

READY, SET, REFRESH!



The Oneota Community Co-op (OCC) Board voted at the November meeting to move forward with a store remodel/refresh. Three motions were made and approved: 1) Approval of a budget and financing and giving the GM the authority to move forward with the plan. 2) Approval of a future member loan campaign. 3) Approval to hire a consultant to help the board with the member loan campaign. This future project will increase our sales of great, fresh, local foods, increase services and programs for our members and build a stronger local economy.

The OCC Board has been seriously discussing the possibility of a store expansion/remodel for almost three years. After careful evaluation of options, including a market study and consultation with national cooperative business development experts, the OCC Board has decided to move forward with a remodel/refresh rather than expansion of the current store. The building that we own and currently use for offices and our kitchen classroom

creates enough rental income and class fee income to sustain it into the future when we are ready for a larger expansion of our store.

What led to this decision?

- Understanding that nationally recommended standards for store refresh are every 5-7 years. It has been 10 years since we opened the doors to our current location.
- Need to remain competitive in the area grocery market
- Debt-to-equity ratio indicating we have room to invest in our store
- Market study to evaluate OCC in relation to other area stores
- Consultation with National Cooperative Grocers' Development Services
- Review of financial status of OCC & project Pro Forma by Board Ad-Hoc committee

The vote to approve the remodel allows OCC to move forward with the many other pieces

of the remodel project which will occur in two phases. The first phase will be a replacement of the store's refrigeration system. This will increase energy efficiency, reduce repair costs and decrease product loss from failing refrigeration. The second phase is the remodel of the interior store footprint. This involves choosing a contractor, finalizing a design, and working out financing. Thus, there are many decisions to be made before the project even begins.

Benefits for members and customers from this remodel/refresh:

- More fresh options in produce.
- Expanded selection of fresh meat and seafood – pasture raised and sustainable.
- Expanded Deli, Hot Bar, Grab-n-Go, and take-home meal solutions.
- Updated, efficient refrigeration system that is 20% more efficient than our current system.

- A better shopping experience with wider aisles, more convenient checkstands.
- A refurbished, cheerful interior that enhances the warm welcome and customer service that we've been known for since 1974.

Next Steps:

- The GM will finalize the floor plan with management and choose contractors for the project.
- A board ad hoc committee has been established and they will be working on establishing a timeline for the project.
- Order equipment.
- Begin working with the consultant for the member loan campaign and hire a campaign leader.

We look forward to communicating with all members on this exciting project for our organization...stay tuned!

In Cooperation,
Brita Nelson, OCC Board President
David Lester, General Manager

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The Pulse of the Co-op: Our Staff

By David Lester, General Manager

End 4: Employment in a workplace that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.

Every day I get to come to our store and work with the best people. On any given day I see things like our IT Coordinator interrupting her computer updates to help clean up a mess in the dining area. A cookie finds its way into the hands of a grieving customer from a cashier. A deli employee helps a struggling parent of three get to the checkout. From the eager produce employee offering a heavenly slice of peach to the HR Coordinator taking groceries to a car, our employees care about you and it is genuine. It is my hope that you feel how much we care about and appreciate you and all of our customers.

One way we recognize great customer service is with our Awesome Sauce awards. If we see another staff member do something above and beyond to help a customer, a fellow staff member or one of our vendors, we recognize that act with an Awesome Sauce. We write down who was awesome, why they were awesome and post it for all staff to see. At the end of each month we do a random drawing of these awards and the winner is announced. It's pretty simple and pretty awesome.



Earlier this year we overhauled our employee training program with a goal of improving this important aspect of our commitment to customer care. Kristin Evenrud, our Front End Manager, has been leading our new employee engagement and training. This training has led to happier employees, and it is obvious that it is having a positive effect on our staff retention rate. Kristin has developed detailed, fun guides for each department that begins with basic training on our customer service expectations and guides the new employee through topics like



specialty diets, recycling and reducing our waste. We set the expectations of what the work and their job is going to be and help them every step of the way. We want them engaged and involved in the organization from day one and to keep them interested in their job as well as develop new skills to grow within the organization. We care about this because we want you to have great interactions with all of our staff throughout the store.

Another way our employees engage with customers is through our Staff Pick system. Any staff member can submit a "staff pick" for an item that they absolutely love and want to tell more people about it. It's fun to see how passionate some of our staff can be about their favorite hot sauce, shampoo and cleaning products. Browse our aisles and try to find them! (You will see that I'm a fan of sharing my favorite items). We also want to invite our members to submit a "Member Pick" if there is something in our



store that you think is an incredible product. Just go to our website under the "Contact" drop down menu tab and click on the "Member Pick" form and fill it out - it's that easy!

In addition to the day-to-day life of the Co-op, my role as general manager also involves thinking about our future. The last couple of years I've written several "Scoop" articles talking about the importance of expanding our business and getting ready to remodel our store someday (For the latest update see the article titled, "Ready, Set, ReFRESH!" on page 1). Soon, we will begin the remodeling process in order to create a better store that fulfills more of our members' needs. I can assure the membership that we are organizationally ready for this project and probably more so than we have ever been. We have a very cohesive, hard-working and innovative management team right now. They are the best team a General Manager could ask for during a high-stress project like a remodel. They are excellent managers of margin, sales and labor budgets, but, more importantly, they are very good at creating teams that are focused on customer service and making a difference in our community.

I wish all of you a peaceful season. The Oneota Community Co-op staff and I look forward to greeting you in the store soon.



THE WINNESHIEK ENERGY DISTRICT: A Story of Positive, Boots on the Ground Change

Briana Burke,
Green Iowa AmeriCorps

It was a blustery day in Decorah - one of the first this fall where the sun shone bright, but the wind's chilly bite cut sharply through sweatshirts and jackets. Red maple leaves, yellow honey locust, and ombre ash leaves shuddered in the breeze, falling in whirlwinds of color to the ground below. They swirled into the air in dancing wakes, chasing cars as they drove by. One such vehicle kicking leaves into the air was an old white Ford Windstar. The van practically groaned as it pulled up into the driveway of a home, the engine pattered out gratefully as the ramshackle van is turned off. With some extra phenangling of old doors, four women hop out. They are the newest detectives in town, and they're about to take on their first case; a thief has been entering the home of Lotty, and stealing her money.

The ladies shut the van doors and walk up to Lotty's front door and knock as the wind pushed hanging plants against the siding of the home as if knocking as well. Our new detectives are Katherine, Gracie, Maddy, and Briana. They came here from New York, Ohio, Wisconsin, and just outside Decorah. They've studied math, art, archaeology, anthropology, conservation biology, and environmental science. With previous work experiences teaching university, instructing parks and rec classes, writing and illustrating, white water raft guiding, curating ichthyology collections, researching mangroves, working in an archaeology lab, and cashiering at the Oneota Co-op, they come with a diversity of experience and expertise.

Lotty opened the door with help from the wind, welcomed them in "Come in, come in" waving her hand to usher them through the door. Her home was beautiful and old. The rooms had intricate wood floor and trim, and large windows that let sunlight in to rest on old furniture and decorations reminiscent of an early 1900s parlor. A beautiful old home like this was gorgeous, but a perfect opportunity for a thief to slip in and steal Lotty's money. This thief was no ordinary thief; it is invisible, can't be handcuffed, or thrown in jail.

The criminal that has brought these four women together to a common cause is energy inefficiency, and can only be brought to justice for stealing people's money and excessive greenhouse gas emissions through energy efficiency improvement. These four women, along with partner agencies in the area, identify the inefficiencies in homes, and work to increase efficiency. In doing so, they reduce high utility bills for people who can't afford them, carbon dioxide emissions, and are putting more money into the local economy.

To start investigating Lotty's old house, the mountain of equipment in the van is hauled inside over several trips. As with all things - safety first. Two of the women check gas lines for leaks, the water heater for carbon monoxide exhaust, and the attic for asbestos contaminated insulation. They brave jungles of cobwebs, spiders, and dust in the ancient basement, and a rain of debris as the attic hatch is opened for the first time in the 21st century. It all checked out, so now it's time to find out where inefficiency is occurring in Lotty's home.

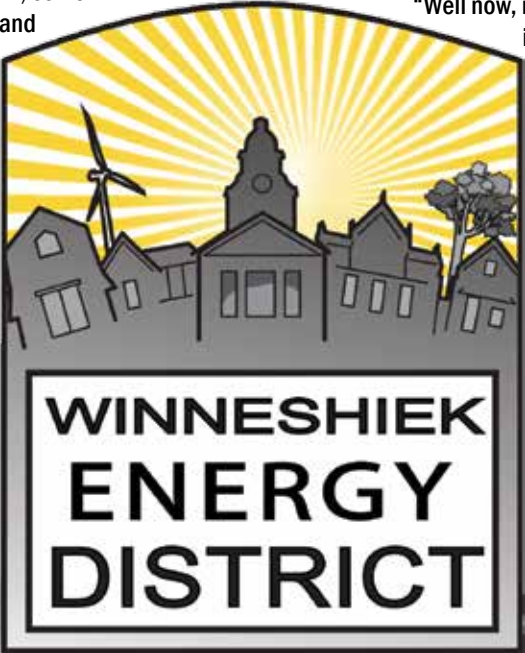
Inefficiencies in homes are often found around windows, doors, outlets, and any cord or pipes that were installed through the side of the home. In fact, in the average home, the size of all these leaks adds up to a hole the size of a basketball. While it can be difficult to find all of these small cracks and holes throughout the home with just your eyes, the detectives have a trick that will make these leaks obvious. How? They simulate a 20 mph wind whipping around the outside of the home.

Two of the ladies clack together the "blower door", an instrument that will simulate a windy condition and measure air leakage. This contraption involves a clumsy frame that fits into the front door and is draped with a bright red tarp with a large hole in it where a powerful fan fits. They turn on the fan and it starts up slowly, whirring, then roars to life, sounding like a jet engine ready to take off; Lotty's shih tzu quickly slunk under the couch. It is more than a noisy, powerful fan, however, and is also using pressure readings inside and outside the home to measure how much air is flowing through it. This measurement is used to determine how leaky Lotty's home is and where the air is getting in. A home should have a natural air flow that allows the home's volume in air (cubic feet) to move through the home once every three hours. The blower door tells

the women that Lotty's home has just over twice the desired amount of air flow.

