

# THE SCOOP

ONEOTA  
COMMUNITY  
FOOD  
COOPERATIVE

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ONEOTA COMMUNITY FOOD CO-OP  
312 West Water Street  
Decorah, Iowa 52101  
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## Does Organic Have A Right To Exist?

robynn shrader, chief executive officer national cooperative grocers association

Members of the sustainable food movement are furious and, frankly, we have a right to be. The late January decision by the USDA to fully deregulate GE alfalfa isn't just a minor skirmish in a long and exhausting battle. It threatens the existence of organic farming and organic food, and flies in the face of USDA's mandate from Congress under the Organic Foods Production Act to promote and preserve organic agriculture.

Bio-tech loves to talk about how safe and beneficial GE technology is, and regardless of where your opinion lands on those claims, the simple fact is this: GE is not allowed in USDA organic certification. Period. GE contamination of conventional and organic crops is not a myth. It's a fact. Just look at the gene flow contamination of corn and soy. Deregulating yet another crop, particularly one that could have an enormous impact on organic dairy

farming, undermines the future of organics.

Organic not only has a right under Congressional mandate to exist, we have earned the right to thrive. Organic is the fastest growing segment of agriculture in the United States. Hundreds of thousands of consumers have voiced their feelings about organics and GE contamination. I'd love for someone to point me toward a compilation of U.S. consumers clamoring for GE food. We've certainly heard resistance from consumers in our foreign markets around the world.

Tensions following USDA's action have run high as members of the organic industry reacted to the news. Now, sustainable agriculture advocates including NCGA, Organic Valley, Stonyfield, and organic champion Maria Rodale are calling for organizations

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## THE LOW-DOWN ON LOCAL FOODS: PART I

sam anderson, co-op intern

Local Foods, you hear about it everywhere, but what's all the hype about? Why is local food so important? I think a lot of people ask this question, especially today when there is a major disconnect between people and the food they eat. The concept of local food is important for a myriad of reasons, including economical, environmental, and communal.

Local food is important when considering economics. Concerning the farmers, on average a farmer receives 20 cents of every food dollar purchases while the rest of the dollar goes to transportation, processing, packaging, refrigeration and marketing. When buying local foods, farmers receive approximately 90 cents per dollar purchased. Theoretically, if consumers shifted only 1% of their purchases to locally grown products, farmers would see a 5% income increase.

Another reason why purchasing local foods is important is for the environmental benefit. The average grocery store's produce travels about 1,500 miles to get to its final destination. On a smaller scale, the average conventional, American meal creates 17 times more carbon-dioxide emissions than a locally-produced meal. At a typical 3 squares a day, that's a lot of extra carbon being produced if you're eating all conventional, like my family does. In 1920s Iowa, half of the apples eaten were produced in the state. Today that number is at 15% and on average, 40% of fruit eaten in the United States has been produced overseas.

So, what's going on in the state of Iowa concerning local foods? The Iowa Food and Farm Plan, developed in the Leopold Center for Sustainable Agriculture at ISU was proposed to the Iowa legislature only a few weeks ago. The proposal is anticipating an increase in local food production along with the creation of over 600 jobs with the state bringing in an extra \$62 million. Johnice Cross from G.R.O.W.N. Locally thinks that the plan will "show the rest of the nation how much of an economic engine food can be." The plan also includes creating local food business development, support for a farm-to-school program for 2 years, and local food processing education along with many other proposals.

Looking at our community, many things are already going on in the Decorah area. Here we have the Northeast Iowa Food and Farm Coalition running since 2005 which helps farmers find new markets to sell to and also diversify farming operations. The Coalition, along with Food and Fitness, are really focusing on local



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### A letter from the chef

mattias kriemelmeyer, executive chef

Here at the Water Street Café we are determined to make 2011 the best year yet. I want to thank you, our patrons, for your continued support. You are the driving force behind what we do and we are working very hard to accommodate all types of dietary needs and personal tastes. I sincerely hope we have made strides to satisfying your needs.

Last year's member and customer survey, along with your input via customer comment cards, have given us insight into the wants and needs of our members and customers. We hear your voices and we are responding. If we do not always reply verbally to your comments, as we receive many, be assured that your voice is being heard and we take them all very seriously. Please share your thoughts with us. You may be surprised by what a polite critique can accomplish.

We are excited to add new items to our ever growing selection at the Café. You can now enjoy an expanded breakfast offering with our "New Morning" Breakfast Bar every Monday through Saturday from 8:30 – 10:30 am; including organic and local, as well as vegan, options to start your day. We have new panino specials that change weekly, along with drink specials from our espresso and Italian soda bar.

We continue to offer a wide variety of hot lunch themes that allow you to taste the flavor of the world right here in Decorah. Our commitment to local and organic ingredients continues with our use of produce, meats and breads from within our 100-mile local radius. We take our responsibility as leaders in the sustainable food movement very seriously and we strive to offer quality food at a reasonable price. Voting with your food dollars makes it all possible.

Again, we welcome your comments and look forward to serving you in the future. I sincerely thank you for supporting the OCC and The Water Street Café in our community building mission.

See you at the Co-op!

### Every day begins with a new morning... the 'New Morning' Breakfast Bar

Come check out the **new breakfast offerings** at the



Featuring:

- **McCaffrey's Dolce Vita** bagels in four flavors: plain, onion, blueberry, and cinnamon raisin
- **Organic Valley** cream cheese
- Vegan cream cheese
- Organic yogurt - non-fat, whole, non-fat strawberry
- Vegan yogurt - coconut or soy
- Granola - **Water Street Granola** (made in-house) and 3 other granolas available in the Bulk department
- Organic Milk - Whole, nonfat, 2 %, soy, & coconut
- Fruit - fresh cut fruit, dried fruit, frozen berries. Will vary according to season.
- **Breakfast sandwiches** (M,W,F) and **breakfast burritos** (T,Th,S) ready to go in our hot bar from 8:30 am until sold out

**Monday-Saturday  
from 8:30 - 10:30 am**





# PEAK OIL AND OUR FOOD SUPPLY

richard heinberg, senior fellow-in-residence, post carbon institute

Food is energy. And it takes energy to get food. These two facts, taken together, have always established the biological limits to the human population and always will.

The same is true for every other species: food must yield more energy to the eater than is needed in order to acquire the food. If this energy balance remains negative for too long, death results; for an entire species, the outcome is a die-off event, perhaps leading even to extinction.

Humans have become champions at developing new strategies for increasing the amount of energy - and food - they capture from the environment. The harnessing of fire, the domestication of plants and animals, the adoption of plows, the deployment of irrigation networks, and the harnessing of traction animals - developments that occurred over thousands of years - all served this end.

The process was gradual and time-consuming. Not only were new tools developed, but small inventions and tiny modifications of existing tools enabled human and animal muscle power to be leveraged more effectively. Even with clever refinements in tools and techniques, in crop development and animal breeding, it was inevitable that humans would reach a point of diminishing returns in their ability to continue increasing their energy harvest, and therefore the size of their population.

## Fossil Fueled Agriculture

In 1909, two German chemists named Fritz Haber and Carl Bosch invented a process to synthesize ammonia from atmospheric nitrogen and the hydrogen in fossil fuels. The process initially used coal as a feedstock, though later it was adapted to use natural gas. Today the process produces 150 million tons of ammonia-based fertilizer per year, equaling the total amount of available nitrogen introduced annually by all natural sources combined.

Fossil fuels went on to offer still other ways of extending natural limits to the human carrying capacity of the planet. Early steam-driven tractors came

into limited use in 19th century; but, after World War I, the size and effectiveness of powered farm machinery expanded dramatically, especially in North America, Europe, and Australia. Chemists developed synthetic pesticides and herbicides in increasing varieties after WWII, using knowledge pioneered in laboratories that had worked to perfect explosives and other chemical warfare agents. The world began to enjoy the benefits of "better living through chemistry" and "the green revolution"; though the environmental costs would only later become widely apparent.

At the same time, the scale and speed of distribution of food increased. This also constituted a means of increasing carrying capacity, though in a more subtle way. Here fossil fuels were responsible for a dramatic discontinuity in the previously slow pace of growth. First by rail and steamship, then by truck and airplane, immense amounts of grain and everlarger quantities of meat, vegetables, and specialty foods began to flow from countryside to city, from region to region, and from continent to continent.

The end result of chemical fertilizers, plus fossil fuel powered farm machinery, plus increased scope of transportation and trade, was not just a threefold leap in crop yields, but a similar explosion of human population, which has grown five-fold since dawn of industrial revolution.

## Agriculture at a Crossroads

Let us briefly survey some of the current trends in global food production and how they are related to the increased use of inexpensive fossil fuels.

Arable cropland: Irrigation has become more widespread because of the availability of cheap energy to operate pumps, urbanization is largely a result of cheap fuel-fed transportation.

Topsoil: The world's existing soils were generated over thousands and millions of years at a rate averaging an inch per 500 years. Erosion is largely a function of tillage. The introduction of fuel-fed tractors

has increased the ease of tillage and the rate of soil loss has increased dramatically.

The number of farmers as a percentage of the population: In the US at the turn of the last century, 70 percent of the population lived in rural areas and farmed. Today less than two percent of Americans farm for a living. This change came primarily because fuel-fed farm machinery replaced labor, which meant that fewer farmers were needed. Economies of scale (driven by mechanization) gave an advantage to ever-larger farms. But the loss of farmers also meant a gradual loss of knowledge of how to farm and a loss of rural farming culture.

The genetic diversity of domesticated crop varieties: This is decreasing dramatically due to the consolidation of the seed industry, the largest three field seed companies - DuPont, Monsanto, and Novartis - now account for 20 percent of the global seed trade, a consequence of fuel-fed globalization. (Editor's note: go to [www.non-GM-farmers.com](http://www.non-GM-farmers.com) to see the Global Seed Industry Concentration report by the etc. Group.)

Grain production per capita: For the past two decades population has grown faster than grain production, additionally, grain stocks are being drawn down: According to Lester Brown of the Earth Policy Institute, "in each of the last four . . . years production fell short of consumption. The shortfalls of nearly 100 million tons in 2002 and again in 2003 were the largest on record." This trend suggests that the strategy of boosting food production by the use of fossil fuels is already yielding diminishing returns.

The effectiveness of pesticides and herbicides: In the US, over the past two decades pesticide use has increased 33-fold, yet, each year a greater amount of crops is lost to pests, which are evolving immunities faster than chemists can invent new poisons. Like falling grain production per capita, this trend suggests a declining return from injecting the process of agricultural production with still more fossil fuels.

## Oil Dependancy

The scale of our dependency on fossil fuels has grown to enormous proportions: in the US, agriculture is directly responsible for well over 10 percent of all national energy consumption. Over 400 gallons of oil equivalent are expended to feed each American each year. About a third of that amount goes toward fertilizer production, 20 percent to operate machinery, 16 percent for transportation, 13 percent for irrigation, 8 percent for livestock raising, (not including the feed), and 5 percent for pesticide production. This does not include energy costs for packaging, refrigeration, transportation to retailers, or cooking.

Trucks move most of the world's food, even though trucking is ten times more energy-intensive than moving food by train or barge. Processed foods make up three-quarters of global food sales by price (though not by quantity). This adds dramatically to energy costs: for example, a one-pound box of breakfast cereal may require over 7,000 kilocalories of energy for processing, while the cereal itself provides only 1,100 kilocalories of food energy.

Overall - including energy costs for farm machinery, transportation, and processing, and oil and natural gas used as feedstocks for agricultural chemicals - the modern food system consumes roughly ten calories of fossil fuel energy for every calorie of food energy produced.

But the single most telling gauge of our dependency is the size of the global population. Without fossil fuels, the stupendous growth in human numbers that has occurred over the past century would



have been impossible. Can we continue to support so many people as the availability of cheap oil declines?

## Feeding a Growing Multitude

The problems associated with the modern global food system are widely apparent, there is widespread concern over the sustainability of the enterprise, and there is growing debate over the question of how to avoid an agricultural Armageddon. Within this debate two viewpoints have clearly emerged.

The first advises further intensification of industrial food production, primarily via the genetic engineering of new crop and animal varieties. The second advocates ecological agriculture in its various forms - including organic, biodynamic, Permaculture, and Biointensive methods.

Critics of the latter contend that traditional, chemical-free forms of agriculture are incapable of feeding the burgeoning human population. However, given the fact that fossil fuels are non-renewable, it will be increasingly difficult to continue to supply chemical fertilizers in present quantities.

The bioengineering of crop and animal varieties does little or nothing to solve this problem. One can fantasize about modifying maize or rice to fix nitrogen in the way that legumes do, but so far efforts in that direction have failed. Meanwhile, the genetic engineering of complex life forms on a commercial scale appears to pose unprecedented environmental hazards, and the bioengineering industry itself consumes fossil fuels, and assumes the continued availability of oil for tractors, transportation, chemicals production, and so on.

Those arguing in favor of small-scale, ecological agriculture tend to be optimistic about its ability to support large populations. Eco-agricultural advocates often contend that there is plenty of food in the world; existing instances of hunger are due to bad policy and poor distribution. With better policy and distribution, all could easily be fed. Thus, given the universally admitted harmful environmental consequences of conventional chemical farming, the choice should be simple.

Experiments have indeed shown that small-scale, biodiverse gardening or farming can be considerably more productive on a per-hectare basis than mono-cropped megafarms. However, some of these studies have ignored the energy and land-productivity costs of manures and composts imported onto the study plots.

Given the fact that fossil fuels are limited in quantity and we are already in view of the global oil production peak, the debate over the potential productivity of chemical-gene engineered agriculture

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to “stand together in opposition to GE alfalfa.” As we regroup and redouble our efforts to protect organic agriculture, these unifying messages are more important than ever. The USDA’s decision was a tremendous setback, but the fight is far from over.

In order to preserve organics, the sustainable food movement must unite. Here’s what each of us should do today to take action on this issue:

- Let the White House know that organics has a right to exist and thrive, and that you do not support the deregulation of GE alfalfa or any crop at <http://s.coop/aj1>.
- Support organizations like the Center for Food Safety (CFS) as they raise funds for legal action against the USDA’s deregulation of GE alfalfa. CFS and others have legal grounds to contest the USDA’s Environmental Impact Statement assessment as being incomplete. While Monsanto has billions in lobbying funds, the sustainable food movement has legal precedent on its side. Let’s support groups who aim to take the USDA to court. You can also sign up to receive CFS action alerts at <http://s.coop/aiz>.
- Continue to support the farmers and processors who bring us organics.

Although growing, organic is still a small part of the agricultural industry. By increasing our market power, we can have a greater impact in Washington and throughout the nation. Let’s vote with our dollars.

- Continue to demand that the USDA and Congress protect farmers and consumers from the risks of GE crops, products and ingredients. Farmers have the right to use organic farming methods and should be protected from losses due to GE contamination. GE-free seed programs must be developed. Long-term research on the implications of GE crops must be conducted. Consumers have a right to know what’s in their food, and to make informed decisions about what they choose to eat. These fundamental principles are part of a seven-point plan National Organic Coalition created to provide clarity and focus for the organic movement on this issue.

By uniting around common goals, the sustainable food movement has established an organic standard with high integrity; one that includes certification, accreditation, and consumer labeling. We must continue fighting for organic protections. We must demand that our government recognize organic’s right to exist and thrive. We urge you to join us.



OUR MISSION

IS TO PROVIDE OUR MEMBER-OWNERS WITH:

- foods produced using organic farming and distribution practices with an emphasis on supporting local and regional suppliers,
- reasonably priced whole, bulk and minimally packaged foods and household items,
- products and services that reflect a concern for human health and the natural environment and that promote the well-being of the workers and communities which produce them.

