

# the Scoop

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ONEOTA  
COMMUNITY  
FOOD  
COOPERATIVE  
decorah, iowa

WWW.ONEOTACOOP.COM

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666

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  
312 West Water Street  
Decorah, Iowa 52101  
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## EDUCATIONAL MIGRATION — end 2

### ↑ MOVIN' ON UP

By: Nate Furler, Marketing and Outreach Manager

Providing educational opportunities has always been important to the Oneota Co-op. When we moved to the current building at 312 West Water Street, space was set aside to hold classes in the basement of the Co-op building. This classroom space was a much needed improvement as the Co-op did not previously have a kitchen classroom or designated general classroom either.

Earlier this year (2014) the Co-op Board of Directors held strategic planning sessions in an effort to provide guidance for the Co-op and its staff. What emerged at the top of the list were two topics the Co-op knows very well - local foods and educational offerings. More specifically, these initiatives were spelled out as increasing the sales of local foods at the Co-op and increasing educational offerings.

The trend had already been recognized as Co-op classes had seen a (roughly) 200% increase in registrations, yearly, for the past three years. We have a staff member, Johanna Bergan, who excels in the position of Education and Outreach Coordinator - focusing her time entirely on all things "education" at the Co-op. She makes amazing things happen in kitchen spaces not only at the Co-op, but also at Luther

College, local churches and anywhere people want Co-op education to go.

It has been talked about for several years that the "American" way of cooking has dramatically changed in roughly one generation. Kurt Friese discusses this a bit more in his article, "Occupy Your Kitchen," in this publication. We've gone from scratch cooking to dump, heat and eat. This isn't to say that ready-to-eat meals don't have their occasional place in the home kitchen just as eating out has its place in the grand scheme of the roughly 1,092 meals the average person eats in a year. However, class participation has illustrated to us here at the Co-op that people are ready to learn (sometimes re-learn) the art of cooking whole, healthy, from-scratch meals - be it for one, two, three or more.

We are beyond excited to introduce the next phase of educational opportunities at the Co-op. Not so much in content as in the facility in which we will be able to provide these educational offerings. As you likely know, the Co-op is slated to purchase the building directly to the east of the current store - also referred to as the Cutting building. Co-op

ownership of the building will begin January 1, 2015. However, the Co-op is already renting a portion of the building, and the remodeling of half of the street level space began in July of this year. The completed classroom space will be unveiled the beginning of September.

The new Co-op Kitchen Classroom is three times the size of the previous basement classroom. It features its own fridge and freezer, a teaching island with an induction cooktop, a double wall oven, portable induction burners and enough tables and equipment to easily teach a hands-on cooking class to a group of 24 or enough space to hold a lecture for roughly 40. Excited doesn't even begin to describe what the staff, the membership, and (we hope) the community feel as we undergo this classroom transformation.

Johanna has put together great classes this fall for adults and kids alike. You can check them out on pages 6-8 in this publication as well as online at [www.oneotacoop.com](http://www.oneotacoop.com). Additionally, you can sign up and pay for classes on our website - 24 hours a day.

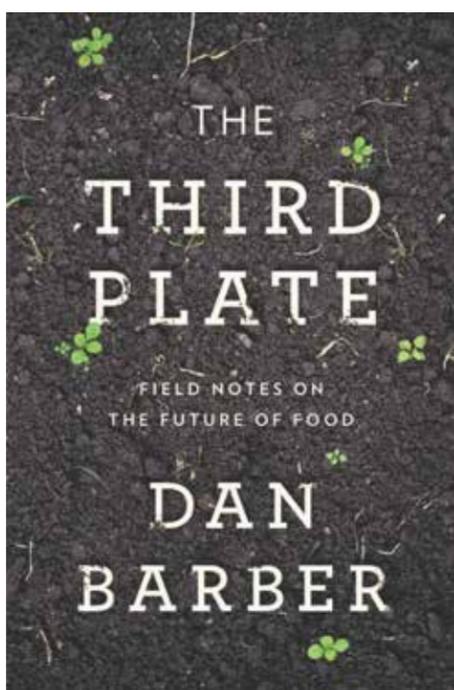
We hope you find this as exciting as we do! What Co-op class are you going to

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

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attend? Do you have suggestions for classes? Perhaps you have a group that wants to learn about something in particular? We are game for that. Please send your ideas, suggestions and requests to [johanna@oneotacoop.com](mailto:johanna@oneotacoop.com), or call the Co-op at 563-382-4666. We always love to hear from you.



## Dan Barber's "The Third Plate" Shows Farm-to-Table Is Not Enough

By: Kurt Michael Friese

America's greatest living thinker, Wendell Berry, famously said, "Eating is an agricultural act." Slow Food founder Carlo Petrini taught us to think of ourselves not as consumers but as co-producers. It is, after all, not a food chain that we humans sit atop but a circle in which we are only a part. Thus, being mindful of the impact of our food choices is essential.

In fact, it was Petrini who said, "The gastronome who is not also an environmentalist is an idiot. The

environmentalist who is not also a gastronome is just sad."

In his new book, "The Third Plate: Field Notes on the Future of Food," noted chef and restaurateur Dan Barber is taking these ideas a step further when he schools all us farm-to-table eaters that our very successful social movement - call it, broadly, the Local Food Movement - has failed to change how we eat. While we are busily shaking the hand that raised the food and yes, eating in a way that tastes better and is better for the planet, it is still built around an old and rather American idea. The center of our plates is still large pieces of prime cuts of animal protein with two or three small portions of (often uninteresting) vegetables and starches around it. What they call in the South, "Meat-n-three."

But Barber's book is no screed against the carnivore. In fact it hones more closely to Berry and Petrini than perhaps even they themselves do, calling for an integrated

culinary-agricultural complex of livestock, vegetable and grain production that is literally dictated by what we, as chefs and home cooks alike, choose to make for dinner.

This idea, which he calls "the third plate" (common industrial food and/or modern continued on page 3

### MEMBER APPRECIATION DAY

# SALE

## 10% OFF storewide\*

Tuesday, November 11th

### 8:00 AM - 8:00 PM

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

May be combined with all other member discounts.



# Meet the Awads:

## A Scoop Q&A with a Dynamic (and Growing) Decorah Family

By: Cerrisa Snethen, Co-op Member/Owner

**Q: Tell us a little bit about yourselves, where you're from, & how you landed in Decorah. What are you currently doing with your days (we heard you're expecting!)?**

**A:** Melissa was born and raised in Cedar Rapids, Iowa. Peter was raised in Orlando, Florida. After meeting and dating long distance (that's a story for another time), we got married and lived in Florida for four years. Once we learned we were expecting our first (our daughter Wyndor), we decided it was time to make the move to a smaller town. Since Melissa's brother Keith and his family lived in Decorah, we thought it might be a great place to relocate. A couple of visits later and it was solidified. We are now expecting our fourth in August.

**Q: How did your co-op membership come to be and why?**

**A:** As a house-warming gift, Keith (Melissa's brother) and his family gifted us a membership. It's turned out to be one of the best gifts we have received.

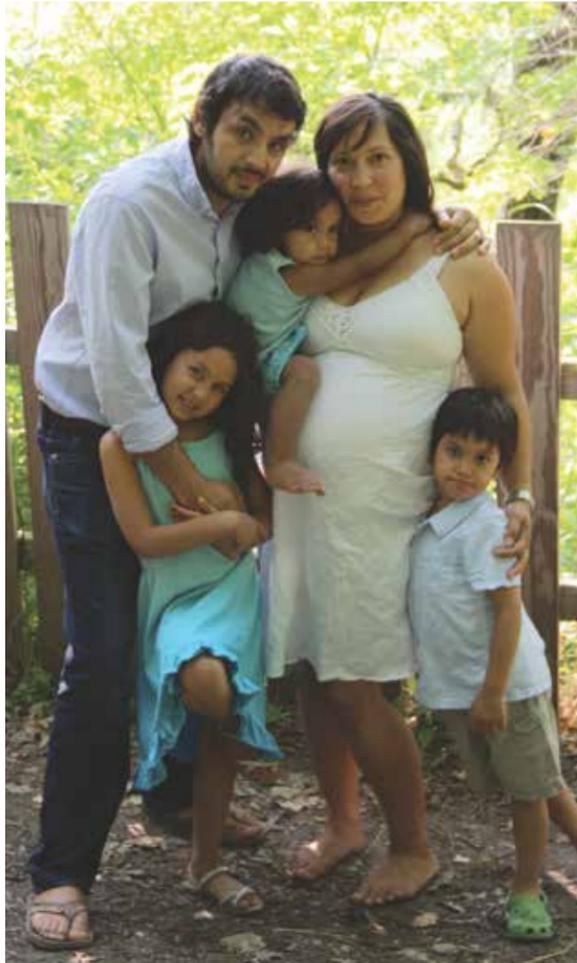
**Q: You both have interesting cultural backgrounds. Peter, your folks owned a grocery store and are of Egyptian descent, right? Can you talk about that and how it influences your own food philosophy as it exists today? Melissa, your Mom was from the Philippines and was quite a cook from what I've heard. How has your upbringing influenced your own family's current food culture?**

**Melissa:** The one thing that my mom did when we were kids was that she would always have out a fresh fruit plate of bite size pieces. Because of that, I find myself doing the same. My mom was quite the cook. Looking back, we definitely took that for granted. She intuitively knew what to hold back on when making traditional dishes healthier. And she always added more fresh veggies.

**Peter:** Growing up in a grocery store can be quite interesting. We had easy access to food that was definitely not the best. However, because of that, my mom made it a point to cook up a fresh healthy meal every night for dinner. I think this helped us see the clear difference between what we consumed at the store versus what we had at home. Not to mention, I can't even stand to look at a Mountain Dew these days.

