

THE SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

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312 WEST WATER STREET ■ DECORAH ■ IOWA ■ 563.382.4666 ■ WWW.ONEOTACOOP.COM

WINTER HOURS (NOV-MAR): MON.-SAT. 8:00-8:00 ■ SUN. 10:00-7:00 ■ SUMMER HOURS (APR-OCT): MON.-SAT. 8:00-8:30 ■ SUN. 10:00-7:00

ONEOTA COMMUNITY FOOD CO-OP
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Not just vitamins

Bill Pardee, Oneota Community Co-op Board President

A widely publicized study from a group of Stanford University physicians, clinicians, and medical students alleged that organic food is not “significantly more nutritious” compared to commercially produced food. The strong criticism of the assumptions and methods of that study by scientists and experts

and few have ever been performed. Children, pregnant women, and anyone with a diminished immune system are especially sensitive to nutrition, however. In addition to vitamins, nutrition includes fiber, anti-oxidants, minerals, phytochemicals and other elements whose effects are still poorly understood by science.



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

of pesticide. When organic foods are contaminated, it is more likely trace contamination with a single pesticide.

However, the Stanford group went farther and called that example “28% less risk” by subtracting 5% from 33% to obtain 28%. Most people would notice that more than six times as many samples of the conventional food had

pesticide contamination. Common statistical practice would summarize the difference as $(33-5)/33=85\%$ less incidence of exposure. In addition, Benbrook explains that most residues

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on nutrition have not been similarly publicized. The failures of the study fall into four groups: 1) the use of misleading assumptions, such as that vitamin content is a primary measure of health benefit; 2) the near neglect of the health risks to the public from contamination by pesticides, herbicides, and disease carrying germs; 3) the neglect of the harm done to farmers and the soil by the use of some chemicals; 4) a presentation of statistics in a way that is unconventional and misleading. Their failure to acknowledge that some scientists reviewing the same data have come to different conclusions. This summary response is based on a 12 page article by Charles Benbrook, Center for Sustaining Agriculture and Natural Resources at Washington State University and comments by Kamyar Enshayan, Director for the Center for Energy & Environmental Education, UNI.

The Stanford group reviewed about 200 papers from other authors, rather than doing any new research. That is a worthwhile activity if it is done carefully and thoroughly without bias. The study's basic conclusion is that no studies demonstrate clinically significant health impact (which they don't define) of organic food. They compare organic and conventional foods based on one or two significant vitamins and to a limited and misleading extent to pesticide contamination. Because food intake is only one part of health, clinical studies of the effects of nutrition are extremely difficult, costly

The Stanford study glossed over the numerous studies of the impact of organic food on pesticide exposure in school-age children. For example, in two studies in the Seattle area and a third in Atlanta, the children were placed on an organic diet. Within a couple days, metabolites of organophosphate pesticides disappeared from their urine. When they returned to a conventional diet, the organophosphate pesticide metabolites returned to their former levels. This was repeated several times with consistent results for the three different groups of children. Again, the Stanford study glossed over strong evidence that pre-natal exposure to these pesticides increases the risk of several neuro-developmental deficits, including autism, ADHD, and asthma.

Avoiding such pesticide exposure is a major reason many consumers choose organic foods. The contamination varies from one food to another. Foods with a thick shell or peel are less vulnerable. The Stanford study presented the results in an odd and misleading way. They compared the number of samples of conventional food with pesticide contamination (33% in one of their examples) with the number of organic samples with some contamination (5% in the same example). First, the number of samples is not a good measure of risk! The risk depends on what kind of pesticide (or how many kinds) and the quantity of pesticide present. Some conventional foods have been found with 10% of the samples showing eight different kinds

From the GM

By David Lester, General Manager

Well, here we are in the midst of the holiday season. Colder weather is on its way and so are relatives to celebrate with us. End of the year projects at work and at home become more imperative, and we haven't even done the shopping yet...aarrgghhh!

These days really creep up on me and the lack of sunlight this time of year doesn't help the matter at all. I feel very lucky to work in a place that offers many comforts to counteract these stressful days. Instead of writing an article in this edition of the SCOOP related to business matters here at the Co-op, I've decided to dedicate this column to listening to ourselves and the little comforts that keep us going.

For the “I forgot we were having people over” situation...

We've all been there. Two minutes before leaving work, you get a call reminding you to pick up a few things for the dinner party or book group you're hosting. When I'm in this situation, I like to go to what I call the “Co-op Trifecta.” This involves picking up a small bag of already prepared sourdough pizza dough from Waving Grains Bakery, a small container of bulk olives, and a block of Prairie Breeze cheese.

The already prepared sourdough pizza dough from Waving Grains has saved me many times. I like to take it home, roll it out on a floured board, rub it with olive oil, sprinkle fresh chopped rosemary and top it off with some kosher salt. Roll it up into a long loaf, pop into the oven for about 15-20 minutes at about 400 degrees and you have the most amazing fresh bread that can be sliced into about 20 pieces. (It also works really well in the

morning using the same technique, only this time with some cinnamon sugar and butter...yum.)

I never used to like olives before coming to work at the Co-op in 2010. The bulk olives that we have located in the Café grab-n-go cooler are incredible and a unique product that you will not find at any other store in town. The salty, oily flavors range in flavor profile between the Kalamata, Black Cerignola, Partanna Green, and the 5-Type Olive mix. You can't go wrong with these and they are a real crowd pleaser.

Prairie Breeze cheese is a world-renowned cheddar-like variety made in Milton, IA. This cheese just makes you feel good after the first bite. The creamy, nutty brightness in this cheese along with the little crunchy

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PRODUCT PARADE

By: Kristin Evenrud, Grocery Manager



a business that promotes environmental sustainability

Here are just a few of the products at the Co-op that we really love and want you to know about. In addition to the information below, I highly encourage you to take time and look at the comprehensive websites these health and environmentally-conscious companies have put together. Enjoy.

LUNDBERG FAMILY FARMS

www.lundberg.com

Cultivating a family tradition since 1937; three generations have made rice their passion, specializing in Eco-farmed, whole grain and gluten free rice products.



Lundberg utilizes farming methods that conserve water resources, build soil integrity, and support a healthier ecosystem. They always follow founder Albert Lundberg's philosophy to "leave the land better than you found it." The rice used in Lundberg products primarily come from California and occasionally, when demand is greater than their supply, from farms in the Southern United States and with wild rice coming from Minnesota.

We carry a range of Lundberg products, from chips, packaged rice, bulk rice and boxed side dishes.

Lundberg was one of the first companies to be third-party certified non-GMO and put the label on their packaging. This is especially important now since Prop 37 did not succeed in California. Companies such as Lundberg that do not use GMO (genetically modified) seeds must independently certify and label their products. Currently companies who do use GMO seeds and ingredients do not need to label their products. As a consumer you can look carefully at packaging to see if a product does not contain Genetically Modified ingredients.

There has been recent media coverage about arsenic levels in rice. Lundberg Family Farms is very conscious of this issue and exercises caution when

producing their rice in order to not increase arsenic levels. Arsenic is found organically in nature; in water and soil and also in the plants that grow. Arsenic is also found in corn, wheat, fruit, poultry, rice and vegetables, as well as beer, wine, fruit juices and water.



The FDA has been monitoring rice for the last 20 years and has found no reason to limit rice intake "in a well-balanced diet." Lundberg independently tests their rice and found in 2011 the level of arsenic in their rice to be 95ppb (parts per billion) which is consistent with FDA testing. The health benefits of rice far outweigh any concern over the current levels of arsenic found in rice. Health benefits of rice include: rich in carbohydrates, no harmful fats or cholesterol, excellent source of niacin, vitamin D, calcium, fiber, iron, thiamine and riboflavin, and is low in sodium. Rice is considered a best food for those suffering from high blood pressure and hypertension. Whole grain rice, like brown rice, is rich in insoluble fiber that may protect against types of cancers.

To learn more about Lundberg Family Farms, check out www.lundberg.com.



TWO MOM'S IN THE RAW

www.twomomsintheraw.com

These popular and delicious nut bars and truffles are gluten free, kosher, vegan, raw, organic and non GMO. The founder of the business, Shari, was diagnosed with MS in 2004. She found that a raw diet worked best for her in managing her condition. She began making healthy snacks and bars to satisfy her nutritional needs and found they were a huge hit with her family and friends. She started making her products commercially with her mother, and they developed the



business into Two Moms in the Raw. Two Moms has since been featured on the Today show and can also be found at Starbucks. We discovered this wonderful company when they called and offered us samples. We tried them, loved their products and know you will love them too. Great after an intense workout, as part of a meal, after a long workday or just because.

What is so special about raw food? Food is considered raw if it has never been heated above 118 degrees. This retains all the goodness found in living food. It gives our body the chance to utilize all of the enzymes we, active and healthy folks, need to function. Two Moms rinse and soak the grains allowing them to germinate, releasing maximum nutrition and enzymes as well as being easy to digest.

The packaging is as good for the environment as the bars are for your body! All boxes are 100% recyclable and are made from 100% recycled/35% post-consumer waste and the bag each bar comes in is #5 recyclable and designed to keep each bar as fresh as the day it was made.



WAY BETTER SNACKS SIMPLY SPROUTED

www.gowaybetter.com

We love these chips because every chip is bursting with goodness. Way Better unlocked the powerful nutrients found in perfect, unprocessed ingredients. They are great with salsa, dips or just by themselves.

Way Better had a simple vision—create a better snack. They partnered with BioEssential Botanicals, one of the world's leading experts in the area of germination. They provide all the premium quality sprouted seeds, grains

and beans used in their products. All Way Better chips are high in omega 3's, antioxidants and other vital nutrients, and all are low in sodium and saturated fat. Some benefits of sprouting are increased vitamins & minerals, increased antioxidants, increased digestibility, and increased nutrient absorption.

In addition to these chips being super tasty and deliciously crunchy they are also third party certified non GMO, all sourced in the Americas, free of oils that have been hydrogenated or contain trans fat, are Kosher and MSG free.

SPROUTING SUPER FACTS: WHAT DOES SPROUTING DO?

- Converts starch into simple sugars making them easy to digest.
- Converts protein into amino acids which are vital for vibrant health.
- Converts fat into fatty acids to help keep your cells happy.
- Concentrates vitamins, minerals, enzymes, and amino acids.
- Antioxidants and Vitamins can increase as much as 1000%.
- Enzymes can increase as much as 800%
- The ratio of soluble to insoluble fiber is better.
- Helps neutralize and remove waste from the body.
- Contain possible anticancer substances.
- Coenzymes are created to more effectively absorb Omega 3s.
- The SGS (that's the good stuff) in Broccoli seeds is up to 50 times higher than in mature broccoli.
- Maximizes nutrient density and is readily bio-available.
- Daikon Radish seeds contain high levels of possible anti-cancer glucoraphenin.

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Is Sodium Not in your Diet?



We have three kinds of chips without any salt added to the mix.

Way Better No Salt Naked Blues Tortilla Chips – Sprouted Golden Flax, Chia Seed, Quinoa, Radish Seed and Broccoli Seed explode with good-for-you nutrients making these chips “way better” than the average tortilla chip.

Michael Season's Natural Gourmet Kettle Cooked Unsalted Potato Chips - Thick & Crunchy. No hydrogenated oils, no preservatives, no artificial colors or flavors.

Garden Of Eatin' Blue Chips Corn Tortilla Chips - No Salt Added - Take a departure from the ordinary snack experience and stick to a low-sodium snack that is high in flavor.

Oneota Community Co-op Board seeks Board of Director Candidates

By: Gary Hensley, Oneota Community Co-op Board Vice President

The Board of Directors seeks interested member-owners to serve on the Board to help ensure a good future for the Oneota Community Co-op. In 2013, there are three positions that will be open for candidates to fill. Bill Pardee, Steve McCargar, and Jon Jensen have reached the end of their terms. Bill Pardee and Steve McCargar plan to run again for the 2013 election year. We thank Jon Jensen for his service on the OCC Board of Directors. Term length for an elected Board member is three years.