CO-OP BOARD OF DIRECTORS, 2009-2010

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SCOOP

ONEOTA  
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The Oneota Community Co-op Scoop is published every other month and distributed to 10,000+ residents and members.  
If you are interested in advertising in the Scoop, please contact Nate Furler at the Co-op - 563.382.4666 or [nate@oneotacoop.com](mailto:nate@oneotacoop.com)

WHY JOIN THE CO-OP?

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:**

- Help to sustain a locally-owned business
- Share in the success of the Co-op through your annual member patronage dividend in the years where there is sufficient profit, at the discretion of the Board
- Get a free subscription to the Scoop, our bimonthly newsletter
- Once each month, ask for your 5% discount on an unlimited number of purchases
- Become a volunteer and receive an additional discount of 4 to 8% at the register
- Get additional discounts on specified “member only sale” items each month
- Receive discounts on classes at the store
- Receive a 5% discount on Mondays if you are 60 years of age or older
- Write checks for up to \$20 over purchase for cash back
- Get discounts at many locally-owned businesses through our Community Discount Program
- Order products directly from our main co-op distributors and save substantially through our special order program
- Place free classified ads or reduced rate display ads in the Scoop.
- Attend our monthly potlucks
- 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)
- Have access to the Co-op’s video collection with no fees

THE STATEMENT ON THE 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

ONEOTA  
COMMUNITY  
FOOD  
COOPERATIVE

WELCOME

to these new member-owners & their households!

Sam Anderson

David Babbitt

Alvin Behn

Dolph Dee Bezoier

Nicole Bohr

Kim Bonnet

Kirstie Bower

Eve Christensen

Dana Orr Dotzenrod

Glen Elsbernd

Julie Erickson

Deb Fordice

Nathan Gates

Kayla Goetsch

Ashley Heier

Sarah Hemesath

Melanie Kirk

Gail Klavetter

Joane Kulish

Ruth Lynch

Daniel Meador

Cy Nelson

Kristen K Nelson

Teresa O’Connor

Terry Popken

Robert Sammann

Bonnie Schroeder

Victoria Stennes

Bryan Waskow

Leon Wyden

WORKING-MEMBERS

THANK YOU to all of the Co-op members who helped out in one way or another as working members in January/February 2011. Your efforts make us better.

Arllys Adelman

Jerry Aulwes

Carol Bentley-Iverson

Judy Bruening

Brenda Burke

Mwara Muiriri

Dennis Carter

Barb Dale

Laura Demuth

Lynda Erickson

Barb Ettleson

Christine Gowdy-Jaehnig

Mary Hart

Jan Heikes

Lee Zook

Pam Kester

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Maria Jones

Jennifer Zoch

Janet Alexander

Louise Hagen

Ellen Cutting

Rob Fischer

Julie Fischer

Jeff Scott

Ron Roberts

Daphne Roberts

Bjorn Norgaard

If you are interested in learning about the working member program at the Co-op, please contact us. We would love to have you on board.

If you were a working member and didn’t get listed, accept our apologies, and please let us know so you can get credited for your efforts.

COMM POST

To sign up for weekly Oneota Co-op e-mails containing news, events, sales, and the café menu, simply go online to any page of our website and click the link to sign-up for our e-newsletter.

Wellness Wednesday

The FIRST Wednesday of every month members receive 5% off Wellness products (excludes already marked down Co+op Deals sale items)

Senior Citizen Discount Monday

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



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](mailto:taichigrandmadi@msn.com)



# SUCCESS BY THE NUMBERS

david lester, general manager

For this edition of The Scoop I believe writing less will equal more. Enjoy.

## Local

We have one of the strictest definitions of local: 100 mile radius.  
We upgraded our POS system to accurately track local sales.  
\$735,306 (21%) of our total sales were locally produced products.  
We donated over \$5,000 to various organizations in our area. Our Taste of the Holidays event raised over \$3,000 worth of local and organic products donated to the food pantries in our area.

## Customers and Members

We gained 280 new members in 2010.  
59 Luther College students became a College Cooperator member.  
Total current membership: 3,531  
Our customer count grew by 5.6%

## Staff

Reduced staff turnover.  
Staff received a 4% raise in September  
This year's staff survey indicated that OCC's staff are generally happy with their workplace and scored higher than other coops in the U.S. on 10 out of 13 questions.

## Finances

We had total annual sales of \$3,537,865 showing 10.41% growth over 2009.  
First positive net income in the new store amounted to \$51,047!

## Environmental Sustainability

Purchased a new floor machine that has reduced our floor chemical purchases to almost \$0/year.  
Purchased a new high-efficient HVAC system and invested in web-based controls to monitor and efficiently recapture heat from our compressors.  
We look forward to building on these successes into the new year. Thanks to all of our members, customers, board and staff for a successful 2010! A more in-depth Annual Report will be made available to our members soon.



# The Journey Toward Good Health

dr. david heine



Dr. Ornish and his colleagues at Sloan Kettering Cancer Center and UCSF have now shown that the progression of early stage prostate cancer can be stopped or perhaps reversed with changing how we eat and how we live.

Their research show positive effects on over 500 separate genes (published in the Proceedings of the National Academy of Sciences) in just a few months of starting an intense and broad change in lifestyle. In other words, our actual DNA and the proteins that it expresses can be turned on (up regulated) or off (down regulated) based on our lifestyle.

Some of us may need to do more than others. If you have had a heart attack or 2 sisters with breast cancer and you are 30 lbs overweight, you will need to make more extensive changes than others.

Finding joy and love and waking up feeling well each day is better than living in fear of diabetes, obesity, cancer and heart disease. Try to take a step back each day and look at how you are living. Try to look at the big picture. Did I take a few minutes today to meditate or simply take a few minutes for quiet reflection? Did I order the salad at Subway instead of the sandwich? Did I have an egg and some oatmeal this morning instead of a Danish? However, don't forget, there is good data that supports that the healthiest eaters in our society allow themselves occasional (occasional, not frequent) indulgences.

It doesn't have to be all or nothing. Humans have a hard time changing more than one or two things at one time. Try a couple of small changes at first. Sign up for a yoga class or try a new vegetable. Go for a walk with a friend or ask a new friend out on a date. Learn about a new religion or say a short prayer for a friend in need. You will be amazed at how these small changes will snowball.

Maybe after a few months you'll be able to cut back on your dose of cholesterol medicine (with your doctor's supervision) or walk an extra block or two. Maybe you'll sleep a bit better and have a bit more energy to try a little snowshoeing with the kids or grandkids. If moderate changes are not giving you the improvements in your weight, energy, or cholesterol that you want, bigger changes may be needed. You may need to walk 30 minutes daily, work towards a "plant based diet," and add in some yoga or meditation to avoid a new medication or surgery, but I think it will be worth it. Wishing you the best of health in 2011.

Someone comes to my office every day seeking the latest and greatest surgery or pill for their illness, disease, or condition. However, it is becoming clearer to me over time, that the latest and greatest technical fix is often more expensive and less effective than simple adjustments in lifestyle.

For many of us, adjustments in lifestyle seem far more difficult and daunting. I would like to challenge each of you (and myself) in this series of articles to explore ways to improve your health through modifications in the way we live each day. These methods have been scientifically shown to improve longevity, quality of life, and in some cases reversal of disease. This series will focus on the research of Dr. Dean Ornish and his colleagues who are recognized for their work in showing that many medical conditions can be treated with adjustments in our lifestyle.

We are each so buried in our day that we cannot see how small choices during the day impact how we feel and how this impacts our health. Small changes in how we live can yield profound results. If we had the ability to step back and examine our daily lives and monitor the improvements in our moods, blood pressure, cholesterol, sex life, relationships with others, we might be more motivated to be persistent with the positive changes that we are making. That is where science plays a role. Many researchers across the globe are analyzing our lives for us, since many of us are too busy and perhaps a bit too biased to study ourselves. They are able to step back and study these changes and measure their impact.

Scientific data shows that the progression of heart disease (narrowing of the arteries around the heart that cause heart attacks or angina) can be reversed with making significant changes in the way that we live our lives without the use of medication in many, but not all, cases. These changes in lifestyle include a diet high in lean protein, whole grains, and vegetables in their unrefined forms. Moderate daily exercise, stress management and improved social interactions (the practice of a religion, support groups, friendships and love) are also key elements of this healthier way of living.

## THE LOW-DOWN ON LOCAL FOODS: PART I

continued from page 1

foods in schools at the moment according to Teresa Wiemerslage, who is a part of both programs. The Farm- to -School program has really grown in the past couple of years. Selling \$28,000 of local foods last year within only 6 school districts, the program is now up to 14 school districts. The three colleges in the area - Luther College, Upper Iowa University and Northeast Iowa Community College have all made pledges toward local food purchases. In the surrounding communities, last year there was over \$1

½ million in local food sales. "The numbers are going in the right direction," says Teresa, and she is hoping that "intervening at the school level is going to start a domino chain into the community." With the Food and Farm Plan, Teresa thinks that local foods are going to make even bigger strides. Everyone coming together and making a plan got "the boat turned in the right direction," she says, "Now we can start paddling." Hopefully we have some strong rowers out there.

meditations on money and life

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# CO-OP EVENTS & CLASSES

[www.oneotacoop.com/classes-and-events](http://www.oneotacoop.com/classes-and-events)

Please call ahead to register for classes.

Classes without a minimum number of attendees may be cancelled.

## MARCH

### Co-op Potluck

Thursday, March 3rd 6:30 pm at Good Shepherd Church, 701 Iowa Ave., Decorah  
Come enjoy a meal in community at the Co-op Potluck, held inside once again at Good Shepherd Lutheran Church. This is a very informal event; you need only bring some food to share, table service and a beverage if you desire it.

### Exploring Foods!

\$8 for Member/Owners\*, \$10 for Community Members \*

\*2nd child per family \$5

Explore foods through sight, sound, smells and tactile experiences. It's all about the process and each evening will include making 2-3 healthy treats.

**Second Tuesday**, 4:00 - 5:00 pm 3 - 6 years old with adult helper

March 8th, April 12th

**Third Thursday**, 4:00 - 5:00 pm 7 - 10 years old without adult helper

March 17th, April 21st

### Recycling Conversations in the Water Street Cafe

Terry Buenzow—Wednesday, March 9th 5:30 pm **FREE**

Join us for popcorn and stimulating discussion! Winneshiek County's very own recycling expert is on hand to unearth the mysteries of recycling. A continuation of a series started in January - feel free to join us now! Tonight's topic of focus: Where does the recycled material end up? We put it in the blue bin, but that's not the end of the story!

### Welcome to the Co-op! Member/Owner Orientation

Thursday, March 10th 6:00 pm **FREE**

Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section member/owner benefits, and more. Also a great chance to sample products as we tour through the store.

### Permaculture Design with Woody Plants

Jack Knight—March 10 6:30 pm **FREE**

Windbreak, shade, home orchard and edible landscapes: come with your ideas for your spring planting whether it be yard, woodland or building lot. We will be putting together a wholesale nursery stock order. Jack is offering on-site follow-up available sometime after class for those who would like it. Jack has worked in forestry, horticulture, nurseries and orchards for 30 years and can assist you with design and selection of woody plants for your plans.

### Pressure Cooking

Green Iowa Americorps—Tuesday, March 15th 6:30 to 8:00 pm

\$3 for Member/Owners \$5 for Community Members

Learn how to cook both vegetable and meat dishes with modern pressure cookers, saving you time and money while not compromising the health of you and your family. Using a pressure cooker can save time, money and benefit the environment by reducing energy costs in the kitchen. You may be surprised to find out how connected food use and energy is!

### Cooking with Nikolay

Nikolay Suvorov—Friday, March 25th 6:30 - 8:00 pm

Cost \$10 member/owners, \$15 community

OCC's favorite Russian cook is back! This evening Nikolay will be cooking and sharing Rassolnik, a sausage soup. As well as two Russian, winter salads - a Vinaigrette Beet Salad and the Olivia Salad. Learn how to make traditional dishes (often with a twist) in your own kitchen! And come prepared to eat!

### Eating Local and Reducing Energy

Green Iowa Americorps—Tuesday, March 29th 6:30 - 8:00 pm

\$3 for Member/Owners \$5 for Community Members

We make choices to eat local for many reasons - now you can add saving energy to the list! Panelists will look at the way food choices are directly linked to energy costs, how to improve health and save money by buying locally and eating seasonally. Join in an engaging conversation about how we consume fossil fuel calories with purchasing decisions and learn how to become a more locally-minded community member. Sure to be eating involved this evening! Find out what local options are available even in March!

Join Co-Director of Food & Fitness Ann Mansfield, Local producer Eric Sessions, Co-op Produce Manager Betsy Pierce, and NIFF member Lyle Luzum for some insightful dialogue.



### Creative Midwest Fare • Local Seasonal Menus

Monday-Saturday • Lunch 11-2 • Dinner 5-9 • Bar til close  
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# PANINO OF THE WEEK

Now featuring a **special panino** every week for a **special price**.



**\$5.49**

Each week we'll be trying new sandwich ideas as well as featuring some of your old favorites.

Stop in and try samples of each one throughout the week.

## APRIL

### Raw Vegetable Fermentation

Fizzeology producer, Mike Bieser—Saturday, April 2nd 10:30 am - 12:00 pm  
\$10 for Member/Owners \$15 for Community Members

Mike Bieser, founder of Fizeology Raw Cultured Foods, will lead a discussion and demo of lacto fermentation of vegetables and herbs. Discover the many benefits to adding these nutritious raw foods to your diet. Simple home fermentation kits will be available. Recipe ideas, ideas on how to use these foods and much more. If you need to boost your immune and digestive function, discover how to make and master your own Fizeology.

### Annual Meeting (no potluck)

Thursday, April 7th 7:00 pm at Senior Center, 806 River St., Decorah

### Recycling Conversations in the Water Street Cafe

Terry Buenzow—Wednesday, April 13th 5:30 pm **FREE**

Join us for popcorn and stimulating discussion! Terry Buenzow will be on hand to cover any recycling questions we have lingering in our minds!

### Welcome to the Co-op! Member/Owner Orientation

Thursday, April 14th 6:00 pm **FREE**

Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section member/owner benefits, and more. Also a great chance to sample products as we tour through the store.

### Earth Day

Thursday, April 21st, 4:00 – 7:00 pm at the Co-op

Celebrate Earth Day at the Co-op. Enjoy live music, fresh grilled sandwiches, fun for the kids featuring Seed Savers Exchange, and meet the face of sustainable businesses in the area. Weather permitting the event will be held outside at the Co-op, otherwise we'll move the celebration indoors

### Registration Information

**Co-op members:** Pay at time of registration, either by phone and charge class fees to your Co-op account which you can pay when you come in to shop, or in person at the Customer Service Desk.

**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.

**Cancellations** 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, 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.)

# Wanted

### INSTRUCTORS & CLASS IDEAS

for upcoming sessions.

• May/June

### Interested?

Please contact Johanna Bergan at the Co-op.  
[frontend@oneotacoop.com](mailto:frontend@oneotacoop.com) or call 563-382-4666

### SAVE ENERGY!

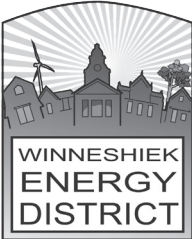
# HOME ENERGY HELP IS HERE!

Tackle big energy projects with our **Energy Planning with Cost-Share Program**. We provide in-depth analysis & planning, and a 30% cost share – up to \$2,000 – for upgrades like home tightening, heating/cooling systems, even appliances!

Or just pony up a few dozen dollars to cover half the cost of supplies for the **Direct Install with Energy Corps**. Our trained volunteers provide free labor for a rapid improvement of your home's lighting, hot water, draftiness, plug load, and more!