**Q: What's it like raising a family in and around the Co-op? We see your kids in the store often (regularly being sugared up with Waving Grains cookies, courtesy of the infamous cookie-giving Charlie Langton), and photos of them on printed Co-op materials (adorable!). How does the Co-op factor into their lives?**

**A:** It's easily considered their second home. They are perfectly comfortable there (sometimes too much) and know their way around. Most everyone knows them and that helps us feel relaxed and safe. The Co-op has helped them to understand good food. Specifically, why we make it a priority in their lives and why it's important to pay attention to what you put into your body. It's fun to see them eating raw broccoli and loving it.



**Q: As newer members and a modern family, what about co-ops do you think is most appealing to young families like yours?**

**A:** I think the classes can be really, really beneficial. It's one thing to want to juice and Google some videos to see how it's done. It's a whole other thing to take a class where someone explains the benefits of different fruits and veggies and gives you a hands-on learning experience. Peter particularly enjoyed both the coffee cupping and cheese making classes. I also really appreciate the personal relationships and trust that you build in a place like the Co-op. We very rarely shop anywhere else. It's a comfort to know you have people looking out for you in choosing the best products and understanding your circumstances.

End 6

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

**Q: Other than shopping, what kind of Co-op events do you participate in or attend?**

**A:** If it's nice out, we are there. The "Meat and Greet," Earth Day Celebrations, classes, etc.

**Q: Tell us what you're cooking up these days! Favorite Co-op items or treats?**

**A:** With it being summer, we have been enjoying the fresh produce for juicing and smoothies. During this pregnancy, we've been boosting up with superfoods from the Bulk department like Chia, Goji Berries, Cacao, Hemp, and a variety of nuts. As for treats, the toasted maple coconut is unbelievable. Not to mention Grace's Best Sunflower cookies. And the must for road trips - dark chocolate covered almonds and banana chips.

**Q: You all seem to travel fairly often. Do you try and frequent other co-ops on your trips? If so, how does ours seem to stack up? Is there anything other co-ops you've experienced are doing that seems particularly cool?**

**Peter:** We definitely make it a point to continue eating healthy when we travel. Sometimes we succeed, and sometimes we fail miserably. Most of the time there isn't a co-op available so we look for a Whole Foods or something similar. One cool thing that we have seen was a scale for bulk foods that not only weighed your goods, but also allowed you to enter the PLU and print a scannable label. It made for a quicker checkout plus you knew exactly what it would cost.

**Melissa:** I think our Co-op not only has wonderful products, but the ambiance, style and design set it apart. I would love for our Co-op to offer a fresh juice/smoothie bar.

**Q: Care to share any thoughts or hopes/dreams for our Co-op's future? (We're taking all suggestions, including unrealistic ones, like powering the produce coolers on jelly beans...)**

**Peter:** An expanded cafe area with comfy seating would be amazing. I know it's not supposed to feel like Barnes and Noble at the Co-op, but hey you asked. Oh, and an expanded hot bar to allow for even more meal options.

**Melissa:** As I mentioned above, a juice bar would be great! And I agree with Peter, a coffee house corner with some books and magazines to look at would be a great place to relax, making it even more of a one stop shop for our family.

## TASTE OF THE HOLIDAYS



Join us at the Co-op for a full holiday meal from appetizers through main course and finishing with your favorite holiday desserts. Sign up beginning October 1st at the Customer Service Desk (382-4666) for one of five seatings between 4:30 and 8:15 pm.

4:30-8:15 pm  
Thursday  
November 7th

Cost is a minimum donation of \$15 per person. Please arrive 15 minutes prior to your scheduled seating to enjoy the appetizer course.



Signup starts October 1st

100% of the money raised will be used to stock the shelves of local food pantries.

## Join us at the Winneshiek Farmers Market

The Co-op is excited to extend an invitation to children for the 2014 Market season. Our education staff will be on-site most Saturday mornings with a tent devoted to food and children! Each time we'll have a mini lesson for kids, along with interactive activities. This is the perfect complement to the fresh, local food you are purchasing at Market. Our goal is to help connect the dots between growing and eating food. Stop by for a quick sample or stay awhile and play.



# Eden Foods and Our Co-op

By: David Lester, General Manager

The U.S. Supreme Court ruled in the recent Hobby Lobby case that requiring certain employers to pay for contraceptives they oppose on religious grounds violates the 1993 Religious Freedom Restoration Act. After this recent decision, other companies have begun following suit. One of these companies is Eden Foods, an industry leader in organically-grown canned products and other organic foods.

Eden Foods, a Michigan based company, has filed a suit in a lower federal court to opt out of including contraceptives in their employee health care plan based on religious beliefs. It was an interesting company decision based on the fact that they are selling their products in grocery stores, co-ops and other natural food stores whose customers are more passionate about a company's business practices. The management team and I have discussed how to handle issues like this one, and we feel like we have a very thorough and concise Merchandising Policy that helps us decide what types of products to carry in our store. This policy is driven by our organizational ends and tries to focus our buyers' attention to the quality of the ingredients of those products. I have talked with a handful of customers in the store and by email on this issue and I've included the core

of this conversation below:

Despite Eden Foods' political and religious beliefs on contraception, they are leaders when it comes to organically canned foods. They were industry leaders when it came to creating a BPA-free canning process that did not leach harmful chemicals into the canned food. Their commitment to organics and the variety of organic products are favorites with many of our customers. Even though my personal feelings about this company do not match theirs, I have to realize also that we have several members who probably agree with the Eden Foods' case. We have become a very large organization from our first days as a Co-op and it is this diversity and commitment to providing the best quality foods that we value and celebrate. Eden Foods is not the only company on our shelves that has made political statements outside food-related topics/issues. We have a very strict Merchandising Policy that selects products based on the quality of their ingredients with a heavy emphasis on organics. Fair wages paid to a company's employees and safe working conditions are other qualities we look at when selecting products. If a product that we carry was to suddenly change their recipe to include GMOs or other ingredients that do not meet our merchandising policy, then we would have serious doubts about carrying this product.

I hope this clarifies our decision and reasoning behind why we will continue to carry the Eden Foods line of products. We realize that some customers will choose to not buy them. We know that decision is their personal one and we respect that decision. I have always tried to vote with my dollars and I have no doubt that some of our members will do the same. If the decline in Eden Foods' sales warrants replacing their product with another brand, then our buyers will do their best to find a new product. Unfortunately, when it comes to high-quality, organically grown goods in BPA-free cans we can trust with an extensive variety, the options are very limited. Feel free to call or talk with me in the store about this issue if you would like. I value all of the conversations with members and it is through these conversations that we become more informed and able to better serve our membership.

Sincerely,  
David



## Dan Barber's "The Third Plate" Shows Farm-to-Table Is Not Enough

continued from page 1

"local food" are first and second plates), while it is quite different from the way we grow and eat in America today, is not as radical as it may seem. As he points out in his introduction, "Fixtures of agribusiness such as five-thousand-acre grain monocultures and bloated animal feedlots are no more the future of farming than eighteenth-century factories billowing black smoke are the future of manufacturing." Barber then provides many examples of success, in history and the present, throughout a book divided into four parts: Soil, Land, Sea, and Seed.

Perhaps the best of these examples would be familiar to any of those who have followed Chef Barber through his career as owner of "Blue Hill in Manhattan" and "Blue Hill at Stone Barns" in Pocantico Hills, New York, or especially his very well received TEDTalks on the subject. In one of those talks and in the book he introduces us to Eduardo Sousa, who produces some of the world's best foie gras in the Extremadura province of Spain. Actually, Eduardo does not exactly produce it, he allows it to happen.

That image you likely have in your head about foie, that it is the result of unspeakably cruel force-feeding of ducks and geese, is not what occurs with what Eduardo refers to as his "bonitas," or his "lovelies." Instead Eduardo, like his father and grandfather before him, simply cares for the land that provides what the geese want, and they fatten themselves, in harmony with nature.

We chefs are schooled early on about how to judge quality in ingredients, and especially with the "fancy stuff," such as truffles, caviar and foie gras, there are codes and grades that seem set in stone. With the foie, the more yellow it is the better, we are taught. Never mind that Eduardo's paler goose livers, which have feasted on fallen olives, acorns, and very healthy grasses, taste and feel demonstrably better. The "A++" rating goes to the yellow livers that get that color by being force-fed pound upon pound of corn.

Eduardo's geese get to live their happy lives in harmony with a complete ecosystem,

one that also produces those olives and acorns, but also cork, wool, and the world-famous Jamón Ibérico. And each of these products depends on the other ones. When our cooking and eating choices join into that virtuous cycle, only then are we eating from Barber's "Third Plate."

Idealistic? Of course. But what worthy goal is not idealistic? Just as is true with the local food movement, with farm-to-table dining - call it what you will - each little step in the right direction makes a difference, and those little steps taken together form the first leg of the journey toward a better cuisine, healthier, happier eaters, and a truly sustainable food system.

## A HEARTY "Thank You" TO MEMBERS FOR LOAN SUPPORT

Seven years ago, the Oneota Co-op embarked on an expansion into the current space on Water Street. To make the financing package work, the Co-op needed to rely on our member/owners to provide unsecured loans for the project. Members stepped up in a big way - lending over \$357,000 to the Oneota Co-op for a 7-10 year time period. Loan amounts ranged from \$500 to \$50,000. With this infusion of cash the Co-op was able to secure a mortgage, borrow money for equipment, and cover contingency costs associated with the move. As we did with our previous expansion in 1994, the Co-op has paid these loans back on-time or before they were due. As of this date only \$62,000 of this obligation remains to be paid.

For obvious reasons of confidentiality the names of the member/owners who loaned money to the Co-op have never been publicly disclosed. The Board of Directors would like to thank all of you who put your money and faith in our Cooperative. We know that the Co-op can call on you when needed to help the store thrive. The power of altruism is there for everyone to see at Oneota Co-op.