With the fan running like a jet engine, the team goes through the entire house, feeling distinct breezes that could almost lift a kite along windows and unfinished holes throughout the home, and around a window AC unit as the fan sucked air into the home. Katherine, who is the team leader, takes note of where air is getting in, and how the group can use low impact sealing to keep that air from getting in. Two tubes of caulk, foam board insulation, and a yard of rope caulk later, Lotty's heating bill was lowered by an estimated \$125 annually.

Air leakage isn't the only inefficiency in this home, however. Lotty also has mostly incandescent bulbs that use approximately 75 watts each. The ladies make a quick job of taking out the old dusty incandescents, hot to the touch and with a sooty appearance, and replace them with 7 watt LED bulbs. Thanks to these new LEDs, Lotty is going to save approximately \$75 each year. These savings on electricity and propane or natural gas is why their services are provided free of charge for elderly, disabled, veterans, and low to moderate income households. Nobody should struggle to pay their utility bills, but unfortunately, this is a very real struggle for many. Cheaper housing is typically leakier and less efficient, forcing low income households to put a disproportionately large amount of their income towards keeping the lights on and their space comfortable. Thanks to the Winneshiek Energy District members and supporters, however, the women are able to serve those who need it free of cost.



"Well now, it was great meeting you all. Thank you so much, and don't blow away in the wind out there!" Lotty says goodbye from the porch as the team waves, and lug their gear back to the van.

As they drive back to their office on Water Street, the world hasn't changed much. The sky is still bright blue with a bright sun, the wind chilly, and leaves dance along behind the vehicle. While the amount of money and carbon emissions saved by their work on Lotty's house today is only a drop in a bucket, it is significant to Lotty, and a bucket is filled drop by drop.

What if we all made a change?

While saving people money and freeing up dollars to go back into our local economy is a worthy enough cause, they are also part of a larger effort to reduce our contributions to climate change. Many ways to reduce greenhouse gas emissions, such as installing renewable energy sources, buying an electric car, or not buying locally sourced food are too expensive to be feasible for many Americans, yet energy efficiency is something everyone can do and benefit from.

The small changes that the Green Iowa AmeriCorps team has made in the Winneshiek County area over the last 9 years has kept over \$120,000 in people's pockets, and almost 9000 metric tons of

CO2 out of the atmosphere; commensurate to keeping 9,400,000 pounds of coal from being burned (EPA). All it took was changing some LED light bulbs, some low impact air sealing, Winneshiek Energy District members, and a dedicated AmeriCorps team. These numbers are just from the Winneshiek Energy District efforts. When the numbers from partner agencies such as Community Action Partnership, LIHEAP, and Northeast Iowa Regional Trust Fund, and the carbon saved by dedicated individuals are combined, the impact in our corner of the world is tremendous.

With more money in people's pockets, they have more to spend in local businesses, on home improvements, or simply to make ends meet. With less energy being used, the Winneshiek Energy District's vision of 100% local, renewable energy by 2050 can become a reality.

Join the Movement

Are you interested in supporting a vision of 100% clean, local energy for Winneshiek County by 2050? Together we can help lower utility bills for individuals who need it most while decreasing our county's contribution to climate change. Support the work of the Winneshiek Energy District by becoming a member. Memberships are available as annual donations or as monthly automatic payments. To learn more, visit energydistrict.org/join or call us at 563-382-4207.

Together we can make a difference!



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It's why I do what I do

By Liz Lesser, Deli Manager

I recently heard the statement “If you wouldn’t do your job for free you shouldn’t be doing it.” That resonated with me, partly because I wondered how accurate that statement was in general but more so for me personally. Would I do my job for free?

Last weekend I had the pleasure of volunteering at a roast beef dinner fundraiser in La Crescent, Minnesota. So many people were surprised to see that I came back up there and spent three days prepping, cooking and serving a community that I no longer live in. I was asked why countless times. My response, “I love doing this. I love bringing together a community over good food.” There was so much happiness filling the auditorium as a community socialized over the meal we had prepared. So while my body was exhausted at the end of the weekend, my heart was full.

Volunteering myself last weekend was good for me. I walked away knowing that I love what I do and yes, I would do it for free.

While I value local and organic food, the real joy in my job comes from watching all of you. When I walk through our seating area at lunch or dinner, I see you laughing, smiling, sharing stories with each other, holding each other’s children. Honestly it’s like the holidays every day in our seating area, and it’s inspiring. You inspire me.

I’ve had the joy of meeting a lot of you. Though I’m horrible at names, (I once called a new employee “hey you” for weeks) I do know your diets. I know who prefers lemon juice with their salad and who prefers ranch and shredded carrots. I know which of you don’t eat nightshades, who is vegan, who doesn’t eat quinoa, and when the first snickerdoodle cookie is gone Tuesday morning, I know who took it. My point is ultimately I am here for you and when you speak I am listening.

So when you asked for holiday catering, I heard that too.

Therefore, I’m excited to be able to say that from here on out we will be offering holiday catering. We started with Thanksgiving and will continue with Christmas and then year round in between with our regular Deli Catering Menu. We are delighted about this next step in our expansion of services in the Deli and look forward to cooking for you this holiday season.

Thank you for your support and patronage.



BREAKFAST

8:00 AM M-SAT
10:00 AM SUN

Monday-Saturday

Hot Bar, Deli Sandwiches, Coffee/Tea

8:00 am – 7:00 pm

Salad Bar & Soups

10:00 am – 7:00 pm

Whole Oven Roasted Chickens

3:00 pm until gone

Sunday

Hot Bar, Deli Sandwiches, Coffee/Tea

10:00 am – 6:00 pm

Salad Bar & Soups

10:00 am – 6:00 pm

Whole Oven Roasted Chickens

3:00 pm until gone



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COME JOIN US ON THE

CO-OP BOARD!

We are seeking people interested in serving on the OCC Board to help further the organizational mission and ends during this incredibly exciting time at the Oneota Community Co-op. The OCC Board has voted to move forward with a store refresh, which is one of the biggest and most exciting decisions since we changed buildings in 2008. This decision will help us move into the future, better able to meet the needs of a diverse membership in a highly competitive market. At the board level, this work includes financial monitoring and interfacing with OCC membership. (The day-to-day details of the project and design decisions are handled by OCC staff).

In April 2019, there will be 3 full-term positions open for candidates to fill as Brita Nelson, Flannery Cerbin-Bohach, and Dennis Pottratz (finishing term for Bryan Stuart) complete their terms. Full-term positions require a commitment of three years.

Our Board is best served by having members with skills and personalities as diverse as the Co-op itself.

- Are you skilled at financial oversight?
- Are you interested in lending your expertise to help a local business thrive?
- Do you have a passion for the Co-op mission or commitment to cooperative values?
- Are you a grower, a producer, or a food buyer?
- Do you like policy formation and critical thinking?
- Do you like your community and neighbors?

If being on the board is calling to you for any of the reasons above - or others, we want to hear from you.

Application packets, available at the Customer Service Desk as well as online at oneotacoop.com, contain considerable information regarding application and service as a Board member. Any questions you might have regarding the upcoming election can be directed to Scott Hawthorn, Board Vice President and chair of the Board Nominating Committee or to any Board members.

Scott’s contact information includes: oneotahawthorn@gmail.com and/or 563-277-0036. Serving on the Board is a wonderful way to make a positive impact, not only at the Co-op, but also in our community, region, state, and beyond. The application deadline is right around the corner - January 4. We hope to hear from you!

Activity Deadline	Candidate recruitment/self-nomination	Ongoing
	Candidate applications and statements due for all candidates	January 4
	Board interviews candidates as necessary	January 7-21
	Board Nomination	January 22nd Board Meeting
	Final deadline for all candidates for name inclusion on ballot	February 6
	Candidate Forum	TBA
	Ballots and candidate statements with announcement of annual meeting presented to members in good standing	Early March
	Voting ends at end of business day	April 1
	Administration of ballot counting	Early April
	Election results announced	April Annual Business Meeting
	New board members start service	April Board Meeting

By: Kristin Evenrud, Front End Manager

ROUND-UP

We are excited to announce that we will provide opportunities for customers to round up their purchases at the register four times per year (once per quarter) starting in 2019. We tried our first “Round Up” campaign in November of 2017. We had so much fun we did two Round Up campaigns in 2018 and are slated for four in 2019. We have been overwhelmed with customer generosity and look forward to expanding the program.

You may be asking “How does the Round Up campaign work?” It’s simple. Cashiers ask the customer if they would like to round up their purchase to the next nearest dollar, with the amount ranging from \$.01 to \$.99. If I had to guess, most round ups are actually less than a quarter. Which makes it pretty astonishing to raise such a significant amount of money in just a two-week campaign.

Small change becomes some serious cash pretty quickly. If customers feel like donating more than their change, the cashier can add a more substantial donation to the round up amount.

In the three Round Up campaigns so far shoppers have donated over \$5,000 to local charitable organizations including the following:

- 2017 Food Pantries of Winneshiek County shared \$1,962.66
- 2018 The Summer Lunch Program received \$2,064.22
- 2018 The Farm to School educational program received \$1,651.27

We have many different customers at the Co-op – some of whom wish to round up all the time and some who wish they didn’t get asked so many questions at the register. In order to meet the needs of both customers, we are increasing the number of Round Up campaigns throughout the year while also allowing member/owners the opportunity to put a note on their account that they would like to NOT be asked to round up at the register at any time. Simply ask a cashier, and they’ll gladly put a note on the account for you.

If you are a non-profit organization, or know of a non-profit organization that might be interested in benefiting from a Round Up campaign at the Co-op, you can find more information on our website about how to apply for consideration of these funds. Simply go to our homepage www.oneotacoop.com and click on the “About” tab in the header across the top. You can also fill out a form in-store.