Duties and Responsibilities of each Board Member include:

- Read and follow the by-laws of the OCC
- Make a commitment to learn and follow policy governance
- Prepare for each Board meeting
- Attend all regular and special Board meetings and participate actively in discussions
- Attend all meetings of the Membership
- Share equally with other Directors in committee and task-force work
- Disclose conflicts of interest immediately
- Maintain knowledge of current programs and staff of the organization
- Support the OCC by being an active Member-Owner and shopping regularly
- Actively recruit new OCC members and encourage their participation
- Serve as an advocate for the OCC
- Be accessible, by phone and e-mail, to Board and Membership
- Fulfill commitments with agreed-upon deadlines
- Be loyal to the organization
- Hold in confidence any information so designated and follow the code of conduct
- Take initiative and provide leadership

Any member-owner interested in being elected to the Board of Directors can pick up an application packet at the customer service desk at the OCC or can access it on the OCC website. Questions arising from reviewing the material may be addressed to any Board member through their contact information found in the Board of Directors section of the website.

The calendar of events for the election is as follows—

Activity	Deadline
Candidate recruitment / self nomination	Ongoing
Candidate applications and statements due for all candidates	17-December-2012
Board interviews candidates as necessary	Mid January
Board Nomination	29-January-2013 at regular board meeting
Final deadline for all candidates for name inclusion on ballot	11-February-2013
Candidate forum TBA	
Ballots and candidate statements with announcement of annual meeting mailed to members in good standing	3-March-2013
Voting ends at end of business day	1-April-2013
Administration of ballot counting	From 2-April through 6-April-2013
Election results announced	Annual meeting (usually first Thursday in April)
New board members start service	23-April-2013 (first board meeting after annual membership meeting)

Bulk Loose Leaf Teas

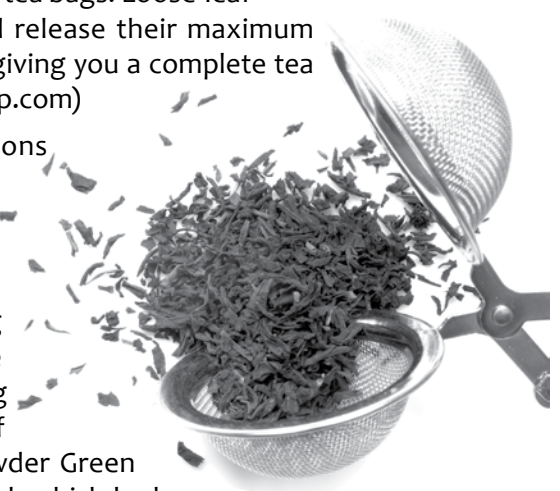
By: Carl Haakenstad, Bulk Buyer; Nate Furler, Marketing Manager

“Bulk teas — also known as loose leaf or whole leaf teas — offer the best flavor and value. Whole tea leaves retain components of *Camilla sinensis* (tea plant) that are diminished with the chopping, grinding and sifting that prepares tea for tea bags. Loose-leaf teas unfurl while steeping and release their maximum aroma, taste and goodness — giving you a complete tea experience.” (www.frontiercoop.com)



We have some exciting additions to the loose leaf tea section of the Bulk department.

However, before I talk about what's new, I want to explain just how economical purchasing tea in bulk can be. It can be quite intimidating to look at the pricing that is listed on the bulk loose leaf tea jars. For example, Gunpowder Green Tea is listed as \$29.99 per pound, which looks anything but economical. However, let's break it down and see just how much a cup of bulk tea will cost you.



The suggested amount of bulk loose leaf tea used, in general, per 8-ounce tea cup is one teaspoon. Looking specifically at the Frontier (bulk) English Breakfast tea, the price on the jar is listed as \$25.59 per pound, or \$1.60 per ounce. When measured out and weighed, one teaspoon of this bulk, fair trade, organic loose leaf tea costs \$.09 per teaspoon or cup brewed. In figuring out the price per cup of an assortment of bulk loose leaf teas carried here at the Co-op, all of which are organic, I came up with an average expense of \$.15 per teaspoon (cup brewed). Boxed, pre-bagged teas on our shelves average \$.34 per bag (cup brewed). This is over a 50% savings by purchasing bulk loose leaf tea, instead of the boxed, pre-bagged variety.

In addition to the cost savings, bulk loose leaf tea saves considerably on packaging. Individually wrapped tea bags are a thing of the past with bulk loose leaf. Tea bags in general are no longer necessary, as one can simply use a reusable stainless steel tea infuser which will last indefinitely. For a minimal investment of \$2.99, your tea infuser will pay for itself after enough cups of bulk tea to equal ONE box of the pre-bagged variety.

Now, on to what's new! One of our new herbal teas is Warming Crimson Berry. It is just perfect for winter because it combines cranberries, hibiscus, and chili peppers. This combination creates a fruity and tangy cup of tea with just enough spice to warm you on a cold winter evening. We now also feature Hibiscus Flower Petals which can be made into a tea on their own, or used in creating your own herbal tea blend. Hibiscus tea is bright red and has a pleasant, tart fruitiness. Drinking hibiscus tea is believed to have the added benefit of helping lower blood pressure. In multiple clinical trials people with mild to moderate hypertension saw a reduction in their blood pressure, believed to be from drinking hibiscus tea before breakfast. (One study was from USDA's Agricultural Research Service and another was published in the scholarly journal *Phytomedicine*). We have also added Holy Basil, or Tulsi, to the herbal tea offerings. Holy Basil is a healing herb that has been used for thousands of years in India. It is reputed to be a stress relieving and immunity boosting herb. Finally, raw Dandelion Root has been added to the herbal tea section. Dandelion root has long been used by herbalists for its cleansing properties, especially pertaining to the liver and gallbladder.

We welcome you to try the world of bulk, loose leaf teas. We hope that you find them as pleasing to your palette as we do for both our palette and the planet.

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CO-OP EVENTS & CLASSES

www.oneotacoop.com/classes-and-events

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

Some classes are moving up the block!

Over the last year our attendance at educational classes here at Oneota has increased. A lot! We have been working to increase the number of offerings to meet this demand. This plan is working, except classes are often meeting registration maximums. Our next step is to increase the space available to teach in. We are working with the First United Methodist Church in order to use the excellent kitchen space available in their building. Please take extra care in noting the location of classes in the upcoming months. Many of our cooking classes will take place in this new space at 302 W. Broadway St., Decorah. FUMC is just two blocks from our store and easy to locate on historic Broadway St.

Keep your eyes open for KIDS CLASSES in our weekly e-newsletter the COMM POST. Plans are in the works to host a variety of classes for younger age groups throughout this school year. Classes will be announced in upcoming COMM POST newsletters as well as on our Calendar of Events found on our NEW website – www.oneotacoop.com.

JANUARY

Juicing Tonics

Saturday January 5, 10:00 - 11:30 am

Join juicing enthusiasts, Katherine & Lindsey, and start your morning out right. We'll introduce you to a variety of juicers while creating recipes that focus on improving a variety of health concerns, clearing out your systems of the extra toxins we put into them over the holiday season and starting your year off on a healthy foot. We'll also make "Tonics" (that's the juicing term for small shots of juice that will leave you craving more!) that support the system during the cold and flu season. No juicing knowledge is needed, nor do you need to own a juicer (but we promise you'll want a juicer by the end of the class). If you juiced with us before, join us again for more recipes and ideas to build on your earlier classes.

Instructors: Katherine Whitsitt and Lindsey Harman
\$8 Co-op Member/Owners, \$10 Community Members
Location: Oneota Community Co-op Classroom

Toward Better Birth: Creating Your Birth Plan

Wednesday, January 9, 6:00 pm

Join Certified Birth Doula, Midwives' Assistant, and Childbirth Educator, Lindsey Harman, for an evening of discussion about you, your baby and your birth. We'll cover the different stages of labor and what options are available at each stage, helping you craft your own plan for your birth. Wondering about the details of typically offered procedures, medications, and interventions? Have questions about the physiology of birth and about what you might expect from your body, your baby and your partner in labor? We'll cover all of that too. Join us.

Instructor Lindsey Harman
\$3 Co-op Member/Owners, \$5 Community Members
Location: Oneota Community Co-op Classroom

Welcome to the Co-op! Member/Owner Orientation

Thursday, January 10, 6:00 pm

Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section, member/owner benefits and more. Also a great chance to sample products as we tour through the store. Receive a \$5 store coupon for each owner household that completes the tour.

FREE

Make Your Own Baby Food

Tuesday, January 15, 6:00 - 8:00 pm

This hands-on class will have you in the kitchen making a variety of pureed baby foods which participants will take home for their young children to enjoy. Moms, grandmas, childcare providers who have or will soon have an infant ready to eat pureed baby food - this class is for you! Store bought baby food is expensive - learn how to make nutritious, safe and inexpensive food in your own home that tastes so good anyone in the family will eat it. Class covers preparation styles and ideas, safe storage instructions and several recipes.

Instructor Johanna Bergan
\$15 Co-op Member/Owners, \$20 Community Members
Location: First United Methodist Church, 302 W. Broadway St., Decorah

Meatless Mondays Class Series

Fabulous Finger Foods: Veggie Starters Invade Your Dinner Party

Tuesday, January 22, 6:00 - 7:30 pm

We're about to take the idea of greasy bland appetizers, and turn it on its head. Get ready to make gorgeous, healthy, and delicious finger foods sure to impress the pants off of your friends. Think Mediterranean stuffed mushrooms, creamy white bean dips, olive tapenade, samosas, tempurah, and other things you've only swooned at over cocktails somewhere swanky. We'll show you how easy it is to create hors d'oeuvre with style, sass, and nutrients.

Instructors: Amanda Wikan and Cerrisa Snethen
\$15 Co-op Member Owners, \$20 Community Members
Location: First United Methodist Church, 302 W. Broadway St., Decorah

Raw Appetizers and Desserts

Wednesday, January 23, 5:30 pm

Well into the new year and looking for ways to keep making healthier food choices? Look no further. Class will be spent making foods without cooking (raw!). Not only does this make for easy and quick preparation but means the food is more nutritious. Your body will love you and your appetizers will make you the star of whatever party you attend next.

Instructors Johanna Bergan and Lindsey Harman
\$10 Co-op Member/Owners, \$15 Community Members
Location: Oneota Community Co-op Classroom

How to Boil Water: The Joy of Soaking (Beans)

Thursday, January 24, 5:30 - 6:30 pm

Beans and legumes are frequently recommended to those of us with dietary questions. A good source of protein for vegetarians, rich in fiber, lower calorie count than red meat and inexpensive. If only the darn things weren't so hard to cook! Spend an hour exploring (hands-on) the many ways to cook dry beans with recipes shared for quick meal ideas. Find a way to cook with beans that fits into your life schedule.

Instructor Johanna Bergan
\$10 Co-op Member/Owners, \$12 Community Members
Location: First United Methodist Church, 302 W. Broadway St., Decorah

Easy Sausage Making at Home with Chef Justin Scardina

Monday, January 28, 6:30 pm

Ever want to make sausage at home but felt intimidated by the process. Join Chef Justin and learn the basics of home preparation of sausage-making. We'll cover all the processes, and you'll go home with some delicious treats as well.

Instructor Chef Justin Scardina
\$25 Co-op Member Owners, \$30 Community Members
Location: First United Methodist Church, 302 W. Broadway St., Decorah

EXPLORING FOODS

Class held Thursdays 4:00 - 5:00 pm on the following dates:

January 10	Sandwich Art
January 24	Veggie Dippers #1
February 14	Cinnamon Ornaments
February 28	Veggie Dippers #2

Each class is \$8.00 per child.
Classes designed for ages 3-7 years old.
Oneota Community Co-op Classroom
Taught by Melanie Stewart

Explore foods through sight, sound, smell and tactile experiences. The love of cooking and eating good food starts young. Children who are given choice and are able to lend a hand in preparing their foods eat a wider variety of nutritious foods and are able to make healthier choices as they grow. Let that process start here at the Oneota Community Co-op.