Submitted by:  
Steve McCargar  
Board President



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**THEMES**

- September - Midwest Specialties
- October - Raw Milk
- November - Herbed
- December - English
- January - Sheep Milk
- February - French
- March - Taste of Italy

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

**Sign-up today**  
**563-382-4666**

**SPECIAL ARTISAN CHEESES - EVERY MONTH!**

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



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

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

**REAL,  
NUTRITIOUS,  
MUSIC.**



**LOCALLY OWNED. INDEPENDENT RADIO.**

# WELLNESS FOODS: *supplement with whole foods*

By Gretchen Fox Schempp and Carrie Johanningmeier

The Wellness department isn't just about nutritional supplements and healthy body care items. More and more folks are looking to get their vitamins and minerals from what they eat. We are happy to help you find ways to get your nutrition from food sources. "The World's Healthiest Foods" by George Matlejan is a great resource for the nutritional values of vitamins and minerals in your foods. We reference this book often in our work and can help you find foods that will offer certain specific vitamins and minerals. Easy to use, you can index vitamins, minerals and foods and find all the information you need. Nutritional values, storage, preparation and recipes for the healthiest ways to cook items are all at your fingertips.

Over the summer we did a large reset in the Wellness department. You were all so patient and kind while this was occurring. Looking at sales over the first half of the year, we noticed that the trend was down for nutritional supplements and shoppers were purchasing more in the body care end of our department. Because of this, we decided to feature a wider variety of healthy clean body care products and a streamlined supplement selection.

We took a Wellness department trip in May. The two of us had time to talk about our department and our hopes for the direction we wanted to go with our selection. With more focus on foods as the main source of vitamins and minerals, we decided to highlight some of the foods we have to offer in the wellness section. By placing all the "food" supplements across from the dairy cooler, we have exposed more shoppers to some items they may not have been aware of. New items show up in this area all the time. Some things to look for in our superfood section are as follows:

## ECLECTIC INSTITUTE POWders:

**Beet Juice Powder:** An excellent dietary source of nitric oxide, betalain pigments, vitamins and minerals. Instantly soluble, yet rich in fiber.

**Sprouted Black Rice Powder:** Grown in Northern Thailand black rice contains numerous nutrients including all seven varieties of anthocyanins. Fully sprouted to neutralize phytic acid, release enzymatic activity, and provide superior digestibility.

**Liver & Bile Purification Powder:** A blend of milk thistle seed, beet juice, dandelion root and leaf, turmeric, nettle leaf, and cinnamon to clean and strengthen the liver while assisting in the purification of the circulating bile.

**Nettle Leaf POWder:** Nettles are very high in polyphenols, vitamins and minerals. Nettles may help support sinus function and promote healthy hair and joints.

**Kale POWder:** Kale being one of the most nutritious veggies that is naturally detoxifying and immune supportive. A great source of Vitamins A, B, C, E, and K, and calcium, magnesium, manganese, lutein and zeaxanthin. High in protective phytochemicals including carotenoids, flavonoids, and organo-sulfur glucosinolates.

## MEGAFOOD SMOOTHIE BOOSTERS:

**Daily Energy:** An uplifting Nutrient Booster Powder that provides B12 and beets. A power packed duo that may help promote and sustain your energy level throughout the day without any stimulants. Chromium and green tea are added to enhance mental alertness, focus and a healthy metabolism. Also, contains eleuthero, ashwagandha, and American ginseng to support your body's ability to manage stress and maintain healthy blood sugar levels.

**Daily Turmeric:** Recover and renew with turmeric, black cherry, BioPerine black pepper, and Vitamin C. Helps maintain a healthy whole body inflammatory response and

provide exceptional recovery nourishment from exercise and stress. Holy Basil Leaf is added to help promote your physical and mental endurance and bring forth a healthy balance and energy from within.

**Daily Purify:** Optimize and energize with artichoke leaf, burdock root and dandelion root. Helps promote liver health and the ability to process and remove toxins from the body. Beets and a phenolic blend are combined with purple reishi mushroom and schisandra berry to provide a powerful array of deeply pigmented protective antioxidants known to maintain cellular health and healthy rejuvenation.

**Daily C-Protect:** Protect and strengthen your immune system with Vitamin C and a phenolic blend including blueberries, oranges and cranberries. Provides a powerful spectrum of immune-boosting antioxidants including bioflavonoids and anthocyanins to nourish your body to stay strong. Astragalus and schisandra berry are added for their body rejuvenating and immune strengthening properties.

## NAVITAS NATURALS PRODUCTS:

**Acai Powder:** (ah-sigh-ee) Sourced from the Amazon rainforest, acai is a delicious low-glycemic berry that provides exceptional amounts of antioxidants, omega fats, protein and fiber. The berries also contain an optimal combination of essential amino acids and possess many other micronutrients including resveratrol, polyphenols and flavonoids.

**Cacao Powder:** Cacao is a great source of antioxidants and it contains an abundance of magnesium and iron. It adds a great chocolate taste to any smoothie and is a healthy alternative to conventional over-processed "cocoa" used for baking, hot chocolate, desserts and smoothies. Navitas cacao powder is made using the finest cacao beans that are milled at low temperatures to protect the nutrients and flavor.

**Goji Powder:** A convenient way to enjoy this ancient Chinese super fruit. It is a vegetarian form of protein, packed with essential amino acids, rich in Vitamin A and a good source of Vitamin C. Possesses over 20 trace minerals and vitamins. This freeze dried powder is a great addition to granola, oatmeal, yogurt, smoothies and many other recipes.

**Hemp Protein Powder:** Made from nutrient dense hemp seed that is a great vegetarian source of protein, omega-fatty acids, magnesium and fiber. Navitas organic hemp powder contains 50% protein and contains all the essential amino acids making it a complete protein. This eco-friendly superfood has a nutty flavor and is easy to enjoy in smoothies and baked goods.

**Pomegranate Powder:** Pomegranates are a great source of naturally occurring phytonutrients and superior antioxidants like polyphenols, ellagic acid, tannins and anthocyanins. These compounds are strong free-radical fighters providing protection against cellular damage. Navitas pomegranate powder has a sweet fruity flavor that is easy to add to a variety of recipes. This super fruit contains a diversity of vitamins and minerals and is especially high in Vitamin C and potassium.

**Superfood Blend:** (protein smoothie mix) A combination of hemp that is high in protein and omegas, antioxidant-rich cacao and maca that benefits the endocrine system to create an energizing and nourishing smoothie blend. This robust trio of super foods provides you with natural strength and energy throughout your day.

**Yacon Slices:** Made from an ancient South American tuber that tastes more like fruit than a root. It is a low calorie, nutritionally dense super food that contains inulin, a complex sugar that breaks down slowly into fructooligosaccharides, which promote healthy prebiotics.



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

Mildly sweet, dried yacon slices have a taste and texture similar to exotic apple slices.

## GARDEN OF LIFE PRODUCTS:

**Super Omega 3 Organic Chia:** An essential superfood rich in omegas that promotes heart and brain health, helps maintain healthy cholesterol and blood sugar levels and promotes healthy digestion and elimination. A great addition to your modern, fast-paced diet. Chia, has a very mild, nutty flavor that tastes great sprinkled on salad and cereal or mixed into beans, legumes, yogurt and especially smoothies.

**Real Cold Milled Organic Golden Flax:** Grown in North Dakota on pristine and virgin soils. Garden of Life flax goes through a unique 5 step cleaning process that gently filters all impurities leaving behind only the purest golden flaxseeds. To unlock their goodness, cold-milling methods preserve all of the nutritional value without releasing the valuable oils. Rich in omegas flax promotes healthy digestion and regularity, heart, breast, and brain health and supports healthy balanced hormones.

**Organic Golden Flaxseed and Organic Chia Seed:** Golden flaxseeds are the most concentrated source of beneficial lignans, a polyphenol that supports digestion, reproductive, prostate, breast, and heart health. Added to flax is the richness of chia seeds making it higher in protein, omegas, vitamins and minerals than flax alone.

**Organic Golden Flax Seed and RAW Organic Antioxidant Fruit:** RAW Certified Organic antioxidant fruits and berries, such as blackberries, cranberries, raspberries and strawberries plus apples, bananas, and mangos have been added to the nutritious flax. Your taste buds will say, "thank you."

All of these food supplements can easily be added to foods, smoothies and drinks for a bit of a boost. One of my current favorite concoctions is what I call CocoMaca Magic. This delicious energizing and hormone balancing icy drink is a great alternative to that coffee and scone for breakfast.

## CocoMaca Magic

2 cups ice  
2 Tablespoons Navitas Cacao Powder  
2 teaspoons of Herb Pharm Maca Powder  
1 Tablespoon Dr. Bronner's whole kernel coconut oil  
1 cup coconut Goodbelly

Mix in blender or blending device (I use a Nutribullet) to slushy smooth texture. Play with liquid amount to get desired consistency. You may need a spoon or straw.

On another note:

We hope you like the new set up in the Wellness department. Our hope is to make shopping easy. We try to set our products in a fashion that makes sense. We have low profile signs indicating the categories for easier shopping as well. We are excited to have moved the aromatherapy section to be located near the wellness desk. This has proven to be beneficial to both staff and customers as we are more available to help with questions and the products. Plus it gives a little more space to shop this busy and growing category. We thank you greatly for your patience as we change things up and for your ongoing support.

Peace and love from the Wellness Gals.



LaRana  
Bistro

Creative Midwest Fare • Local Seasonal Menus

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

the  
goodfoot  
FOOTWEAR

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# Chia Freezer Jam in 20 minutes

By: Carl Haakenstad, Bulk Buyer

**End 2** A community that is educated about food and other products that are healthy for people and the environment.

Many of you are now familiar with the nutritional powerhouse that is the chia seed. In case you are not, let me give you a quick introduction. Chia seeds are native to southern Mexico and Guatemala and archaeological records show that these small but powerful seeds were cultivated by the Aztecs in pre-Colombian times. Many people have begun eating chia seeds in their cereal, yogurt, or smoothies because they contain healthy amounts of omega-3 fatty acids, dietary fiber, calcium, and protein. In short it is a nutritional powerhouse because it gives you lots of good nutrients for a minimum of calories.