As I mentioned before, our Round Up campaigns will be held quarterly starting in 2019. Applications will be considered on a first come, first serve basis and will be kept on file through the end of the year. Applications for first quarter 2019 will need to be submitted no later than January 1, 2019. Our first campaign of 2019 will be held February 4th through February 18th.

We are looking forward to receiving the 2019 applications and helping to raise funds for local non-profits while meeting the mission of our Co-op.

CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

CLASS KEY

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

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

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

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

DECEMBER

SUSTAINABLE KIDS - HOLIDAY

Wednesday - Friday, December 12th, 13th, 14th, 3:15-4:30pm

This is a collaborative offering between Green Iowa AmeriCorps and the Oneota Co-op Kitchen Classroom, and is focused on 3rd and 4th grade students (though other students are also welcome to join). This after school program is composed of three class sessions, centered around teaching kids ways in which they can practice sustainable living, specifically around the holidays. We will discuss recycling and decorate our own recyclable wrapping paper, reuse old light bulbs to make holiday ornaments, and create ornaments from salt dough. This helps teach students to reuse rather than throw away, and to make their own decorations rather than buying new items made from plastics and other non-renewable materials. A walking schoolbus will be available from Carrie Lee to the Classroom for all three evenings. Parents, please indicate whether you child will be joining the walking schoolbus when you register.

Class Code: HO Max participants: 20
Instructor: Gracie Engle, Green Iowa AmeriCorps + Maddie Cost: FREE

MASKIPAPS: ON SOUPS & STEWS PART I

Thursday, December 13th, 5:30-7:30pm

A continuation of Maskipaps (Maski papaano) Filipino Cuisine, in this class we will cover a selection of soups and stews to warm you and your loved ones this crisp winter season. We will cover savory and sweet soups in Part 1, and traditional stews you can prepare in a crockpot or stove top in Part 2. This is a Kosher-style class with vegetarian and vegan options. Join us for one or both classes.

Class Code: DM/ HO Max participants: 12
Instructor: Rufina Caluya Cost: \$12 member/owners, \$15 community members

NORWEGIAN NISSE CHRISTMAS GNOME

Saturday, December 15th, 2:00-4:00pm

This is a class for kids and their parents, guardians, or mentors to bond while creating a festive holiday decoration out of recycled materials, and drinking hot chocolate. Get inspired by making something old into something new while reducing waste, saving money, and spending time with one another. Each child will get to take their creation home with them as a holiday memento. This class is a collaborative offering between Green Iowa AmeriCorps and the Oneota Co-op Kitchen Classroom. All ages are welcome, but children must be accompanied by an adult.

Class Code: HO/DM, VG Max participants: 12 kids
Instructor: Gracie Engle and the Green Iowa AmeriCorp team Cost: Free will donation

CONDIMENT MAKING AND GIVING

Wednesday, December 19th, 6:00-7:30pm

A little for you and a little for them. It's a gift giving time of year, and homemade, organic food items are a beautiful gift to make, give, receive, and enjoy. Join Joel and Johanna in a demo+ workshop. (That means we show you the ropes and then you get in a little practice). Tonight we'll mix up some of our favorite condiments including stoneground mustard, Cajun spice rub, carrot ginger salad dressing, and homemade mayo. The recipes are a mixture of make-and-store recipes that are perfect for gift giving and make-and-eat which are perfect for holiday dinners. Extra recipes will be shared to inspire your continued culinary gifting and sharing at home. Everyone will leave class with something to enjoy at home.

Class Code: HO/DM, VN, GF Max participants: 16
Instructors: Joel Zook & Johanna Bergan
Cost: \$15 member/owners, \$18 community members

MASKIPAPS: ON SOUPS & STEWS PART II

Thursday, December 20th, 5:30-7:30pm

A continuation of Maskipaps (Maski papaano) Filipino Cuisine, in this class we will cover a selection of soups and stews to warm you and your loved ones this crisp winter season. We will cover traditional stews you can prepare in a crockpot or stove top in Part 2. This is a Kosher-style class with vegetarian and vegan options. Join us for one or both classes.

Class Code: DM/ HO Max participants: 12
Instructor: Rufina Caluya Cost: \$12 member/owners, \$15 community members

JANUARY

MEDITATION 101

Friday, January 11th, 6:00-7:00pm

Let's explore back- pain free, time saving, and self empowering meditation for the whole family. Get comfy and drop any expectations - curiosity is the most important attitude that will reveal your personal meditation style. My daily practice, The Alexander Technique, and Life Coaching tools have given me insights into how much meditation can bring calm and lightheartedness back into my life. Join me for a low key evening of exploration and mindfulness.

Class Code: HO/L Max participants: 24
Instructor: Andrea Miller Cost: \$8 member/owners, \$10 community members

LEFSE MAKING

Sunday, January 13th, 10:00am-12:30pm

Lefse is a Norwegian flatbread made from potatoes, flour, butter and milk. Participants will have the opportunity to learn to roll and flip lefse. Everyone will be able to sample and take some lefse home with them. Lefse making is a tradition in my family, no holiday is complete without it. Hope to see you there!

Class Code: DM/HO, VG Max participants: 12
Instructor: Austin Bauer Cost: \$12 member/owners, \$15 community members

JANUARY

HERBAL TEAS

Wednesday, January 16th, 6:00-7:30pm

Teas taste great, they are relaxing and easy to make. Do you always buy them from a store and just put your tea bag in water or do you blend your own herbs. This class will cover the difference between a decoction and an infusion. When tea would make the best medicine and when other forms of herbal medicine might be better suited. Bonnie is also going to help you formulate your tea blends. What herbs to use when and what for.

Class Code: L Max participants: 24
Instructor: Bonnie Kreckow Cost: \$15 member/owners, \$18 community members

FLOWERS TO THE RESCUE!

Sunday, January 20, 1:00-3:00pm

This class is an introduction to the Bach Flower Remedies, particularly the 5 Flower Formula which is the "rescue" formula and a part of the 38 Bach Flower repertory, as well as discussing a specific formula for allergies. Bach flowers heal emotional pain and the 5 Flower Formula has many uses for adults, teens, little ones, animals, and plants to heal stressful and upsetting situations. They are safe, herbal, non-toxic, side-effect free remedies which are used all over the world.

Class Code: L Max participants: 10
Instructor: Lalie Madriguera Cost: \$12 member/owners, \$15 community members

FEBRUARY

STRESS: TREATING WITH NERVINES

Wednesday, February 6th, 6:00-7:30pm

What is your stress level? Stress can be the precursor to many ailments in the body and needs to be treated, not overlooked. In this class, we will discuss plants that have "nervine" properties and how they can aid in reducing your stress. Don't let stress create high blood pressure, shingles, insomnia, fibromyalgia and so many other problems.

Class Code: L Max participants: 24
Instructor: Bonnie Kreckow Cost: \$15 member/owners, \$18 community members

FAKE NEWS IN RECYCLING & LANDFILLS

Thursday, February 7th, 6:00-7:30pm

The intent of this class is to dispel many of the common "myths" and misconceptions people may have about landfill operation, waste disposal, and recycling. Our local landfill and recycling plant are both publicly owned, and this is an excellent opportunity for people to learn more by joining in the discussion and asking any questions they may have regarding their operation.

Class Code: L Instructor: Terry Buenzow
Cost: FREE event offered as a public service from Winneshiek County

4 SEASONS IN 4 WEEKS

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

Become familiar with the potentials of each of the 4 phases of the female (re)cycle(ing system). Learn when it's time for you to build, purge, gain, and let go every month. No matter how irregularly or unpredictably your hormones dictate your life: learn how to recognize the rhythms and be in charge again!

Class Code: L Max participants: 24
Instructor: Andrea Miller Cost: \$12 member/owners, \$15 community members

AUSTRIAN CUISINE - QUICK & EASY RECIPES

Friday, February 15th, 6:00-8:00pm

Growing up in Austria, my mother effortlessly made every meal from scratch. Dumplings sweet & savory, Schnitzel, and vegetarian side dishes were my favorites and are the highlights of this class. No cooking experience needed. Lot's of samples and fun!

Class Code: HO Max participants: 24
Instructor: Andrea Miller Cost: \$12 member/owners, \$15 community members

FOOD TRADITIONS OF UKRAINE: COOKING WITH ORGAN MEATS

Sunday, February 17th, 12 noon-2pm

Have you been curious about how to waste less, and make better use of the entire animal? In this class, we will cover a variety of dishes, each prepared with less commonly utilized organ meats. We will go over preparation for items such as beef tongue and liver, as well as other organs, for use in a wide variety of dishes. There's no need to feel awful about offal!

Class Code: DM/HO Max participants: 24
Instructor: Maryna Bazylevych Cost: \$12 member/owners, \$15 community members

TRAUMA & INJURIES TREATED HOLISTICALLY

Wednesday, March 6th, 6:00-7:30pm

When injury or trauma occurs, herbs can have a positive effect on the body. What if trauma has occurred without an obvious injury? In holistic medicine we see the importance of not only treating the injury, but treating the trauma that has impacted the body and spirit. Bonnie has been a practicing herbalist for nearly 20 years, and in this time she has used herbs to treat broken bones, burns, concussions, lacerations, and more. In this interesting and informative class, we will cover uses for various healing herbs, and learn to prepare a poultice and a compress.

Class Code: L Max participants: 24
Instructor: Bonnie Kreckow Cost: \$15 member/owners, \$18 community members

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



Co-op staff are excited to roll out something new here at the store. You may have noticed new buttons appearing on the aprons of various staff members. The buttons have verbiage in languages other than English that state "Welcome. I speak (said language)."

At the Co-op, providing a welcoming, inclusive customer experience is something we take very seriously. In fact, Ends 5 and 6 of our list of Organizational Ends state the following:

End 5: Employment in a work place that provides the satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.

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

These Ends, along with the seven internationally recognized Principles of Cooperation, guide our work toward achieving our mission 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."

Everyone is welcome at the Oneota Co-op!



Baked Salmon Provençal

Total Time: 35 minutes; 5 minutes active Servings: 4

This elegant dish is so simple—just some tomatoes, rosemary and wine, and the heat of the oven makes a flavorful sauce. Wild-caught salmon cooks more quickly than farmed, so give a thick farmed filet 5 minutes more time in the oven.