CLASSIFIED

Patchwork Green Farm is now hiring a garden crew for the 2013 season. Contact Erik Sessions at 387-0837 or eriksessions@gmail.com about details.

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. www.oneotacoop.com/about-the-coop

FEBRUARY

How to Boil Water: Dips and Spreads

Thursday, February 7, 5:30 - 6:30 pm

Dips such as hummus and baba ganoush are perfect for party appetizers and potluck gatherings. The basics of cooking beans taught in January's "How to Boil" class will come in handy for this session. Practice making a wide variety of spreads during this class (and taste along the way). Only class requirement: All participants must promise not to tell how easy and quick these delicious appetizers are to make!

Instructor Johanna Bergan

\$10 Co-op Member/Owners, \$12 Community Members

Location: First United Methodist Church, 302 W. Broadway St., Decorah

Meatless Mondays Class Series

My Daughter's Been Abducted by Vegetarians: A Crash Course in Vegetarian Breakfast

Tuesday, February 12, 6:00 - 7:30

What do you do when suddenly someone you love's gone all herbivore? Breakfast might be the most important meal of the day, but how do you prepare it without eggs and bacon? Let's get our breakfast burrito on! Before you know it, you'll be a tofu scramblin' and veggie pancake flippin' fool. We'll show you how to whip up "I Can't Believe It's Eggless!" french toast. Need it gluten free? No problem! We'll take beautiful vegetables, fruits, and grain, and teach you how to turn it into gold. Quinoa's not just for dinner ya'll!

Maybe you're not even cooking for a veggie, but you just want to learn how to create healthier breakfasts for the whole family. Join us! You'll be brunchin' in no time!

Instructors: Amanda Wikan and Cerrisa Snethen

\$15 Co-op Member Owners, \$20 Community Members

Location: First United Methodist Church, 302 W. Broadway St., Decorah

Welcome to the Co-op! Member/Owner Orientation

Wednesday, February 13, 6:00 pm

Please note the change in regular schedule due to Valentine's Day

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. Receive a \$5 store coupon for each owner household that completes the tour.

FREE

Release Weight Through Hypnosis

Thursday, February 21, 6:00 - 8:00 pm

Release weight with ease and grace through hypnosis and ThetaHealing®. Attain your ideal weight with Janet. Learn how to test yourself for sabotaging, subconscious beliefs; some you don't know you have! Eliminate them and align your subconscious programs to shed excess weight. Receive a way to continue to release unwanted pounds daily.

Instructor Janet Wahl, PhD, CHt, is a certified medical support hypnosis provider. See more about her experience and training at www.mindbalance.us.

\$15 Co-op Member/Owner, \$20 Community Member

Location: Oneota Community Co-op Classroom

Hot and Tasty: Soups with Chef Justin Scardina

Monday, February 25, 6:30 pm

It's a perfect time of year to be making delicious wintery soups. Join Chef Scardina in making Onion Soup and Roasted Vegetable Soup. This class will be hands-on and preparing the soup will give time for lessons in knife skills.

Instructor Chef Justin Scardina

\$15 Co-op Member Owners, \$20 Community Members

Location: First United Methodist Church, 302 W. Broadway St., Decorah

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.)

From the GM

continued from page 1

crystals of flavor make this my "go-to" cheese for almost any occasion. I would have never thought a cheese could brighten a cloudy day in mid-January, but this one does the trick.

For the "I only have how many minutes before you need my SCOOP article?" kind of day...

We all have deadlines to meet in some form or fashion, right? Coffee usually isn't the best first choice in these types of situations, but sometimes the stress is just too much. I like taking a trip through our Wellness department and going straight to the Aura Cacia essential oil tester smell-buffet-bar. With over 60 different essential oil choices, there is bound to be one that brings you to that calm place. I really like the tried-and-true lavender oil and something in the cedar/juniper/spruce family of scents that quickly brings me to a walk in the tall, piney north woods.

When things get really bad, there is nothing better, in my opinion, than the Bach Flower Rescue Remedy. Also found in our Wellness department. The calming properties of this flower essence bring me to my happy place no matter how high the paperwork or snow drifts might get.

For the "I need to tell a co-worker how hard my day has been and share these treats with..." kind of day...

We all do it. We just need someone to listen to us and make us not feel so guilty about the half pound of candy we just purchased. Okay, maybe not everyone goes to this type of coping mechanism, but it works for me. My three favorite treats in our store to share with others are the milk chocolate pecan clusters, sprouted almonds, and those little delicious Satsuma mandarin oranges.

The first two items are located in our bulk section and you can buy as little or as much as you want depending on the



kind of day you're having. The milk chocolate pecan clusters are so good and usually just one or two will satisfy. I especially like putting these in a warm place like a windowsill or a computer monitor for just a few minutes. The caramel melts just enough so you can stretch that gooey layer about 6 to 8 inches before eating it. If you have never had a sprouted almond before, then stop reading this article and head down to the Bulk aisle right now. The crunch has no comparison. They just kind of "pop" between your teeth and the taste is pure almond. These would also go with a nice tapas spread with the olives, bread and cheese that I mentioned before.

Who doesn't like those Satsuma oranges? They are in the store, and they are one of our Produce department's best sellers this time of year. For me, it takes me back to being a kid on Christmas morning and reaching down into the stocking to find one of these little gems. Ahh.

I invite you to come visit our store sometime in the near future and take your time to look around and find your own comfort foods and things that make you happy. Our staff is educated to help you with any question you may have and are always eager to help. In the next edition of the SCOOP I promise to write more about sales growth, membership growth and some exciting projects happening in the store. For now, I'm going to finish my half pound of pecan clusters.

Cheers, David

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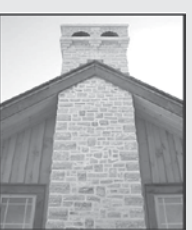
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Perfect Circle Corp - Lake Mills, IA

By: Betsy Peirce, Produce Manager

Just 40 miles north of Mason City, outside of Lake Mills, IA, Perfect Circle Corporation is doing something

revolutionary to provide Certified Organic and sustainably grown food and create jobs in Iowa year round. Perfect Circle is in the business of growing certified organic tomatoes. They have two greenhouses situated near the Central Disposable Landfill, and here is where the story gets interesting.

Perfect Circle Corp. is heating their greenhouses using a technology developed by Waste Management of Houston, TX called Gas to Energy. Gas to Energy is a process whereby methane gas from the [Central Disposable] landfill is pumped into a power plant (in this case across the street) where it is processed and generators turn it into enough electricity to power over 4,000 homes. A byproduct of this process is hot water. This water is used to cool the generators at the power plant. This is where Perfect Circle Corp. becomes part of the loop. Perfect Circle contracts with Waste Management to recapture the [now] hot water and use it to heat their greenhouses a mere 100 feet away from the power plant.

The waste water is not directly used by Perfect Circle. Each facility's water is kept in closed loop systems. Instead, the waste water goes through a heat exchanger and heats metal plates, which thereby heat the Perfect Circle water. The water temperature is

regulated thermostatically and then released into pipes under the floors of the greenhouse.

Typically waste water from power plants is released into nearby streams and rivers. There it can damage the ecosystem with water that is around 25 degrees warmer than it originally was.

"Perfect Circle's innovative idea is to use landfill gas to show how living things use and create energy in a cycle that can easily be tapped without harming the Earth. Thinking about energy in new ways, such as part of a recurring natural cycle rather than something created by burning a limited resource, is a major challenge in the move toward widespread, affordable renewable energy." (<http://www.alternative-heating.com/Landfill-Gas-Fuel.html>)

Every aspect of their operation is taken into consideration in order to have a minimal carbon footprint and to be as sustainable an operation as they can be. They achieve this by using drip irrigation lines to conserve water resources. In addition they use energy

efficient LED lighting to grow their tomatoes.

They are also extremely proud of the fact that they are creating hundreds of jobs in some of the hardest hit job loss areas. Their employees receive great benefits to go along with a solid wage. Their training program is designed to turn all of their employees into skilled labor.

They place emphasis on providing food to local sources rather than shipping far and wide. They select varieties based on flavor and nutrition rather than growing varieties that ship and handle well, but are less

e1 a retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed and affordable



flavorful. Perfect Circle distributes in Minneapolis to a few grocery chains and distributors and also to Hy-Vee stores in Iowa. Oneota Co-op buys Perfect Circle tomatoes from Co-op Partners Warehouse in Minneapolis.

Their goal is to produce 350,000 to 500,000 pounds of tomatoes each year. They also plan on expansion in the spring with diversification of crops being another goal.

We are proud to carry Perfect Circle tomatoes and to support a company that is doing something towards furthering our mission at the Co-op to support local, sustainable businesses.

Comment: Can we have booster seats for toddlers in the cafe seating area please?

Answer: Thank you for your comment. We have had more than one person request booster seats for their children to use while dining at the Co-op. We do not want to purchase the traditional booster seats that strap to a chair because of the potential for accidents with children. Parents forget to strap these to the chairs, kids stand up in them and they are not a safe solution. The high chairs that we currently have are a very safe seating option and if you know of a safer product that might be out there in the world, please let us know about it!

Comment: I like your cake mix - no hydrogenated oil!

Answer: Thanks! We like Dr. Oetker's too. In addition to having no hydrogenated oil, the Dr Oetker products we carry are organic. Easy to make by just adding eggs, oil and milk to the cake mix and you are ready to bake.

Organic mixes we carry include: Chocolate Cake Mix, Vanilla Cake Mix, Chocolate Chip Cookie Mix, Apple Cinnamon Muffin Mix, Cornmeal Muffin Mix, Brownie Mix, Chocolate Frosting Mix, and Vanilla Frosting Mix.

Comment: Why is it always so hard to have fresh ground beef?

Answer: That is a great question! There are actually quite a few factors that go into how and when we get fresh ground beef. Our primary goal in the Meat department is to provide local and primarily grass-fed beef. For the farmer to have meat available we need to look at: 1) Is an animal ready. 2) Is there a slot at the local locker for slaughter. 3) Have there been any mishaps- like all the fresh meat accidentally being put in the freezer at the locker, a truck being late, a steer escaping as he is being led off the trailer - which really did happen recently!

We could start carrying more meat from sources farther away, grain fed and more expensive just to fill the space but quite frankly a pound of burger thaws really quickly when you put the package in cold water. We try to always have a fresh ground beef option available, but sometimes nature just doesn't work in our favor.

Customer Comments

Not just vitamins

continued from page 1

in organic food are much lower than in conventional food, as well as less likely, and multiple kinds of pesticide are rare in organic food but common in conventional produce.

In the last few years, we have seen numerous recalls of food contaminated by disease causing pathogens such as e-coli, salmonella and listeria. Mass production of food makes our food system more vulnerable to such public health risks, and many people believe those risks are less with organically produced food.

It is well understood that raising meat animals with regular use of antibiotics breeds antibiotic-resistant bacteria. Even if those bacteria are not transferred to the meat itself, those bacteria eventually reach the human population, reducing our ability to treat disease. Many people choose organic food to reduce that risk. In fact, the incidence of ampicillin resistant bacteria on chicken and pork was found to be 52% with conventional food and 18% on organic samples. Stanford called this "only" a 35% reduction, but most people would say the risk is about three times as high (3x18 =54).

Similarly, many people choose organic food to support a more sustainable agriculture - an agriculture with lower risks to agricultural workers. Kamyar Enshayan asks, "How would Iowans' health improve if we did not apply 6 million pounds of atrazine, a known endocrine disruptor, and a very possible breast cancer carcinogen? Would levels of ADHD among children go down if millions of pounds of known neurotoxins were not added to our food every year? Would the rate of Parkinson's disease in the Midwest (twice the national rate) go down if we went organic?"