Recently, people experimenting in their kitchens have found a way to use chia to boost the nutritional value of that staple of the Midwestern kitchen: homemade jam. I know I grew up eating lots of homemade strawberry jam (and still do eat plenty of it), and I loved it. Homemade jam is not only great on toast, but it's also great on pancakes, in cookies or oatmeal, and it's especially tasty over vanilla ice cream.

While homemade jam is delicious, it is not the most nutritious food. That is why chia jam is so great. It is easy to make and the chia seeds give the jam a nutrition boost. The chia seeds also take the place of pectin because they can absorb ten times their weight in water and becoming gelatinous which allows your jam to set up. When making chia jam, you can use fresh or frozen fruit and depending on the type of fruit used you can leave the fruit whole or mash it up. In reviewing chia jam recipes I found some recipes where you cook the fruit and others where you simply mash or puree the fruit and add chia. Whether to cook the fruit or not is up to you and your taste buds. However, a good base recipe to start with is one pound of berries, plus ¼ cup sweetener (optional), and add 2 tablespoons of chia

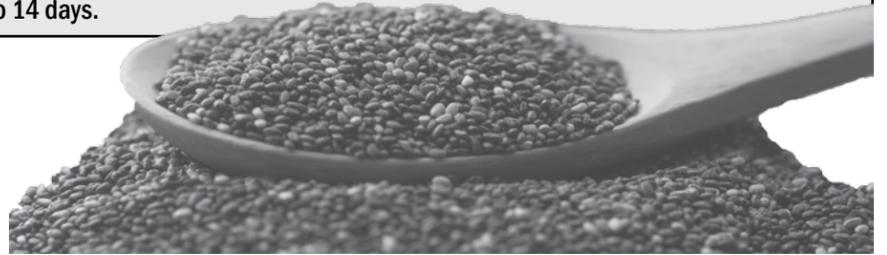
seeds. The liquid level of berries will vary so you may need to add a little more water or juice if it seems too thick or more chia seeds if it seems too thin. But remember that chia seeds do need some time to absorb as much liquid as they can, so give it time to determine the appropriate thickness.

With all of that said, here is a basic Blueberry Chia Seed Jam recipe to follow. I encourage you to modify the recipe as you like. Since it only takes 20 minutes to make, you can experiment with many different fruits and seasonings in your own kitchen.

## Blueberry Chia Seed Freezer/Refrigerator Jam

- 3 cups blueberries (fresh or frozen)
- 2 - 3 Tablespoons honey or maple syrup (more or less to taste)
- 2 Tablespoons chia seeds
- 1/2 teaspoon vanilla extract

Combine berries and honey in a small saucepan. Cook over medium heat until berries begin to soften and burst, about 5 minutes. Add chia seeds and cook until jam is thick, 10-15 minutes. Remove from heat and add vanilla extract. When cool, pour jam into airtight containers and either freeze or store in the refrigerator for up to 14 days.



# PORK.

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

By: Kristin Evenrud, Meat Buyer

In light of the PEDv\* epidemic I think it is even more important to know your farmer. We have a new, local Amish pork producer raising Berkshire hogs. Harvey Gingerich has been farming since 2008, both producing goat milk for a dairy cooperative and raising pigs. He and his wife (and 5 young children) are farming 30 acres near Harmony, MN. They raise their own corn for the goats and buy feed from the feed mill for the hogs. They are feeding the pigs a special vegetarian diet and do not use any antibiotics. The pigs are happy to roam outside while having accessible shelter from the elements. I had a lovely visit with Harvey and his family last fall and was reminded how hard it is to do anything without the internet. Harvey asked me quite a few questions about how to market his product and I wanted to just say, "You can look that up on the internet." Instead, I helped him find resources that worked better for his skill set.

Since that visit, Harvey Gingerich has figured out how to market his animals. He now has pork in 3 food co-ops: Just Foods in Northfield, MN, People's Food Co-op in Rochester, MN and our own Oneota Co-op. I have been thrilled with the taste and texture

of the pork he is producing and love the MSG-free brats and ground sausage. Harvey has all his product processed at Burt's Meats in Eyota, MN. I urge you to try some really great local pork from Harvey the next time you stop at the Co-op.

*\*The pork industry is trying to recover from a voracious virus called porcine epidemic diarrhea virus (PEDv) that has killed 8 million pigs since May of 2013. This virus attacks very young piglets and once contracted will kill the piglet very quickly. The number of animals affected is staggering. It is estimated that another 2.5 million will die between June 2014 and July 2015. However, the USDA has just approved a vaccine that is being introduced into the commercial market in order to curb the problem.*

*It takes time for a producer to clean up their buildings, make sure the farm is clear of the virus and then start the whole gestation-to-finishing process - commonly a 10-month process. No farm is immune to this problem as it affects small farms and huge confinement operations alike. Overall, what this means to the consumer is a very tight market. It is estimated that consumers are paying 13% more for pork at the supermarkets than they were this time last year.*

## Product Parade

By: Kristin Evenrud, Grocery Manager

### NAPA VALLEY NATURALS

**End 4**

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

Napa Valley Naturals is a small, family-owned business devoted to producing the finest organic and all natural olive oils, expeller-pressed cooking oils, Italian balsamic vinegar, and barrel-aged artisan vinegars. They donate a percentage of their profits to groups that support environmental preservation, sustainable agricultural practices, hunger prevention and community-based health initiatives. When you enjoy their great tasting foods, you support a system of agriculture committed to leaving a legacy of clean foods and a healthy soil and Earth.

We are happy to add some new Napa Valley Naturals products to our existing line, including: Organic Oak-Aged Red Wine Vinegar, Organic Oak-Aged White Wine Vinegar and Oak-Aged Reserve Champagne Vinegar.

Also try: Organic Aged Balsamic Vinegar, Artisan Raspberry Balsamic Vinegar, Expeller-pressed Grapeseed oil, Organic Sunflower Oil, Organic Safflower Oil, and Organic Extra Virgin Olive Oil.



## SUPERSEEDZ GOURMET PUMPKIN SEEDS

These babies have no shells, are dry roasted and packed with crunch and flavor. They are a nutrient dense (8g protein, 15% RDI iron, 15% RDI zinc) allergen friendly treat - gluten free, peanut free, tree nut free, egg free, dairy free, fish free, shellfish free and soy free and are fun and tasty to eat plain, sprinkle on a salad or add to homemade granola.

We have three flavors: Sea Salt, Cinnamon Sugar and Somewhat Spicy.





## Tai Chi of Decorah

Movement for Health and Well-Being

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

## CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

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

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

### CLASS KEY

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

## SEPTEMBER

### Co-op OPEN Labor Day September 1st from 8:00 am to 8:30 pm

#### Allergy Free Store Tour

Wednesday, September 3, 4:00 pm

Diet changes due to allergies and intolerances are hard. Ingredient labels are confusing, hidden allergens pop up in favorite foods. We get it! Join us for a store tour and get help finding the foods you can eat, learn to read labels and get comfortable in the new diet. This tour time is set aside for any type of dietary needs, such as Celiac Sprue, gluten or lactose intolerance, nut allergies and others.

No need to register. FREE

## EXPLORING FOODS

Class held Tuesdays from 3:15 - 4:15 pm on the following dates:

Session One:	Session Two:
September 9	November 4
September 16	November 11
September 23	November 18
September 30	November 25
October 7	December 2
October 21*	December 9

**These classes  
designed for  
kindergarten -  
2nd grades.**

\*No class when Decorah Schools are not in session (October 14)

**One Exploring Foods Session (6 classes) is \$50.00**

Location: The New Co-op Kitchen Classroom - two doors down from the Oneota Co-op on Water Street



Photo courtesy of Luther College/Aaron Zauner

## REGISTRATION INFORMATION

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

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

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

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

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

## WELLKID WEDNESDAYS

Class held Wednesdays from 7:45 - 8:45 am on the following dates:

Session One:	Session Two:
September 10	November 5
September 17	November 12
September 24	November 19
October 1	November 26
October 8	December 3
October 15	December 10

**These classes  
designed for  
kindergarten -  
2nd grades.**

**One WellKid Wednesday Session (6 classes) is \$40.00**

Location: The New Co-op Kitchen Classroom - two doors down from the Oneota Co-op on Water Street

## BE'TWEEN COOKING

Class held Thursdays from 5:30 - 7:00 pm on the following dates:

September 11	October 9
September 18	October 16
September 25	October 23
October 2	October 30

**These classes  
designed for  
5th - 8th grades.**

**Be'Tween Cooking Session (8 classes) is \$90.00**

Location: The New Co-op Kitchen Classroom - two doors down from the Oneota Co-op on Water Street

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

Thursday, September 11, 6:00 pm

Tour led by Co-op Staff

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

#### Friday Evening Event with Brett Laidlaw - Midwest Cookbook Author

Held in the NEW Co-op Kitchen Classroom

Friday, September 12, 5:00 - 7:00 pm

We invite you to join us in the newly opened Co-op Kitchen Classroom this Friday evening. The Classroom will be filled with locally foraged, sourced and prepared foods, featuring the recipes of cookbook author, Brett Laidlaw from "Trout Caviar." Plus enjoy some wines perfectly paired with these delicious dishes.

FREE

#### Book Signing and Sampling with Brett Laidlaw, author of "Trout Caviar"

Saturday, September 13, 10:00 am - 12:00 pm

Join Midwest cookbook author, Brett Laidlaw, in the Co-op Kitchen Classroom for a morning of delightful conversation surrounding wild and foraged foods while enjoying dishes from his cookbook, "Trout Caviar: Recipes from a Northern Forager." Pick up a copy of his cookbook and get it inscribed just for you or someone you know. Great, special gifts for friends and family who love to cook.

FREE



## SEPTEMBER CONT.

### Fall Frolic with The Foot Notes...and PIE!

**Sunday, September 14, 6:00 - 9:00 pm**

**Community Building - Winneshiek County Fairgrounds - 900 East Main Street, Decorah**

Join us at the Winneshiek County Fairgrounds in the Community Building as we celebrate 40 years of the Oneota Community Food Co-op. We'll serve up some organic pie from Happles in Homestead, Iowa, as well as frozen yogurt from Country View Dairy of Waukon, Iowa. Vegan and gluten free options will also be available. We'll begin serving pie at 6:00 pm and from 7:00 to 9:00 pm we'll dance the night away to the tunes of the Foot Notes. Cost is \$5 per person, children 12 and under are free.