Ingredients:

The High Five	1/4 cup white wine
1 pound salmon filet, cut in four portions	Pantry and Kitchen Items
1 cup cherry tomatoes, halved	2 tablespoons olive oil, divided
1/4 cup Greek olives, coarsely chopped	1/2 teaspoon coarse salt
1 teaspoon fresh rosemary, chopped	1/2 teaspoon freshly ground black pepper

Preparation:

Heat the oven to 400 degrees F. Lightly oil a 9-inch square pan or small casserole. Pour 1 tablespoon of the olive oil into the pan, and add the cherry tomatoes, white wine, olives and rosemary; toss to mix. Place in oven and roast for 15 minutes. Place the salmon filet, skin side down, on the vegetable mixture, then salt and pepper the salmon portions and drizzle with remaining olive oil. Return to the oven and bake for 15 minutes, until the salmon flakes when pierced with a paring knife.

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Sweet Potato & Parsnip Latkes

Total Time: 30-40 minutes Servings: 12 (12 latkes)

This tasty latke variation can be enjoyed with applesauce, chipotle sour cream, horse-radish sauce, smoked fish and more!

Ingredients:

2 cups shredded sweet potatoes	1/2 teaspoon salt
1 cup shredded parsnips	1/4 teaspoon black pepper
3 scallions, sliced	Vegetable oil for frying
2 eggs, beaten	Topping
1/3 cup flour (see Notes for Passover version)	1/2 cup light sour cream
	1 cup apple, peeled and minced

Preparation:

Peel the sweet potato and parsnip and shred using a grater or food processor. Wrap the shredded sweet potato and parsnip in a few paper towels and squeeze to remove excess liquid. In a large bowl, mix the sweet potato and parsnip with the scallions, eggs, flour, salt and pepper. Heat a large iron skillet over medium-high heat. Add enough vegetable oil to cover the bottom and come up the sides at least a quarter of an inch. When the oil is hot, scoop about 1/4 cup of latke mixture into the pan and slightly flatten. Repeat until the pan is full but not crowded. Brown the latkes on each side 3-4 minutes. Set aside on a plate lined with paper towels when done. While the latkes are cooking, stir together the sour cream and minced apple. Serve the apple sour cream on top of the warm latkes.

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PUMP UP THE JAM & CHEESE



In search of an appetizer for easy entertaining? Pairing jam and cheese offers endless possibilities.

By Mandy Makinen

In the tradition of foods that hit that harmonious spot between sweet and salty comes an idea so easy, so elegant, yet based on two staples most Americans have on hand; cheese and jam. This may sound like an unlikely duet, but after you sample a few of these pairings you might just change your tune.

These combinations work for an elegant cheese plate, served with crackers or slices of baguette, but some pairings are so nice for a jazzed-up grilled cheese sandwich. While most jams and jellies are made with fruits, savory preserves like pepper jelly, tomato jam and red onion marmalade are also excellent natural pairs for a variety of cheeses.

Look for these specialty items in the jams and jellies aisle, but be sure to check out the cheese department for unique spreads as well.



A strong combination

Generally speaking, strongly flavored cheeses pair well with assertively flavored jams, and the opposite is also true: Mild cheeses marry well with delicate flavored jams. If you neglect this rule, you run the risk of one flavor dominating thus losing some of that magic that happens when good flavors complement each other. Try these assertive combinations.

Bold pairings

Blue cheese or Gouda with marmalade, black currant, peach, plum, or red onion jam
Aged cheddar with apple jelly, apple butter, huckleberry or tomato jam
Manchego cheese with blueberry jam or its traditional Spanish pairing, quince jelly (membrillo)

Easy, breezy brie

Similar to goat cheese, the mild flavor and luxurious mouthfeel of brie cheese pairs well with nearly any sweet or savory jam. When in doubt, go with red fruits:

Brie and red fruits

Brie and strawberry jam is a perennial favorite with or without a glass of Champagne

Brie and cherry preserves - try them baked together in a puff pastry

Brie with red currant jelly is perfect on a fresh baguette

Go for the goat

Fresh goat cheese, or chevre, seems like it was made for jam - a spreadable, smooth cheese with just enough tang to keep it on the savory side. In a pinch, nearly all jams pair with goat cheese, here are a few favorites:

Goat cheese combos

Goat cheese and fig jam (add caramelized onions and you've got the makings of a sandwich)

Goat cheese with cranberry sauce or jelly is excellent on a turkey sandwich

Goat cheese and marmalade (orange, lemon or grapefruit)

Cheesy dessert ideas

Mascarpone, a rich and smooth fresh Italian cheese, is delicious with just about any jam. It's less tangy and more spreadable than cream cheese and has a mild, creamy flavor. Here are some suggestions for pairing this delectable cheese:

Elegant desserts

Mascarpone with blueberry jam and fresh baguette or brioche buns

Mascarpone with strawberry jam and shortbread cookies

Mascarpone with lemon curd and oat crackers

You can experiment with new combinations using whatever cheeses and preserves you have on hand at home until you find the combo that hits all the right notes.

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these sales valid **DEC 5 - DEC 18, 2018**



\$2.99
Organic Valley Organic Flavored Half & Half
16 oz., selected varieties

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



\$6.99
Evolution Fresh Organic Juice
59 oz., other Evolution Fresh products also on sale



3/\$5
Earth's Best Organic Baby Food Pouch
4-4.2 oz., selected varieties



\$12.99
Dr. Bronner's Organic Whole Virgin Coconut Oil
30 oz., selected varieties



2/\$6
Zico Coconut Water
33.8 oz., selected varieties



2/\$4
Endangered Species Chocolate Bar
3 oz., selected varieties



\$4.99
Numi Organic Tea
18 ct., selected varieties



2/\$4
Gomacro Organic Macrobar
2.3 oz., selected varieties



\$5.99
Biokleen Bac-Out Stain & Odor Remover
32 oz. Other Bac-Out products also on sale



\$2.99
Pacific Organic Soup
32 oz., selected varieties



\$4.99
Luna & Larry's Coconut Bliss Frozen Dessert
16 oz., selected varieties



2/\$3
Justin's Organic Peanut Butter Cups
1.4 oz., selected varieties



2/\$4
Chocolove Chocolate Bar
3.2 oz., selected varieties





\$19.99
Megafood MegaFlora
30 ct., MegaFlora products also on sale



\$16.99
California Olive Ranch Everyday Extra Virgin Olive Oil
33.8 oz., selected varieties



\$4.99
Sir Kensington's Classic Mayonnaise
16 oz., selected varieties



\$2.79
Crown Prince Smoked Oysters
3 oz., selected varieties



2/\$5
EcosDishmate
25 oz., selected varieties



\$4.99
Lily's Dark Chocolate Baking Chips
9 oz.



\$4.49
Izze Sparkling Juice Beverage
9 pack, selected varieties



2/\$7
Bearitos Yellow Corn Tortilla Chips
16 oz



2/\$6
Annie's Homegrown Snack Crackers
7.5 oz, selected varieties



\$3.99
Talenti Gelato or Sorbetto
16 oz., selected varieties



2/\$4
Late July Snacks Organic Tortilla Chips
5.5-6 oz, selected varieties



\$3.99
Annie's Homegrown Organic Graham Crackers
14.4 oz, selected varieties



\$6.79
Green Forest 100% Recycled Paper Bath Tissue
12 ct.

For a sweet finish to your holiday meal, make a simple and oh-so-tasty affogato. Place a scoop of ice cream or gelato (on sale at your co-op) in a demitasse cup, top with freshly-brewed shot of espresso and enjoy.





2/\$5
Snack Factory Pretzel Crisps
7.2 oz., selected varieties



\$3.99
Mary's Gone Crackers Organic Crackers
6.5 oz., selected varieties



\$9.99
Kal Magnesium Glycinate
90 ct., other Kal products also on sale



\$19.99
Nordic Naturals Children's DHA
180 ct., other Nordic Naturals products also on sale





\$3.99
Crofter's Organic Premium Fruit Spread
16.5 oz., selected varieties
10-11 oz. Fruit Spread also on sale



3/\$5
Near East Couscous Mix
5.4-6.1 oz., selected varieties
other Near East products also on sale



\$8.99
Equal Exchange Organic Breakfast Blend Coffee
per pound in bulk
Decaf on sale for \$11.99



\$9.99
Herb Pharm Stress Manager
1 oz, other Herb Pharm products also on sale



\$11.99
Alba Botanica Very Emollient Body Lotion
32 oz., selected varieties



\$3.79
Arrowhead Mills Buttermilk Pancake & Waffle Mix
26 oz., selected varieties
other baking items also on sale



\$2.99
Wholesome Organic Powdered Sugar
16 oz., other Wholesome sweeteners also on sale




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Acure Shampoo or Conditioner
12 oz., selected varieties




2/\$10
Giovanni Shampoo or Conditioner
8.5 oz., selected varieties




2/\$6
R.W. Knudsen
750 ml., selected varieties



2/\$7
Nubian Heritage Bar Soap
5 oz., selected varieties



\$2.99
Silk Soy Creamer
32 oz., selected varieties



2/\$6
Barbara's Cereal
8-14 oz., selected varieties



\$2.99
Santa Cruz Organic Apple Sauce
23 oz., selected varieties



5/\$5
Honest Organic Ready-to-Drink Tea
16 oz., selected varieties



\$6.99
GT's Synergy Organic Multi-Serving Kombucha
48oz., selected varieties



2/\$5
Health Ade Organic Kombucha
16 oz., selected varieties

Salted Toffee Chocolate Bars
These tasty bars are the perfect complement to holiday meals - and they make great host and hostess gifts, presented in a pretty box or tray! Find the full recipe, at www.strongertogether.coop.





\$19.99
Garden of Life Organic Plant Protein Powder
239-276 gr., selected varieties



\$1.79
Nancy's Organic Sour Cream
8 oz.




\$12.99
Weleda Skin Food
2.5 oz., selected varieties




2/\$5
Lundberg Family Farms Organic Whole Grain Rice
6 oz., selected varieties




scoop up the savings in bulk!