In summary, the Stanford study used criteria that are either impossibly demanding (clinically significant health impact) or too limited (vitamin content) for comparison, largely neglected the effects of chemicals and germs, glossed over results that conflict with their conclusion, and presented statistics in a misleading way. If you'd like references to more detailed criticisms, please email me at oneotapardee@gmail.com

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By: Carl Haakenstad, Bulk Buyer

With the holiday season fast approaching, I wanted to spend a little time talking about herbs and spices. What would the holidays be like without all of the wonderful spices of the world? Just imagine ginger bread boys and girls without ginger; stuffing without sage and rosemary; no herbs to rub on the turkey or goose; and where does that leave spiced holiday wine? The holidays would have a lot less color and flavor if it weren't for herbs and spices.

If you buy your culinary herbs and spices at Oneota Co-op, you have Frontier Natural Products Co-op to thank for bringing all of these wonderful flavors to your holiday table. Frontier Co-op was started as a two person operation in 1976 along the Cedar River in eastern Iowa. Over the years they have grown, but as they like to say they were "born a co-op" and they are "still a co-op." Their main facility is now located in Norway, Iowa - not far from Cedar Rapids. I was lucky enough to get a tour of the Frontier facility last year. From their high-tech quality assurance lab to their high-pressure steam sterilizer and how well they treat their employees, I was definitely impressed with what I saw.

I came away from our visit realizing just how committed Frontier is to the quality of their product and to the

responsible sourcing of all of their herbs and spices. Occasionally when I place my order with them, I am told that a certain product is out of stock. Though frustrating for customers, it is reassuring to know that these out of stock situations are typically caused by rejected ingredients due to quality reasons. Their dedication to quality is second to none and contributes to our belief that Frontier's herbs and spices are the best around.

When you are sitting down to your holiday meals think not only of the farmers who raised the turkey, or soybeans for tofurky, but also about the farmers who raised the cinnamon, oregano, or paprika - without which most meals would be incomplete.

New Bulk Herbs and Spices

We are also happy to be carrying some new products from Frontier in the bulk herb and spice section. First, we have brought in some new flavored salts that can be used to add new depth of flavor. We now carry Celery Salt which is purely a mixture of ground celery seed and sea salt. We also now carry Seasoning Salt that is packed with delicious spices such as mustard seed, paprika, cayenne, and allspice - just to name a few. Seasoning Salt is a great way to add complex flavor to a quick meal. I have fond memories of eating simple oven fries sprinkled with

seasoning salt that my mother would make quickly after a long day of work.

Another exciting addition is Applewood Smoked Sea Salt. This salt is truly smoked over eastern Washington applewood at low temperatures. It is perfect used as a finishing salt or in any other dish where a subtle smokiness is welcome or desired. Finally, we have a bulk Himalayan Pink salt. This salt is mined in the Himalayan Mountains and



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has coloring from pink to red because it contains many important trace minerals and iron. Try the recipe below for Chili Sweet Potato Fries that can be prepared quickly while providing a delicious and nutritious snack or side.

Chili Sweet Potato Fries

www.frontiercoop.com

Ingredients

2 sweet potatoes
1 tablespoon sunflower oil
or olive oil

seasoning salt to taste
1/2 to 1 teaspoon chili powder

Directions

Preheat oven to 400 degrees. Scrub and slice sweet potatoes into strips. Drizzle oil onto potatoes, tossing until lightly covered. Mix with hands if necessary. Sprinkle with seasoning salt and then with chili powder. Bake roughly 15 to 20 minutes or until fries are caramelized and crunchy.

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Moosewood Restaurant

By: Beth Rotto, Cheese Buyer

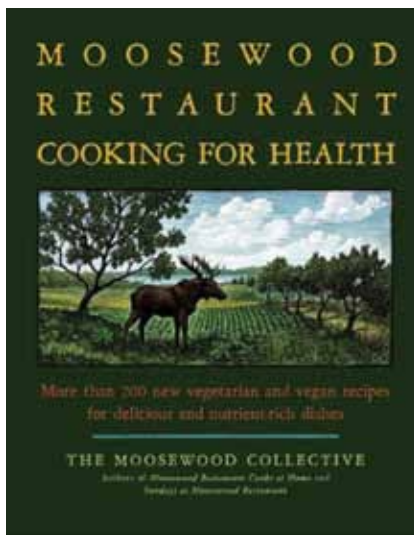
While on a family vacation recently, I had the thrill of visiting the Moosewood Restaurant in downtown Ithaca, New York. Like many longtime Co-op members, I have well-worn copies of Moosewood cookbooks going back to the 1970s. My husband, Jon, actually gave me the original Moosewood Cookbook on Valentine's Day, 1979. I learned to cook the food found in our first co-op store - mainly grains, beans and herbs - with directions found in those first Moosewood cookbooks.

Moosewood cookbooks feature creative vegetarian cooking with familiar and eclectic recipes from around the world. Currently there are at least a dozen books, including "The Enchanted Broccoli Forest," "Sundays at Moosewood Restaurant," "Moosewood Restaurant Cooks at Home," "Moosewood Restaurant Cooking for Health" and more. Using recipes from their first cookbooks, I tasted pesto for the first time, sautes with garbanzo beans and other unfamiliar vegetables, miso soup, rice salads, meatless lasagna and much more.

Philosophically I had become a vegetarian at age 22, after reading "Diet for a Small Planet" by Frances Moore Lappe because I was concerned about hunger and the politics of food.

4 et a community that is educated about food and other products that are healthy for people and the environment

Many of my friends were making this choice as well, but we didn't really know about vegetarian cooking. I remember one meal with friends who served steamed whole carrots in hot dog buns complete with catsup and mustard. Can you see why we were so excited to find out how to make guacamole, quiche, and curries from the Moosewood cookbook?



In addition to their delicious recipes, the Moosewood Restaurant was a great inspiration because it was, and still is a collectively-owned business. The restaurant has been collectively owned since 1973, and some of the original collective members are still working together there. As a member,

myself, of Oneota Co-op's original collective management team (I was on the collective from 1981-1988) I admired this successful business from afar. The 1970s and 1980s were an exciting and challenging time in the history of our Co-op, as we struggled to build our business and make good decisions for our store and community.

Moosewood made me proud because they were a thriving collectively run business, sharing responsibilities and



resisting a hierarchical structure. Their work, like ours, reflected concern for health, agriculture, peace, justice and community. That's why, last August, I was quite excited, after enjoying a delicious meal featuring fresh, local ingredients at the original restaurant, to stumble on a table full of Moosewood collective members. I could hardly believe it! Full of energy, they graciously welcomed us, asked

us questions and smiled for our cameras. They were just concluding a dinner meeting with their publisher about their newest cookbook, to be released in September 2013. I told them I intended to tell you all about our meeting in the Scoop. Greetings from Moosewood!

Look for Moosewood Cookbooks for sale in our book section.

Stracciatella

Stracciatella means "torn to rags or tatters," which describes the egg and cheese mixture cooked in this classic Italian soup. We've added greens to create a filling and healthful dish. This quick and simple soup, best eaten as soon as it comes off the stove, is one of our favorite at-home suppers.

Yield: about 6 cups, Time: 20 minutes

Ingredients:

2 large eggs	Pinch of red pepper flakes
2 Tbsp grated Parmesan cheese	2 cups lightly packed chopped fresh spinach
Pinch of grated nutmeg (optional)	¼ cup chopped fresh basil
Sprinkling of salt and ground black pepper	2 cups vegetable broth
2 Tbsp extra-virgin olive oil	2 cups water
3 garlic cloves, minced or pressed	1 Tbsp lemon juice

Directions:

1. In a bowl, beat the eggs with the Parmesan, nutmeg, salt, and pepper. Set aside.
2. In a soup pot on low heat, warm the oil. Cook the garlic and red pepper flakes for 30 seconds. Add the spinach and basil and stir until the spinach has just wilted. Add the broth and water and bring to a boil. Then reduce to a low simmer and drizzle the egg mixture into the center of the pot in a thin stream while stirring gently. The egg mixture will form "tatters" as it hits the hot liquid. Be careful not to over stir. Stir in the lemon juice and add salt to taste. Serve right away, while the spinach is bright green.

VARIATION: Replace the spinach with other greens such as escarole, mixuna, chard, arugula, or watercress.

SERVING AND MENU IDEAS: Serve with crudité and whole grain bread.

"Moosewood Restaurant Cooking for Health" Moosewood Collective, November 2009 Simon and Schuster. Reprinted with permission of Moosewood Inc.

Thai Red Curry

A delectable curry that is well paired with brown rice or whole grain pasta to soak up the highly flavored sauce.

Serves: 4, Yields: about 7 cups, Time: 50 minutes

Ingredients:

8 ounces firm tofu, cut into ¾ inch cubes	1 cup ¼-inch-thick diagonally sliced carrots
2 Tbsp soy sauce	3 cups bite-size cauliflower florets
1 Tbsp grated, peeled ginger root	1 cup cut green beans (2-inch pieces)
4 tsp vegetable oil	1 red or yellow bell pepper cut into 2-inch strips
3 garlic cloves minced	1/2 cup chopped fresh basil or cilantro, or both
1/4 cup minced shallots or onions	1 Tbsp lime juice
1 Tbsp Thai red curry paste (see note)	
1 14-ounce can of coconut milk	
1 cup water	
2 Keiffer lime leaves (optional)	

Directions:

1. In a bowl, toss together the tofu cubes, soy sauce, and 1 teaspoon of the grated ginger. Set aside for at least 10 or 15 minutes while you prepare the vegetables. Then drain the tofu cubes, reserving the marinade.
2. In a skillet on medium heat, warm 2 teaspoons of the oil and add the drained tofu cubes. Cook for about 5 minutes, stirring occasionally, until the tofu is golden. Set aside.
3. In a soup pot on medium-high heat, warm the remaining 2 teaspoons of oil, add the remaining 2 teaspoons of ginger and the garlic, shallots, and red curry paste, and cook for about a minute, stirring constantly to prevent scorching. Stir in the coconut milk, water, and lime leaves, if using, and bring to a boil on high heat. Stir in the carrots and cauliflower, bring back to a boil, reduce the heat, and simmer for 5 minutes. Add the green beans and simmer for 2 or 3 minutes, until all of the vegetables are crisp-tender. Stir in the lime juice and add salt and more curry paste to taste.

NOTE: Know your curry paste. Hotness varies, so start modestly - you can add more later.

VARIATIONS: Substitute your favorite vegetables for those we call for in this recipe but try for a variety of colors. Try sweet potatoes for the carrots, asparagus or snow peas for the green beans. Baby corn and straw mushrooms are good additions.

SERVING AND MENU IDEAS: Serve on brown rice or whole grain pasta, garnished with lime wedges and topped with chopped peanuts or cashews.

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Spinach Quesadillas

Whole grain, less cheese, lots of nutrient-rich spinach - and it's still a quesadilla. Kids gobble these down. Dip the triangles in your favorite salsa.

Serves: 4, Yields: 4 Quesadillas, Time: 25 minutes

Ingredients:

1 Tbsp olive oil	1/4 tsp salt
2 cups finely chopped onions	1/4 tsp ground black pepper
1 fresh chile, minced	4 8- or 10-inch whole wheat flour tortillas
5 cups chopped fresh spinach, large stems removed, (about 10 ounces)	1 cup grated Monterey Jack cheese
pinch of dried oregano	

Directions:

1. In a large saucepan on medium-high heat, warm the oil and cook the onions and chiles for 4 or 5 minutes, until softened. Add the spinach, oregano, salt and pepper. Stir until the spinach has wilted, a minute or two. Remove from the heat and drain.
2. Place one of the tortillas in a dry skillet on medium heat (for a crispier quesadilla, lightly oil the skillet). Sprinkle on 1/4 cup of the grated cheese. After about a minute, when the cheese has begun to melt, spread 1/4 of the drained spinach mixture over half of the tortilla. Fold the tortilla over the spinach and cheese to make a half-circle and cook for a minute. Turn the quesadilla over and cook until the cheese is thoroughly melted and the bottom of the tortilla is speckled brown, about a minute.
3. Remove the quesadilla and slice it into wedges. Repeat with the remaining tortillas.

