69
SILK
Soy Creamer
16 oz., selected varieties



4/\$5
CHOBANI
Greek Yogurt
5.3 oz., selected varieties



\$2.99
RUDI'S
Organic English Muffins
12 oz., selected varieties



2/\$6
NATURE'S PATH
Organic Oatmeal
14 oz., selected varieties



New Year's Day Brunch

Kick off the New Year in the best way possible with a festive brunch celebration. Start with an array of sparkling juices; just add sparkling water and freshly-cut fruit to your favorite juice. Add a basket of muffins or scones and a spinach, ham and Gruyere strata served warm in bite-sized squares. A quinoa salad made bright with roasted beets, sweet dates, tangy orange segments and pomegranate seeds is a great accompaniment to the hearty strata; or slice peeled oranges and blood oranges into rounds and arrange on a bed of greens, sprinkled with balsamic vinegar, olive oil and chopped walnuts.

Visit www.strongertogether.coop for the strata and quinoa salad recipes!

Naturally Sweet Skin with a DIY Honey Facial

Is your skin in need of some sweet relief, but so is your budget? Get a healthy, honeyed glow with just a few basic ingredients from your kitchen! Many high-end skin care products contain ingredients derived from nature: extracts from fruits, plant oils, and honey, for example. Why not put together your own easy, enjoyable and chemical-free DIY facial?

For fresh, clean, moisturized skin your go-to ingredient is honey. Not only is honey a natural humectant, (meaning it attracts moisture) but it has proven antibacterial, antiseptic action. Applied to your skin, honey gently disinfects blemishes and kills bacteria while protecting your skin and sealing in moisture. Compare this to conventional skin care ingredients used against blemishes that often contain alcohol and harsh acids which can leave skin dry and irritated. No contest!

Here are some recipes for homemade honey facials for a variety of skin types. For maximum benefit, choose raw honey that has not been pasteurized, to ensure vitamin and enzyme content is as high as possible. All recipes assume a base of 2 tablespoons honey at room temperature—enough for one facial.

For normal skin: Mix in 1 teaspoon of fresh lemon juice. Lemon juice contains naturally occurring alpha-hydroxy acids (AHAs) that gently exfoliate dead skin cells and work to even out skin tone.

For oily/acne-prone skin: Mix in 1/2 teaspoon of cinnamon. The addition of cinnamon, a noted antibacterial, doubles the blemish-busting strength of this facial. Not appropriate for people with sensitive skin.

For dry skin: Mix in 1 teaspoon mashed avocado and/or 1 teaspoon plain yogurt. Rich plant-based fat from the avocado moisturizes while lactic acid from the yogurt stimulates collagen production and exfoliates dead skin.

For sensitive skin: Mix in 1 teaspoon aloe vera gel. You can find aloe gel in the supplement section of your local co-op or natural food store, or buy a healthy aloe plant and snap off a leaf and scoop out the gel whenever you need it.

Once you have chosen your formula*, mix ingredients well and apply to clean, damp skin, avoiding eye area. Leave treatment on for 10-15 minutes and rinse well with warm water until no honey remains. Discard remaining honey mixture and enjoy your beautiful, replenished skin!

*Important: always do a test-patch with new facial products on the tender skin of your inner forearm before applying to your face to check for negative reactions. If you have an allergy to bees, pollen, or honey seek a professional's advice before trying this at home.

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Gjetost Fondue
www.food52.com

- Ingredients**
- 1 1/2 tablespoons sugar
 - 4 teaspoons brown sugar
 - 1/4 teaspoon cinnamon
 - 4 ounces gjetost, in thin slices
 - 2 tablespoons heavy cream, plus more to thin
 - 1/2 teaspoon Cognac plus 1/2 teaspoon water (or 1/2 teaspoon vanilla extract plus 3/8 teaspoon water)
 - 20 pecans, toasted

Directions

Combine sugars and cinnamon in a small bowl and stir well. Combine cream, Cognac, gjetost and sugar/cinnamon mixture in a pan over low heat, stirring as the cheese melts, thinning with additional cream. When cheese has completely melted, transfer to fondue pot, set over low heat, and top with toasted pecan pieces. Serve with gingerbread chunks, bananas, strawberries.