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per pound in bulk



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Bulk Raw Walnut Halves & Pieces
per pound in bulk



\$9.99
Bulk Organic Whole Raw Cashews
per pound in bulk

Red Beans & Rice
Give yourself a break from the holiday bustle with this easy, delicious New Orleans classic. With just five main ingredients and some time in your slow cooker, Crockpot Red Beans and Rice is the key to a delicious, stress-free winter meal. Find the full recipe, at www.strongertogether.coop.

holiday high five



tasty cheese puffs
All of Barbara's Cheese Puffs are gluten-free and made with non-GMO corn! Each flavor has a custom cheese blend made with 100% real cheese.

2/\$4
Barbara's Cheese Snacks
5.5-7 oz., selected varieties



crispy thin crust pizza
Now with more cheese, crispier crust, and a savory sauce for a delicious slice every time. Our pizza delivers the same great taste and quality you deserve and is always gluten free.

\$4.99
Udi's Gluten Free Pizza
10-11 oz., selected varieties



always organic, never ordinary
Packed with cinnamon, 14g of whole grain, and 3g of fiber, organic Cinnamon Crunch cereal is sure to bring smiles to your breakfast table.

2/\$6
Cascadian Farm Organic Cereal
9.2-16 oz., selected varieties



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



By: Gretchen Fox Schempp, Wellness Manager

Given to Darkness

So many times I have given myself to the darkness, whether it be the season or just a mood that held on. Consciously going on this inward journey is one thing, but when a dark mood grabs hold and doesn't let go, it can wreak havoc not only on our mental health, but also our physical health.

Anxiety and depression are words that I hear over and over on a daily basis. Is it an overlying theme in our world today? Maybe? No, absolutely it is. Or are we becoming more comfortable saying the words and talking about it? I hope so.

I have experienced anxiety for almost as long as I can remember. My childhood days were riddled with stomachaches that almost always were sourced from my nerves. Much of my adult life has been spent overthinking what I have said, things I've done, situations that could happen, how someone else is feeling about things I have said. It is an endless circle that has left me drained, over-sensitized, and just sad at times.

Is it a big deal that I say this out loud? It kind of feels like it, but I am realizing now that so many brave people have come to me and told me that they experience feelings just like mine. And likely just like many of yours. I've done my best to work with and through my anxiety naturally for many years. I manage it. It's not perfect. It's still there on days, but I talk about it and that in itself often takes some of the power away from it.

Anxiety sufferers almost always experience physical symptoms in addition to the emotional crushing feeling that is all too familiar to them. From digestive upsets, skin issues and physical pain to exhaustion and lethargy, it is often a package deal.

If you are dealing with any or all of these symptoms, it is always my recommendation that you speak with your doctor, a professional therapist or counselor, your healthcare specialist or at the very least, a trusted friend or family member. Depression and anxiety are serious conditions that need to be addressed professionally on some level.

With that being said, there are many lifestyle, nutrition and supplementing avenues that can be of value and support for your anxiety. Some things I have found over the years to help are as follows:



Movement: I will NEVER stop talking about moving your body as a means of supporting the mind and body. It is an underlying theme in every article I have written for "The Scoop" and that likely won't change. Whatever your fitness level there is almost always a way to move. I prefer a combination of cardio and yoga on alternating days to keep my mind and body limber. I have been laid up though at different points in my life and those times have often reminded me that simply walking is medicine in and of itself. Getting out of the mind and into the body is a great way to soothe the overactive mind. Granted when you are feeling blue or anxious, it can be hard to set yourself in motion. If you can at all muster the strength, set whatever it is down and step outside. Movement outdoors is

even better medicine! Breathe the air, move your body vigorously or gently, whatever suits you.

Mindful movement like yoga, pilates or walking meditation are all proven to relieve stress and anxiety. Whether you find a place to do this alone as a private practice or in a class or group, it can be of great support. I never imagined that I would be someone who would comfortably practice yoga in a class packed full of yogis. In fact just the thought walking into a yoga studio gave me great anxiety at one point in my life. Now I find deep peace, relaxation, confidence, and support in this group setting.

Therapy: As I mentioned before, feelings of depression and anxiety are not something to take lightly. Therapy in some form is often helpful. Whether it be with a trained counselor or faith based therapist such as you may find in your church or religious organization. I worked with a wonderful counselor for years who was trained in multiple modalities, supplements, massage and energy healing. I personally found and still find great benefits from hypnotherapy, touch therapy (massage), meditation and energy healing such as reiki.

Nutrition: Eating a balanced diet is surely going to support any system in the body. I know that when

I am ingesting large amounts of sugar, simple carbohydrates and alcohol I am more susceptible to feeling cruddy emotionally. When I am eating whole fruits and vegetables and healthy amounts of proteins and whole grains, my mind is clearer and happier. As Grace Slick sang, "Feed your head."

Supplemental support: There is never a magic pill that is going to fix everything. I say this on a daily basis standing in an aisle filled with bottles of pills. Alongside healthy lifestyle choices supplementation can give a boost to a better way of being. Some items I have come across along the way that have helped are these:



L-Theanine or Theanine Serene by Source Naturals. L-Theanine is an amino acid found naturally in green tea that promotes relaxation without drowsiness. The Theanine Serene formula by Source Naturals is a favorite of mine and of our customers. It is a specially formulated blend of amino acids theanine, GABA (Gamma-Aminobutyric Acid) and taurine along with calming magnesium, Relora (magnolia bark) and holy basil. GABA acts as a neurotransmitter in the central nervous system aiding in proper brain function. Its function is to decrease neuron activity and stop the nerve cells from overfiring. Taurine is particularly supportive to heart function and also has a protective effect on the brain. It is commonly used to treat anxiety.

Omega-3 with DHA: Omega-3 fatty acids play an important role in brain function. EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are the active components to your Omega-3's. EPA is important for heart health and DHA is supportive to brain and mood health. **Nordic Naturals** is our choice brand of Omega-3 supplements as they are rich in both EPA and DHA. They are molecularly distilled to provide you a safe product and are sustainably sourced as well.



Herbals: There are many herbs that have calming effects. It can take trying a few before you find the one that is right for you. Some that I have tried with success are as follows: **Skullcap, Passionflower, Kava, Valerian, Holy Basil and the ever popular CBD (Cannabidiol)** - if we can call it an herbal here. Some of these will have more immediate results and others may take time to build in the system for results. Other herbs in a category called adaptogens can also be of support. **Adaptogens** are defined as a natural substance considered to help the body adapt to stress and to exert a normalizing effect upon bodily processes.



Some well-known and widely used adaptogens are **Ashwaganda, Licorice, Rhodiola, Astragalus, Reishi, Cordyceps, Ginseng, Maca and Schisandra**. Adaptogens are going to work best taken over a longer period of time. Their effectiveness increases with consistent and long term use. Each one will have more specific actions. I encourage you to research them to know more.

Flower Essences: Flower essences are a more subtle and gentle way to heal. These super safe and gentle remedies work on an energetic level to support the emotional body. Rescue Remedy is a special blend of flower essences for anxiety and stress. You can find drops, sprays and pastilles of this product. There are also some lovely blends by FES (**Flower Essence Services**) for grief support, trauma, sleep and pet health.



Depression and anxiety are common. Awareness and openness about the disorders allow us to help each other. In a world that often feels harsh and cold we have the ability to soften that feeling by sharing. I am ever grateful for the sharing that is done within the walls of the Oneota Co-op. We are only a strong community when we share and allow ourselves to lean on each other. It is a great gift to have you share with me your stories because this helps the next person who comes along. We weave this beautiful web with our stories, and we heal each other. Thank you for hearing my stories.



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TELL THE WORLD YOU OWN IT!

By: Co+op, stronger together

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

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

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

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

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



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

STATEMENT ON THE CO-OPERATIVE IDENTITY

Definition

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

Values

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

Principles

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

The International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance (ICA) as part of the Statement on the Cooperative Identity. They are as follows:

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

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LOOKING TO STAY

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Food Co-op

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oneotacoop

SUBSCRIBE TO OUR WEEKLY E-NEWSLETTER



ON OUR WEBSITE AT
ONEOTACOO.COM

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

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

2018-2019 Co-op Board of Directors

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Scott Hawthorn - Vice President	oneotahawthorn@gmail.com
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Brita Nelson - President	oneotanelson@gmail.com
Dennis Pottratz	oneotapottratz@gmail.com
Scott Timm	oneotatimm@gmail.com
Aimee Viniard-Weideman	oneotaviniardweideman@gmail.com

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Senior Citizen Discount Monday

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

The Statement of Cooperative Identity

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

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

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

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

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

MEMBER-OWNERSHIP

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

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

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

- Support a locally owned and operated business that is part of our community and puts money back into the local economy.
- Get additional discounts on specific "member deals" sale items.
- Receive a 5% discount on Mondays if you are 60 years of age or older.
- Place free classified ads or reduced-rate display ads in The Scoop.
- Once each month, ask for your 5% discount on an unlimited quantity of purchases. (Excludes Member Deals, Co+op Deals, milk, eggs, magazines, wine, beer, fresh breads and pastries and Café items).
- Receive discounts on Co-op sponsored classes.
- Write checks for up to \$20 over purchase for cash back.
- Enjoy a special order case discount on most Grocery, Bulk, Wellness and Produce special orders. Case quantities vary. (Excludes Co+op Deals and Member Deals sale items).
- Have access to information on the Co-op's financial status.
- Run for a seat on the Board of Directors.
- Vote in Board elections and on referenda. (Share payment must be current).
- Share in the success of the Co-op through your member patronage dividend in the years where there is sufficient profit. Patronage dividends are given at the discretion of the Board of Directors.
- Own the store where you shop!
- Shares in the Oneota Co-op are fully refundable, minus the administration fee, should you choose to leave the Co-op.

everyone can shop. everyone welcome. no membership required.