### Homemade Nut Milks

**Wednesday, September 17, 5:30 - 6:30 pm**

GF VG DN

Claudia invites you to the Co-op Kitchen Classroom for a short nutritional talk on nut and other alternative milk options. She'll demonstrate the how-to's involved in making your own, fresh nut milk at home. It's easier than you think! Class wouldn't be complete without demonstrating how to use nuts and nut milk in a delectable dessert. Instructor: Claudia Kriemelmeyer

\$12 Co-op Members/\$15 Community Members

### Canning for Newbies

GF VN HO

**Thursday, September 18, 1:00 - 4:00 pm**

You CAN do it! Preserving your own fruits and vegetables is possible in your kitchen. This hands-on class will teach the basics (and safety methods) of hot water bath canning. The class focus will be two veggies, favorites for newbie canners, cucumbers and tomatoes. Everyone will make and take home canned produce along with recipes and instructions for more adventures at home. Participating in the process, start to finish, will help anyone feel comfortable canning at home.

Instructor: Johanna Bergan

\$20 Co-op Member/Owners, \$25 Community Members

### Allergy Free Store Tour

**Monday, September 22, 2:00 pm**

Diet changes due to allergies and intolerances are hard. Ingredient labels are confusing and hidden allergens pop up in favorite foods. We get it! Join us for a store tour and get help finding the foods you can eat, learn to read labels and get comfortable in the new diet. This tour time is set aside for any type of dietary needs, such as Celiac Sprue, gluten or lactose intolerance, nut allergies and others. No need to register. FREE

### Monthly Board Meeting

**Tuesday, September 23, 5:30 - 8:00 pm**

All members are welcome to attend board meetings

Location: Co-op Kitchen Classroom, 308 W. Water St., Decorah

### Frugal Gourmet: Pinto Beans

HO

**Wednesday, September 24, 6:00 - 7:30 pm**

Are you in search of real food that is affordable and practical to prepare? Then this is the class for you. Eating well and cooking wholesome, all while being on a budget, is the challenge accepted in each Frugal Gourmet class. Co-op instructors will stretch your kitchen skills as we focus on a single ingredient and prepare multiple dishes featuring this ingredient. Class participants will dive into food preparation as well as eating and enjoying all of the dishes prepared in class.

FREE, Pre-registration required as space is limited

### Eating Local in 30 Minutes or Less: The lowatalian

GF HO

**Monday, September 29, 6:00 - 7:30 pm**

Combine the food values of our instructors - local, organic, fresh, amazingly flavorful - with the challenge of a chaotic family schedule (no time for cooking) in the midst of the Iowa bounty season. This class hits the spot. Join us as we show you how Italian flavors meet Iowan goodness while putting quality food on the table that everyone in the family will enjoy. We'll get our hands in a pizza crust and use our knife skills to create perfect toppings. Mark your calendar and join in the fun. Instructors: Johanna Bergan and Joel Zook

\$12 Co-op Members/\$15 Community Members

### The Coconut Craze

GF VN HO

**Tuesday, September 30, 6:00 - 7:00 pm**

What is the buzz around coconut really about? In this class, we'll talk about the swarm of coconut products that have hit the market, what the hype is really about, how to use them, and which ones to skip. We'll also sample some coconut goodness and show you how to navigate the Coop's selection of coconut-friendly brands and products.

Instructor: Sonja Ecklund

\$12 Co-op Members/\$15 Community Members

**Inventory: Co-op Closing Early Tuesday, September 30th at 7:00 pm**

## OCTOBER

### Release the Pressure - of Cooking

GF DN

**Wednesday October 8, 6:00 - 7:00 pm**

Preparing wholesome food for your family can feel overwhelming and even impossible at times. Learning the tricks of the trade from a busy mom can help demystify how other families pull it off. One of our favorite kitchen tools to demystify is the pressure cooker. Welcoming a pressure cooker into your life makes healthy vegetarian or meat dishes come to life - in minutes. Cut cooking and prep time in half or more with recipes from this class with a focus on one-pot meals.

Instructor Johanna Bergan

\$12 Co-op Members/\$15 Community Members

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

**Thursday, October 9, 6:00 pm**

Tour led by Co-op Staff

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

### Happy Hour with Kurt Michael Friese at the Co-op Kitchen Classroom

**Friday October 17, 5:00 - 7:00 pm**

Join the Co-op as we welcome Kurt Michael Friese to Decorah and the Co-op Kitchen Classroom. We'll be serving up a nice selection of recipes from Kurt's cookbooks as well as providing you with an opportunity to talk more with Kurt about his adventures in the kitchen. This is sure to be a fun evening with great food and wonderful company. FREE

### Kurt Michael Friese Book Signing

**Saturday, October 18, 10:00 am - 12:00 pm**

Join the Oneota Co-op, Dragonfly Books and localvore chef and writer extraordinaire, Kurt Michael Friese, for a morning of delicious food and conversation. We invite you to visit us in the newly opened Co-op Kitchen Classroom to meet Kurt, discover his cookbooks, "A Cook's Journey: Slow Food in the Heartland" and "Hot Spots on the Chile Trail". FREE

### Frugal Gourmet: Featuring Squash

HO

**Monday, October 20, 6:00 - 7:30 pm**

Are you in a search of real food that is affordable and practical to prepare? Then this is the class for you. Eating well and cooking wholesome, all while being on a budget, is the challenge accepted in each Frugal Gourmet class. Co-op instructors will stretch your kitchen skills as we focus on a single ingredient and prepare multiple dishes featuring this ingredient. Class participants will dive into food preparation as well as eating and enjoying all of the dishes made in class.

FREE, Pre-registration required as space is limited

### Glycemic Index 101

VN HO

**Tuesday, October 21, 6:00 - 7:00 pm**

In this class we'll discuss the mysterious Glycemic Index. What's the processed sugar hype really all about? Should we really care about our sugar intake if we're not diabetic? In an over-processed world, how do you begin to cut back on sugar? We'll discuss practical techniques for smarter shopping and tips for eating out. We'll also practice mindful and intuitive eating techniques with low-glycemic superfood snacks. Join us to discover how to get off the processed sugar roller coaster the whole foods way.

Instructor: Sonja Ecklund

\$12 Co-op Members/\$15 Community Members

### The Magic of Fish Stock

HO

**Wednesday October 22, 6:00 - 7:30 pm**

Life is in the journey and not in the end result. Sometimes cooking is the same. Welcome to the Co-op Kitchen for an evening of Asian flavors as we create the secret ingredient for an excellent stir fry. This isn't stir fry 101 but is rather for the adventurous at heart who are ready to up the ante. Along the way, we will make a dipping sauce for the evening's meal, a umami packed seaweed spread and a stock that will serve as a base for all of your stir fries to come.

Instructor: Joel Zook

\$12 Co-op Members/ \$15 Community Members

### Meatless Meals Your Family Will Enjoy

VG HO

**Monday, October 27, 6:00 - 7:30 pm**

So going Meatless on Monday's seems like a good bandwagon to jump on - save water, fuel, and money, eat foods lower in fat and higher in nutrients, help lower cholesterol, possibly limit cancer risk, and make your vegetarian kids (and doctor) happy. But the real question is, WHAT do you EAT? Join us in the classroom to practice dishes to incorporate into your own Meatless Monday journey. We'll focus on dishes that are easy to prepare, hearty enough to satisfy and enticing and delicious to your taste buds.

Instructor: Johanna Bergan

\$12 Co-op Members/\$15 Community Members

### Monthly Board Meeting

**Tuesday, October 28, 5:30 - 8:00 pm**

All members are welcome to attend board meetings.

Location: Co-op Kitchen Classroom, 308 W. Water St., Decorah

# CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

## CLASS KEY

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

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

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

## NOVEMBER

### Winter Hours Begin: November 1st 8:00 am to 8:00 pm

#### Taste of the Holidays – Annual Fundraising Event for Local Food Pantries

Thursday, November 6, 4:30 – 8:15 pm

Cost: \$15 minimum donation to local food pantry. Pre-registration required. You are invited to attend a full holiday meal - from appetizers through dessert - prepared by the Water Street Café. All donations go to support local food banks. Seating will be scheduled every half hour. Please arrive 15 minutes before your scheduled seating to enjoy appetizers, beverage samples and the company of friends. Last year this event raised over \$3,000 to support local food pantries. Registration begins October 1st, please call Customer Service at 563-382-4666 to sign-up for your preferred seating time or do so online at [www.oneotacoop.com](http://www.oneotacoop.com).

#### Frugal Gourmet: Featuring Kamut

HO

Monday, November 10, 6:00 - 7:30 pm

Are you in a search of real food that is affordable and practical to prepare? Then this is the class for you. Eating well and cooking wholesome, all while being on a budget, is the challenge accepted in each Frugal Gourmet class. Co-op instructors will stretch your kitchen skills as we focus on a single ingredient and prepare multiple dishes featuring this ingredient. Class participants will dive into food preparation as well as eating and enjoying all of the dishes made in class.

FREE, Pre-registration required as space is limited

#### M.A.D. (Member Appreciation Day) Sale

Tuesday, November 11, 8:00 am - 8:00 pm

10% off storewide\* for Oneota Co-op member/owners. Discount may be combined with all other member discounts. (\*discount only excludes Co+op Deals and Member Deals sale items.)

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

Thursday, November 13, 6:00 pm

Tour led by Co-op Staff

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

#### Cast Iron Pan Seasoning

HO

Monday, November 17, 6:00 - 7:00 pm

Woks and cast iron pans - does the cooking pan really make or break the dish? Either way, tonight's class will focus on getting the most out of your pan. Cast iron pans are heavy duty, utilitarian and last forever when they are well cared for. Join us for the do's and don't's of caring for these unique cooking pans. Do you have a pan at home that has seen better days? Feel free to bring it to class.