Gjetost Sauce
www.food.com

- Ingredients**
- 2 tablespoons butter
 - 2 tablespoons flour
 - 3/4 cup light cream or heavy cream
 - 1/2 cup chicken broth
 - 1 cup shredded gjetost cheese
 - 3/4 cup sour cream
 - 2 tablespoons chopped fresh parsley and/or fresh dill.

Directions

In saucepan, melt butter and stir in flour. Stir well to combine and then remove from heat. Whisk in cream. Add chicken broth and bring to a boil over medium heat - stirring and cooking until thickened. Mix in Gjetost cheese and immediately turn heat to low.

In a separate bowl, blend a bit of the sauce with the sour cream. Then mix sour cream mixture into the remaining sauce in the pan. Add chopped parsley and/or dill.

If serving with meatballs - add meatballs back into the pan with the sauce and heat through.

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Camembert

Boasting an earthy flavor more intense than Brie, Camembert is a soft and creamy French cheese. Its similarities to Brie make it perfect for spreading on crusty baguette with a dollop of strawberry or grape jam. Or stud a pasta and vegetable casserole with this buttery cheese before baking. The strong flavor of Camembert provides a tasty contrast to bitter leafy vegetables like grilled radicchio or a wilted arugula salad. And an impressive holiday hors d'oeuvre combines sliced pears with a whole wheel of baked Camembert topped with a brandy-maple syrup sauce.

Visit www.strongertogether.coop for more recipes and ideas.

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community

Food co-ops bring people together to share good food and create healthy communities. On behalf of all of us at the co-op, we'd like to wish you a happy and peaceful 2016, filled with good health and delicious food to share.

Great parties start at the co-op.



Gjetost

With the availability of so much fine cheese from near and far, it's sometimes hard for a particular cheese to stand out. There are so many varieties out there: cheeses that are buried in ash and aged for years, cheeses that are submerged in wine, wrapped in leaves, or infused with nettles. Still others are encrusted with lavender blossoms or marigold petals—or even fennel pollen. But the Scandinavian favorite, gjetost, has no problem standing out in a crowd.

Pronounced “yay-toast,” this sweet, brown, creamy cheese is made from the whey of goat’s milk. Whey is the liquid part of milk that remains after milk solids—used to make most cheese—have been curdled and removed. To make gjetost, the protein-rich, nutritious whey is cooked down over a long period of time and blended with fresh cow’s milk and cream until it caramelizes into a rich, sweet and salty cheese that retains the distinctive tang of goat cheese at the finish.

Gjetost goes by different names in Sweden, Norway, Denmark, Finland and Iceland. Most commonly, it's known as “brunost” (brown cheese). In the United

States, it's marketed and sold as gjetost, which is Norwegian for “goat cheese.” In Norway, it's also sometimes referred to as “ski cheese,” because it's a favorite item to pack in a lunch and enjoy between trips down the slopes. Its complex, long-lasting flavor satisfies the appetite, while providing protein and B-vitamins.

The rich, toasty flavor of gjetost makes it a Scandinavian breakfast favorite, in no small part because this is a cheese that pairs well with coffee! Try it sliced thinly and melted onto warm toast, or shave slivers of the cheese onto hot cinnamon-spiced oatmeal for a creamy, comforting breakfast. It's also traditional to serve gjetost with bread, fresh fruits, and lingonberry jam. Cranberry sauce, which is more commonly available in the United States, makes a good substitute for Scandinavian lingonberries.

Because of its natural sweetness, gjetost is a great choice for a cheese course that's served as an end to a meal, but it's also a welcome ingredient in a range of desserts. Try incorporating a thin layer of the cheese into a baked apple tart, or grate a little into your apple

pie filling. When warm and melted, this combination is reminiscent of caramel apples. Gjetost melts beautifully and can be combined and heated with milk, cream, and brown sugar to make a decadent and holiday-worthy sweet, caramel-like fondue with chunks of banana, pound cake, and pecans for dipping.