SERVING IDEAS: Serve with your favorite salsa.

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Meatless Mondays: Take a Break from Meat - for Your Health and the Environment



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

By: Johanna Bergan, Education and Outreach Coordinator

Great minds think alike. Staff at the Oneota Community Co-op were tossing around ideas – how to promote healthy, vegetarian options to our meat loving customers. Customers were talking amongst themselves about how to get the Co-op to have more vegetarian options in the Water Street café. The comment box and my email inbox blew up with the same idea in the same week - let's go meatless on Mondays.

This is not a new idea. In fact, Meatless Mondays is a national campaign developed at the John Hopkins' Bloomberg School of Public Health in 2003. The campaign brought together four concepts: consumers respond to well-made marketing campaigns, historically; the United States has gone meatless before, in both World Wars our Presidents requested a lower meat consumption; the environmental impacts of reducing (not even eliminating) are huge; and most Americans could do with consuming more vegetables and leaner protein.

It is important to note that the campaign for Meatless Mondays is not about becoming vegetarian. Think of these days as an opportunity to take your taste buds on an adventure, a chance to try something new and fall in love with vegetables and beans and maybe even tofu. This is about eating in a more sustainable, heart-healthy manner and reducing carbon emissions along the way.

On Mondays, lunch at the Water Street Café is exactly what you would expect – the delightfully unexpected – every day. Our daily challenge to our Café Chefs: we provide the theme and you cook with local, organic ingredients to make an original lunch theme each day. The variety has proven popular among our members and customers. Just one new twist, each Monday the hot bar will be meat-free. Note that the Cafe will continue to offer the option of oven-roasted, to-go chickens at 3:00

pm each day due to customer request.

Health Benefits:

- *Reduce Heart Disease: Replace saturated fat (meat & dairy) with unsaturated fat (vegetable oil, nuts) and reduce heart disease by 19 %.¹
- *Fight Diabetes: Consuming more red meat increases the risk of type 2 diabetes.¹
- *Limit Cancer Risk: Diets high in fruits and vegetables reduce the risk of cancer.²

Environmental Benefits:

- *Minimize Water Usage: 1800 – 2200 gallons of water are used per pound of beef (vs. 220 pounds for tofu produced in California).³
- *Reduce Fossil Fuel Usage: 40 calories of fossil fuel energy go into one calorie of feed lot beef.⁴
- *Reduce Carbon Emissions: UN estimates nearly 20 % of man-made emissions come from the meat industry.⁵



¹Mozaffarian, D. Micha, R. and Wallace, S. "Effects on Coronary Heart Disease of Increasing Polyunsaturated Fat in Place of Saturated Fat." March 2010. PLOS Medicine Journal.
²D. Aune, G. Ursin, and MB Veierod. "Meat Consumption and the risk of type 2 diabetes." 2009. Diabetologia.
³Physicians Committee for Responsible Medicine. "Meat Consumption and Cancer Risk." www.thecancerproject.org
⁴Kreith, M., Water Inputs in California Food Production. 1991, Water Education Foundation: Sacramento, CA.
⁵Pimentel, D. and M. Pimentel, Sustainability of meat-based and plant-based diets and the

environment. American Journal of Clinical Nutrition, 2003.
⁶"Livestock's Long Shadow." Food and Agriculture Association of the United Nations, Rome 2006.

Check out the movement at www.meatlessmondays.com and find more details on the health and environmental benefits listed above.

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Making the Cut:

How we select products in the Co-op Wellness department.

By: Gretchen Fox Schempp, Wellness Manager

I am often approached by customers asking: “Why should I buy my supplements and body care items in your store?” This is such a valuable question and I am always happy to answer.

First and foremost, in the Oneota Wellness department, we strive to offer the best in customer service. Carrie and I are here on the floor doing a critical part of our job – ordering, stocking, and making everything neat and easy to shop. However, the most important reason for us being on the floor is to serve our members and customers. We are here to help shoppers make educated decisions about items you wish to purchase.

Every day, Carrie and I are bombarded with information pertaining to the latest industry trends - from supplement use to the next great thing to rub into your skin to make you “look younger” or “feel less pain.” It can be overwhelming to look at our inboxes and see the influx of advertisements for the latest and greatest in the health care industry. Additionally, we have well-informed members and customers that independently learn about what may suit their needs when it comes to supplements and topical use items.

We want to be able to offer our customers every product they are looking for. This makes it increasingly vital for us to stay abreast of quality products that are available. This brings me to the explanation of how we, as a Wellness department, decide what “makes the cut”.

Demand

Naturally, demand is going to dominate what any business is going to decide to offer. We are all affected by the everyday illnesses and accidents - colds, flu, allergies, cuts, bites, and bruises. We cater to these “everyday” afflictions as well as some not-so-everyday.

Trends are one of our greatest challenges. As with any trend, you don’t know how long they will last. Does the product actually work? Who is inciting this trend? Do we get on-board?

The Oneota Co-op is fortunate to be a member of the National Cooperative Grocers Association (NCGA). The Wellness department receives weekly e-newsletters from an educated specialist in Wellness Purchasing from NCGA. They alert us of trends, including what is being talked about on Dr. Oz (one of the main trendsetters of our time), studies on certain products and where and how to obtain products.

We are also in close contact with company representatives, with whom we have developed close relationships. They are often the ones who can let us know what is up-and-coming. These relationships are key when bringing new products into our department as these individuals offer us the support we need to be able to educate customers on product and their



employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals

uses. They educate us, and in turn we educate you.

Quality

What makes the Oneota Coop stand out among others? The quality of our customer service to start with. It also makes it easy (and fun) to give great customer service when you are selling quality products. This is the foundation of our buying. We know our distributors, are in direct contact with the companies that manufacture products we carry, and we have close relationships with company representatives. They often come to our store and many of you have met these educated people at our wellness desk or in classes we have offered at the Co-op. We have been able to travel and visit many of our vendor facilities and meet doctors and scientists who work on product development, research and quality control. Trainings held with company educators keep us up-to-date on knowledge of product uses and safety. The training that we do is ongoing because the industry is always changing as well.

A prime example of the changes and updating in the body care and supplement industries is with the labeling of products. High quality companies such as Mega Food, Source Naturals, Bluebonnet, Nordic Naturals, Rainbow Light, Super Nutrition, Eclectic Institute, Dr. Bronner’s, and Oneota Community Food Co-op branded supplements are doing great things with labeling. They are indicating more clearly gluten free, non GMO, organic, USDA organic, kosher and specific allergens on their labels. We, in turn, are working to get color coded labeling up-to-date with the rest of the store, making it is easier for you to shop.

Resources

Following are some resources we use to guide our selection of products.

Environmental Working Group
Website: www.ewg.org

Particularly, the Skin Deep section of this website is used to see ratings on body care and cosmetic items.

“At EWG, our team of scientists, engineers, policy experts, lawyers and computer programmers pour over government data, legal documents, scientific studies and our own laboratory tests to expose threats to your health and the environment, and to find solutions. Our research brings to light unsettling facts that you have a right to know.” www.ewg.org

Natural Products Association
Website: www.npainfo.org

“Founded in 1936, the Natural Products Association is the nation’s largest and oldest nonprofit organization dedicated to the natural products industry. NPA represents over 1,900



members accounting for more than 10,000 retail, manufacturing, wholesale, and distribution locations of natural products, including foods, dietary supplements, and health/beauty aids. NPA unites a diverse membership, from the smallest health food store to the largest dietary supplement manufacturer.

NPA is recognized for its strong lobbying presence in Washington, D.C., where it serves as the industry watchdog on regulatory and legislative issues. In 1994, NPA played a key role in the passage of the Dietary Supplement Health and Education Act (DSHEA). This important legislation strikes a balance between the need for consumers to have access to and information about safe and effective dietary supplements while also preserving the government’s interest in protecting the public from unsafe products and false and misleading claims.” www.npainfo.org

Buzzwords in Wellness

Some words you may hear us using, or see on labels, and their definitions:

Whole Food Supplements. Just what the name suggests - supplements made from concentrated, whole foods. The vitamins found within these supplements are not isolated. They are highly complex structures that combine a variety of enzymes, coenzymes, antioxidants, trace elements, activators and many other unknown or undiscovered factors all working together synergistically to enable this vitamin complex to do its job in your body. Brands we carry that are food based: MegaFood, Super Nutrition and Rainbow Light.

Freeze Dried Herbs. Freeze drying is a process used to preserve a perishable material. Freeze drying works by freezing the material and then reducing the surrounding pressure to allow the frozen water in the material to sublime (modify) directly from the solid phase to the gas phase. Fresh freeze drying preserves all of the biologically active constituents of the fresh plant - not just some of the active constituents. Eclectic Institute is our

choice brand in encapsulated herbs for their process of freeze drying herbs.

Traditional Preparation. A traditional preparation is when the whole plant is used rather than isolating one part of a plant. I would compare it to the explanation of whole food supplements (listed prior) only applied to herbal preparations.

Herb Pharm is our choice brand for traditional preparation herbals in liquid form. From Ed Smith, founder of Herb Pharm: “Our broad-spectrum extracts seek to mirror the flavor, aroma and natural plant chemistry found in Nature. This is in stark contrast to the ever-increasing trend towards isolating plant constituents, thus modifying their natural array and balance. We are still committed to herbal extracts that represent the whole plant, and to the fundamental principles of traditional herbal medicines.”

Customer Service

We strive to offer the best products in the Oneota Co-op Wellness department. If there is something you don’t find on our shelves, we will do our best to locate it for you. In most cases, we can special order items for you. Special ordering can be done by members and non-members alike. As we don’t generally carry items that we are special ordering, we do require that you commit to buying the product you special order. There is no additional cost to you for special ordering an item. As a matter of fact, if you are a member, you actually receive 15% off any special order through the Wellness department.

Another great service we offer in the Oneota Wellness Department is shipping. We will ship any items from the Wellness department to you for only \$5.00. Additionally, if you place a mail order that exceeds \$50.00 in product, we will waive the shipping and handling charges altogether. How’s that for service?!

Please don’t hesitate to call or email us with questions.
gretchen@oneotacoop.com



New Items in Wellness

Nutritional Supplements

THE BRAND: RESERVEAGE

THE PRODUCT:

Green Coffee Bean Extract

Combining Svetol and Raspberry Ketones, Reserveage offers the newest science-based ingredients for healthy weight management. Clinical strength contains 200mg Svetol and 50mg Raspberry Ketones and according to Dr. Oz this product can potentially help target abdominal adipose and to help naturally boost fat metabolism.

Resveratrol

An active polyphenol found in the skins, seeds and stems of grapes, Resveratrol has proven in studies to be the element in red wine which increases cellular productivity and longevity. A potent and powerful blend that may help improve your health and preserve your youth naturally.

Beautiful Legs

Beautiful Legs represents the latest innovation in leg vein and circulatory support. Beautiful Legs combines the scientifically researched flavonoid Diosmin with other support nutrients, such as grapeseed extract, butcher's broom, horse chestnut and Resveratrol, to provide support for healthy leg vein and tone.

Keratin Booster

Keratin is a protein that is found in the body. It is believed to aid in protecting and repairing hair, skin, and nails. The ability to convert natural Keratin into a functional form that is bio-available to the body is a recent breakthrough. Keratin Booster features Cynathine HNS, which is manufactured using a patented process that enables the Keratin molecule to be absorbed in the body, making it both bio-active and bio-available.

THE BRAND: ECLECTIC INSTITUTE

THE PRODUCT:

Berry Tart Cherry Powder

Tart cherries, blackberries and stinging nettles are leaders among foods that possess anti-inflammatory properties. Taken together these foods may provide powerful therapy for inflammatory joint conditions. Made from whole, raw fruit and herbs, rich in natural anti-inflammatory compounds called anthocyanins

Bilberry Powder

An instant powdered beverage formula provides a quick and easy way to get the health benefits of bilberry to your diet. One of nature's super rich foods, Bilberry has many possible health benefits including antioxidant and anti-inflammatory activity, protecting brain and other organs from oxidative stress, circulatory support, and vision and eye benefits.