Instructor: Joel Zook

\$8 Co-op Members/\$10 Community Members

#### Beans: Boring No More!

VN HO

Tuesday, November 18, 6:00 - 7:30 pm

If you're not convinced that you should be eating beans every day, this class will change your mind! Get ready for a whole new perspective on this magical fruit. We'll talk about all the major health benefits of beans, practice bean-disguising-techniques, and make/sample a few recipes. You won't believe how delicious whole food desserts can be or how versatile beans can be. We'll make homemade Nutella, fruit dip, cookies, and brownies, and send you home with lots of recipes so you can sneak beans into all your favorite treats at home.

Instructor: Sonja Ecklund

\$12 Co-op Members/\$15 Community Members

#### Monthly Board Meeting

Tuesday, November 25, 5:30 - 8:00 pm

All members are welcome to attend board meetings

Location: Co-op Kitchen Classroom, 308 W. Water St., Decorah

## DECEMBER

#### Vegan Holiday Cookies

VG GF HO

Monday, December 1, 6:00 - 7:30 pm

It's cookie time! If this time of year (holidays!) is especially challenging because of dietary restrictions, this class is for you. Get ready to roll up your sleeves and be busy in the kitchen preparing cookies that everyone can enjoy. These cookies are so good that everyone at the party will enjoy them. Many of the recipes are perfect for big batches to be frozen and eaten later. Recipes will focus on vegan (dairy and egg free) and gluten free options with lots of ideas for substitutions. We'll eat and take home cookies at the end of class.

Instructor: Johanna Bergan

\$15 Co-op Members/\$18 Community Members

#### Frugal Gourmet: Featuring Onions

HO

Wednesday, December 3, 6:00 - 7:30 pm

Are you in a search of real food that is affordable and practical to prepare? Then this is the class for you. Eating well and cooking wholesome, all while being on a budget, is the challenge accepted in each Frugal Gourmet class. Co-op instructors will stretch your kitchen skills as we focus on a single ingredient and prepare multiple dishes featuring this ingredient. Class participants will dive into food preparation as well as eating and enjoying all of the dishes made in class.

FREE, Pre-registration required as space is limited

#### How to Healthify Your Favorite Family Recipes

VG HO

Tuesday, December 9, 6:00 - 7:00 pm

Have a favorite family recipe? The kind that includes lard and cheese whiz? Would you love to make it but can't bring yourself to cook with those ingredients? Let's "healthify" it! In this class, we'll learn about the healthy alternatives for your 70s kitchen staples and practice swapping ingredients so you can enjoy your favorite childhood recipe without the health hazards.

Instructor: Sonja Ecklund

\$12 Co-op Members/\$15 Community Members

## CO-OP CLASSES - DIG IN TO DELICIOUS LEARNING!

### REGISTRATION INFORMATION

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





BUY THE BEST  
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**\$3.59/LB** (ESTIMATED PRICE)  
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- FREE RANGE - AND THEY DO ROAM!
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RESERVE YOUR TURKEY BEGINNING OCTOBER 1ST - IN-STORE OR ONLINE AT [WWW.ONEOTACOOP.COM](http://WWW.ONEOTACOOP.COM)

# Flexible Late Summer Recipes

By: Beth Rotto, Cheese and Chill Buyer

Let me get right to some recipes you'll want to use for some wonderful, easy meals featuring fresh veggies, grains, and a little cheese. Once familiar with these recipes, they can all be made in less than 1/2 hour. They are quite flexible as far as amounts and can incorporate leftovers in many cases. This is the way I often cook after a work day, and my husband Jon says he feels like he eats like a king.

## Zucchini Quinoa Feta Salad

(Note - Soak 1 cup quinoa (rinsed) to save time and increase its digestibility. Experiment with soaking all your grains!)

Cook 1 cup quinoa with 2 cups water and 1/4 tsp salt. This takes 5-15 minutes, depending on whether or not you've soaked the quinoa. This can be done earlier in the day and left covered at room temperature.

At serving time add: 1 medium zucchini, shredded, 1/4 cup pitted green olives, sliced, and 4 ounces crumbled feta cheese (I prefer Mt. Vikos Feta Crumbles in this recipe.). The most delicious olives and your favorite feta are what make this dish special.

Whisk together 1/4 cup olive oil and your favorite vinegar. If you like the olive oil we use on our famous house made bocconcini (fresh marinated mozzarella balls), and who doesn't, then use the Partanna Olive Oil sold at the Co-op in the colorful red tins. For vinegar, I use a simple herbed vinegar I make from rice wine vinegar and herbs growing in containers on my deck. Just wash herbs and cover with warm vinegar and allow to sit on your counter for a few days or longer. (Hint- good olive oil gets bitter when broken by blades, so always whisk your dressings by hand, not in a blender.)

Pour your oil and vinegar dressing over everything, reserving a little to mix with a couple of large handfuls of micro greens, spicy and fresh, from Root River Farm delivered to the Co-op from the farm just at the edge of town.

At last sprinkle handfuls of roasted, salted pumpkin seeds on top.

This recipe is my new "go-to" recipe for potlucks.

## Cheesy Chard

This requires left over brown rice. Make extra next time. Spinach or other greens can be used instead of Swiss Chard, but I like Swiss Chard best.

Rinse, but do not dry, and chop a bunch of Swiss Chard leaves (reserve stems for another dish).

Saute a chopped onion and/or several minced garlic cloves in generous amount of olive oil. When soft, throw in the amount of leftover rice that you want and stir together with a little salt. Turn heat to medium and cover for 1 minute. Add chopped Swiss Chard leaves and cover for a few minutes until chard begins to wilt.

Meanwhile, grate 1 cup or so of cheddar or Gruyere cheese. Lift the lid and sprinkle the cheese on top. Cover again for a minute, then turn off heat and let rest a minute. Then serve. You can add leftovers to this dish when you add the rice.

## Linguine with Fresh Tomatoes, Fresh Basil and Parmesan Cheese

Fresh tomatoes and top quality olive oil and parmesan make all the difference in this simple, yet company-worthy meal.

Combine and marinade 2 hours:  
2 garden fresh tomatoes in 1/2" cubes  
1/2 c chopped fresh basil  
2 cloves pressed garlic  
1/2 c olive oil (Partanna Sicilian olive oil sold in the colorful tins is a good choice.)  
1 tsp salt  
1/4 tsp black pepper

Cook 3/4 lb pasta. Toss with the above along with lots of grated or shredded parmesan cheese. If you like to shred your own, choose either our delicious domestic whole parmesan, or the Italian Parmigiano Reggiano. Look for great deals in our bulk shredded or grated parmesan or cellophane bags of award winning Sartori parmesan.

**End 2** A community that is educated about food and other products that are healthy for people and the environment.

## Sweet Potato Quesadillas

Saute together: 1 small chopped onion, 1 chopped red pepper, 3-4 cloves minced garlic in 2 Tbsp olive oil. Add 2-3 peeled, grated yams and sauté until soft. Season with salt, lime juice, ground cumin, coriander, and cayenne. Add handfuls of fresh chopped cilantro.

To assemble: Place Stacey's Organic tortilla (found in refrigerated case at the Co-op, either white or wheat) on griddle. Cover one side of tortilla with grated smoked cheddar or gouda cheese and a generous scoop of the veggies, then more cheese. Fold tortilla over to cover. Cook until golden brown on both sides. Serve with sour cream (regular or low fat), guacamole (make your own or grab some from the Water Street Cafe) and salsa (don't miss the fresh Salsa Lisa in the refrigerated case next to the tortillas).

## Pita Pizza

Top thawed pita rounds (or pizza crusts) with one or more of the following:

Olive oil, pesto, red pepper spread, tomato based pasta sauce.

Sprinkle with shredded mozzarella, feta, or Jarlsberg cheese.

Decorate with one or more of the following: marinated artichoke hearts, olives, sundried tomatoes, leftovers.

Experiment.

Pop under the broiler until bubbly. If you have a little more time, use Waving Grains pizza dough, found in the cafe grab-n-go case. Just roll out and follow directions on the bag.

## Easy Smoked Turkey Panini with variations

Rudi's sandwich bread holds together well for these. Try your own variations!

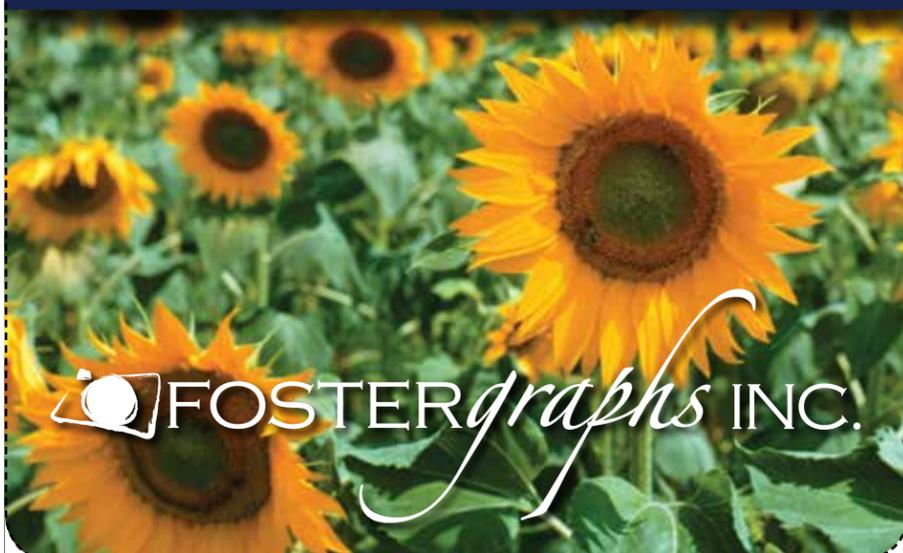
Prepare sandwiches. Butter lightly on the outside. Heat on waffle maker or on griddle.