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Learn more at  
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under **“Projects”!**  
Or call **563-382-4207**





MEMBER DEALS

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.

member deals

Kettle  
Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg.  
Price  
\$4.69

ONEOTA  
COMMUNITY  
FOOD  
COOPERATIVE

	Regular Price	Sale Price	Savings
<b>* Regular prices subject to change</b>			
<b>Packaged Foods</b>			
Clif Builder Bars	\$2.19	\$1.39	\$.80
Earth's Best Select 4oz Baby Food	\$1.29	\$0.89	\$.40
Food Should Taste Good Tortilla Chips, 6oz	\$3.19	\$2.29	\$.90
Food Merchants Polenta, 18oz	\$3.69	\$2.49	\$1.20
Gluten-Free Pantry Bread Mix, 22oz	\$5.59	\$3.99	\$1.60
Gluten-Free Pantry Pie Crust Mix, 16oz	\$4.49	\$3.29	\$1.20
Gluten-Free Pantry Crackers	\$4.69	\$3.29	\$1.40
Natural Sea Pink Salmon 7.5oz	\$3.69	\$2.89	\$.80
Organicville Salad Dressing	\$4.19	\$2.89	\$1.30
Pamela Pancake & Baking Mix, 4#	\$17.59	\$12.99	\$4.60
Pamela Bread & Flour Blend, 4#	\$15.79	\$11.99	\$3.80
Pamela Cookies, 7.25oz	\$3.99	\$2.99	\$1.00
Ancient Harvest Quinoa Flour, OG, 18oz	\$6.99	\$4.99	\$2.00
Ancient Harvest Quinoa Flakes, OG 12oz	\$5.99	\$4.29	\$1.70
Stretch Ilse Fruit Leather, .5oz	\$0.69	\$0.45	\$.24
Stretch Ilse Fruitabu Rolls, 4.4oz	\$4.59	\$3.29	\$1.30
<b>Refrigerated</b>			
Earth Balance Natural Buttery Spread	\$3.99	\$3.79	\$.20
Nancy's OG Cottage Cheese LF	\$3.99	\$3.59	\$.40
<b>Freezer</b>			
Amy's OG Enchilada's	\$4.49	\$3.59	\$.90
Luna and Larry's OG Coconut Ice Cream	\$5.99	\$3.99	\$2.00
Nate Classic Vegetarian Meatballs	\$4.99	\$3.29	\$1.70
Van's waffles	\$3.39	\$2.29	\$1.10
<b>Body Care &amp; Gifts</b>			
Bach Rescue Cream 1oz.	\$11.99	\$7.99	\$4.00
Bach Rescue Gel 1oz.	\$15.49	\$9.99	\$5.50
Tea Tree Therapy			
Tea Tree Oil .5oz	\$8.99	\$4.99	\$4.00
1 oz	\$12.99	\$7.49	\$5.50
2 oz	\$19.99	\$11.99	\$8.00
Thayer's Witch Hazel 12 oz.	\$9.99	\$6.99	\$3.00
Lavender, Rose, Lemon and Unscented			
Tom's of Maine Stick Deodorant	\$7.49	\$4.79	\$2.70
Woodspice, Calendula, Honeysuckle Rose and Unscented			
<b>Nutritional Supplements</b>			
Source Naturals Line Drive		25% off	

All bulk organic wheat flours  
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Sampling in the Aisles

Stop in and try something new—  
every Friday from 3:00 - 5:00 pm

Co+op & Member Deals Schedule

March/April/May 2011

Mar A	sales valid	3/2 thru 3/15 special order deadline 3/10
Mar B	sales valid	3/16 thru 3/29 s/o deadline for Mar B & Member Deals 3/24
Apr A	sales valid	3/30 thru 4/12 special order deadline 4/7
Apr B	sales valid	4/13 thru 4/26 s/o deadline for Apr B & Member Deals 4/21
May A	sales valid	4/27 thru 5/17 special order deadline 5/5
May B	sales valid	5/18 thru 5/31 s/o deadline for May B & Member Deals 5/26
Please note that these dates fluctuate and do not start and end on the first and last days of the month. Sale dates will fluctuate from month to month and we will include these dates and deadlines as indicated above. For more information, please call, e-mail, or stop by Customer Service at 563-382-4666 or customerservice@oneotacoop.com.		

	Regular Price	Sale Price	Savings
<b>* Regular prices subject to change</b>			
<b>Packaged</b>			
Arrowhead Mills Peanut Butter, 26oz	\$7.49	\$5.39	\$2.10
Blue Sky Free Calorie Soda, 6/pks	\$5.59	\$3.99	\$1.60
Crofters Superfruit Spreads, 11oz	\$4.79	\$3.49	\$1.30
Divine Chocolate Bars, 3.5oz	\$3.49	\$2.49	\$1.00
Native Forest Canned Pineapple	\$3.29	\$2.49	\$.80
Emerald Cove Nori, OG	\$5.69	\$3.79	\$1.90
Kashi GoLean Crunch Cereal	\$5.39	\$3.79	\$1.60
Kashi GoLean Crunch Honey Almond Cereal	\$5.79	\$3.89	\$1.90
Knudsen Sparkling Juice, 750ml	\$4.29	\$2.99	\$1.30
Little Bear Crunchitos, 6oz	\$3.19	\$2.29	\$.90
Lundberg Rice Blends, 1	\$3.49	\$2.49	\$1.00
Mom's Cereals	\$3.49	\$2.49	\$1.00
Montebello Grapeseed Oil, 33oz	\$11.99	\$8.99	\$3.00
Mori Nu Silken Tofu	\$1.89	\$1.39	\$.50
Mori Nu Silken Tofu, OG	\$2.29	\$1.79	\$.50
Newman's Dressings, 16oz	\$5.39	\$4.29	\$1.10
Panda Licorice Bar	\$0.79	\$0.49	\$.30
Panda Licorice Box	\$3.29	\$2.29	\$1.00
Real Salt Flavored Salt Shakers	\$3.89	\$2.99	\$.90
Ryvita Crispbread	\$3.59	\$2.79	\$.80
Spectrum Shortening, OG 24oz	\$7.29	\$5.29	\$2.00
Surfs Up Gummy Candy, OG 2.7oz	\$1.99	\$1.49	\$.50
Walnut Acree Pasta Sauce OG, 25.oz	\$4.99	\$3.89	\$1.10
Westbrae Canned Veggies, OG	\$2.29	\$1.69	\$.60

<b>Household</b>			
If You Care Coffee Filters Baskets	\$2.49	\$1.79	\$.70
If You Care Coffee Filters #2&4 Cones	\$3.49	\$2.49	\$1.00
If You Care Coffee Filters #6 Cones	\$5.99	\$4.49	\$1.50
If You Care Parchment Paper	\$5.49	\$3.99	\$1.50
If You Care Baking Cups, Brown 2.5	\$1.69	\$1.19	\$.50
If You Care Cooking Twine	\$2.79	\$1.99	\$.80
If You Care Aluminum Foil	\$4.89	\$3.49	\$1.40
If You Care Mini Baking Cups	\$1.39	\$.99	\$.40
If You Care Fire Starter	\$5.99	\$4.49	\$1.50
Twist Euro Cleaning Sponge	\$1.99	\$1.29	\$.70
Twist Naked Sponge	\$2.69	\$1.69	\$1.00
Wellness Canned Cat Food, 5.5oz	\$1.89	\$1.29	\$.60
Wellness Canned Cat Food, 3oz	\$1.39	\$0.99	\$.40

<b>Bulk</b>			
Soynuts Roasted and Salted	\$3.69/#	\$2.99/#	\$.70/#
Organic Regular Rolled Oats	\$1.29/#	\$.79/#	\$.50/#
Golden Flax Seed	\$1.99/#	\$1.49/#	\$.50/#
Black Beans	\$1.99	\$1.39/#	\$.60/#
Sunspire Plain Sundrops	\$7.99/#	\$5.79/#	\$2.20/#
Sunspire Peanut Sundrops	\$8.99/#	\$6.99/#	\$2.00/#
Frontier Organic Curry Powder	\$20.69/#	\$10.49/#	\$10.20/#
Frontier Turmeric	\$14.99/#	\$7.79/#	\$7.20/#
Frontier Organic Peppercorns	\$16.49/#	\$9.49/#	\$7.00/#
Frontier Organic Garlic Granules	\$18.99/#	\$11.49/#	\$7.50/#
Frontier Cinnamon	\$10.99/#	\$5.29/#	\$5.70/#
Frontier Oregano	\$23.89/#	\$13.29/#	\$10.60/#

<b>Refrigerated</b>			
Bubbies Sauerkraut	\$4.89	\$4.59	\$.30
Bubbies Bread and Butter Pickles	\$5.29	\$4.99	\$.30
Bubbies Horseradish	\$2.29	\$1.99	\$.30

<b>Freezer</b>			
Amy's OG snack	\$4.29	\$3.49	\$.80
Food For Life Bread, Rice Almond & Raisin Pecan	\$6.39	\$4.99	\$1.40
Food For Life Brown Rice	\$5.79	\$4.29	\$1.50
Fillo Factory Fillo Dough	\$4.29	\$3.29	\$1.00
Udi's Gluten Free, Pizza Crust	\$5.49	\$3.99	\$1.50

<b>Body Care &amp; Gifts</b>			
Badger Line Drive		20% off	
Veriditas Line Drive		20% off	

<b>Nutritional Supplements</b>			
Eclectic Line Drive		20% off	

A change you'll like for Co+op Deals coupons

Not long ago we informed you that our coupon policy had changed and that you were no longer able to use multiple Co+op Deals coupons for multiple items during the same shopping trip. Members of the NCGA have been in contact with our various suppliers and decided to allow the supplier to determine how many coupons a shopper can redeem on the same shopping trip. No longer is each coupon restricted to a single redemption per trip. The maximum number of coupons allowed per trip is now printed on each Co+op Deals coupon that is part of the NCGA Co+op Deals program.

For example, under the most recent change, you could only use one coupon on one jar of jam, even if you wished to purchase two jars. With the new change, the number of coupons you can use on one trip to the Co-op is printed on the front bottom of the coupon. Simply look right under the photo of the product to see how many coupons you are limited to for each different product.

COUPON EXPIRES February 28, 2011



Present one coupon per item purchased. Limit of 2 coupons per shopping trip.

SAVE

75¢

**Crofter's Organic**  
Any Premium, Just Fruit, or Superfruit Spread JAN-FEB 2011



# Systemic Pesticides: CHEMICALS YOU CAN'T WASH OFF

**Washing or peeling fruits and vegetables before you eat them won't protect you from systemic pesticides.**

From MOTHER EARTH NEWS, by Barbara Pleasant

In conventional food production systems, not all pesticides remain on a plant's exterior. Systemic pesticides are chemicals that are actually absorbed by a plant when applied to seeds, soil or leaves. The chemicals then circulate through the plant's tissues, killing the insects that feed on them. Use of these pesticides on food crops began in 1998, and has steadily increased during the past 10 years. Unlike with traditional insecticides, you can't wash or peel off systemic pesticide residues because they're in the plant's tissues, not on their exteriors.

The four main systemics used on food crops (listed below) are members of the nitroguanidine/ neonicotinoid group of chemicals, which has been implicated in the mysterious colony collapse disorder that has killed millions of bees. (See Mother Earth News' article *Colony Collapse: Are Potent Pesticides Killing Honeybees?*.)

Imidacloprid can be applied to many vegetables (including tomatoes and leafy greens) right up to the day they're harvested.

Thiamethoxam was first approved as a seed treatment for corn in 2002, and thiamethoxam products that are applied to the soil have since been approved for use on most vegetable and fruit crops. See a photo of seed corn treated with this chemical.



Clothianidin is used as a seed treatment on canola, cereals, corn and sugar beets, and as a soil treatment for potatoes.

Dinotefuran can be applied to soil or sprayed on leafy greens, potatoes and cucumber family crops.

When the Pesticide Action Network reviewed the results of pesticide residue tests conducted by the U.S. Department of Agriculture from 1999 to 2007, numerous samples contained residues of these systemic pesticides. For example, 74 percent of conventionally grown fresh lettuce and 70 percent of broccoli samples showed imidacloprid residues. Clothianidin was found in potatoes, thiamethoxam

showed up in strawberries and sweet peppers, and some collard green samples were laced with dinotefuran.

The U.S. Environmental Protection Agency (EPA) has launched a comprehensive review of the environmental safety of imidacloprid, but we won't have results until 2014! In the meantime, the state of California initiated its own reevaluation (currently ongoing) of all four systemics in February 2009. Among its reasons, California's Department of Pesticide Regulation cited reports of eucalyptus nectar and pollen with imidacloprid levels up to 550 parts per billion — nearly three times the 185 parts per billion needed to kill honeybees. And deadly levels of these systemic poisons are even showing up in leaf guttation drops (water droplets that plants sometimes exude). According to a 2009

report in the Journal of Economic Entomology, "When bees consume guttation drops, collected from plants grown from neonicotinoid-coated seeds, they encounter death within a few minutes."

Equally disturbing, it appears that nitroguanidine pesticides can persist in soil for 500 days or more, which creates a high risk scenario. After one or two applications, plants grown in treated soil may produce toxic pollen, nectar and guttation droplets for more than two seasons. All the while, the entire treated area will be moderately toxic to beneficial earthworms, carabid beetles, lady beetles, predatory pirate bugs and

more.

There is no scientific evidence yet that says food laced with neonicotinoids will harm humans, but why is the EPA allowing systemic pesticides on food plants in the first place? Do people really want to eat pumpkins that are so full of poison that they kill every cucumber beetle that dares take a bite? Looking beyond food plants, does the use of systemic pesticides to grow perfect roses justify the deaths of millions of bees and other insects? We need to set things right and learn (once again) this important lesson: When we let a novel, man-made chemical loose in the food chain, we can't be entirely certain of what will happen next. This new contamination of our food is yet another reason to grow and buy organic.

Reprinted with permission from MOTHER EARTH NEWS, *The Original Guide to Living Wisely*. To read more from MOTHER EARTH NEWS, go to [www.MotherEarthNews.com](http://www.MotherEarthNews.com) or call (800) 234-3368.



## PEAK OIL AND OUR FOOD SUPPLY

continued from page 1

versus that of organic and agro-ecological farming may be relatively pointless. We must turn to a food system that is less fuel-reliant, even if it does prove to be less productive.

### THE WAY AHEAD

The transition to a non-fossil-fuel food system will take time. And it must be emphasized that we are discussing a systemic transformation - we cannot just remove oil in the forms of agrochemicals from the current food system and assume that it will go on more or less as it is. Every aspect of the process by which we feed ourselves must be redesigned. And, given the likelihood that global oil peak will occur soon, this transition must occur at a rapid pace, backed by the full resources of national governments.

Without cheap transportation fuels we will have to reduce the amount of food transportation that occurs, and make necessary transportation more efficient. This implies increased local food self-sufficiency. It also implies problems for large cities built in arid regions capable of supporting only small populations on their regional resource base.

We will need to grow more food in and around cities. Localization of the food process means moving producers and consumers of food closer together, but it also means relying on the local manufacture and regeneration of all of the elements of the production process - from seeds to tools and machinery. This would appear to rule out agricultural bioengineering, which favors the centralized production of patented seed varieties, and discourages the free saving of seeds from year to year by farmers.

Clearly, we must minimize chemical inputs to agriculture (direct and indirect - such as those introduced in packaging and processing). We will need to re-introduce

draft animals in agricultural production. Oxen may be preferable to horses in many instances, because the former can eat straw and stubble, while the latter would compete with humans for grains.