Lemon Greens Powder

A combination of Meyer lemons, kale, spinach, nettles, parsley, alfalfa, wheatgrass juice, endive, and dandelion. Lemon Greens Powder is loaded with vitamins, minerals, fibers, folate, and detoxifying chlorophyll. It's a simple way to get added energy and nutrition when you are on the go.

Master Cleanse Powder

A classic cleanse of lemon, maple, and cayenne for cleansing and health management. Made using whole lemons - including the bioflavonoid-rich peel.

U.T. Cranberry

Each capsule of U.T. Cranberry contains

100% natural fresh freeze-dried organic cranberries. Cranberries are known to provide natural urinary tract support. Cranberries are a member of the same family as bilberry and blueberry. It has been used traditionally to prevent kidney stones and bladder gravel as well as remove toxins from the blood.

THE BRAND: GARDEN OF LIFE

THE PRODUCT:

Vitamin Code Perfect Weight

A formula designed to help you meet your weight management goals. Vitamin Code uses raw food created nutrients, providing targeted delivery of the essential vitamins and minerals you need. It may help control stress-related weight gain, appetite, overeating, and carb cravings. It may also help support healthy cardiovascular function, blood sugar levels, inflammation response, mental clarity and concentration.

Raw Protein

A certified organic, raw, vegan protein powder - featuring 13 raw and organic sprouts. It is an excellent formula of complete protein, providing 17 grams. Raw Protein includes all essential amino acids, fat soluble vitamins A,D, E, and K, and supports digestive health and function with live probiotics and protein digesting enzymes.

THE BRAND: HERB PHARM

THE PRODUCT:

Cramp Bark

Said to relax muscle tension and spasms, relieve menstrual cramps, aid ovarian and uterine muscle disorders, may protect against miscarriage, and may be beneficial for asthma, hysteria, lockjaw, palpitations, heart disease and rheumatism.

Healthy Menopause Tonic

An herbal combination tonic for menopausal women for support balancing hormones and relieving physical and emotional symptoms such as fatigue, insomnia, nervousness, depression, heart palpitations, hot flashes, and sweats.

Stress Manager

An adaptogenic tonic that modulates the harmful effects of physical and mental stress. Said to reduce stress hormone excretion, which protects the endocrine and nervous system from exhaustion when exposed to stress. Potentially optimizes physical and mental energy and endurance.

Maca Powder

A tasty and nourishing tonic that has been studied by herbalists for promoting healthy sexual function, libido, and fertility. May boost sexual energy, appetite, and performance in both men and women. May reduce discomfort of menopausal changes and boost overall energy, stamina, and endurance.

THE BRAND: RIVER HILLS HARVEST

THE PRODUCT:

Elderberry Juice and Elderberry Throat Cordial

This stunning and mildly sweet fruit has been used for centuries and has more Vitamin C than oranges. Elderberries are also packed with antioxidants that may help boost your immune system. Commonly used against cold, flu, sore throat, coughs, bacterial and viral

infections, inflammation of the urinary tract and bladder infections, it has also been used to help lower cholesterol, improve vision and eye health, and help with joint and muscle pain. The Elderberry Throat Cordial is elderberry juice sweetened with honey, flavored with cinnamon and cloves.

THE BRAND: SAVESTA

THE PRODUCT:

Gymnema

Known to help to maintain blood sugar levels that are already within normal range. The herb Gymnema is traditionally known as gurmar, meaning the sugar destroyer. Ayurvedic physicians have used a combination of diet and Gymnema leaf to support normal blood sugar levels. Gymnema may have a beneficial effect on Beta cells in the pancreas and delay glucose absorption in the intestine. This helps the pancreas from releasing too much insulin

Think Well

Think Well is a blend of Bacopa and Gota Kola with the nutraceuticals Phosphatidylserine and Vinpocetine, that works fast to support healthy brain function and clear thinking.

Triphalax

A classic Ayurvedic formula for detoxification and purification. Triphala, meaning three fruits, is traditionally used to maintain a healthy colon, improve digestion and rejuvenate and strengthen tissues. Vegetarian tablets with organic peppermint oil deliver the most pure and potent Triphala created.

Body Care

THE BRAND: ABRA THERAPEUTICS

THE PRODUCT:

Cellular Detox Lotion

An organic herbal formula with twelve nourishing herbs, aloe vera and jojoba to help fight free radical damage. Cellular Detox Lotion provides a formula of free radical scavengers that bond to free electrons before they bond into cells. This herbal formula also signals detoxification processes within the cell to eliminate radicals already embedded. Use generously to detoxify skin exposed to city traffic, smog, second hand smoke and airborne pollution.

Green Tea Lotion

An organic herbal formula with green tea leaves, lemongrass, calendula and chamomile. Studies have revealed that the topical application of green tea on the skin protects the living cells from damage due to a wide variety of environmental and chemical exposures.

Moisture Revival Lotion

An organic herbal formula with French lavender, jojoba oil, rose petals, and elderflower. Especially soothing for dry, rough, peeling, burned, tanned, scarred, wind burnt and sunburned skin.

Skin Nutrition Lotion

An organic herbal formula with twelve nourishing herbs including: aloe, borage, olive, and marshmallow. This twelve herb formula represents herbs that have been recommended for depleted skin tone needing a boost of nutritional factors and special skin conditions.

THE BRAND: BOIRON

THE PRODUCT:

Yeastaway

Temporarily relieves vaginal itching, discharge,

burning, and discomfort associated with yeast infections. Combines homeopathic medicines traditionally used to treat yeast infections. All-natural and will not interact with any other drugs.

THE BRAND: SOOTHING TOUCH

THE PRODUCT:

Narayan Balm Extra Strength

The ancient formula of Narayan Oil has been combined with the powerful essential oils of white camphor and menthol to provide an extra cooling and intense therapy. These deeply penetrating pure oils have been used for centuries, coupled with massage, to relieve sore muscles, aches and pains.

THE BRAND: WELEDA

THE PRODUCT:

Pomegranate Firming Day Cream

With organic pomegranate seed oil and golden millet seeds to help reduce wrinkles, improves your skin's elasticity, and protects it from harmful damaging environmental influences. Organic argan kernel oil (rich in essential fatty acids) and organic jojoba seed oil intensely nourish aging skin.

THE BRAND: ZION HEALTH

THE PRODUCT:

ClayBrite Natural Toothpaste Natural Mint

Contains natural minerals that help absorb bacteria that cause tooth decay, gum disease, and receding gums. The minerals help neutralize acid in the mouth to effectively remove stains and whiten teeth, while strengthening the tooth enamel. ClayBrite's primary ingredient is Edible Grade Calcium Montmorillonite Clay and Mint. Montmorillonite has been tested to contain over 60 trace minerals.

Adama Clay Minerals Shampoo and Conditioner, Peach Jasmine

Essential trace minerals to nourish hair follicles and restore shine and bounce to unhealthy hair. Moisture rich botanical herbs help heal dry ends with a combination of Adama minerals to gently cleanse and balance scalp pH. Made with Kanwa clay minerals, organic botanicals, and Dead Sea minerals to hydrate chemically-treated hair, enhance hair vibrancy, and strengthen hair density.

Clay Dry Deodorant

This unique formula of essential oils of calendula, alpine, and lavender, and desert clay minerals works effectively to neutralize odor and naturally absorb wetness. This natural herbal deodorant allows the body to sweat to release toxins.

As always, please remember that Oneota Community Food Co-op Wellness Staff are unable to diagnose, recommend treatment, or replace advice from a licensed medical practitioner.



Oneota Community Food Co-op

Mission

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.

Ends Policy

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

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

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

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

1. a retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed, and affordable.
2. a business that encourages the expansion of sustainably grown local food sources.
3. a business that promotes the development of cooperation and co-operative enterprise.
4. a community that is educated about food and other products that are healthy for people and the environment.
5. a business that promotes environmental sustainability.
6. employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals.
7. a local community whose fabric is strengthened through caring, and sharing gifts of time, energy, and resources.
8. an institution that respects and encourages the diversity of its membership.

Oneota Community Food Co-op Staff

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"The Scoop" Newsletter Staff

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Design/Layout Deb Paulson/Zelda Productions
Proofing Cathy Baldner
 The Scoop is published quarterly and distributed to 10,000+ residents and members. If you are interested in advertising in The Scoop, please contact Nate Furler at the Co-op - 563.382.4666 or nate@oneotacoop.com.

2012-2013 Co-op Board of Directors

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 Jon Jensen oneotajensen@gmail.com
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 Steve McCargar oneotamccargar@gmail.com
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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)

Working Members - August/September/October 2012

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

Johnice Cross	Colin Curwen-McAdams	Georgie Klevar	Jim Stevens
Robert Fitton	Brenda Burke	Katherine Whitsitt	Lee Zieke
Gary Hensley	Mwara Muriuri	Rita Lyngaas	Lindsay Lee
Jon Jensen	Mary Hart	Jon Hart	Hannah Breckbill
Steve McCargar	Jon Hart	LeAnn Popenhagen	Luther Sustainability
Bill Pardee	Gabe Twedt	Noah Klammer	House
Dave Kester	Roy Macal	Clara Bergan	Deneb Woods
Jerry Skoda	Onita Mohr	Laura Weis	David Paquette
Wendy Stevens	Sharon Huber	Nancy Eldridge	John Snyder
Arllys Adelmann	Mara Dobervich	Cynthia Lantz	Christine Gowdy
Becky Ruff	Dennis Carter	Carol Bentley-Iverson	Jaehngig
Laura Weis	Steffen Mirsky	Nathan Thompson	Ellen Cutting
Perry-O Sliwa	Lindsey Harman	Mary Hart	Shaun Husker
Amanda Wikan	Louise Hagen	Chris Ebert	Annette Schweinefus
Cynthia Lantz	Barb Dale	Jeanine Scheffert	Shodi Moris
Elizabeth Finanger	Ellen Vance	Wendy Stevens	

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

The Statement of Cooperative Identity

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

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

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

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

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:

- Enjoy a locally owned and operated business that is part of our community and puts money back into the local economy.
- Get additional discounts on specified 'member-deals' sale items.
- Receive a 5% discount on Mondays if you are 60 years of age or older.
- Get a free subscription to The Scoop, our bi-monthly newsletter.
- Place free classified ads or reduced-rate display ads in The Scoop.
- Once each month, ask for your 5% discount on an unlimited quantity of purchases. (excludes Member Deals, Co-op Deals, milk, eggs, butter, magazines, wine, beer, fresh breads and pastries, and Café items.)
- Become a working-member and receive an additional discount of 4% or 8% at the register. (excludes Member Deals and Co-op Deals)
- Receive discounts on Co-op sponsored classes.
- Write checks for up to \$20 over purchase for cash back.
- Enjoy a 15% special order case discount on all Grocery, Bulk, Wellness and Produce special orders. Case quantities vary. (excludes Co-op Deals and Member Deals sale items.)
- Attend monthly potlucks for member-owners.
- Access to the Co-op's video collection with no fees.
- Have access to information on the Co-op's financial status.
- Run for a seat on the Board of Directors.
- Vote in Board elections and on referenda. (Share payment must be current)
- Share in the success of the Co-op through your member patronage dividend in the years where there is sufficient profit. Patronage dividends are given at the discretion of the Board of Directors.
- Own the store where you shop!
- Shares in the Oneota Co-op are fully refundable, minus the administration fee, should you choose to leave the Co-op.