Sandwich Idea 1: Bread with Smoked Turkey, Provolone (smoked or regular), marinated tomatoes and pesto mayonnaise (yup, just stir pesto and mayo together).

Sandwich idea 2: Bread with Smoked Turkey, Provolone (smoked or regular), avocados, and hot mango chutney mayonnaise (yup, just stir hot mango chutney with mayo).

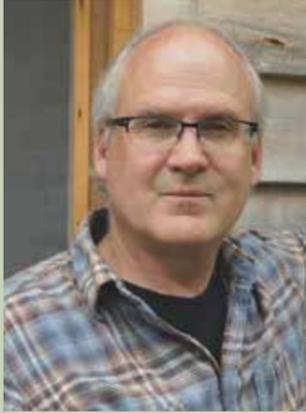
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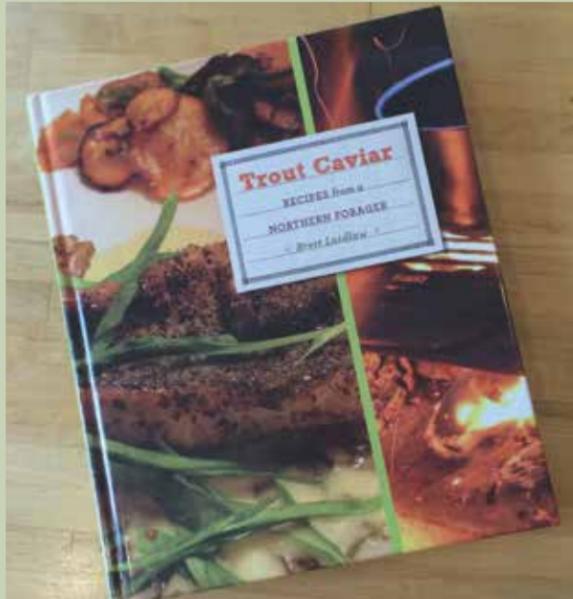
MEET THE AUTHOR

# BRETT LAIDLAW



Brett Laidlaw was a lifelong Minnesota resident before settling in the Wisconsin countryside in 2012. He is the author of "Trout Caviar: Recipes from a Northern Forager," a cookbook with essays that was a finalist for a Minnesota Book Award in 2012. He writes the blog Trout Caviar, which celebrates local, seasonal foods, both wild and cultivated (www.troutcaviar.blogspot.com). He has also published two novels, along with numerous articles, reviews, and short stories. He has taught English in China and run a home-based farmers market bakery, and taught classes on Sichuan cooking and natural leaven breads. An avid gardener, trout bum, mushroom hound, and woodcock hunter, he lives near Ridgeland, Wisconsin with his wife Mary and a wirehaired pointing griffon named Lily.

**FRIDAY**  
**SEPTEMBER 12TH**  
**5:00PM - 7:00PM**  
 ◇ — ◇  
**SATURDAY**  
**SEPTEMBER 13TH**  
**10:00AM - 12:00PM**  
 ◇ — ◇  
**TURN TO PAGE 6**  
**FOR DETAILS**



# A Midsu

By: Brett Laidlaw

You don't have to be Danish to appreciate smørrebrød, those open-face sandwiches—knife and fork sandwiches—composed upon dense, buttered rye bread, usually containing appropriately Nordic ingredients like pickled herring, beets, and pork paté. If you like bread, and noshy food in that tapas mode, you'll like smørrebrød. As a summer evening meal it has the additional virtue that most of the toppings can be prepared ahead or are themselves commercially prepared foods of the very best sort, like cheese, smoked fish, cured meats, etc. Finally, because finishing preparation is so simple, these mini-canvases beg to be decorated to the full extent of your garnishing imagination.

Bready. Noshy. Easy. Pretty. What, I ask, is not to like in that combination?

It's usually this time of year that my appetite turns to smørrebrød. It's an elegantly rustic (or is it rustically elegant?) kind of meal to enjoy in those long twilights as the strong sun softens on descent, spreading welcome shadows, and the heat of the day begins to mellow.

That pretty well describes the evening last weekend when we prepared a smørrebrød repast at the house and packed it in a cooler for a picnic on the hill.

It was a bit warm and muggy in the valley, but we caught a nice breeze as we headed up the hill. I'd been cleaning up a little impromptu sort of dump at

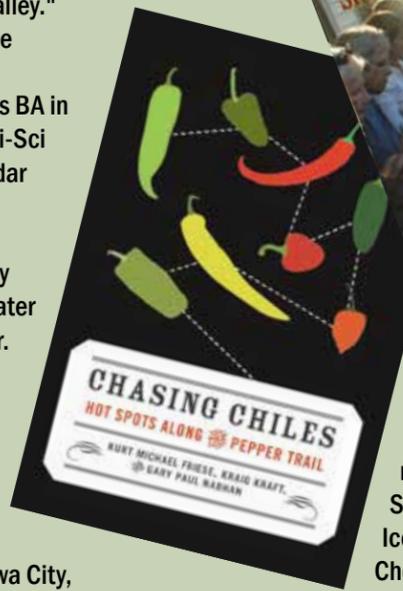
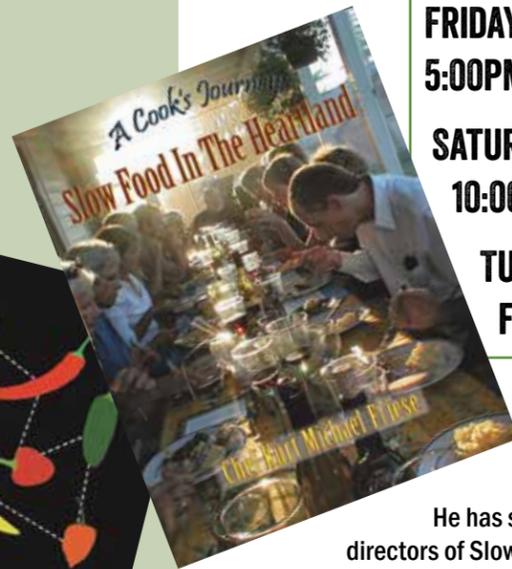
# KURT MICHAEL FRIESE



Chef Kurt Michael Friese is editor-in-chief and co-owner of the local food magazine "Edible Iowa River Valley." Born and raised in the Heartland, Chef Kurt Michael Friese got his BA in photography and Poli-Sci at Coe College in Cedar Rapids, Iowa before graduating from the New England Culinary Institute, where he later was a Chef-Instructor.

He has been owner, with his wife Kim McWane Friese, of the Iowa City restaurant Devotay for 18 years. Named for his children Devon and Taylor, Devotay is a community leader in sustainable cuisine and supporting local farmers and food artisans.

Friese was the founding leader of Slow Food Iowa City,



**FRIDAY, OCTOBER 17TH**  
**5:00PM - 7:00PM**

**SATURDAY, OCTOBER 18TH**  
**10:00AM - 12:00PM**

**TURN TO PAGE 7**  
**FOR DETAILS**

which helped to build the 12,000 square-foot garden and orchard at Elizabeth Tate High School.

He has served on the boards of directors of Slow Food USA, The Iowa Food Systems Council, and the NewBo City Market.

Friese is a freelance food writer and photographer as well, with regular columns in 6 local, regional and national newspapers and magazines. His first book, "A Cook's Journey: Slow Food in the Heartland," was published in August, 2008 by Ice Cube Press. His latest book, "Chasing Chiles," was released by Chelsea Green Publishing in March, 2011.

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# Summer Night's Smørrebrød

the edge of the woods this spring, hauling down old car batteries, car seats, beer cans and bottles, what have you. Then I ran the lawn tractor up there to mow a small picnic area. Among the detritus I'd found a piece of sheet metal and some cinder blocks and these we turned to better purpose as a makeshift picnic table (pleasantly, though very rustically, reminiscent of a Parisian zinc bar). It was, I dare say, one of the best picnics ever.

We settled in very comfortably (so did the dogs, eventually) to enjoy the view of the green, green hills, mist-shrouded in the distance. The aspen leaves overhead kept up a calming kerfuffle. There was even a floor show, of sorts, as the neighbor who rents our hayfield came to bale up the last few rows of the oats and grass they cut last week. Urban al fresco dining has its pleasures, but when was the last time you saw a John Deere tractor and baler on the Nicollet Mall?

As we ate our smørrebrød and sipped our pinot gris and watched the sun pass out of sight behind the western hills—though it would still be light for a couple of hours—I had a thought about terroir—you know, that idea that foods and wines can taste distinctly of the place they came from, express some quality of the soils in which they grow, the waters that sustain them, and the human cultures that have nurtured them through time. My idea had something to do with how a cuisine is shaped by the sense of the seasons experienced by the people who



Photo courtesy of Brett Laidlaw

continued on page 12

# Occupy Your Kitchen!

By: Kurt Michael Friese

It is indeed heartening to see people in the streets, indignant over what the 1% is doing to the 99%. They're right to complain about such excessive and flagrant greed. But one thing they seem to be missing is that the Wall Street fat cat tycoons have nothing on the pigs at the trough of industrial agriculture. If you think bank consolidation is a problem, you should take a look at the monopolies that the likes of Monsanto have built.

To be clear, this is not to condemn farmers themselves, 99% of whom are among The 99%. They are struggling to feed their families and keep their farms and doing what they need to do. But they too are being screwed by the suits at ADM, Tyson, Monsanto, etc., who have made the proud independent American farmer into what amounts to serfs in a fiefdom, stuck selling their product to only one customer: the land barons at the major corporations, and doing it at a price those corporations set. JFK said "Farming is the only business where you buy at retail, sell at wholesale, and pay freight both ways." And he said

that before there was such a stranglehold on the market by this handful of global conglomerates.

The result of doing things their way for 5 decades is a world with 1 billion people starving and 1 billion people overfed and undernourished. In 1960 the U.S. spent 17.5% of GDP on food, and 5.2% on healthcare. By 2008 that statistic had reversed itself, and we now pay 9.6% on food and 16.2% on healthcare.