Governments must also provide incentives for people to return to an agricultural life. It would be a mistake simply to think of this simply in terms of the need for a larger agricultural work force. Successful traditional agriculture requires social networks, and intergenerational sharing of skills and knowledge. We need a rural culture that makes agricultural work rewarding.

Farming requires knowledge and experience, and so we will need education for a new generation of farmers; but only some of this education can be generic - much of it must of necessity be locally appropriate.

It will be necessary as well to break up the corporate mega-farms that produce so much of today's cheap grain. Industrial agriculture implies an economy of scale that will be utterly inappropriate and unworkable for post-industrial food systems. Thus land reform will be required in order to enable smallholders and farming co-ops to work their own plots.

Governments must end subsidies to industrial agriculture and begin subsidizing post-industrial agricultural efforts, offering subsidies for education, no-interest loans for land purchase, and technical support during the transition from chemical to organic production.

Finally, given carrying-capacity limits, food policy must include population policy. We must encourage smaller families by means of economic incentives and improve the economic and educational status of women in all countries.

All of this constitutes a gargantuan task, but the alternatives - doing nothing or attempting to solve our food-production problems simply by applying more

technological intensification - will almost certainly result in dire consequences. In that case, existing farmers would fail because of fuel and chemical prices. All of the worrisome existing trends mentioned earlier would intensify to the point that the human carrying capacity of Earth would continue to be degraded significantly, and perhaps to a large degree permanently.

The transition to a fossil-fuel-free food system does not constitute a utopian proposal. It is an immense challenge and will call for unprecedented levels of creativity at all levels of society. But in the end it is the only rational option for averting human calamity on a scale never before seen.

Thank you to Richard Heinberg for allowing us to reprint excerpts from his essay

"The Food & Farming Transition: Toward a Post-Carbon Food System." A full copy of this essay may be found at <http://www.postcarbon.org/report/41306-the-food-and-farming-transition-toward>. More detailed information can be found in the new "Post Carbon Reader" on UC Press. Richard Heinberg is a Senior Fellow-in-Residence at Post Carbon Institute, and on the board of Post Carbon Institute's sister organization, Transition US. Read more of Richard's important work at [www.richardheinberg.com](http://www.richardheinberg.com) and [www.postcarbon.org](http://www.postcarbon.org).

This excerpt also reprinted with permission from La Montanita Co-op's, July 2010 edition of the Co-op Connection News, a free monthly New Mexico community education publication. Also available on line at [www.lamontanita.coop](http://www.lamontanita.coop).

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# GE PRIMER

nate furler, marketing specialist

Natural hybridization has been around for thousands of years. This process involves breeding two strains of the same species of plant or animal together to get a certain desired outcome. Think of Brad Pitt and Angelina Jolie (two humans) crossing to get offspring with the desired chiseled physique and great eyes. However, you wouldn't imagine crossing either one of them with a Labrador retriever, even if you did want someone good looking that would follow you wherever you might lead them. The former process, natural hybridization is often confused with the latter, Genetic Engineering (GE). However, there is a dramatic difference between the creation of GE plants and animals compared to their natural counterparts.

Genetic Engineering, also known as

"biotechnology" or "recombinant DNA technology," involves taking a DNA fragment from one organism and combining it with another organism. Most notably, these two species have no ability to otherwise reproduce with each other in the natural world. So as hybridization could occur naturally under the right conditions, genetically engineered plants could not, and do not exist without the help of mankind.

Let's look at one genetically engineered species, Bt corn. A gene to produce the pesticide Cry1Ab protein (commonly known as Bt toxin) is inserted randomly into the DNA of corn. Bt

stands for *Bacillus thuringiensis*, which is the soil bacteria from which the gene originates. This protein has insecticidal properties.

Once parts of the plant are ingested by susceptible insects, the insect dies.

It is particularly interesting to note that both the location of the transferred gene sequence in the resulting corn DNA and the consequences of the insertion subtly differ with each insertion. "GE crop technology abrogates (does away with) natural reproductive processes, selection occurs at the single cell level, the procedure is highly mutagenic and routinely breeches genera (breed) barriers, and the technique has only been used commercially for 10 years." (Freese W. Schubert D. "Safety testing and regulation of genetically engineered foods." *Biotechnology and Genetic Engineering Reviews*. Nov 2004, 21).

In other instances, genes are spliced into the DNA of plants to make them more resistant to certain herbicides. In

the case of Monsanto's Roundup Ready HT corn, this gene makes the plant less susceptible to the Roundup Ready herbicide (glyphosate). The sprayed herbicide consequently kills other weeds in the field, but leaves the GE corn plant unaffected. The original intention of this system was to increase the potency of the herbicide, and therefore, decrease the amount of the chemical sprayed on crops. However, the opposite has proven to be the case with higher amounts of chemicals being sprayed on average. In addition, the evolution of "super weeds" has occurred, and they are less affected by one chemical which means the application of multiple chemicals is necessary. This reality has proved a boon for the industry and a bust for farmers since farmers are paying for an increased amount of chemicals.

The safety and viability debate of GE crops has raged on for over fifteen years. Although cautionary studies exist, pertaining to animal and human consumption of GE containing foods, as well as warning against widespread and unstoppable environmental contamination by GE genetic traits, the world of GE plants is ever expanding. Currently the total percentage of acres planted with GE soy, cotton, and corn are as follows: 93% of soybeans, 78% of herbicide tolerant (HT) cotton, 73% insect resistant (Bt) cotton, 64% Bt corn, and 70% HT corn. (As of July 1, 2010, USDA Economic Research Service, Data Sheets)

Recalling the idea of profitability, the picture of big agricultural corporations comes to mind. Not only are these companies funding the research that is widely circulated, they are also protecting their assets with legal contracts. One must carefully consider that these genetically modified seeds have patents on their designs (DNA) which are owned

by the seed and chemical companies. It is only necessary for that genetic marker to be transferred to or exist as a residual on the neighboring farmer's seed in order for the corporation to sue that farmer (and win) on the grounds of patent infringement. Considering the little effort it takes to spread genetic markers, farmers interested in maintaining their organic and conventional non-GE crops will have to somehow control the wind, the insects and the animals that cross pollinate them.

Where does that leave you and me? For every argument and study in favor of genetic engineering, there is a counter argument with equally convincing proof behind it. We are left, most certainly, with the power to influence decisions with our shopping dollars. This may seem like a small influence; however, it should not be discounted. After all, the GE industry has worked hard against labeling GE ingredients in the food we eat. They are fearful that the public won't buy their foods if we know there are GE ingredients in the mix. So, on the grounds of decreased sales, GE ingredients have proliferated, especially in the processed foods we are eating.

Fortunately, an organization called the NON-GMO Project is working with companies that are interested in maintaining clean products that are free of genetic contamination. They offer the only third-party verification process for companies, many of which we carry, that are interested in letting consumers know their commitment to clean products. To learn more about this organization, check out <http://www.nongmoproject.org/>.

With all the potential risks, I would like to know what the leaders of these large corporations, their scientists, and members of government are feeding their families? Are they eating organic?



## KITCHEN GARDEN POTAGER

beth dooley

Leave it to the French to make digging in the dirt sound sexy. Take the term "potager." It's really just a backyard plot of vegetables and herbs but just saying it conjures the fragrant, lush kitchen gardens of Provence. God knows we're due. As the earth softens and we come to our senses, the promise of snappy radishes, tangy rhubarb and pretty climbing peas is but a few seed packets away.

Literally translated "soup garden," the potager is continually replanted through the growing season so that the first crops will peak as the next round is coming to fruition. This way, vegetables are harvested in succession, not all at once. Given our short season, temperate climate and shady urban yards, it makes the most sense to stick with the fast-growing, cold-hardy, shade tolerant plants that don't need a lot of attention: a rainbow of herbs and lettuces, radishes, beets, peas, kale, and more kale, and then later in the season, beans, tomatoes, peppers, squashes and melons. I leave the trickier crops to

the pros, the farmers who supply our markets through the growing season.

Plotting the potager, you'll want the herbs to be close to the kitchen within easy reach (better to enjoy their perfumes). Though most seed packets advise full sun, about six hours is usually sufficient for any greens and most vegetables. Lacking that, plant in pots or large plastic dish tubs (poked with holes) that can be easily moved to follow the sun. Start with seeds that can tolerate cold, moist soil, such as greens, radishes, beets, and rhubarb. The rest (tomatoes, cucumbers, peppers, squash, etc.) can be started inside, or wait until the ground warms up even more for harvests later in the year. (I've found tomatoes really tough to start from seed and have had better luck getting starter plants from the farmers markets, Seed Savers or this year at the Co-op).

Even in the dreariest weather you can grow a salad bowl within a few weeks once the soil temperatures have reached 45 degrees. Just work in a little compost or organic fertilizer (if the loam

is too thick and heavy, a bit of sand or wood shavings for drainage). Mixed seed packets—gourmet mixes, mesclun, Asian—sown densely will provide a glorious blend of greens in just a few weeks. When the leaves are big enough to nibble, start cutting them, leaving the plant to continue growing and sending out more leaves. To give salads, stir-fries and sautés oomph, plant peppery arugula and lemony sorrel. Both grow in a wink. The baby leaves are the mildest and taste best. Once the plants mature, they will bolt and flower, which is fine if you allow a few to do so to seed the next crop. Remember that heat is the enemy of all greens. When the temps spike to the 80s or 90s for just a day, they may look great, but they will become bitter. They can, however, take the chill and withstand light frosts.

Radishes and beets are both easy to start from seed and ready in less than a month. There are dozens of interesting heirloom varieties in all shapes and sizes. I like the Easter egg radish packets that yield a beautiful mix of purple, red



and white radishes, all mild and delicious. Beets come in all kinds of shapes and sizes and colors, too. Bull's Blood is especially sweet with lovely pink rings inside and their leaves are nice steamed and stir-fried. Soak beet and radish seeds in water overnight before planting (to aid germination) and then sow about 1/2 inch deep and 1 inch apart directly into well-drained soil amended with plenty of compost.

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# What lie's ahead?

# Genetic Engineering

Coming in the May/June edition of this publication.



# preschool Children and Food in Decorah: Important Connections

sam anderson, co-op intern, & nate furler, marketing specialist

There are many preschools in Decorah – Nisse, Northeast Iowa Montessori, Kinderhaus, Westside, NE Iowa Child Development, St. Benedict’s and Sunflower – all offering different ways of incorporating food into daily school life.

West Side Early Childhood Center is part of the Decorah Community School District. Working with food is a part of the curriculum, and students are involved in the preparation of snacks at different times during the week. Lessons include one-on-one or two-on-one activities during “center time.” West Side is hoping to put in a school garden this spring in an effort to enhance the experiences the children have with growing fresh fruits and vegetables. Class tours of local farms are enjoyed, especially when there is an immediate link with a student and their family farm. Most recently the 4-year-old program was excited to take a tour of Seed Savers Exchange just outside of Decorah.

At Northeast Iowa Montessori School, the children have the opportunity to interact with food and hone their skills in food preparation in a variety of ways. In the Area of Practical Life they are provided with cutting boards, food mats, cook’s tools and a variety of foods to carry out a full cycle of food preparation for themselves or to share with classmates. Children also help on a rotational basis with readying the daily community snack

by washing and cutting items and placing them in bowls from which the children serve themselves when they are hungry. Northeast Iowa Montessori also introduces children to the origins of their foods by involving them in the grinding of wheat berries for bread making, the grating of cinnamon and allspice for gingerbread cookies or the blending of spices for curry. The spring will bring along with it a new collaborative venture with Seed Savers, where they start a "Herman's Garden." This project not only connects and educates the children on foods from the ground up, but also it introduces them to horticulture and seed saving practices. It is a goal of Northeast Iowa Montessori to teach the children as individuals about healthful food practices and also to educate the community through the children.

St. Benedict’s focus involves the child “developing life-long learning skills to create a positive impact in a diverse and ever-changing world.” In doing so, they focus on the importance of eating healthy foods and incorporating physical activity into the day. Tami Bohr, a teacher at St. Benedict’s, really enjoys hearing what foods the children like to eat as well as what they dislike. It also piques her interest to hear what they eat at home. Food and meal planning is a great discussion all the children can participate in, including bringing new and healthy dinner ideas home to their



families. St. Ben’s is also one of the organizations in Decorah benefiting from the Northeast Iowa Community Wellness/Healthy Communities Initiative Grant. (Check out the article by Flannery Cerbin in this publication for more information on the NE Iowa Community Wellness Grant.)

It’s Special Snack Friday at Nisse Preschool when the 4-year-old “friends” get together to prepare their afternoon snack. Parents are given a shopping list of ingredients to send with the children on Fridays and the students are shown basic food-prepping skills and allowed to participate and learn while enjoying the fruits of their labor. This past fall, the children were able to take a trip to Apple of My Eye Orchard where they picked apples and helped make apple cider. Their hot lunches are prepared by the Winneshiek Medical Center



which utilizes ingredients from the hospital’s on-site garden. The children enjoy taking trips to local farms whenever possible and look forward to having their own limited garden this spring.

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## Healthy Habits Start Early

flannery cerbin, ne iowa food and fitness initiative

*“Eat smart to play hard,” “Eat fruits and veggies at meals and snacks,” “Be active and your kids will too.”*

These are the health messages that 30 daycare providers, Head Start and pre-schools teachers are using, guided by the Northeast Iowa Food and Fitness Initiative (FFI) and the Boards of Health in Allamakee, Clayton, Chickasaw, Fayette, Howard and Winneshiek counties.

*“...I feel it is my job to keep our children healthy and that is why we, NE Iowa Food and Fitness and Winneshiek County Board of Health, wrote the grant. I worry about the exposure to unhealthy food, large portions and empty calories,” said Haleisa Johnson, NE Iowa FFI Community Health Coordinator.*

*“Great opportunity to teach students about healthy living in a hands-on way,” said preschool teacher, Tami Bohr, at St. Benedict’s Catholic School. Bohr is involved in one of ten sites using the curriculum in Winneshiek County.*

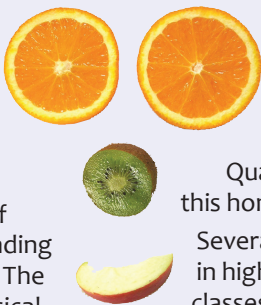
The Winneshiek County Board of Health applied for an Iowa Department of Public Health Community Wellness Grant (CWG). Awarded in June 2010, funding has supported behavior change messaging for children ages zero to eight. The messages are central in the curriculum featuring nutrition lessons and physical activities.

In October of 2010 private daycare providers, Head Start and preschool teachers received training and equipment packages to use with their students including items such as playground balls, blenders, mixing bowls, toasters, and child-sized silverware.

According to the Center for Disease Control (CDC), among pre-school age children two to five years-of-age obesity rates increased from 5 to 10.4 percent between 1976-1980 and 2007-2008. As children get older, the percentage increases.

Local Woman, Infants and Children Program (WIC) data show 31 to 37 percent of children ages four and under are overweight or obese; as children get older the percentage increases.

Studies indicate obese children and adolescents are more likely to become obese as adults.



Underlining the CWG messaging and curriculum is the notion that daycare providers and teachers are teaching lifelong, healthy habits.

Students explore how foods feel, participate in snack preparation, as well as play with parachutes and beanbags.

*“Children learn by doing things. When you have a child prepare food with you, they learn the how and why of eating healthy,” said Johnson.*

*Students are also given “homework” to complete with their parents.*

*“Many parents have commented that they realize how important family time is,” said Selina Quandahl, Project Director and Winneshiek County Public Health Nurse.*

Activities encourage students and parents to play catch, play hot potato or during the cold months share a picnic lunch on the living room floor.