Member/Owner Orientation Tour

2nd Thursday of each month

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



Welcome to these new member-owners:

Karri Anderson	Jeff Emerson	Kelli Kaiser	Annie Schlaefer
Tom Attleson	Michael Espey	Hamid Kakavandi	Melinda Seegmiller
Zoe Bachman	Chelsea Ewen	Anna Knode	Eleanore Sell
Ellen Badger	Patti Jo Ewing	Megan Kohr	Hannah Selmon
Beverly Bakkum	Don Feuerhak	Kathy Kruse	Brianna Shelly
Matt Blair	Rachel Feuerhelm	Katie Lay	Hans Siemers
Brandy Boczkowski	Jolyn Forman	Kelley Lokensgard	Dathan Simpson
Matthew Boelter	Sarah Frehner	Cheryl Ludeking	Clare Slagel
Daryl Bosma	Matthew Gausmann	Rachel Madryga	Carol Slinger
Reed Bowden	Holly Godar	Curt McNew	Jan St. John
Stephanie Branchaud	Abbie Gould	Kirsten Moe	Erika Storvick
Clare Brandt	Laura Grittner	Nathan Montalbano	Margaret Sulentic
Whitney Brewer	Noah Nelsen Gross	Emil Moorbeck	Katherine Tangen
Rachel Brooks	Michael Hanan	Katie Nelson	Doris Pfister Thompson
Lisa Brown	Kai Hedstrom	Jade Nustvold	Emilie Thompson
Ian Carstens	Kaitlin Heikkinen	Walker Nyehhhus	Kaitlin Thune
Kimberly Cavanagh	Deborah Hofsaess	Christine O'Brien	Susan Van Metre
Teresa Cerling	Jaymie Holschlag	Erika Randall	J. Spencer Ward
Joy Conrad	Stephanie Huff	Jeanette Reb	Ellen Winderski
Logina Cooksley	Kathrine Huska	Michelle Rein	Kindra Windish
AmyJo DeCarlo	Peter Jarzyna	Alyssa Ritter	Michael Wold
John Donovan	Amanda Johnson	Colin Robinson	Margaret Yapp
Randall Duvall	Megen Kabele	Hannah Sackett	Olivia Zant

Wellness Wednesday

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

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 DECEMBER

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Bulk			
Sliced Almonds	\$6.29	\$4.79	\$1.50
Equal Exchange Organic Fair Trade Dutched Cocoa	\$11.59	\$7.99	\$3.60
Equal Exchange Organic Fair Trade Hot Cocoa Mix	\$11.59	\$7.99	\$3.60
Frontier Herb Chicken Broth Powder	\$13.59	\$7.69	\$5.90
Frontier Herb Org. Medium Ground Black Pepper	\$17.49	\$13.79	\$3.70
Frontier Herb Org. Chicken Broth Powder	\$17.89	\$10.69	\$7.20
Sunrize Farms Lemon Yogurt Almonds	\$9.79	\$5.99	\$3.80
Sunrize Farms Raspberry Yogurt Pretzels	\$9.49	\$5.79	\$3.70
Sunrize Farms Dark Chocolate Coconut Chews	\$9.69	\$6.29	\$3.40
Packaged Foods			
Equal Exchange Organic Baking Cocoa	\$8.39	\$6.29	\$2.10
Equal Exchange Organic Hot Cocoa	\$8.49	\$6.29	\$2.20
Field Day Organic Crackers	\$3.29	\$2.50	\$0.79
Glutino Gluten-free Crackers	\$4.99	\$3.49	\$1.50
Hain Sea Salt	\$2.09	\$1.49	\$0.60
Let's Do Organic Organic Coconut	\$2.99	\$2.49	\$0.50
Little Bear Organic Refried Beans	\$2.69	\$1.79	\$0.90
Loaker Wafer Cookie	\$4.69	\$3.79	\$0.90
Lotus Organic Jade Pearl Rice	\$4.99	\$3.79	\$1.20
Mediterraen Snack Gluten-free Crackers	\$3.99	\$2.99	\$1.00
Napa Valley Grapeseed Oil	\$10.19	\$7.39	\$2.80
Napa Valley Cooking Wine	\$4.29	\$2.99	\$1.30
Natural Sea Albacore Tuna	\$3.69	\$2.79	\$0.90
Natural Sea Yellowfin Chunk Tuna	\$3.29	\$2.49	\$0.80
Pacific Organic Chicken Soups, 17.6 oz	\$3.79	\$2.79	\$1.00
Pamela's Gluten-free Cookies	\$4.39	\$3.29	\$1.10
Pretzel Crisp Prezel Snacks	\$3.29	\$2.49	\$0.80
San-J Cooking Sauce	\$3.89	\$2.39	\$1.50
Household Items			
Ecover Dish Liquid, 32 oz	\$4.99	\$3.79	\$1.20
If You Care Parchment Paper	\$5.59	\$3.79	\$1.80
If You Care Baking Cups	\$1.99	\$1.29	\$0.70
Frozen			
Amy's Pot Pie OG Vegetable	\$3.79	\$2.99	\$0.80
Pot Pie Og Broccoli & Cheddar	\$3.79	\$2.99	\$0.80
Dorot crushed garlic	\$2.29	\$1.99	\$0.30
chopped basil	\$2.29	\$1.99	\$0.30
TruWhip whipped topping, natural dairy free	\$4.29	\$3.29	\$1.00
Refrigerated			
Immaculate Baking Ready to Bake Scones & Cinnamon Rolls	\$4.39	\$3.99	\$0.40
Cheese			
Mt. Vikos Feta Cheese Portions	\$5.99	\$4.49	\$1.50
Mt. Vikos Feta Cheese Crumbles	\$4.29	\$3.29	\$1.00
Organic Valley Raw Milk Cheeses 8 oz.	\$5.99	\$4.99	\$1.00
Nutritional Supplements			
Herb Pharm Astragalus 10z tincture	\$11.69	\$8.79	\$2.90
Herb Pharm Super Echinacea 1 oz tincture	\$12.59	\$9.99	\$2.60
Herb Pharm Super Echinacea capsules 60	\$15.99	\$12.79	\$3.20
Herb Pharm Echinacea Glycerite 10z	\$10.29	\$8.29	\$2.00
Herb Pharm Black Elderberry Glycerite 10z	\$11.69	\$9.39	\$2.30
Herb Pharm Echinacea Goldenseal Compound 10z	\$11.39	\$9.39	\$2.00

member deals



EXAMPLE

Kettle
Krinkle Cut Potato Chips
limit 2 bags per customer

\$3.89 Reg. Price \$4.69

EXAMPLE

UPC 01344 94102
FEB 24 MAR 09

MEMBER DEALS JANUARY

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Packaged Food			
Crown Prince Kipper Snacks	\$2.69	\$1.99	\$0.70
Equal Exchange Organic Geo Bar	\$5.39	\$3.79	\$1.60
Napa Valley Organic Balsamic Vinegar, 12.7 oz	\$6.59	\$4.79	\$1.80
Once Again Peanut Butter	\$5.99	\$4.49	\$1.50
If You Care Coffee Filter, #2 or #4	\$3.59	\$2.99	\$0.60
If You Care Coffee Filter Basket	\$2.49	\$1.99	\$0.50
Bulk			
Once Again Bulk Crunchy Peanut Butter	\$5.69	\$3.49	\$2.20
Refrigerated			
Organic Valley Sour Creams- 16 oz.	\$3.39	\$3.29	\$0.10
Cheese Rumiano Organic Cheese blocks- 8 oz.	\$4.79	\$3.59	\$1.20
Body Care & Gifts Member Sale			
Evan Healy Holistic Facial Care Line Cleansing Milks, Facial Oils, Moisturizers and Tonics		20% off	
Nutritional Supplements			
Vitalah Oxylent 30 pack boxes Sparkling Berries, Pomegranate Berry, Variety Box ALL SUGAR FREE NOW!	\$29.99	\$23.99	\$6.00

Sampling in the Aisles

Stop in and try something new!

Every Friday from
3:00 to 5:00 pm



Special Artisan cheeses - every month!



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

- January - Italian cheese
- February - Mixed Milk Artisan cheese
- March - Swiss cheese
- April - French cheese
- May - Raw Milk cheese
- June - Midwest cheese

6-month subscription - \$150

1-month subscription - \$30

Sign-up today - 563.382.4666

What are members of the Co-op Cheese Club saying?
 "The choices have been amazing. Very enjoyable and worth every cent."
 "We plan to renew! We enjoy having new cheeses every month."
 "Loving this cheese club."
 "I really, really, really appreciate your efforts to bring us tasty selections."

Transforming the Community: Winneshiek Energy District

By: David Paquette, Winneshiek Energy District

At the Winneshiek Energy District, when asked, “What do you do?” we often reply with something like “serve customers and transform community.”

The Energy District formed in 2009 out of a series of coffee shop conversations and is modeled after the Soil and Water Conservation Districts, which grew out of the Dust Bowl Era and into nearly every county in every state.

Soil and Water Conservation Districts formed the missing link in the conservation delivery system. They provide the necessary local leadership and a structure for conservation planning and community mobilization. Today, we have a similar missing link when it comes to energy. As the first Energy District in the country, we believe energy planning with customers and community mobilization with local partners can ramp up the transition to a stronger local economy and more stable climate for our kids.

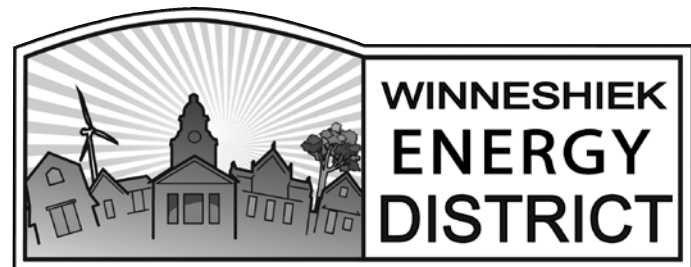
Serving customers and transforming community are the operative words here, and it's here that the Energy District feels a great affinity to the Oneota Community Food Co-op. There are many businesses that base their operational structure purely around the profit from sales. The Oneota Co-op is more than that. It serves its members well through the supply of quality food and at the same time extends its reach into many aspects of community



enrichment. It's about customers and it's about community.

Though structured as non-profit and not a cooperative, the Energy District draws many parallels in this “serving customers, transforming community” approach. The Energy District is here to help homeowners, tenants, businesses, farmers, institutions and the like - in Winneshiek County - save money, improve indoor comfort and air quality, and decrease climate impact through energy planning. Equally fundamental to our mission are the development and facilitation of projects and partnerships that build a local movement toward local energy independence and sustainability.

Much has been accomplished at the Energy District since the summer of 2010. In two short years, we have quickly grown into our role as the go-to place for energy questions from households and businesses throughout Winneshiek County. We've helped facilitate a Decorah sustainability plan, green business council, and have achieved remarkable energy efficiency improvements in hundreds of local homes and businesses. These and other accomplishments have resulted in the retention of millions of energy dollars that would have otherwise left our local economy. Additionally, our work has



directly prevented more than 5,000 tons of greenhouse gas emissions from being released into the atmosphere.

Compared to what is ultimately possible, these are just the first baby steps. With the economic, energy and environmental changes set to come (or here already?), there are many new goals and challenges to meet. The Energy District is here to help facilitate a sustainable, countywide energy transition.

We have pioneered two high-impact and very effective energy planning programs: Direct Install and Home Energy Planning. From the simplest lighting and water improvements to in-depth diagnostics and analysis to renewable energy, Winneshiek is now the only county in Iowa that offers high-quality affordable direct installs and energy planning services to ALL households in the county. We're also working towards a new and

improved commercial and agricultural energy planning program in 2013.

The Energy District is also pleased to offer carbon offsets, a first-of-its-kind program in the Midwest. Oneota Tag Carbon Offsets provide the opportunity for purchasers of carbon offsets to keep their dollars local and invested in furthering sustainable energy right here in Winneshiek County.

Communities that work together, at all levels, make tremendous strides that no individual community member or consumer can make alone. The Energy District helps transform the community. We are here to facilitate the collaborative efforts throughout our county as well as the many efforts of individuals that are dedicated to a sustainable energy future and healthier world for our kids.