Welcome to these new member/owners:

Drew Casner	Kelsey Hagg	Diane Bulman	Ashley Lyver
Alex Brandt	Shona Snater	Gilda Boyer	Julia Ferris
Vicki Hoffmann	Vivian Pasche	Lara Mangialardi	Laurie Bouska
Jalyssa Houdek	Alyssa Bushman	Constance Formanek	Jennessa Luzum
Irene Iben	Michael Musgrave	Claire Hamilton	Kate Lally
Alexandria Glass	Judy Vsetecka	Peggy Hafenberg	Charles Miller
The Sassy Baker	Ann Smith	Jane Tuomi	Sara Vagts
Amber Grantz	Heidi Mirth	Nishi Arora	
Betsy Boone	Brian Hiester	Esther Ninos	

Member Volunteers - August/September/October

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.

Flannery Cerbin-Bohach	Jon Hart	Onita Mohr	Brittney Claman
Scott Hawthorn	Wendy Stevens	Lara Martinsen-	Michelle Chamlee
Emily Neal	Annette Schweinefus	Burrell	Sarah Frydenlund
Brita Nelson	LeAnn Popenhagen	Janet Snider	Jim Stevens
Dennis Pottratz	Rachel Sandhorst	Jerry Aulwes	Johanna Bergan
Scott Timm	Arllys Adelman	Alice Runde	Georgie Klevar
Aimee Viniard-Weideman	Cynthia Lantz	Carol Bentley-Iverson	Matthew Jensen
Barb Dale	Michael McElrath	Merit Olsen	Christine Gowdy-Jaehnig
Randall Duvall	Louise Hagen	Katie Lawless	Cathy Baldner
Mary Hart	Joanne Wu		John Kjome

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

MEMBER DEALS 12/5/18 - 1/1/19

* Regular prices subject to change	Reg	SALE	
Packaged Grocery	Price	Price	Savings
BOB'S RED MILL, Gluten Free Pie Crust Mix, 16 oz	\$3.79	\$3.29	\$0.50
Gluten Free Cornbread Mix, 20 oz	\$3.39	\$2.79	\$0.60
Gluten Free Pizza Crust Mix, 16 oz	\$3.79	\$3.29	\$0.50
CAFE ALTURA, Organic Ground Dark Roast Coffee, 12 oz	\$10.79	\$7.99	\$2.80
Organic Ground Regular Roast Coffee, 12 oz	\$10.79	\$7.99	\$2.80
Organic Instant Coffee, 3.53 oz	\$10.79	\$7.99	\$2.80
LILLY'S SWEETS, Salt Almond Chocolate Bar, 2.8 oz	\$4.39	\$2.99	\$1.40
Dark Almond Chocolate Bar, 3 oz	\$4.39	\$2.99	\$1.40
Milk Caramel Chocolate Bar, 2.8 oz	\$4.39	\$2.99	\$1.40
Original Chocolate Bar, 3 oz	\$4.39	\$2.99	\$1.40
LUNDBERG FAMILY FARMS			
Organic Low Salt Rice Thin Stacker, 5.9 oz	\$3.29	\$2.79	\$0.50
MONEY ON HONEY			
Roasted Peanut Dark Chocolate Caramel, 4.8 oz	\$5.49	\$3.99	\$1.50
Sea Salt Dark Chocolate Caramel, 4.8 oz	\$5.49	\$3.99	\$1.50
NICK'S STICKS, Beef Meat Stick, 1.7 oz	\$2.99	\$2.50	\$0.49
Turkey Meat Stick, 1.7 oz	\$2.99	\$2.50	\$0.49
RED DUCK, Organic Smoked Applewood BBQ Sauce, 17oz	\$6.79	\$4.99	\$1.80
Organic Mild Taco Sauce, 8 oz	\$4.79	\$3.79	\$1.00
SIMPLY GUM, Mint Gum, 15 CT	\$2.99	\$1.99	\$1.00
HILARY'S EAT WELL, Organic Spicy Thai Veggie Burger, 6.4 oz	\$3.79	\$2.79	\$1.00
Organic World's Best Veggie Burger, 6.4 oz	\$3.79	\$2.79	\$1.00

Supplements, Body Care & Gifts:			
JUNIPER BODY CARE,			
Cascade Forest, Costal Pine, White Sage Body Washes, 2 FZ	\$4.29	\$3.49	\$0.80
Cascade Forest, White Sage Body Washes, 8 FZ	\$10.99	\$7.99	\$3.00
Cascade Forest, Redwood Mist Essential Oils, 5 ML	\$9.99	\$7.99	\$2.00
JUNIPER BODY CARE, White Sage Essential Oil, 5 ML	\$11.99	\$9.99	\$2.00
Cedar, Death Valley, Desert Pinon,			
Douglas Fir, Sweetgrass Incense White Sage Incense, 20 STICKS	\$9.99	\$7.99	\$2.00
KLEAN KANTEEN, Brush Set, SET			
Café cap, 1 CAP	\$7.95	\$6.99	\$0.96
Classic Insulated Kanteen Mineral Red, Wild Orchid, 20 OZ	\$30.95	\$20.99	\$9.96
Classic Kanteen Sea Crest, 27 OZ	\$18.95	\$13.99	\$4.96
Classic Kanteen Stainless Steel, 27 FZ	\$18.95	\$13.99	\$4.96
Classic Kanteen Lemon Curd, Sierra Sunset, Wild Orchid, 27 OZ	\$18.95	\$13.99	\$4.96
Food Canister Insulated, 16 OZ	\$29.99	\$24.99	\$5.00
Insulated Kanteen Brushed Stainless, 32 OZ	\$34.95	\$24.99	\$9.96
Insulated Tumbler Shale Black, 8 OZ	\$15.95	\$11.99	\$3.96
Brushed Stainless, Fresh Pine, Mineral Red, Pacific Sky, Sea Crest Insulated Wide Café Cap 12 OZ			
Insulated Wide Café Cap Fresh Pine, Lemon Curd, Mineral Red, Wild Orchid 16 OZ	\$28.95	\$20.99	\$7.96
Insulated Wide Café Lemon Curd, Mineral Red, Pacific Sky, Wild Orchid, Wild Plum			
Classic Kanteen Coastal Waters, 40 OZ	\$30.95	\$21.99	\$8.96
Classic Kanteen Coastal Waters, 40 OZ	\$27.95	\$19.99	\$7.96
KLEAN KANTEEN, Insulated Food Canister, 8 OZ	\$25.95	\$21.99	\$3.96
Insulated Tumbler Brushed Stainless, 8 OZ	\$15.99	\$11.99	\$4.00
Kids Insulated Classic Black Shale, Mineral Red, Sea Crest Wild Orchid, 12 OZ			
	\$22.95	\$16.99	\$5.96

	Reg Price	SALE Price	Savings
Klean Kanteen, Kids Classic Black Shale, Costal Waters, Mineral Red, Sea Crest, Wild Orchid, Wild Plum, 12 OZ			
Sippy Cap, Sport Cap	\$16.95	\$11.99	\$4.96
Steel Loop Cap, EA	\$5.95	\$3.99	\$1.96
Steel Pint Set, 4/16 OZ	\$9.95	\$7.99	\$1.96
Straw Lid Set, 1 SET	\$32.95	\$24.99	\$7.96
Black Straws, 4 PK	\$9.99	\$6.99	\$3.00
Colored Straws, 4PK	\$9.95	\$6.99	\$2.96
Insulated Tumbler Fresh Pine, Pacific Sky, Shale Black, Sea Crest 16 OZ			
Insulated Tumbler Sea Crest, 20 OZ	\$21.95	\$15.99	\$5.96
Tumbler Pint Lid, 1,	\$24.95	\$17.99	\$6.96
Wide Stainless Steel Kanteen, 64 OZ	\$4.99	\$3.49	\$1.50
NATURE'S GATE,	\$32.95	\$23.99	\$8.96
Aloe Vera & Macadamia Oil, Awapuhi Ginger & Holy Basil, Biotin & Bamboo, Hemp & Argan Oil, Herbal, Jasmine & Kombucha, Jojoba & Sacred Lotus, Lavender & Peony, Pomegranate & Sunflower, Tea Tree & Sea Buckthorn Conditioners, 18 FZ			
	\$6.99	\$5.99	\$1.00
Aloe Vera & Macadamia Oil , Awapuhi Ginger & Holy Basil, Biotin & Bamboo Shampoo, Hemp & Argan Oil Shampoo, 18 FZ			
Herbal Shampoo, 18 FZ	\$6.99	\$5.99	\$1.00
Jasmine & Kombucha , Jojoba & Sacred Lotus, Lavender & Peony, Pomegranate & Sunflower, Tea Tree & Sea Buckthorn, & Baby Shampoos, 18 FZ	\$7.29	\$5.99	\$1.30
PRESERVE, Shave 5 Five Blade Cartridges, 4 PK			
Triple Razor, EA	\$6.99	\$5.99	\$1.00
Shave 5 Razor, 1 RAZOR	\$8.99	\$5.99	\$3.00
Triple Blade Cartridges, 4PK	\$9.99	\$7.99	\$2.00
Child Soft Toothbrush, Medium, Soft Toothbrushes, EA	\$7.99	\$5.99	\$2.00
Ultra Soft Toothbrush, EA	\$3.99	\$2.49	\$1.50
Mint Tea Tree Toothpicks, 35 CT	\$3.99	\$1.99	\$2.00
Tougne Cleaner, EA	\$1.99	\$1.49	\$0.50
SEVEN GENERATION ,			
Free & Clean, Lavendar & Mint, Purely Clean Hand Soap, 12OZ	\$2.49	\$1.79	\$0.70
SUNLEAF, Lemon Vetiver Soap, 3.6 OZ	\$4.59	\$3.29	\$1.30
Green bar Shave + Face Soap, 3.6 OZ	\$4.99	\$4.49	\$0.50
Cedar Mint, Clary Sage, Olibanum Spruce, Orange Ginger, Amyris Bergamot, Cinnamon Cypress, Rosy Geranium, Honey Soap Shampoo Bars, 5 OZ	\$5.99	\$4.49	\$1.50
Cedar Soap Raft, 1	\$5.99	\$4.99	\$1.00
Clary Sage Lavender Rosy Geranium Candle, 11 OZ	\$4.99	\$3.99	\$1.00
Rosy Geranium, Amyris Bergamot, Cedar Mint, Cinnamon Cypress, Clary Sage Lavendar, Lemon Vetiver, Olibanum Spruce Reed Diffusers, 1 OZ	\$14.99	\$11.99	\$3.00
	\$12.99	\$9.99	\$3.00

These items are on sale all month for members only.