*“It’s nice to send home activities to their [students’] families. Many of the activities are easy things that we wouldn’t think about doing at home or maybe things parents think about but don’t necessarily do,” said Bohr.*

Quandahl has also heard comments from students asking to do more of this homework.

Several of the providers and teachers have voluntarily adopted the curriculum in higher-grade levels. Bohr believes she will integrate the curriculum into classes in the future and is already coordinating with the physical education teacher to do in class activities on days when students are not in PE.

*“We’ve had some (providers and teachers) that are just wonderful and have gone above and beyond what we’ve ever asked them to do,” said Quandahl.*

In January the Iowa House voted to cut \$60 million for preschool programs. Despite the uncertain future of state funded preschool programs, Northeast Iowa Community College and Luther College have interest in incorporating the curriculum in their academic programs.

To learn more about the NE Iowa Food & Fitness Initiative visit: <http://www.iowa-foodandfitness.org/> and to view curriculum visit: <http://www.iowafoodandfitness.org/site/curriculum.html>

The NE Iowa Food and Fitness Initiative is one of nine national sites funded by the W.K. Kellogg Foundation Food and Community Program improving access to healthy, local foods and opportunities for physical activity and play.

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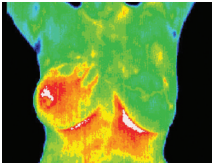
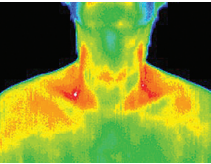
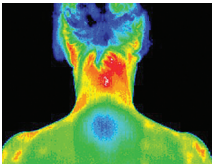
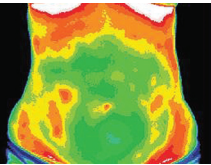
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# Taste of the Tropics

beth rotto

"Watch for falling coconuts" the sign said. How do I do that, I wondered? The palm branches waved high above my head and I hustled on. I was in Hawaii for the first time with my family for an amazing week-long vacation. I'd like to share with you some of our food related experiences. Hopefully you will get a little taste of the tropics this winter too!

We arrived in Kona on the Big Island of Hawaii at night. It had been a long flight. Although we were tired, we needed to look around a bit and find some refreshment. It proved to be very easy. We strolled through lush vegetation from our hotel to a raised, open air restaurant that was near the water at one end of the sleepy town. We could hear the waves and smell the salt air. Ahh... Ingrid and I ordered virgin pina colodas- that is pineapple-coconut juice. What a flavor blast. Here's my first recommendation for you. Buy a bottle of Knudsen's Pineapple Coconut Juice and savor the unique flavor. You can skewer a piece of pineapple with a little paper umbrella and perch it on the rim of your glass if you want. You can even add a little puff of whipped cream.

We also had delicious fish tacos made with ono fish. These were just like the beef version, only lighter and more tropical. Jim McCaffrey has a recipe for fish tacos in his book "Midwest Corn Fusion." He's offered to share another version of that recipe, using broiled cod, haddock or other white fish.



We visited our friends Tim Blakley and Heather McNeill at their home near Hilo, on the wet side of the island. As we arrived and turned into their driveway, the end of a complete rainbow ended on their roof. Wow! They have a garden like no other I've seen: papaya, bananas, pineapple, avocados, coffee, and much more all spring from the sharp, gravelly, mineral-rich soil. What an experience to go to the garden to pick tropical fruit for breakfast every day.

A large bunch of bananas ripened while we were there, so we helped cut them in half and prepared them for drying. The bananas were a stubby, little variety, very delicious. Tim and Heather's home is solar powered with the exception of an occasional power tool and the food dehydrator which gets plugged into the power pole at the edge of their lot. Rainwater is collected and solar water heaters are mandatory. Long, hot, guilt-free showers were possible. We were treated to Heather's banana bread, and she has shared the recipe with us here.

## Heather's Banana Bread

**Ingredients:**

2 1/4 cups all-purpose flour	1/3 cup unsweetened applesauce
1 teaspoon baking soda	4 ripe bananas, mashed
1/2 teaspoon ground cinnamon	1 tablespoon vanilla extract
1/2 teaspoon ground nutmeg	1 cup raisins (optional)
1 cup white sugar	1 cup chopped walnuts (optional)
2 eggs	

**Directions:** Preheat oven to 375 degrees F (190 degrees C). Lightly grease and flour a 9x5 inch loaf pan. In a large bowl, stir together flour, baking soda, cinnamon, nutmeg and white sugar. Stir in eggs, applesauce, bananas and vanilla extract. Fold in raisins and nuts if desired. Pour batter into prepared pan. Bake in preheated oven for 45 to 60 minutes, until a knife inserted into center of the loaf comes out clean.

## McCaffrey's Fish Tacos

McCaffrey's Dolce Vita Restaurant in Decorah will be serving a version of this recipe during Lent on Fridays.

**Ingredients:**

1-12 oz. can evaporated milk	salt and pepper
8 limes	fresh cilantro (optional)
2 large tomatoes, chopped	1 1/2 lbs. white fish (haddock, cod, etc.)
3 garlic cloves, minced	Cajun seasoning
1 green pepper, chopped	1/2 head small red cabbage, shredded
2 jalapeno peppers, deseeded and diced	20 corn tortillas

**Directions:** In a small bowl combine evaporated milk and the juice of 7 limes. Let stand at room temperature at least 30 minutes. Divide in half. Combine the juice of the remaining lime, tomatoes, garlic, green and jalapeno peppers and fresh cilantro, chopped (if desired). Salt and pepper to taste. This is fresh salsa. Set aside.

Cut fish into 1/2 x 2 inch strips. Marinade the fish pieces in half of the lime milk. Shake off excess. Sprinkle with Cajun seasoning. Place on an oiled baking sheet. Broil or bake until done. (Broiling will take approx. 8-10 minutes. Baking will take closer to 20 minutes for 1" thick piece. Warm tortillas one at a time, flipping in 10- 15 seconds over medium heat in a dry, heavy duty skillet until flexible, about 30-40 seconds altogether. Top tortillas with 2-3 fish pieces, cabbage, a little remaining lime milk, and fresh salsa. Eat and be happy!

Many readers may know Tim and Heather who lived here several years ago. They have asked us to bring you their greetings. Tim and I worked together at the Seed Savers Exchange and at our Co-op where he was the Wellness Department manager for a time at our former location. He now works for Frontier Co-operative Herbs and Aura Cacia, based in Iowa, as an educator and herb expert. He travels a large part of the year. We watched several interesting short clips of his work in Asia with people who produce the plants used in essential oils. Check up on Tim here and learn about the production of ylang-ylang essential oil. <http://www.youtube.com/watch?v=itqfgwUAWto>

We visited three farmer's markets. We sipped from macheted coconuts, bought orchid leis and cut orchids for the table, oranges for the road, kava powder to try the Polynesian calming drink, famous Kona coffee to take home, and lots of new fruits to try (have you ever seen rambutan?). On Sunday the market included a booth making very large, delicious crepes. We brought our food to tables and listened to a Hawaiian band while we ate. Mine was shrimp with cheese, basil and magic sauce (I'm pretty sure it was a white sauce with garlic.). I intend to recreate these at home. Does anyone have a good crepe recipe? I think I'll bake them on a lefse griddle. Mmmmmmm...



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# LUTHER STUDENT SURVEY SUMMARY

sam anderson, co-op intern

As a part of my internship, I attempted to find out more information concerning college students and food. I devised a survey for Luther students, asking questions concerning different topics like personal and family food choices and various questions about this co-op and others.

Using Facebook, approximately 572 students received an invitation to take the survey. Of that, 147 completed the survey. This gives us a response rate of roughly 26%. Predominantly sophomores (54%) and juniors (13%) completed the survey and the majority of responders were women (76%). Unsurprising, most know what a cooperative is (73%) and about half having a food co-op present either within their hometown or in a 20-mile radius.

The survey showed that most Luther students (44%) rarely go to the Oneota Co-op (less than once a month) and only about 8% of students surveyed either have a membership. Interestingly, even though location of store and availability of organic and local products rank high on the list of importance, the two most popular places that students shop for food in Decorah are Wal-Mart (71%) and Fareway (15%).

Concerning variety of food selection, students found this to be an important concept, with about

80% rating the concept at either a 4 or 5 (1 being the lowest, and 5 being the most important). Food prices are also very important, with 63% rating it at a 5, being very important. Being a college student myself, I agree that these two concepts are important when buying food.

When asked about their importance to the individual, most felt neutral about organic food (39%), and when asked about local food, the largest segment (32%) rated its importance at a 4. This could be because most people surveyed had families that rarely or almost never incorporated organic food into meals (choosing only 1 or 2 on a scale of 1 to 5), while percentages were a little higher for local food use in meals – 32% choosing 3.

Overall, I think that this survey gave the Co-op some information they will be able to work with in the future. I also hope that this survey can be done again, perhaps by another means other than Facebook. Doing this survey at another time other than J-Term might also be beneficial because more students are on campus and also have access to computers. These two things alone can give a more accurate reading of Luther’s student body. I can’t wait to see what constructive things can be done with the results.

## preschool Children and Food in Decorah: Important Connections

continued from page 9

At Sunflower Child Development Center, murals of farms and hand-drawn pictures of favorite vegetables greet you as you walk in the door. Meal and snack time gets busy with being a full-service center with 135 children. However, good food along with a good education continues to thrive. Meals and snacks are made fresh in the Center. Due to the Community Wellness Grant, children are able to get hands-on learning by making butter, cheese, smoothies and other snacks. They have the opportunity to explore foods by other means, including through the alphabet and learning all the foods that start with each letter. Sunflower is also planning to join the growing number of schools in the area with their own garden. This allows them to extend the learning outside of the classroom.

Kinderhaus’ philosophy is to “engage the cognitive, social-emotional, and physical aspects of the child.” They

achieve this in many ways, including the snacks the children eat. Kinderhaus has had a garden for the past two years and works to source food locally as much as possible. Children are closely involved with the preparation and making of meals and snacks. By sharing the responsibility of preparing snacks and sitting at the table together, children are valued as members of the Kinder household. Children assist instructors with cutting vegetables and fruit, baking cakes on special occasions like birthdays, and making things like applesauce, granola, popcorn, black bean dip, and their favorite – crispy kale. These children have even learned about something I didn’t try until college - chevre cheese. As they spread the cheese on bread that they helped make, they’ll happily tell you that it is made from goat’s milk and that they will be going to a farm to see goats when spring arrives.

# The high price of grass

nate furler, marketing specialist

Every year, as estimated by the US Environmental Protection Agency, 80 million U.S. households dump nearly 90 million pounds of herbicides and pesticides on their lawn. Likewise, every summer in the Gulf of Mexico, an area roughly the size of Connecticut is choked with algae and phytoplankton blooms. Runoff of phosphorous fertilizer, transported to and through the Mississippi River from 31 states between the Rockies and the Appalachian Mountains, accumulates in this location. The resulting “Dead Zone” as it is called, is an area void of oxygen sufficient enough to support sea life other than the massive swathes of algae and phytoplankton.

But, let’s back up and explore the potential risks that these chemicals pose to my neighbors (and friends) Simon, Thomas, Nick, Patrick, and Ben. Along with our four-legged friends Jake, Bear, Katie, Will, and Shadow.

The National Academy of Sciences reports 50 percent of contact with pesticides occurs within the first five years of life. According to a summary put together by the Pesticide Action Network, a study done by the Centers for Disease Control and Prevention tested 9,000 people where scientists found evidence of pesticides in every subject. Furthermore, concentrations increased the younger the person’s age. The CDC stresses that measureable amounts of pesticides do not mean you will become sick. But, is it worth the gamble when the potential human risks include cancer, Parkinson’s disease, damage to the endocrine system, asthma, thyroid disease and miscarriage? Let’s also remember that kids are not simply small adults. They interact with their environment in different ways. They spend more time outdoors on average and typically put things in their mouths that aren’t food – like the occasional handful of dirt.

Chemical companies stress that their products are safe when used properly, but when is the last time you followed the directions on that container of fertilizer – to the letter? More equals better, right? Not to mention when you get into “weed and feed” mixtures, you are sprinkling both chemicals on all parts of your lawn, not just the areas in need. This automatically leads to excess application and consequentially, buildup and runoff. As well, according to an EPA-funded study on 2, 4-D, after being tracked indoors, the chemical can expose children, pets, and adults to levels ten times higher than pre-application levels.

Common groups of lawn chemicals include: organophosphates (Chlorpyrifos and Diazinon), carbamates, phenoxy and benzoic acid herbicides (2,4-D, MCPP, and MCPA), Pyrethroids (Permethrin and Resmethrin), and organochlorines (PCBs, PCE, and DDT). Their effects on animals alone include muscle tremors, seizures, depression, diarrhea, weakness, fatigue, dermatitis, vomiting, excess salivation, miosis (pinpoint pupils), increased risk of cancer and death.



So, what’s the solution? Here are a few tips that I hope you will use this year instead of potentially harmful chemicals.

- Leave the clippings  
Grass clippings break down and return nutrients to the soil. Use a mulching mower for faster decomposition.
- Fertilize with compost tea  
Compost tea is easily made by steeping organic compost in water. Simply drain and sprinkle the water on your lawn for a healthy and natural boost of nutrients. Mix the remaining solids into your flower or vegetable garden. Like any fertilizer, you can overdo it. As always follow the directions on the label of any organic fertilizer closely. In general the recommendation is to apply a low dose in early fall and in mid-spring only if necessary.

- Water carefully  
In the summer, lawns account for 40 to 60 percent of the average residential water usage. Deep watering roughly every two weeks is better than light and frequent watering. Deep watering helps the roots dig deeper to ensure a better root system and natural source for water. Watering in the morning may also help prevent fungal disease and reduces evaporation loss.
- Thicken your lawn  
Spread grass seed over existing lawn to improve the thickness of your lawn. Thick and healthy grass means fewer weed seeds because of lack of space to germinate. Make sure to plant grass seed labeled for your specific growing conditions and climate region.

- Cut High  
Mowing cool-season grass 3 inches high is just as effective as using herbicides to suppress crabgrass, if not more so, according to research from the University of Maryland.
- Try Corn Gluten Meal  
Not only does the ten percent nitrogen content of corn gluten act as a great slow-release fertilizer, but corn gluten also acts to suppress the germination of many common weed seeds. Technically, the amino acids in the protein of the corn gluten inhibit the seed’s ability to develop feeder roots or root systems. Also note that this product is used as a pre-emergent herbicide, ideal for established lawns and preventing weed seeds from taking root. If used with grass seed, it will prevent the growth of the grass seed as well.
- Finally, put up with a few dandelions for crying out loud. Young children plucking spent dandelions and blowing the seeds into the wind is a sight more beautiful than perfection.

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# Menopause: Springtime for the Second Half of Life

jana klosterboer

Menopause: my grandmother referred to it in hushed tones as “The Change.” This whispered change is simply defined as the cessation of a woman’s menses, or monthly cycle. Unless a woman enters into menopause through hysterectomy or sudden illness, it is usually not so much an event as it is a shift. The term “menopause,” reflects how our culture often focuses on this stage of life as the loss of fertility and the “failed production” of hormones. As I now make my way through menopause, I am instead choosing to look at my “Change” as a transition to something as beautiful, fruitful and desirable as the decades previously. A new unfolding.

In a nutshell, the menopausal time can be divided into three stages: peri-menopause, menopause and post-menopause. Peri- or pre-menopause is the time when the reproductive hormones (including estrogen and progesterone) begin to decrease. This stage may begin in the thirties or forties and may have duration of ten years or more. It is often so gradual, it may go unheeded. A woman might notice mood swings, erratic monthly cycles, very light or very heavy bleeding, a decrease in fertility and some vaginal dryness.