To learn more, visit www.energydistrict.org.

ARE YOU IN?

We're kicking off our first local fund drive and WE NEED YOUR HELP.



Calling all Co-op and Community Members

Transforming our food system takes a movement.

Transforming our energy system takes a movement too.

We're perfect partners.

You matter, JOIN IN!

WE ALL ADD UP!

Just imagine how strong and resilient our community would be if we had you in our support network.

Visit

WWW.ENERGYDISTRICT.ORG/CONTRIBUTE

to learn more and become a “Friend” of the Energy District!

The Corps—AmeriCorps

In our community there live (and work) a group of dedicated, passionate young people. These young adults work in full-time positions serving non-profit organizations in Northeast Iowa. Each is highly trained in their area of expertise, living a full life in our towns. Do you know them?

Following is a description and scope of work for various AmeriCorps programs. It includes field of focus and how their service members are supporting our communities. We are providing a quick glimpse of a handful of service members. Each is a recent college graduate ready to change the world. However, fresh out of college, they have chosen to spend some time in Decorah – fully participating in our community, sharing their talents and passion. If we are lucky, their roots will grow deep enough for them to continue to share their gifts with us into the future.

Thank you to these individuals for this service year offered to our community.

Green Iowa AmeriCorps

Five men, all Luther College graduates, serve as Green Iowa AmeriCorps Service Members at their host site, the Winneshiek Energy District (WED). Green Iowa was developed in 2009 to address the need for energy conservation and sustainable use of energy throughout the state of Iowa. Five sites across Iowa host Green Iowa service members who are trained to perform home energy weatherization, host community energy events and provide energy education.

In Decorah, each week the service members visit 4 to 5 homes. They provide Direct Installs, which involve replacing light bulbs, air sealing, safety testing boilers and water heaters, and advising home owners on heat and water heater settings. These Direct Installs are offered to homeowners throughout Winneshiek County.

The installs are offered with free labor by the service members and each home owner pays simply half of the materials cost. Service members also participate in community events to promote the WED and energy conservation and host educational events in local schools and organizations. Check out upcoming events at the Northeast Iowa Peace and Justice Center (neipjc.org) and the Oneota Community Co-op (oneotacoop.com) this winter.

For more information about the Winneshiek Energy District visit their online home at: www.energydistrict.org For more information about Green Iowa AmeriCorps visit: www.greeniowaamericorps.org

Max Molzahn

Cross Country running, a search for a small campus and an undefined course of study brought Max from Milwaukee, WI to Luther College. Running Cross Country and track all four years and graduating with a double major in Anthropology and Environmental Studies last May, Max applied for an AmeriCorps position. The application process allows participants to search for placement opportunities by geographic location or by field of interest. Without sites turning up in his search near Milwaukee, the second best location was – Decorah!

Max serves as the site's Marketing Coordinator. Between direct installs, community events and education sessions Max stays more than busy at work. Outside the WED, Max runs. After traveling extensively he is still impressed with the trail systems in Decorah. Hiking, camping – all that is okay too – as long as



it keeps him in the bluffs. An admitted environmentalist, staying conscious of lifestyle choices and moving towards a more energy efficient living pattern is important. When asked Kindle vs. Book, Max turns the question into a more important one – “Do I really need this thing?”

Quick Facts:

Current Read: Just finished *The Kite Runner* and working on Faulkner’s *Absalom, Absalom!*

Favorite Food: Curry anything is good



FoodCorps

FoodCorps, a part of AmeriCorps Service Network, is an organization with a mission to help children find and build healthy relationships with food. 1 in 4 children in America are hungry, 1 in 3 are overweight. How can we help them understand food choices and live a healthy life? Bring in the service members and let them...



- Teach kids about what healthy food is and where it comes from,
- Build and tend school gardens,
- Bring high-quality local food into public school cafeterias.

Anyone over the age of 18 can apply to serve for one year with FoodCorps – and in 2012 over 1,000 people applied! 80 FoodCorps service members and 12 FoodCorps Fellows are working at 61 sites across 12 states. Two of them are right here in Decorah.

Two FoodCorps service members, featured in this article, serve with four other AmeriCorps service members at the Food & Fitness Initiative. These service members, all young women, are all Resource Contacts (RCs) in 18 local schools throughout Northeast Iowa. These women develop and work in school gardens, help teachers, administrators and parents form Wellness Committees and draft Wellness Policies for school districts, and provide nutrition education to students via taste tests, cooking lessons and lunch room time. Each school district supports their assigned RC by providing workspace for one day a week and staff contacts and support. What the schools get in return is simply amazing. The RCs meet different needs in each school district – the ‘ask’ is based on school need and student interest. Find out more about a typical day for an RC in the Service Members profiles.

For more about the Northeast Iowa Food & Fitness Initiative, visit: www.iowafoodandfitness.org. Find out more about FoodCorps at www.foodcorps.org.

Elizabeth Makarewicz

A recent graduate from Beloit College, Elizabeth found herself searching for a position that would allow her time outside. FoodCorps seemed to fit the bill. However, unfortunately, Elizabeth was among many who were not selected to serve last year. Settling into the idea of farming for a year (not a bad second choice for this woman), she received an offer to join the Food & Fitness Initiative serving as an AmeriCorps member. She jumped at the chance. Her desire to stick around Northeast Iowa and continue her work led her to apply to FoodCorps again in 2012 and she received one of the positions.

Elizabeth’s time as a service member is spent as an RC in three local schools. A day might find her in Postville cooking samples for the students in the lunchroom, eating and sampling items during the lunch periods, making connections, planning meetings and emailing



during the afternoon and ending with time in the garden with students or leading a cooking club. The lesson that is sticking with Elizabeth from her time of service is the value of relationships and spending time forming strong relationships. Her work shows her just how valuable this is.

You might guess that Elizabeth enjoys being outside and finds Northeast Iowa geography beautiful. Sometimes she has to be inside – where she cooks, knits and bakes bread a lot. The future holds so much for her with plans to attend grad school, but not before she has time to explore the East Coast, visit friends in NYC and spend some time on a farm.

Quick Facts:

Current Read: *Hocus Pocus* by Kurt Vonnegut

Favorite Food: Changes by the day, but right now she can’t get pot pie out of her head.

Melanie Stewart

Melanie is a born teacher and children stick to Melanie as if she is Velcro. She’s okay with that – especially when she can be with them outside, in the dirt, learning about nature. She, too, applied for FoodCorps one year ago and missed out on that opportunity. However, funding for AmeriCorps service positions came through for FFI and she was asked to serve in Iowa. An Iowan herself, she was glad to stay in her home state and like Elizabeth couldn’t bring herself to leave the community after one year. This year she does her work as an RC under the FoodCorps hat, or purple T-shirt that is. Three schools keep Melanie’s hands more than full. In each school Melanie meets a different need. She provides nutrition education to elementary students, holding taste tests, getting feedback on school food and teaching children to cook. Other days she provides assistance to school food service – helping to prep fruits and vegetables as the amount of “scratch” cooking increases and submitting paperwork to ensure the food being served meets the brand new federal guidelines. She also helps facilitate Youth Wellness teams, gardens, after school cooking clubs and school fitness days.



Quick to say she is relatively new to the world of food - her personal philosophy is continually evolving. Flexibility shows throughout her life and work and Melanie says she has been working on that. Her down time is infrequent as she loves the work she does, but there is some time to think about the future. Completing the GRE in October took a huge load off her shoulders. Now she looks forward to grad school and working in a capacity where she can bring children and nature together. You can find Melanie teaching Exploring Foods classes here at the Oneota Co-op for children ages 3-7. See more details in our class calendar.

Quick Facts:

Current Read: In the midst of *Adventures of Huckleberry Finn* in a celebration of Banned Books Week

Favorite Food: Chocolate, everyone should eat a little chocolate each day

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Find us at the Decorah Farmers' Market from June-October.
2013 Traditional and Market CSA Shares now available.

The Many Uses of Tofu... when Replacing Dairy

by Johanna Bergan, Education and Outreach Coordinator

Tofu is known for its versatile style and its ability to absorb any flavor in a dish. Tofu is also known to pack a powerful punch of protein with less than a third of the calories in an equivalent serving of beef. More protein, fewer calories – what's not to love? Well...there is the fact that you have to figure out how to use tofu. Never fear – we have expertise and recipes.



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

Tofu is commonly used as a source of protein in vegetarian dishes. While making stir fry one can easily exchange the beef or chicken with tofu. There are many more uses for tofu. Vegetarian and vegan cooks are frequently using tofu to replace eggs and dairy. The recipes we've included explore ways to use tofu to replace dairy products. Each recipe would be ideal to serve to vegan friends or family, but do not be surprised if bacon-lovers find themselves in love with the end result. These recipes could easily be served to a group of omnivores, vegetarians and/or vegans without the need to have multiple dishes made to accommodate dietary choices.



Tofu Ricotta Cheese

Recipe from Johanna Bergan

Ingredients:

One package extra firm tofu (Sprouted Wildwood 10 oz. recommended)
¼ cup raw cashews
2 tablespoons extra virgin organic olive oil
2 tablespoons organic lemon juice
1 clove crushed garlic
Sea Salt to taste
1-2 teaspoons dried herb of choice (basil, thyme, parsley)

Directions:

Place all ingredients in food processor. Pulse until mixture comes together, forming coarse balls.

Use this "cheese" on sandwiches, in wraps, on top of spaghetti or in lasagna. Replace in recipes 1:1 for cottage or ricotta cheese. Try using half tofu ricotta "cheese" and half regular ricotta cheese in a vegetable lasagna recipe – pump up the protein and the flavor.



Deluxe Vegan

Cocoa Brownies

Isa Chandra Moskowitz & Terry Hope Romero's "Vegan Cookies Invade Your Cookie Jar"

Ingredients:

3 oz. firm silken tofu (check out the shelf stable Mori-Nu tofu)
¼ cup nondairy milk
½ cup canola oil
1 cup sugar
2 teaspoons vanilla
1 cup flour
½ cup unsweetened cocoa powder
1 tablespoon cornstarch
½ teaspoon baking powder
½ teaspoon salt
1 cup chopped nuts of your choice (optional)



Directions:

Preheat oven to 325°F. Line an 8 x 8 inch brownie pan with parchment paper, covering the bottom and sides. Puree the tofu, nondairy milk, and oil in a blender or food processor until smooth and fluffy. Use a rubber spatula to scrape the sides. Transfer tofu mixture to a mixing bowl. Use a fork to vigorously mix in the sugar. Add vanilla. Sift in the flour, cocoa powder, cornstarch, baking powder, & salt. Use a spatula to fold & mix batter until smooth. Transfer the batter to the pan and smooth out the top. Bake brownies for 30-32 minutes, remove the pan from the oven, and let brownies cool for at least fifteen minutes before serving.

Coconut Lemon Bars

Recipe from "Whole Living," September 2012

Ingredients:

For The Crust
½ cup coconut oil, melted, plus more for brushing
¼ cup cane sugar
1 teaspoon pure vanilla extract
¼ teaspoon coarse salt
1 ½ cups whole wheat pastry flour

For The Filling

½ cup silken tofu
¾ cup cane sugar
1 tablespoon grated lemon zest
¼ cup lemon juice
¼ teaspoon baking powder
2 tablespoons whole-wheat pastry flour
Confectioners' sugar, for dusting



Directions:

Heat oven to 350° F. Brush an 8-inch-square baking dish with oil, then line with parchment, leaving an overhang. Brush parchment with oil. Set aside.

Make the crust: Stir together ½ cup oil, sugar, vanilla, and salt. Add flour and stir until just combined. Press dough into prepared dish and bake until pale golden-brown, about 20 minutes.

Meanwhile, make the filling: Process tofu, sugar, lemon zest and juice in a food processor until smooth. Add baking powder and flour and process, briefly, until smooth. Pour onto baked crust and bake until set, 25 to 30 minutes more. Let cool completely, then dust with confectioners' sugar and cut into squares.