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

oneota community food co-op

MEMBER DEAL

KETTLE

Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg. Price \$4.69 SAVE \$.80

EXAMPLE

EXAMPLE

CELERIAC- THE UGLY DUCKLING OF THE PRODUCE AISLE

By: Betsy Peirce, Produce Manager

Did your mother ever tell you to not judge a book by its cover? Admittedly, celeriac is a vegetable not a book, but if the idiom works...

In the case of celeriac let's just say, beauty is in the eye of the beholder. Those who can look past the alien exterior, become beholden to its amazing flavor. Its looks can be daunting to those who have never encountered it. The gnarled greenish skin and tangled hairy roots with dirt often clinging to its nooks and crannies. The bumpy rough skin resists yielding to a vegetable peeler, requiring a sharp knife to unfurl its potential. But it's worth the effort!

With its creamy white interior and a texture like velvet when cooked and pureed, this vegetable stands alone as one that can single handedly enliven any dish. The flavor is like celery, especially when eaten raw. When cooked and incorporated into a recipe, the flavor mellows and becomes almost unidentifiable. Yet if Celeriac were absent, the same dish would lack depth. It's almost indescribable.

To prepare: I prefer to use celeriac in place of celery. The bonus feature of celeriac is that it will keep in your fridge much longer than celery. You can use a partial bulb and wrap it up for the next time you want to use it. It browns a bit, but trim the brown off and it's ready to use again.

- Place the celeriac on a clean work surface. Remove the base and the top of the vegetable.
- Carefully cut down the sides with a chef's knife, close to the skin. Be sure you're not wasting too much flesh left on the skin.
- When the skin is completely removed, chop, grate or slice the flesh, depending on your

preference. To avoid discoloration, soak the vegetable pieces in cold water and a few lemon slices.

Celeriac (Apium graveolens var. rapaceum) is not technically a root vegetable. It is actually called a hypocotyl, or a tuber. (Mercola, n.d.). It is in the celery family, but it grown for its root, though it has tall tops (stringy & tough) that resemble celery. If you want to try growing it, it is an act of patience. It requires 90 days to maturation so must be seeded indoors 8-12 weeks before the last frost. Plant a week after the last frost (Nardozzi, n.d.). Celeriac grows above ground with only the roots below the surface. If you want to try this delicious vegetable before next autumn, Barb Kraus and Harmony Valley Farm keep us supplied through most of the winter. Another benefit, they store beautifully in a root cellar or your refrigerator - all winter!

From soups to Remoulade and beyond, Celeriac adds a lot more than flavor to your bowl. It packs a nutritional punch as well. It is high in fiber, vitamin C, potassium, vitamin K, phosphorus and several B vitamins.

When shopping for celeriac look for it to be firm and free of soft spots and excessive dirt.

Quick ways to add celeriac to your recipes:

- Sauté grated celeriac with onions (shallots or leeks work too) and garlic. Add chicken or vegetable broth and puree into a slightly creamy mixture to use as a soup base. It's amazing.
- Sauté with onions and add to fried rice along with the other veggies. It adds a delicious rich flavor to your dish.
- Add to any soup grated or in small chunks in place of celery.

References

Liebovitz, D. (n.d.). Celery Root Remoulade (Celeri Remoulade). Retrieved from David Liebovitz Living the Sweet Life of Paris: <https://www.davidliebovitz.com/celery-root-remoulade-celeri-rem/>

Mercola. (n.d.). Celeriac. Retrieved from Food Facts: <https://foodfacts.mercola.com/celeriac.html>

Nardozzi, C. (n.d.). Gardening with Charlie Nardozzi. Retrieved from <https://gardeningwithcharlie.com/how-to-grow-celeriac.html>

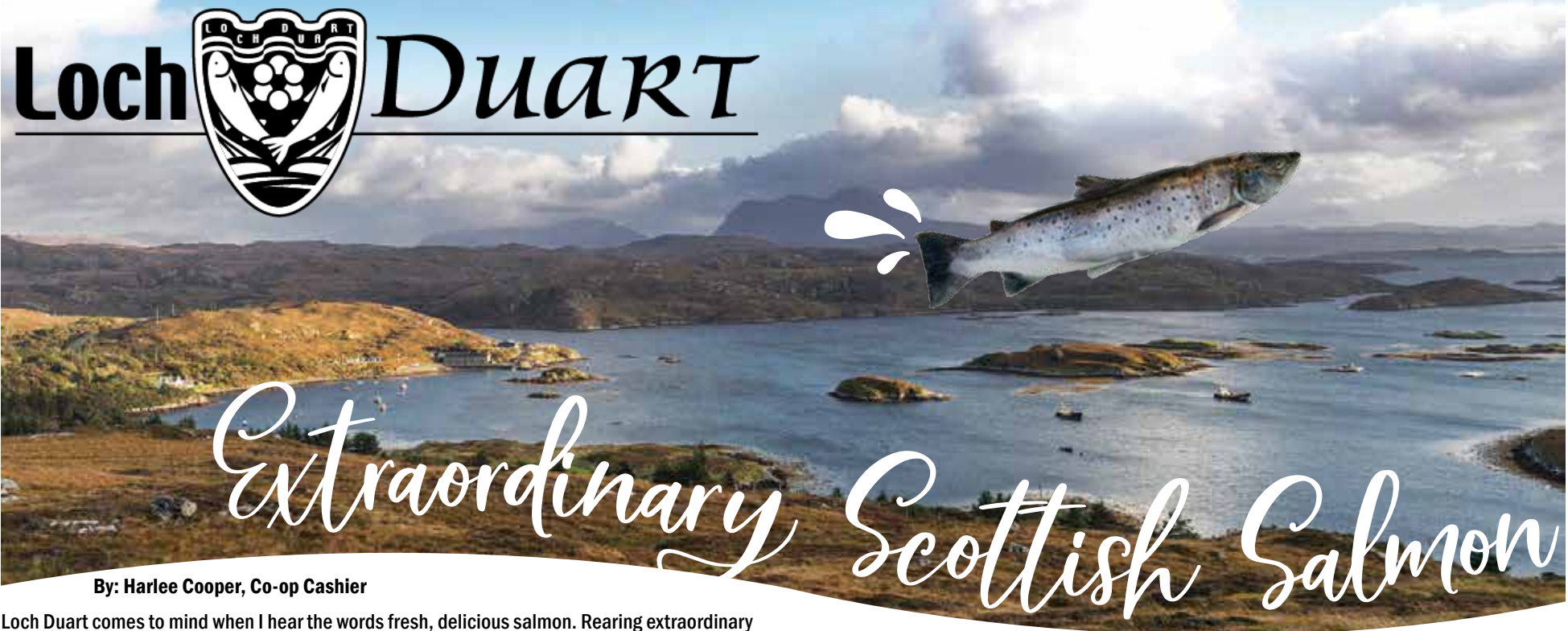
CELERY REMOULADE About 6 servings

Celery root is pretty easy to prepare, but does discolor a bit once sliced open and grated. So make the dressing before slicing and grating the celery root, for best results. I like mine really mustardy, so I use a fairly large amount. If you're unsure, start with less; you can add more, to taste, when the salad is finished. To peel celery root, lop off the root and opposite end with a chef's knife. Then stand the round root on a flat end then take the knife and cut downward, working around the outside, to slice off the tough skin. In the states, celery root are often smaller, and have more complicated roots, and you'll need to cut a bit deeper to remove them.

- 1 cup mayonnaise, homemade or store-bought
- 2 1/2 tablespoons Dijon mustard
- 1 teaspoon of sea salt, plus more, to taste
- 2 tablespoons freshly-squeezed lemon juice
- freshly-ground black pepper
- 2 1/4 pounds celery root

- Mix together the mayonnaise, mustard, 1 teaspoon of salt, lemon juice, and a few grinds of black pepper.
 - Peel the celery root and grate it coarsely.
 - Mix the dressing with the celery root and taste, adding additional salt, pepper, mustard, and lemon juice, to taste.
- Note: If the salad is too thick, you can add a few spoonfuls of whole or low-fat milk to thin it out. (Liebovitz, n.d.)





By: Harlee Cooper, Co-op Cashier

Loch Duart comes to mind when I hear the words fresh, delicious salmon. Rearing extraordinary Scottish salmon in Northwest Scotland since 1999, Loch Duart has attempted to revolutionize how we obtain delicious and beautiful fish.

Modern life these days seeks conformity, especially in the food industry. Farming in close harmony with nature doesn't allow this. Loch Duart doesn't expect their broodstock to conform either. These salmon are not simply reared on their farms according to specs by Loch Duart. The farms are specifically designed and built around the needs of their fish. They do it small-scale, making it more sustainable and consistent.

Fish buyers don't expect consistent sizing of wild cod nor wild salmon. It is the same with Loch Duart's salmon. Loch Duart's main goal is to provide extraordinary tasting fish without disrupting the natural flow of nature. Loch Duart's workers respect and encourage the natural cycles and prefer to let their fish grow naturally at their own pace.

"We respect our fish and pay close attention to every detail of their life cycle," says one worker. "Everything we do revolves around our salmon and this is reflected in the extraordinary taste of our fish," says another.

Loch Duart's original broodstock was collected from the Rivers of Spey, Thurso, North Esk, and Laxford over the course of many years. They look for a healthy and strong torpedo-like body shape, good sized head, clear eyes, and a beautiful silver sheen. These characteristics keep Loch Duart's stock looking and tasting extraordinary.

"Where can I buy this amazing fish?" I hear you asking yourself. Right here in our very own food co-op. Let me tell you, this salmon lives up to the word "extraordinary." And if you need a little recipe inspiration to get started, here is one of my favorite recipes to use with fresh salmon.