When the ovaries stop producing an egg and secrete a much smaller supply of estrogen, a woman is experiencing menopause. This usually occurs between the ages of 36 and 60 with age 51 being average. The period of adjustment could last from six months to two years. This is the time of greatest discomfort from hot flashes, night sweats, and mood swings. Depression, insomnia, sore joints and vaginal dryness can be prevalent at this time and continue through post-menopausal time.

A woman is considered to be post-menopausal when her body has made the adjustment to these new lower levels of hormones and menstrual bleeding has ceased for 12 to 24 months. Common concerns at this stage include osteoporosis, heart disease, skin and vaginal changes, depression and memory loss, immune system and digestive trouble.

The signs and symptoms of menopause are as varied as the women who experience it. For some women, the shift is a non-event. Others struggle more. Often, a physical symptom a woman is already experiencing may become worse, or, conversely, may go away. My mother suffered from migraine headaches all of her adult life. Once she went through menopause, her headaches disappeared. According to herbalist Amanda MaQuade Crawford, around 10% of American women have no menopausal symptoms while 10% have some kind of severe health breakdown related to menopause.

Fortunately, many great resources are available with helpful information and suggestions. The suggestions offered here are not intended to replace the assistance of a qualified health practitioner. View them instead as possibilities to consider as you do your own search.

## Gentle exercise

Exercise, especially a weight-bearing workout such as walking, bicycling or weight training, has been shown to help with osteoporosis, even if it is simply a couple of forty minute sessions per week. Gardening, tai chi, yoga, swimming or cross country skiing are also excellent choices, in reasonable doses, to help relieve nearly every symptom associated with menopause.

## Diet

Increasing nutrient-rich foods, such as fresh fruits and vegetables, and decreasing highly processed foods full of additives, sweeteners and empty calories help to provide your body with what it needs. If you are not used to a more natural diet, make the change gradually. Food preferences don’t change overnight. Take

the time to notice how different foods affect you. A daily multivitamin and mineral may be helpful for maintaining optimal levels of nutrients. Some people experience stomach aches from their multivitamin, in which case make sure you take it with food. You might also benefit from trying one that is either iron-free or has an easily absorbed form of iron. Also, I find that whole-food or food-based supplements are much easier on the stomach.

## Herbs

Many herbs are used for either helping to relieve specific symptoms or for general support. Vitex agnes-castus is a good one to consider for the pre-menopausal stages. Black cohosh and dong quai are very popular for their ability to help diminish symptoms during and after menopause. Other herbs, such as red clover, ginseng, licorice root, motherwort and the bitters have a long history of use for menopausal struggles.

## Milk Thistle

I love milk thistle so much that it gets its own section. This herb has been shown to be extremely safe and offers a protective and nourishing effect on the liver. The liver processes toxins, both those we absorb from the environment and our food and those that we create within. Many symptoms, such as hot flashes and night sweats, diminish when the liver is able to break down excess hormones that periodically flood the body during menopause. Amanda McQuade Crawford claimed once in a class that I attended, “When in doubt, use milk thistle.” A better functioning liver makes everything else work better.

## Essential Oils

I frequently use lavender, clary sage and frankincense for their calming effects. Clary sage is also considered a hormone balancer. Peppermint can offer a cooling effect for hot flashes. As essential oils are very concentrated, it’s best to dilute them in water or oil before using.

## Fish Oil

The omega-3 fatty acids in fish oil are readily absorbed and are essential for producing hormones and maintaining connective tissue such as skin and joints. Also, they have been shown to have an anti-inflammatory effect and may help reduce the risk of cardiovascular disease and some cancers. Be sure to take a high-quality fish oil that is free of pollutants and is not rancid

## Meditation

I try to spend some time every day simply sitting still, focusing on my breath and letting stray thoughts fly by. When I am in this still place, whether for 5 minutes or an hour, my burdens become lighter and I can find insights to my struggles. I like to call it “compassionate sitting,” as it allows me a space to practice compassion for myself and my own situation and also practice extending that to others.

## Massage and Reiki

We are intended to be in a constant state of flux and movement. When the stuff we are made of stays still for too long, whether it is blood, lymph fluid, thoughts, emotions or energy, stagnation occurs. The body and mind compensate, often in ways that create dysfunction. Keep it flowing with a regular “tune-up”.

## Paying Attention

Listen to your body, your emotions, dreams and thoughts. What are they trying to tell you? Usually you can find that there are hints about how to live more fully. For example, about a year ago, I noticed that I was experiencing some pretty adverse (and embarrassing) reactions to alcohol. Over this past year, my body became less tolerant to drinking even a single glass of wine at dinnertime. I finally decided that the discomfort of drinking any alcoholic drink outweighs

the fun I perceived I would have if I did have that drink. As I imbibed less, my body became more able to cope with the menopausal symptoms I was experiencing. It took me a whole year to get to that point, and I had to pay attention.

A woman’s life can be seen as a path from flower to fruit to seed. The seed is where the memory of all the rest is stored into one powerful package. The “midlife metamorphosis,” as Dr. Joan Borysenko refers to it, is an opportunity to reclaim your right to a full and healthy life. Best wishes on your journey.

-THE HERBAL MENOPAUSE BOOK by Amanda McQuade-Crawford, 1996, The Crossing Press.  
-PRESCRIPTIONS FOR NUTRITIONAL

# Eastern Medicine and Women’s Health

brenda harris msom, lac.

Cycles of nature, phases of life: Women’s bodies follow natural cycles that allow life phases to ebb and flow. Chinese medicine teaches that important cycle shifts occur in women every seven years. Appropriate care during these cycles helps to promote healthy female systems void of infertility, irregular/painful menstruation, cysts/fibroids/tumors, or menopausal symptoms. Menstruation and the quality of blood are regarded as important aspects of the seven cycles of a woman’s health. Menstruation serves as an indicator of general vitality that underlies the life phases of fertility and reproduction (roughly ages 21-35) and menopause (roughly ages 49-56).

## What is menstruation and how does it relate to health according to a Chinese Medicine Perspective?

At age seven, a girl’s kidney becomes full of “essence” (Jing), the substance that promotes growth, development and reproduction. At around age 14, menarche occurs, and the cycle of shedding old and creating new begins. Blood and tissue build in preparation for pregnancy and are then discarded if pregnancy does not occur. Menarche marks the start of a reproductive life-phase and a gracing into yin femininity. At this time, the hypothalamic-ovarian (heart-uterine) axis is established and hormones (essences) are dispersed to regulate this rhythmic cycle. At this age, tian gui, menstrual blood, is formed. Tian gui is blood fluid fortified with kidney essence and qi from the heart, spleen and liver, important organs in the quality and function of blood. Blood is the foundation of menstruation; menstruation is the root of a woman’s health.

The natural rhythm of a menstrual cycle is 28-30 days. Old blood and tissue are sloughed away as the body cleanses its domain for another cycle. Menses should not be painful, heavy, scanty or preceded by breast tenderness or emotional swings. Those are symptoms of irregularity in the natural cycle, the natural rhythm. The irregularities often originate from improper diet, emotions, stress and blockages of internal organs and internal energy pathways. Chinese Medicine practitioners often inquire about their patients’ menstruation because the blood and patterns of this phenomenon are sending a message about the woman’s overall health. Timing, color, quality, and consistency of the blood convey how well the systems that support the blood, qi, and fluids are working. For example, pale blood may indicate a deficiency of nutrients in the blood. Sticky blood may indicate a lack of fluid in the blood. A practitioner might then adjust organs such as the spleen that help to build blood and move fluids. Irregular and or painful menstrual periods



HEALING by James and Phyllis Balch, Avery Publishing Group.  
-THE ESTROGEN DECISION by Susan Lark, M.D., 1993, Celestialarts.  
-WOMEN’S BODIES, WOMEN’S WISDOM by Christiane Northrup, M.D., 1998, Bantam Books.  
- ENERGY MEDICINE FOR WOMEN by Donna Eden, 2008, Penguin Books.  
- THE POWER OF INTENTION by Dr. Wayne Dyer, 2004, Hay House.

are an indication that something is not right that needs to be addressed. The sooner disharmonies are addressed the more likely problems such as fibroids, cysts, cancers and growths can be avoided or remedied. Blood can become deficient and create scanty flow; filled with heat creating heavy flow; congealed creating pain; or combined with dampness, creating masses. Organs that assist blood include the liver, which stores blood and regulates the cycle and volume; the spleen, which forms blood from food and keeps the blood in the vessels and the heart, which governs or moves blood. These organs, their associated meridians, and the blood benefit from additional balancing during the seven year phases of women’s health. (Note that internal organs in Chinese Medicine have functions that vary from how they are understood in Western Medicine).

**The Menopause Phase**  
The quality of blood, determined by diet, medications and habits from childhood through the years of menstruation, can determine the kind of menopause a woman experiences. Poor diet and overwork injure the blood causing greater problems in the menopausal years. Also, menstrual symptoms and blood disharmonies whose underlying causes were masked during the reproductive phase are often revealed during this phase.

In Eastern tradition the menopausal phase is considered a natural cycle in which the female body transitions from the stage of fertility and monthly blood loss to a self-nurturing stage where blood and life force are retained. Rather than an abrupt “onset,” menopause is a gradual physiological process throughout a woman’s lifetime, a gradual decline of kidney essence. This natural decline of essence combined with lifestyle dries fluids creating “heat” that presents as hot flashes, night sweats, insomnia and mood swings. Though the changes of menopause are best tolerated with care taken throughout the menstrual years, acupuncture and herbal treatments during the menopausal phase are a standard of care to reduce transitional symptoms and nurture this natural transition.

While decreasing the symptoms of menopause, Chinese medicine’s role in this phase is not to reproduce the reproductive hormone levels but rather to ease the natural transition of hormone levels into the post-reproduction, shen development life cycle. Menopause is a time for personal development and spiritual growth. Energy is focused on the spirit rather than on the rebuilding of blood and qi. During this “Second Spring,” life blood returns from the source of life creation, the uterus, back to the source of spiritual creation, the heart where the spirit (shen) resides.



# WHAT are BOARDS For?

bill pardee

I was elected to the Co-op Board for my first time in March of 2010. In spite of experience on another Board of Directors, and a lot of previous study, I had a lot to learn. In particular, I still seek to understand the best balance of responsibility between the Board (a sort-of legislative branch) and the General Manager, the designated executive.

A Board of Directors can be too passive. The corporate world provides the most vivid examples. Both the Enron Board and the Lehman Brothers Board (as well as several other prominent corporate Boards) sat back and even cheered as their Chief Executives took reckless risks that destroyed their respective companies and with it, all stockholder value. Even though we differ in some ways, major and minor, from corporations, clearly our Board must ensure the long-term health of the Co-op, in part by holding the General Manager accountable.

The Co-op holds the General Manager accountable in multiple ways, more ways in 2010 than at any previous time in its history. First, it requires the GM to submit detailed written reports to show compliance or acknowledging failure to comply with the Co-op’s written policies, the Board’s legislation. Those reports must be supported by data and sometimes, as appropriate, by letters from the Human Resources Director or the Financial

Manager. Second, the Board in 2010 had external legal and HR audits of the revised Human Resource Policies, which include strengthened employee grievance procedures. Third, the Board paid for an external expert survey of employee concerns and opinions. Fourth, the Co-op hired in January, 2011, an outside audit firm for its second-ever external review of finances. I believe that our Board receives more detailed information than most Corporate Boards, certainly more than in my previous experience as a Board member for a larger organization and as a consultant to a few corporations.

A Board can also cause great damage by being too aggressive. That seldom happens in large public corporations, because those institutions are manifestly too complicated to be run on a part-time basis. It does happen in small institutions, especially co-operatives, with their strong tradition of member control. Most stockholders of large corporations know they have no control, perhaps unfortunately.

How could a Board possibly be too involved? First of all, running a co-operative of this size is a complicated business, with dozens of decisions every day that influence each other. For example, a marketing event costs staff time, supplies, food, and advertising as well as other expenses. Will it increase revenue sufficiently to be worthwhile? Adding a new product

consumes valuable shelf space and manager time. Will it be the best use of those resources?

The Board doesn’t have the time or resources or, usually, the skills to make such decisions. Most of the directors are not expert in running a grocery store; none of them is paid and, therefore, cannot spend 40 or 50 hours per week on Co-op business. The General Manager, and only the General Manager, is responsible and accountable for the Co-op’s business success. If he or she is responsible and accountable, he or she must have the authority to act, and often to act promptly.

In a topic painful to some of us, that GM authority includes the authority to hire and fire. If the Board intervenes in those decisions, it sends a message that the GM has no real authority over personnel, which leads to rapid dysfunction. The Board does have a responsibility to ensure fair treatment of employees, which it does through the personnel policies, audits, and surveys as well as through the GM’s data-supported reports on staff treatment.

More subtly, direct Board requirements on the General Manager require time to fulfill. Some of that is essential to meeting our Board responsibilities, and that level is a substantial part of the GM’s job. That effort, though necessary, takes the GM away from running the store and

building community relations to further the Ends of the Co-op. It’s always a judgment call to decide how much of our requirements on the GM’s time is essential.

In short, the Oneota Community Co-op Board of Directors defines policies that define the ends and the boundaries. Throughout the year, the Board monitors the General Manager’s performance on those policies with multiple sources of information. Discovery of non-compliance calls for remediation, which the Board also monitors. The Board explicitly evaluates the GM through the summary of all these reports.

The Board studies best practices elsewhere and the evolution of the business environment. This is often time consuming, usually un-dramatic, work to ensure the long-term success of the Co-op while the General Manager does the many challenging tasks to accomplish the Oneota Community Co-op’s Ends within the policy constraints.

I consider it a privilege to contribute to an organization that, in my opinion, contributes so much value to our community through local food, organic food, wellness products, and a warm, friendly store environment. I am delighted to continue learning and exploring ways to strengthen that contribution for the future.

## Lunch Meat Dilema

kristin evenrud, grocery manager and nate furler, marketing specialist

As a parent of three boys, I struggle with what to make for lunch and supper. They typically don’t appreciate the occasional “fancy” meals that I slave over, and they often complain about the “healthy” meals I am most proud of. But, they love a simple sliced-meat sandwich. So what’s a mother to do?

One option is to buy a package of “conventional” sliced ham or turkey which is usually loaded with added nitrates and nitrites. In addition, these animals are often raised in confinement, fed genetically modified (GM) grain, given antibiotics and forced to eat and sleep in their own excrement. More often than not, animals raised for commercial cured lunch meats are from a feedlot. This is precisely not the kind of food I like to put in my kids’ tummies.

In addition to the practices of raising the animals, let’s look more specifically at nitrates and nitrites. What are they and why are they being added to our foods, especially cured lunch meats.

Both sodium nitrate (NaNO<sub>3</sub>) and sodium nitrite (NaNO<sub>2</sub>) are naturally occurring substances. In their chemical state, they are both a granular salt-like substance with a somewhat off-white color. Sodium nitrate is also commonly used in the production of gunpowder, explosives, and chemical fertilizers. Sodium nitrite in particular received acclaim for its prevention of the formation of botulism, and therefore, its use as a food preservative, flavor enhancer and color retainer was born.

Sodium nitrate is an oxidizing agent. When it’s combined with the correct chemical, the resulting compound is sodium nitrite. The human stomach and gastrointestinal tract present ideal conditions for this conversion. Furthermore, with the addition of nitrogen-containing compounds called secondary amines (highly present in meat), nitrosamines are formed. Nitrosamines happen to be a known animal carcinogen and suspected human carcinogen.