The salty, creamy aspect of the cheese even works well in some savory dishes, especially those with traditional Scandinavian flair. Game, such as elk and

venison, pairs well with a mild gjetost cheese sauce and cranberry jelly, and the cheese also adds body and depth of flavor to a traditional cream-based sauce for Swedish meatballs.

Look for gjetost in the cheese case at the Co-op.

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Swedish Meatballs

Ingredients

- 1 cup crumbled rye bread
- 1/3 cup milk
- 1 pound lean ground beef
- 1 pound lean ground pork
- 3 eggs
- 1/2 cup finely-diced onion
- 1/2 teaspoon allspice
- 1/2 teaspoon nutmeg

- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons vegetable oil, divided
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups beef broth
- 1 tablespoon sour cream

Preparation

In a small bowl, mix the crumbled bread and milk. Set aside.

In a large bowl, mix the ground meats, eggs, onion, spices and bread mixture. Roll into balls about 1-2 inches in diameter (about 1 tablespoon) and place them in the refrigerator for 30 minutes. Heat a tablespoon of oil in a large skillet, add several meatballs (without crowding the pan) and cook 8 to 10 minutes, turning them every few minutes to brown evenly. Remove cooked meatballs to a pan or baking dish in a warm oven, add more oil to the pan, and cook the remaining meatballs.

Once meatballs are cooked, melt 2 tablespoons butter in the same skillet, add the flour and stir well. Slowly whisk in the beef broth and bring to a simmer. Simmer for a few minutes until the sauce has thickened and reduced. Add salt and pepper to taste and stir in sour cream. Add the meatballs to the sauce and simmer for 5 minutes or place the meatballs on a shallow platter and pour the sauce over them. Serve warm.

Serving Suggestion

For an appetizer course, drizzle slightly-thinned lingonberry preserves or cranberry sauce over the platter of meatballs and skewer each with a toothpick. Traditionally served with mashed potatoes or over egg noodles, Swedish meatballs pair nicely with a tart side dish like vinegar-braised red cabbage or a sweet and sour cucumber salad. The uncooked meatballs can be frozen for up to 3 months.

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GETTING BACK TO OUR ROOTS

Content courtesy of Outpost Natural Foods Co-op. Photos by Paul Sloth.

BLACK RADISH

FLAVOR: Sharp & hot, very fibrous
USE: Grate into yogurt or sour cream to pair with rich foods.

KOHLRABI

FLAVOR: A mild, sweet cabbage or broccoli.
USE: Peeled & sliced, in salads.

TURNIP

FLAVOR: A light, mustardy but clean taste.
USE: In dishes with white wine and grated hard cheeses or cream.

BEETS

FLAVOR: Sweet, tangy & earthy; great deal of sugar.
USE: Best roasted to concentrate flavor.

HORSE RADISH

FLAVOR: Hot & mustardy; most potent freshly grated.
USE: Grated in dips and sauces.

BURDOCK

FLAVOR: highly fibrous & chewy, mild in taste.
USE: Cut very thinly into planks or matchsticks, then cook in miso soup.

CELERIAC

FLAVOR: Deep celery flavor; firm texture.
USE: Great in soups & stews, especially with chicken.

RUTABAGA

FLAVOR: Heartier & sweeter than turnips; earthy.
USE: Mash 50-50 with yukon gold potatoes for a treat.

PARSNIP

FLAVOR: Brisk & lightly sweet; more pronounced than carrots.
USE: Team with cream, nutmeg and onions.



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Marybeth Gallant

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Search for us on Facebook: TheYogaStudio



Winter on the Farm

Saturday, December 12
Hot Chocolate, Cookies & Holiday Sales

Sleigh rides • 11:00 a.m. - 3:00 p.m.

- Books • Honey • Jams • Jellies • Maple Syrup • Sorghum
- Calendars • Floursack Towels • Cooking Beans
- T-Shirts • Hats • Gardening Tools
- Gift Cards • Gloves & more



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Lillian Goldman Visitors Center
Nov. - Dec. Hours: Open Thurs to Sun 10-5
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