FESTIVE HOLIDAY SALMON

SALMON

READY IN: 30 min - SERVES: 4

INGREDIENTS:

4 salmon fillets or 4 salmon steaks
1/3 cup cranberry sauce
2 tablespoons Dijon mustard
1 tablespoon chopped shallot or 1 tablespoon chopped onion
2 tablespoons olive oil
1 teaspoon lemon juice
2 teaspoons chopped parsley
salt and pepper to taste

CRANBERRY SAUCE

YIELD: about 2 cups - READY IN: 15 minutes

INGREDIENTS:

12 ounces fresh cranberries, thawed if frozen
Zest of 1 orange
3/4 cup fresh orange juice
1/4 cup, plus 2 tablespoons honey (plus additional 1 to 2 tablespoons to taste)
1/4 cup water
1/8 teaspoon kosher salt



We'll start this recipe with the easiest part - the sauce. Homemade cranberry sauce is the way to go. Simply bring fresh cranberries, orange zest, orange juice, 1/4 cup plus 2 tablespoons of honey, water, and salt to a simmer over medium heat. Continue cooking, stirring often, until the cranberries break down and the sauce thickens. Remove from heat and mix together cranberry sauce, Dijon mustard, and shallots (or onions). Stir well in a bowl and set aside.

Next we will prepare the fish. Lay out salmon fillets on a greased broiling pan in a single layer. Rub salmon with olive oil, lemon juice, parsley, salt, and pepper.

Broil salmon in oven for 7 minutes. (About 8 inches from heat source).

Remove salmon from oven and evenly spread with cranberry sauce mixture over top of each fillet. Place salmon back in oven and broil for another 5-7 minutes - until salmon is done and topping is bubbly.

Serve over quinoa or wild rice with a sprig of rosemary or thyme as garnish.

Recipe from: www.smartpressedjuice.com/blogs/news/festive-holiday-salmon



By: Nate Furler, Marketing Manager and Nicole Brauer, Grocery Manager

Fresh fish is back at the Co-op. Though this may sound like something simple to procure, the Co-op has long been concerned with more than just selling a product to make a profit. Our managers and buyers are trained to ask the difficult questions that ensure the products we carry on our shelves are the best that can be found. This doesn't just mean quality and affordability. In addition, this means sustainability as a factor of the equation.

As the grocery market develops, and population around the world grows, these choices become increasingly difficult for our organization. What may seem like a simple thing - customers want fish - we have to balance with (at least) the big three factors of quality, affordability, and sustainability. Unfortunately in northeast Iowa we do not have access to all three.

Each week our various buyers have these, as well as additional, factors on their mind as they place their orders. When it comes to fish, our grocery manager deals directly over the phone (and via email) with our rep at Fortune Fish in order to balance the demands of our member/owners and customers with what is available that week.

Fortune Fish identifies each item on their weekly order sheet that qualifies as the Monterey Bay Aquarium Seafood Watch "best choice" or "good alternative." With this information already in the hands of the buyer, the first question they ask is, "what are your best-quality items this week?" Then questions like "what's good and why?" and "when did these come in and from where?" as well as careful consideration of quality, affordability, and sustainability, the buyer places the order and receives our shipment the very next day on ice.

Depending how much cutting is entailed, the product is usually out on the shelf for purchase within a matter of minutes and on its way to your plate shortly after that.

Enjoy fresh fish from the Co-op each week in our fresh meat case. We are happy to take requests and will do the best we can to source the best, most affordable and sustainable fresh fish for your table.

A GUIDE TO WINTER SQUASH

Choosing a winter squash to prepare can be confounding- here are common varieties of squashes you'll love.



BLUE HUBBARD
This huge squash is perfect for feeding a crowd! Bright orange flesh has a buttery, nutty flavor and a dry, flaky texture similar to baked potato.
Best uses: baked, mashed and topped with butter, sea salt and black pepper



ACORN
Mild, versatile flavor and a tender-firm texture that holds up well when cooked. Hard rind helps squash hold its shape when baked.
Best uses: baked, stuffed, cubed & added to grain salads



KABOCHA (GREEN/RED)
Smooth, dense. intensely yellow flesh that is similar in sweetness and texture to sweet potato.
Best uses: curries, soups, battered and fried as Japanese tempura



BUTTERNUT
Vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Rind is edible but squash is usually peeled before use.
Best uses: soups, purees, recipes where smooth texture is highlighted



DELICATA
Rich, sweet, flavorful yellow flesh tastes like a mix of chestnuts, corn and sweet potato. Quick-cooking with a thin, edible skin. Highly seasonal.
Best uses: sauteed until caramelized, broiled, baked



PIE PUMPKIN
Mildly sweet squash with a rich pumpkin flavor, perfect for pies and baked goods. Different from carving pumpkins, these are bred for sweetness and size.
Best uses: pies, custards, baked goods, curries and stews



RED KURI
Vivid orange, mildly sweet and smooth, dense squash with a delicious chestnut-like flavor. Makes a rich and velvety puree.
Best uses: Thai curries, soups, pilafs and gratins, baked goods



HEART OF GOLD/CARNIVAL
This hybrid squash inherits its tender-firm texture from Acorn and its sweet, nutty flavor from Sweet Dumpling, offering the best of both parents.
Best uses: baked, stuffed, broiled with brown sugar



SWEET DUMPLING
Petite, softball-sized squash with a pale gold, dry starchy flesh that is similar to a potato but which is renowned for its rich, honey-sweet flavor.
Best uses: baked with butter and cinnamon

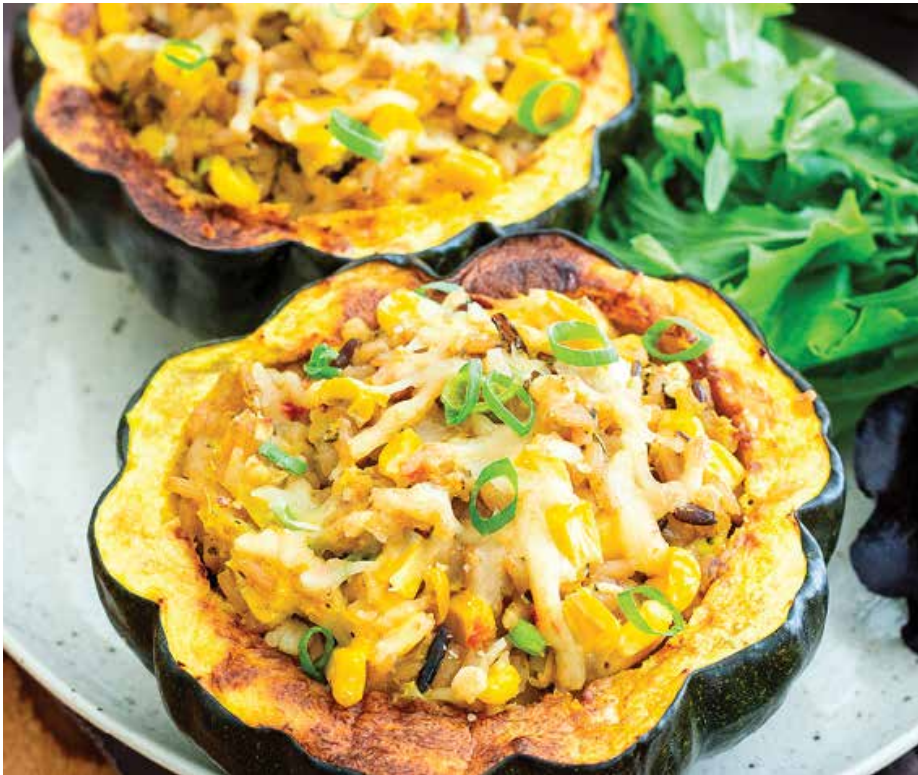


SPAGHETTI
Pale golden interior is stringy and dense - in a good way! Use a fork to pry apart cooked flesh which resembles spaghetti in texture and mild flavor.
Best uses: baked and separated, then dressed up as you would pasta

Winter squash are harvested late summer through fall, then cured or "hardened off" in open air to toughen their exterior. This process ensures the squash will keep for months without refrigeration. When selecting any variety of winter squash, the stem is the best indication of ripeness. Stems should be tan, dry, and on some varieties, look fibrous, frayed or corky. Fresh green stems or those leaking sap signal that the squash was harvested before it was completely ripe. Ripe squash has a vivid, saturated color and a matte, rather than glossy, finish.

Wild Rice Stuffed Squash

Servings: 90 minutes; 35 minutes active



Chewy, nutty wild rice is seasoned with herbs & cheddar in these delightful stuffed squash halves.

- Ingredients
- 2 medium sweet dumpling or acorn squash

1 cup wild rice blend (packaged or bulk)

1 cup corn kernels, frozen

4 teaspoons scallions, chopped

2 tablespoons Dijon mustard

1 teaspoon dried sage, crumbled

1 teaspoon dried thyme

1 teaspoon ground black pepper

1/2 teaspoon salt

6 ounces sharp cheddar cheese, shredded

Preparation
Heat the oven to 400°F. Lightly oil a large sheet pan. Cut the squash in half lengthwise and scoop out the seeds. Place the squash, cut side down, on the pan. Bake for 25 to 30 minutes, until the squash is tender when pierced with a paring knife. When the squash is tender, place on a rack until cool enough to handle.
While the squash is baking, bring 2 cups of water to a boil and add the wild rice blend. Return to a boil and cover, then reduce the heat to low. Cook for about 30 minutes, or according to package directions. Remove from heat and let stand, covered, for about 5 minutes, then transfer to a large bowl to cool.
Scoop the flesh from the squash, leaving about a quarter-inch inside the shells so they won't collapse. Put the squash flesh in the bowl with the rice. Add the corn, scallions, Dijon mustard, sage, thyme, pepper and salt. Mix well, and when cooled to room temperature, stir in about two thirds of the cheese.
Spoon the squash mixture back into the shells and place on the sheet pan. Cover with the remaining cheese. Reduce the oven temperature to 350°F., and bake for about 30 to 35 minutes until the cheese is golden brown and the squash is heated through. Serve hot.
Serving Suggestion
A dish this hearty and with so much texture can stand on its own as a vegetarian main entrée, with a side salad of mixed greens. It will also complement a roasted chicken or turkey breast as a filling side.