Sodium nitrite exists naturally in vegetables such as spinach and lettuce. However, concern has been raised about the consumption of large amounts of these chemicals due to their addition to cured meats. Today, most sodium nitrite that is added to meat is commercially produced. Some studies have been stated to document increased developments of Alzheimer’s, diabetes mellitus, and Parkinson’s due to higher nitrosamine levels. Studies have also shown that increased levels of nitrosamines can lead to a condition called methemoglobinemia, where hemoglobin is oxidized to methemoglobin and loses its ability to transport oxygen. This is particularly dangerous in the case of infants as their systems are less able to handle the amounts of produced nitrosamines. This may be due to a number of reasons, such as their higher gastric pH levels which prevent the rapid degradation of nitrites in their system, and/or less concentrations of oxidation agents such as vitamin C.

It was discovered that the antioxidants vitamin C and vitamin E dramatically reduce the formation of nitrosamines when ingested along with nitrates and nitrites. Within the past two decades, additives such as ascorbic acid (vitamin C) to meats have led to a dramatic drop in the formation of nitrosamines from food and beverage consumption.

Of course, there are still drawbacks to all-natural lunch meats. People should watch their intake of any one type of food, especially one that has been processed. Even though these all-natural lunch meats have been minimally processed, they were still run through a machine and something was added to them.

I have decided the better choice for my family when deciding to have lunch-meat sandwiches for supper is humanely-raised, antibiotic-free, minimally processed sliced meats that are free of chemical preservatives. At the OCC we carry a variety of sliced lunch meats that are “uncured,” meaning manufacturers use either sea salt, sodium lactate (from beets), or celery salt to preserve the meat.

Things to note:

- Watch sodium levels as salts are used to prolong shelf life.
- Minimally processed lunch meat should be consumed within 3 days of the package being opened.
- Most sliced lunch meats at the OCC are gluten, soy and casein free (as always read the labels)
- Applegate lunch meats have a “promise tracker” that allows you to visit their website, enter the package UPC and learn more about the product you purchased - such as where the meat was raised.
- Lunch meats are often very lean or even Fat Free

## THE UPCOMING BOARD OF DIRECTORS ELECTION EVALUATE AND VOTE IN MARCH!

robert fitton occ board vp

Greetings member/owners! We will have two openings for the upcoming election to fill the positions held by Joan Leuenberger and Steve Peterson. Joan has served for four years and is currently our Secretary and previously served as our Treasurer for the Board. Steve has served for seven years and is currently our President and previously served as the Vice-president. Joan and Steve’s significant contributions of their time and talent will be missed. We did not receive any petitions by member owners to be included on the ballot. Fortunately there are four very strong Board-nominated candidates that are willing to fill these two vacancies. Board-nominated signifies these candidates have submitted an application, have been interviewed by two members of the nomination committee and vetted by that committee. The nomination committee is composed of Jon Jensen, Georgie Klevar, Lyle Otte, Bill Pardee, and chair Robert Fitton. These candidates are then voted on by the Board as qualified for service. They are: **Johnice Cross, Alison Dwyer, Gary Hensley, Jenna Sicuranza—more election information available online at [www.oneotacoop.com](http://www.oneotacoop.com).**

The member/owners have the responsibility to review the candidate statements, come to the candidate forum if possible, and vote for two in March. The candidate statements are easily found on the website and will be in print at the candidate forum and included with the mailed ballot. The statements are also available at the OCC front desk and posted on the board in the OCC foyer. Please join me in applauding Joan and Steve when their service ends in April, and also thanking the candidates for their willingness to serve on the OCC Board of Directors.

### Election Timeline

Activity	Deadline
Final deadline for all candidates for name inclusion on ballot	14-February-2001
Ballots and candidate statements with announcement of annual meeting mailed to members in good standing	1-March-2011
Voting ends at end of business day	1-April-2011
Administration of ballot counting	From 2-April through 6-April-2011
Election results announced	7-April-2011 Annual Meeting (Usually first Thursday in April)
New board members start service	26-April-2011 (First board meeting after annual membership meeting)

## ANNUAL MEETING

Thursday, April 7th 7:00 pm  
at the Senior Center, 806 River St., Decorah



# Greens for Fido and Tabby

josie noecker, pet food buyer

With warmer weather and possibly gardens to plant, have you given thought to what vegetables you might be able to share with Fido and Tabby? You may not want to feed your pet something green and leafy every day, but you can easily incorporate them into a meal or two. Dogs have omnivorous ability; they can digest both meat and plant matter. Cats, however, are obligate carnivores. This doesn't mean that your feline wouldn't benefit from the occasional green treat. Let's look at some of the common greens and their benefits for your animal companion.

**Kale** - contains an easily absorbable form of calcium, and is also full of beta carotene, lutein, and zeaxanthin - which may prevent cataracts.

**Chard** - filled with carotenoid antioxidants, potassium, and sodium-beneficial for balancing electrolytes. Collard Greens - filled with ingredients that naturally support immunity and may protect against cancer.

**Turnip greens** - a good source of vitamin K-aids in the healing of wounds and scratches.

**Romanie lettuce** - a good source of vitamin C and beta carotene and also known for anti-cancer qualities.

**Seaweeds** - such as kelp and spirulina can be used in home-made treats for your animal. Minerals found in seaweeds are said to help with thyroid function and balancing electrolytes.

**Spinach** - a good source of iron and also contains calcium, B vitamins, lutein, and magnesium.

**Arugula** - a good source of magnesium and potassium.

**Dandelion greens** - can help detoxify the liver and urinary tract.

Grasses are one of the most common greens you will see your pet eat; try a fun at-home project if you have kids or grandkids. Get a few clay jars, some soil, and purchase some alfalfa, wheat, or rye seeds. Either option is a good one, and easier to digest than common lawn grass. Fill the jars with soil-leave a few inches between the soil and the top. Place seeds on top and loosely cover with soil; water thoroughly and cover with a plastic bag. After a few days when the sprouts are about an inch and a half tall, remove the bag. Trim the sprouts as needed to provide a healthy and safe grass option for your pet.

Pets look to greens for many things, one of them is detoxification. At times you will see animals eat greens so they can regurgitate due to an upset stomach. Greens in general may be helpful to animals with digestive disorders. Some greens are high in fiber, such as kale and chard, and can help with constipation, impactions, or colon issues.

Overall, for the most nutritional punch, choose dark and leafy greens as they have higher amounts of vitamins and minerals. Raw is a better option than cooked greens, but if your companion is reluctant to eat raw at first, transitioning from cooked to raw is fine. Also, limit the amount of greens you give your companion right away-too much too soon could cause digestive upset.

Here is to happy and healthy pets!

# Getting the Best VALUE for your FOOD Dollars: HOW AND WHY TO SHOP THE CO-OP

robin seydel, managing editor, la montanita co-op

My Mother always said you get what you pay for! Passing decades have seen an erosion of that understanding and a fascination with all things "cheap." Not only "cheap" food but cheap oil, cheap clothes, cheap everything. The resulting economic (rural decline and outsourcing of jobs), environmental (pollution from particulate to pesticidal) and public health problems (cancer, diabetes, obesity and heart disease) are making the true cost of "cheap" ever so clear. Despite societal attitudes and slick corporate marketing that in many cases would have us believe the opposite, it's clear that Mom was and is still right.

## PAYING TRUE COSTS

There are a couple of basic concepts that need our careful consideration! The first is paying the true cost of an item. That so called "cheap" food over the last decade, actually cost us all hundreds of billions of dollars (yes that's billion with a "B") in taxpayer handouts, in what many call "corporate welfare," that goes out through the farm bill to subsidize the nation's largest industrial agriculture, factory farms. And basically all we get for that large amount of money are the basic building blocks of industrial food: corn (high fructose corn syrup and feedlot animal food), soy (more GMO feedlot animal food), sugar (the newly renamed "corn sugar" and beets) and hormone and antibiotic laden factory feedlot beef. The corporate marketing honchos have us believing we are getting a bargain when we buy that "cheap" food, but are we really?

## Can't Fool Your Body

YES, you can fill that hole in your belly on "cheap," fast, highly processed food but you can't fool your body. Full of binders, fillers, corn syrup, fats, processed genetically engineered soy, preservatives, artificial flavors, colors

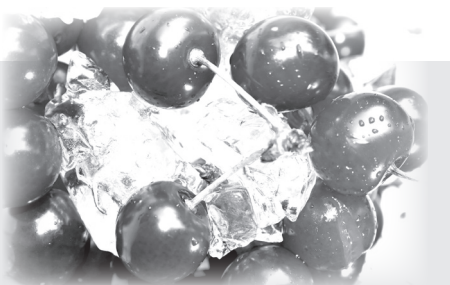
and aromas etc., you might feel immediately gratified, but because that food is devoid of most of the nutrition you need, the empty, sugar-laden calories you have ingested will soon have you wanting to eat again, sooner rather than later. Embedded in this syndrome is the link to our pandemic of obesity, diabetes, and other public health concerns, including the inherent economic burdens of poor public health.

## Changing Our Thinking

Especially with local products, but with a good deal of the food you find at the Co-op, you are paying the true cost of producing that food. It's not subsidized with corporate welfare, it doesn't put more GMOs, pesticides and herbicides into the environment and it doesn't travel the average of 1,500 to 3,000 food miles (both of which help reduce fossil fuel use) to name but a few of the things it doesn't do. What it does do is provide good, fresh nutritious food, support local and rural economies, keep family farmers farming, brings a level of integrity to food production that goes beyond bottom line economics, provides stewardship of lands and resources, and maintains a green belt in and near our urban centers, among other positive results.

And what's more (herein lies another important consideration) —if you shop the Co-op wisely you can feed yourself and your family fresh, local, in many cases organically grown, food at about the same price as that "cheap" stuff. The only major difference being—you'll have to take the time to cook it at home.

Reprinted with permission from La Montanita Co-op's, January 2011 edition of the Co-op Connection News, a free monthly New Mexico community education publication. Also available on-line at [www.lamontanita.coop](http://www.lamontanita.coop).



additional chemicals or processing formulas were used in the product. Simple vegetables that are frozen on-site and kept frozen should not need any preservatives, other than the cold. However, sodium is sometimes added for taste and any vegetables prepared in a sauce typically contain high amounts of fat and preservatives.

Our freezer aisle offers many brands of frozen fruits and vegetables, including Sno Pac, Cascadian Farm, Stahlbush Island Farms, and Woodstock Farms. Sno Pac produces and distributes organically grown and processed frozen fruits and vegetables out of Caledonia, MN. Cascadian Farm is one of the country's leading brands of organic foods and is located on a 28 acre farm in Western Washington's Skagit Valley. Stahlbush Island Farms is an environmentally friendly farm and food processor committed to sustainable agriculture located in the heart of Oregon's lush Willamette Valley. Soon we will be carrying Woodstock Farms which is a line of organic and natural grocery, dairy and frozen food products.

# Canned or Frozen?

carrie johanningmeier, freezer buyer

Fruits and vegetables are the nutritional power house of our diet. Professionals say we should consume a minimum of nine servings of fruits and vegetables a day. They are brimming with vitamins, minerals, fiber, and phytochemicals that may protect against cancer, heart disease, stroke and other health problems.

We are mid-way through winter and fresh produce sometimes seems too expensive, leading some to find other options for fruits and veggies. From a nutrient standpoint, the less processing involved the better. In the

summer, vine-ripened fresh produce offers the most relative nutritional value. Frozen fruits and vegetables are picked at their peak, blanched in hot water or steam, and quick frozen to lock in their quality. Canned vegetables, though picked at peak ripeness, tend to lose a lot of nutrients during the preservation process - with a few exceptions like canned tomato and pumpkin.

In addition to being nutritious, other benefits of consuming frozen produce include the following:

- Availability - Frozen fruits and vegetables are never out of season; they're available all year long, so you can consume a much wider variety of produce

- Freshness - Frozen fruits and vegetables are processed at the peak of freshness. There is little waste from spoilage.
- Nutrition - Frozen fruits and vegetables often have the same nutrient value and health benefits as fresh.
- Convenience - Frozen fruits and vegetables are easy and quick to prepare and serve.
- Portion Control - One can prepare only what is needed at the time and store the rest for another time. This is great for individuals or small families because it allows them to have more variety in their meal planning.
- Economical - Frozen foods are economical because you do not pay for stalks, pits, skins, rinds or damaged food. Edible ounce for edible ounce, frozen food usually costs less than its fresh counterpart.
- Shelf-life - Unlike most fresh produce, which at its best lasts a number of days or weeks, frozen produce has a much longer shelf-life. Frozen fruit and fruit juice can safely be stored for 8-12 months and frozen vegetables can be stored for up to 8 months. (For more information on how long particular produce stays fresh, check out [www.stilltasty.com](http://www.stilltasty.com).)

While frozen vegetables can be just as healthy as their fresh counterparts, you should read the labels to find out if



## Timber Frame Cabins

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CUSTOMER COMMENT CARDS

**Comment: Really, the Co-op supports the troops?**  
**Response:** *The Oneota Co-op proudly supports the members of our military forces who put their lives on the line every day in all parts of the world. We may not agree with where they are sent and the reasons for their deployment, but we support the sacrifice made by them and their families as members of our community.*

**Comment: I buy so much more in LaCrosse and Viroqua Co-ops. Attractiveness of merchandise is a huge concern.**  
**Response:** *We seek further information to better understand this comment. Is it our Produce, Grocery, Café, or other area(s) of the store causing you to feel that our store as well as our merchandise is unattractive? Our product selection is based on the wants and needs of our members and clientele. We strive to stock quality items and display them in an attractive fashion. We feel that we make choices to the best of our ability and welcome further input related to this comment.*

**Comment: How about coffee cup holders in the shopping carts?**  
**Response:** *We recently purchased cup holders for use with our grocery carts. They are located on a hook that is hanging on the wall next to the grocery carts. If you require assistance with attaching a holder to your cart, please ask a member of the staff to help you. Also, we ask that you make sure to place the holder back on the wall hook once you are finished shopping.*

**Comment: My weekly e-mail of The COMM POST always times out and quits (rural slow dial-up) before loading. Is there a less “wow” edition available for folks like me?**  
**Response:** *Due to time restraints and design restrictions, we have chosen to go the route of a link in the COMM POST that leads to a PDF file on our website. We have recently made an effort to reduce the size of the file so that it takes less time to open on any computer. We hope that this helps with the current situation as we look into other ways of designing our e-newsletter. We also plan to post a copy of each COMM POST in-store for on-site viewing.*

**Comment: Can we get some sanitizer available to customers in this germ sensitive establishment please?**  
**Response:** *We have public hand sanitizers located in the Wellness and Bulk sections for staff and customers. We also encourage the use of our two bathroom sinks as well as our Bulk department sink (next to the nut butters) for hand washing.*

**Comment: Are the wooden stir sticks for coffee in the Cafe permanent?**  
**Response:** *No, they are temporary until we run out.*

**Comment: Why are there olives in the Zorba's Salad?**  
**Response:** *It was changed from the original recipe to include kalamata olives. However, due to popular demand, we are changing the recipe back to the original which includes pepperoncini peppers instead of kalamata olives.*

FIZZEOLGY

nate furler, marketing specialist

The business of fermenting veggies can take great care and precision, but the benefits are well worth the work. Mike Bieser is the founder of Fizzleology, a business that is run out of a state certified commercial kitchen in his home. The business began in September 2009. He had his first official members of Fizzleology’s Ferment of the Month club by November 2009. His first retail outlet for his fine fermented creations was the Viroqua Food Co-op in Viroqua, Wisconsin.

Mike is originally from Milwaukee, Wisconsin. In 2004, seeking a quieter, healthier life in the beautiful driftless region of Wisconsin, Mike and his wife found 44 secluded acres at the top of the Baraboo watershed west of Kendall, WI. When their son was born in 2006, the decision was made to relocate to Viroqua, WI for schools and socialization with a strong community of like-minded folks deeply interested in health and wellness.

Mike first got into the art of fermented veggies as a way to improve his immune system while fighting Lyme disease. As he studied the known and at that time some unknown benefits of consuming raw cultured vegetables, he simultaneously observed the incredible supply and variety of organic product in the Driftless Region. “This is a great opportunity for my own farm-based sustainable business,” Mike thought.

Through trial and error, he quickly discovered the precise amount of vegetables and salt necessary to create a fermented concoction that would stay neatly within the confines of each

gallon-sized jar. The temperature was also critical, as too warm a temperature would force the juice out the top of the jar. (68 degrees happened to be the magic number).

While undergoing treatment with a homeopathic practitioner of Field Control Therapy in River Falls, WI to cure his Lyme disease, Mike was also diagnosed with geopathic stress. In order to continue his treatment of geopathic stress, Mike chose to install a Memon device on the incoming power supply to their house. This device fundamentally eliminates the effects of electrical fields caused by everything from WIFI to cell phones and electricity. What Mike discovered was that with the device being installed, his equipment no longer “stressed out” the water in the vegetables. He discovered that the quality of the foods he was creating was higher and more delicious. As well, he found that he was able to work longer hours in the kitchen without feeling fatigued. The Memon device actually creates a negative ion field in the kitchen, helping to keep allergens out of the air as well as maintaining a great environment for making his culinary creations.

When I asked Mike what made his product superior to other cultured products on the market, he responded with the following: “Our flavors are unique to the seasons and quality of the produce we source. Our process, including the Memon Environmental transformers, makes us unlike any food processors in the country. Today, I will be walking down the valley to pick some watercress from my spring-fed pond to give extra light to the next batch for our Ferment of the Month club. Live foods have more energy than cooked foods.

CUSTOMER QUESTION/COMMENT:

A customer noted dissatisfaction in the Ginger People’s Ginger Spread when they realized it is made in China and did not want to purchase it.

We want our customers to be confident in the products that we sell, so the OCC has a merchandising policy which provides guidelines to our department buyers. The OCC’s merchandising policy holds all products, producers and manufacturers to a set of standards through our product selection criteria regardless of where the product is sourced.

Ginger People have farms and factories in Australia, China and the United States. I contacted Abbie Leeson Executive Vice President of Ginger People, and here is additional information that I learned about their operations in China:

Ginger’s (the root) relationship with China began over 5000 years ago. An indigenous, subtropical crop of this vast country, ginger’s relationship with China is not only deeply rooted in its cuisine but also woven into the rich heritage of its herbal medicines and spiritual beliefs. It is said that Confucius ate ginger every day to ensure spiritual cleansing. Many Chinese people believe in this practice still today.

The Ginger People’s relationship with China began 12 years ago when the owners of the California-based ginger company, Bruce and Abbie Leeson, met the Li family. The Leesons and the Lis share a passion for ginger and both own ginger factories. Over the years, the families have worked together to build their respective ginger businesses. By drawing on each other’s strengths, the Leesons and Lis have been able to work and grow together. Each year, the Leesons travel to the Fujian province on the eastern coast of China to visit the Lis and their factory.

Ginger People conducts annual audits using independent inspection

firms. Testing includes good manufacturing practices (GMP), and quality-related points such as incidental lead levels, sulfites, verification of organic certification and water sourcing - which is drinking water supplied by the stated-owned water system. The Ginger People also audit the ginger farms where the fresh ginger is sourced. By leaving certain plots fallow and planting others, the ginger farmers maintain the necessary nutrient levels in the soil.

Much has changed since the families first met. The ginger factory has grown and modernized dramatically as have the communities surrounding the factory. Located in the regional city of Zhangpu, the factory pays an average working wage of (USD) \$300/month compared to China’s average wage of (USD) \$100/month.

Quick Facts about Ginger People’s Ginger:

- The supplier’s factory in China is FDA approved and kosher.
- As part of the quality assurance program in place there is a pesticide screening program for raw materials.
- In addition, a significant amount of the fresh ginger is certified organic by the USDA/NOP (United States Department of Agriculture / National Organic Program). Their ginger is also Encocert - certified organic for the EU market.
- Food safety testing is conducted on all ginger shipments, ensuring their ginger is pesticide-free. In addition, independent pesticide residuals analysis is conducted on their ginger by the SGS, a globally recognized third party inspection institute.
- Li’s ginger factory is a “fair-law” business governed by the Labor Laws of the People’s Republic of China.

For more information, contact Kristin Evenrud, Grocery Manager at the Co-op.

This energy gets communicated within the fermentation process as the water within the produce leaves the fiber and emulsifies. This blending of produce, medicinal herbs and live foods makes for powerful nutrition. Treat yourself and your cells to these exceptional flavors.”

We are excited to have Mike so close by because he also is happy to host seminars and discussions on his fermentation techniques, as well as information on potential harm caused by electromagnetic fields emitted by wireless devices such as cell phones.

Fizzleology’s products are not only available at the Oneota Co-op, but also at Viroqua Food Co-op in Viroqua, WI, People’s Food Co-op in LaCrosse, WI and Bluff Country Co-op in Winona, MN. The Water Street Café at the Oneota Co-op is a proud member of the Ferment of the Month Club and offers these tasty creations as a part of our predominantly organic salad bar each day. Other varieties of Fizzleology are also available in the Oneota Co-op dairy coolers. For more information on Fizzleology, check out [www.fizzleology.com](http://www.fizzleology.com).

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# Organic Seedlings – Coming Soon

betsy peirce, produce manager

We are excited to announce that the Oneota Co-op will be selling seedlings this year from River Root Farm for transplanting into your home garden. Additionally we proudly carry Seed Savers Exchange seed packets which are already in-store for purchase. Look for a display of River Root Farm seedlings to go up outside our front doors in April which we will continue selling into June.

You may recognize our growers Mike Bollinger and Katie Prochaska of River Root Farm because they have been supplying the wildly popular micro greens in our Produce department. This year, they will also be supplying us with high quality greenhouse-raised vegetable and herb seedlings throughout the season. All produce and seedlings from River Root Farm are certified through Midwest Organic Services Association.

Mike and Katie have been in the gardening business for the last 7 years. They made their

beginnings at Seed Savers Exchange after college and Katie’s Peace Corps service in Mali, West Africa. They, then,

proceeded to move to various parts of the United States, pursuing their passion for agriculture and gaining valuable experience along the way. After serving as resident stewards of the Good Life Center (www.goodlife.org), they moved less than a mile down the road and began working with Eliot Coleman at Four Season Farm. There they learned all about mobile greenhouses and year-round vegetable production in northern climates. Afterwards, in and around Chicago, they gained experience which included designing and managing Heritage Prairie Farm in Geneva, IL. In spring 2009, they moved back to Decorah and were thrilled to purchase their very own farm.

Together with Mike and Katie we have chosen a nice array of herbs and vegetables based on their gardening



experience in our climate (zone). According to Katie, “We are choosing the varieties we are growing for seedlings because we

believe they provide a nice balance between productivity and flavor. The vegetable varieties we chose to offer at the Co-op will provide an extended harvest period throughout the season, while at the same time not sacrificing the terrific flavor that comes with fresh home-grown produce. ”

Below is a listing of some of the varieties Mike and Katie will be offering us and what they like about them.

## Spring Vegetables

**Broccoli:** The “Gypsy” broccoli has a strong root system that makes it a good choice for planting in gardens with below average fertility. The large, healthy plants are resistant to downy mildew and are suitable for multiple cuttings - making it a great choice to

leave in your garden all summer for an extended harvest period.

**Cauliflower:** Our cauliflower variety is “Skywalker,” which has uniform self-wrapping heads that are cold tolerant and great for late summer and fall harvest.

**Brussels Sprouts:** “Long Island Improved” Brussels sprouts are one of the most productive commercial sprout varieties in the U.S.

**Lettuce:** Our vigorous varieties of butterhead, romaine and leaf lettuce

are full and dense with great taste. All of our lettuce varieties are bred for disease resistance and have good tolerance to tip burn, heat and bolting in our hot summer weather.

## Summer Vegetables

Heirloom and open pollinated tomatoes, peppers, and eggplant.

**Tomatoes:** Some of our favorite tomatoes include our large red beefsteak varieties- “Brandywine” and “Mortgage Lifter” - which are exceptionally meaty and flavorful and typically crack-free. Another very productive variety is “Green Zebra” which is olive yellow with deep green zebra stripes and has a sweet zingy flavor. Our “San Marzano” plum paste tomato is considered by many chefs to be the best sauce tomato in the world. Our cherry tomatoes include the famous “Sungold” (super sweet) and “Isis Candy” (gorgeous).

**Peppers:** We are offering “Ace,” a very productive green to red bell pepper, “Carmen” a sweet italian pepper and “Jimmy Nardellos”- an heirloom sweet Italian frying pepper with productive plants that are loaded with glossy red long peppers, very thin walled and incredibly sweet roasted apple flavor. We will also offer a few hot pepper varieties.

**Herbs:** All of our herb plants are suited for our growing climate and can be used in pots around your patio or in a more permanent herb garden installation.

On the micro green front, we should start to have them available at the Co-op beginning in March. Due to customer requests, we are now going to offer them in slightly smaller containers. This will bring the price below \$5 per container.

## KITCHEN GARDEN POTAGER

continued from page 8

Hardest (and perhaps fairest) of all is kale. It can take the heat and withstand the cold (and goes by names like Sicilian beet, strawberry spinach, Roman kale). It’s bursting with nutrients and vitamins. It grows beautifully in containers and is another cut and come again plant. One crop will supply beautiful bounty for a good month or more. The early, baby leaves are tender and mild enough to toss into green salads.

Peas, oh those sweet peas! So pretty as they climb up poles and stakes with delicate tendrils tiny flowers that become the snappy pods. Look for the early varieties, they grow fastest, and harvest them right away, as they get “woody” if left on the vine too long. Toss those shoots in soups and stir-fries, too.

There’s no greater gift to the cook than green garlic, the younger, milder

essence of the beloved garlic bulb. No matter if you didn’t plant garlic in the fall with the daffodil and tulip bulbs, it’s not too late to do so now. Just stick individual cloves of garlic in between the radishes and beets. Garlic helps ward off pests as it sends up fine green shoots. Plant enough to enjoy it now and later as it matures into the fall.

Old-fashioned rhubarb is an old-fashioned harbinger of spring. It’s best started with a crown, so pick one up at a nursery or Farmers market, or ask a friend to dig one up for you. Plant it along borders and give it room to spread, it does well in dappled light, too. It’s best in the spring and early summer, once it gets too hot, it turns bitter. Famous in pies and dessert sauces, rhubarb is loaded with vitamin C. There’s no healthier elixir for the winter-weary than rhubarb lemonade spiked with fresh mint.

Perennial herbs like chives, lovage, sorrel, rosemary, thyme, tarragon as well as annual basil, chervil, cilantro, marjoram, dill, oregano and mint can be seeded directly as soon as the soil is around 50 degrees. But, given my shady

### GREEN GARLIC SOUP

4 servings

Green garlic resembles thick scallions with very dark green stalks and slightly bulbous white or rose streaked root ends. This young garlic is very aromatic and mild and blends beautifully with other vegetables making excellent purees, soufflés, puddings, soups and sauces. It’s great in poaching liquids and stews. Put a few stalks into the cavity of a chicken before roasting.

1/2 pound green garlic (about 5 plants)  
2 tablespoons unsalted butter  
1 small onion, chopped  
Salt and freshly ground pepper, to taste  
1/4 pound Yukon Gold potatoes, peeled and cut into 1/2–inch cubes  
1 quart chicken or vegetable stock

Trim away the root and peel away any tough, dirty layers from the garlic and cut off the tough upper portion of the green leaf. Use the lower couple inches of green along with the bulb. Cut into think rounds. Melt the butter in a heavy-bottomed pot, add the onions and cook slowly until the onion is translucent and tender, about 5 minutes. Sprinkle with the salt and pepper; add the garlic and the potatoes and cook together for about 5 minutes. Add the stock, bring to a boil and then lower the heat and simmer until the potatoes are tender. The soup may be pureed or served chunky.

### ARUGULA, PARSLEY AND WALNUT PESTO

Makes about 1 cup.

This is lovely on broiled chicken, fish, burgers and steak. It’s also terrific tossed with grilled vegetables (especially grilled mushrooms). Swirl it into chilled tomato or potato soup.

1 cup parsley leaves  
1 cup arugula leaves  
1 clove garlic, crushed  
Zest and juice of 1 medium lemon  
1/4 cup lightly toasted walnuts  
3/4 cup extra-virgin olive oil  
Salt and freshly ground black pepper to taste.

Put the herbs and garlic into a mortar and pestle (or food processor) and then pound in the lemon zest and juice along with the nuts, and then slowly pound in the oil until you reach the consistency desired.

This will keep in the refrigerator for about 5 to 7 days covered with a thin layer of oil and plastic wrap. It also freezes nicely.

## Valley Cove Oranges

The infamously sweet Valley Cove oranges sold for the past 10 years will not be available this year, and possibly in future years. The orchard was sold to a neighboring farm and the new owner has not provided what our distributor requires as the necessary documentation to validate that they continue to be grown without pesticides. Rumor is that the Valley Cove brand oranges are now being exported. The good news is that we are carrying lots of certified organic tasty bagged oranges at a competitive price. Enjoy!

back yard, and the fact that I love the smell of fresh herbs, I grow them in pots on the back stoop where they get full sun. So, here is a fist full of ideas (and seeds) to get growing. Even though those last crusts of snow still cling to the muddy puddles, the flavors of Provence and the promise of a green-

ing kitchen garden are but a few seed packets away.

Beth Dooley is a Twin Cities-based food writer and cookbook author.

### YOGURT RADISH SALAD

Makes 2 cups

No doubt perhaps the very best way to enjoy radishes is with a plate of good coarse sea salt, dark rye bread and unsalted butter. But, they also make a smart, peppery side to just about any grilled or roasted meat when tossed with yogurt, too. This is an Eastern European classic.

1-2 tablespoons white wine vinegar  
1 teaspoon sugar, optional  
2 teaspoons coarse salt, or to taste  
Cracked black pepper to taste  
2 cups thinly sliced radishes  
1 clove crushed garlic  
1/2 cup whole milk yogurt, drained if watery

In a medium bowl, mix together the vinegar, sugar, salt and a little pepper. Toss in the radishes and allow to marinate for 30-minutes to 1 hour. Toss in the garlic and yogurt and serve.

## ONEOTA CO-OP COMMUNITY GARDEN

niki mosier, dairy buyer/it specialist & co-op community garden liason

At a meeting a few months ago, staff spent time brainstorming increased ways to give back to the community. One idea that emerged was an Oneota Co-op Community Garden with all of the produce donated to area food pantries. The garden will be located on a plot or two at the community garden by the river in Decorah. Garden planting and tending will be done by Co-op staff and volunteers. David Cavagnaro has volunteered his time to help with the planning of the garden and training of garden volunteers. We are formally requesting donations of seeds, plant starters and garden tools from anyone interested. Produce grown in the garden will consist mostly of potatoes, squash, cabbage, onions and other items that store well. There will be an informational meeting for those interested in helping with or donating towards the Co-op Community Garden on Thursday, March 24th at 6:00 pm in the Co-op classroom. If you are interested and cannot attend the informational meeting, please contact Niki Mosier at niki@oneotacoop.com or 382-4666.