Now I can yell and scream in my occasional tirades here about the excesses of these organizations, and about how it's making us all fat and sick while robbing us blind, and so can many others. I plan to keep doing so. But the fact is, in a very be-the-change kind of way, none of the efforts of Food Democracy NOW! or Slow Food USA or Food and Water Watch (worthy organizations all) are going to make any difference at all in creating a good, clean and fair food system unless we get people to cook.

After more than three decades in the foodservice business, and 2 decades working on issues of fixing our broken food

system, I have reached the conclusion that what we have is not just a food problem in this country, but a cooking problem. Food marketers have been working for decades to convince people that cooking is a chore, like doing laundry or cleaning out the cat box, something to be avoided if at all possible and then done as quickly and grudgingly as possible. The result? Well if we are what we eat then most Americans are fast, cheap, and easy.

This is because we've forgotten how to cook. Or in most cases, never learned in the first place. Food cooked at home is nearly always healthier, cheaper, and better tasting. It does more than any other single activity to bring and keep families together, and when the food is sourced locally, or as close to home as feasible, it's a great way to "stick it to the Man" too.

Now I know that people will tell me that they don't have time. They are too busy with the 2-3 jobs that they're just barely holding onto to spend any time in the kitchen. But if you add up the time and money it takes to eat at a fast food joint, call it 10 minutes there and 10 minutes back on average, that's 20 minutes. If you can boil water you can make a pasta dish

in 20 minutes that will be better tasting and better for you for a fraction of the price. It is a matter of priorities, and what could possibly be a higher priority to each of us than the health and well-being of our families and ourselves?

I also know it seems odd for a restaurant owner to be advocating for people to dine out less, and I certainly don't want to discourage it entirely (after all I have 2 college educations to pay for too), but doing so less isn't such a bad thing. And when you do go out to eat, try finding the places that are doing right by your community, your health, and the planet. They're getting easier and easier to find, and organizations like the Chefs Collaborative are getting more and more of us chefs on the sustainable food path. But more than anything, the best way you can help improve the food system is to get into your kitchen and cook! And while you're in there, teach your kids to cook. Your health and your bank account and your sense of family will all improve as a result.

*This article was originally posted on huffingtonpost.com on October 27, 2011.*

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# A Midsummer Night's Smørrebrød

continued from page 11

create it. And how, for us specifically and for northern peoples in general, our long annual journey from the abyss of winter's frigid darkness to midsummer's almost too abundant light and warmth, and back again, how this must have as great an impact on the savor of our food as the molds in the caves of Roquefort, or the chalky soils of Sancerre.

It profoundly affects what we eat, how we eat it, what we want to eat, and how we experience it in the context of the year. A midsummer picnic at 45 degrees north latitude must taste different from the same meal consumed in Florida or southern California; in those places, their own seasonal context would shape their experience of what they eat. For me, high summer dining has meant that I've hardly wanted to look at a piece of red meat—give me vegetables, salads, simply prepared fish, cheese and bread. Oh, and maybe a glass of wine.

I made a small rye loaf that included a little birch syrup. You want a pretty dense bread, with a close crumb--not something like a baguette that's full of holes. Then top to your heart's desire. I don't let myself be constrained by any rules, but rather see the smørrebrød concept as the base for using the best of the local and seasonal. One of my favorite, oft-repeated mantras--Ninety percent of good cooking is good shopping--is on full display here. That is not to say, of course, that you should hie thee to a high-end supermarket, but rather that best ingredients make for best results.

The Superior shore was well represented in fresh herring from Cornucopia, smoked whitefish from Port Wing, cheese from Bayfield. The Menomonie farmers market gave us snap peas, onions, beets, turnips, potatoes, and asparagus, and our garden contributed, too, with radishes, chives, and mustard greens. There was a bit of home-smoked bacon in the potato and asparagus salad, and the yogurt cheese was home-cultured using wonderful fresh milk from just down the road. Oh, and the mayo, also homemade, using eggs from our neighbor Tina's chickens, and Minnesota sunflower oil Smude.

On Wisconsin! was surely the theme of this meal, especially as the sandwiches were literally presented on Wisconsin. A more thorough description of the various toppings below.

Smoked whitefish salad combined about four ounces of flaked smoked whitefish with roughly three tablespoons of peas—we shelled some sugar snaps—two ounces of Wisconsin hickory nuts, chopped and lightly toasted in a dry skillet. (The nuts were a generous gift from my buddy Lucas “The Beard” Madsen; hickory trees grow in his part of southeastern Wisconsin, though they're scarce here. Other local, wild alternatives would be black walnuts or hazelnuts; a good store-bought option would be pecans.) To the fish, peas, and nuts I added some sliced red onion and about three tablespoons of mayonnaise—homemade in this case, and for a dinner like this I think it's really worth the effort. Garnish with a little more red onion and thin slices of sugar snaps.

I was inordinately pleased with my checkboard composition of roasted baby beets and turnips. The base was fresh yogurt cheese (with just a dollop of chevre added in for body, and flavor) mixed with chopped chives and lots of coarsely ground pepper. Lay down a good bed of the cheese mixture, and decorate to your heart's content.



Photo courtesy of Brett Laidlaw

You can leave the vegetables round and create a fish-scale effect. I really liked the geometrical drama of the squares—just cut straight down around the sides of each little beet or turnip, and then slicing across produces squares.

Asparagus and potato salad was originally going to be oyster mushroom and potato sauté, but the little critters had honeycombed my 'shrooms, so it was Plan B, which was just delightful. The potatoes



Photo courtesy of Brett Laidlaw

were pre-roasted (along with the beets and turnips). Wash and slice the asparagus bite-size. Dice up some good bacon fairly coarse, begin to render, then add the asparagus. Then add a couple of generous pinches of caraway seeds, about half as much cumin seed, and...mustard seed! About a teaspoon. Add the cut-up potatoes to warm and brown just a bit, and absorb the other flavors. This I served atop a generous spread of that homemade mayo.

Brie and radishes. A study in simplicity and the wonder of felicitous combinations. This one was just delicious. The cheese was one you probably haven't heard of, but of which I predict you'll be hearing quite a bit in the near future. It was Happy Hollow Creamery's “Snowy Spring Brie,” which we picked up at Ehler's store in Cornucopia on the shore recently. Happy Hollow lists a Bayfield, WI address. This cheese, beautifully ripened, was exquisitely flavorful. Not even terribly expensive. If you happen to come across it, just buy it. Their Lazy Daisy raw milk cheddar is also excellent. As I say, I predict you'll be hearing more about these cheeses and this creamery. For the sandwich: butter, cheese, radish, pepper, boom.

Last but surely not least, grilled Superior herring atop mustardy mustard greens. I've said plenty about this superb fish, which never disappoints—we usually get it hours after it's been caught, so that's a good start. I'll have more to say in a future post about the greens preparation, which combines oil, mustard or other strongly flavored greens, more mustard—a good, strong Dijon style—a bit of honey, some vinegar, salt and pepper. This is going to be a standard greens preparation at our house right through the summer and fall. Butter, mustardy mustard greens, a piece of grilled fish, and a radish flower—yep, radish flower, you knew? They're a bit sweet and a bit peppery at the same time.

Partly what inspired us to climb the hill for supper was a story we heard on WPR's show 45 North. Anne Strainchamps interviewed the British adventurer and writer Alastair Humphreys, who has bicycled around the world, run a marathon in the Sahara, and rowed the Atlantic, and now (maybe because he's tired...) is promoting the idea of “micro-adventures,” mini-excursions in one's own backyard. He's encouraging people just to get outside, and outside one's usual comfort zone—just grab a sleeping bag, a sandwich, and a bottle of wine, and go sleep on a hill, look at the stars, watch the sun come up. I think it's just a brilliant idea whose simplicity is at the heart of its brilliance, and while we retired down the hill with the last fading light to all the comforts of home, we did feel as if we'd been away for a while, even if our adventure was, literally, in our own back yard.

And the food, if I need to say it, was good to the last pea.

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# CALLING ALL BUTCHERS

*Feast! Festival & Tradeshow*  
**2 DAYS OF LOCAL FOOD**



# Bakers Artisanal Foodmakers

November 2&3, 2014 · Minnesota, Wisconsin, Iowa · Rochester Mayo Civic Center

By John D. Ivanko

For two delicious days, local farmers, food entrepreneurs, and food artisans will converge on Rochester, Minnesota for the FEAST! Festival and Tradeshow held on November 2 and 3, 2014 in the Rochester Civic Center. As the single largest showcase of local foods from Iowa, Minnesota and Wisconsin, FEAST! is the premiere place to share your food products with others, and perhaps, even, land an account with a wholesaler or buyer serving the region.

From apples to preserves, from locally-grown nuts to hand-dipped chocolates, the FEAST! event is attracting purveyors that have honed their talents in growing and making amazing foods! The Upper Midwest is rich with wonderful food growers and makers who will showcase their goods at this show. More than a hundred farmers, craft and specialty food producers, wineries, and breweries will share the most unique and delicious items found in the Upper Midwest and vie for the "People's Choice" and other awards. Sample purveyors include Water Buffalo Taleggio cheese and Scrumpy Gold Hard Cider.

"The FEAST! Festival and Tradeshow is a go-to destination for the best farmstead and artisan products found in the Upper Midwest," notes Brett Olson with Renewing the Countryside, one of the organizers of the event. "The producers' exceptional craft and passion come through with every bite." Olson, who, after attending the Slow Food's Terra Madre gathering in Turin, Italy, approached regional partners in the FEAST Local Food Network to put on an event in Rochester.

Unlike most autumn harvest festivals in the region, the FEAST! Festival and

Tradeshow showcase only local and regional foods. These exhibiting food entrepreneurs and farmers can meet customers and commercial buyers, plus access a range of workshops that provide information on topics critical to growing local foods businesses that include product development, marketing, labeling, regulations, distribution, and sales. Premier sponsors of the event include Mayo Clinic, Minnesota Department of Agriculture, Southern Minnesota Initiative Foundation and Renewing the Countryside.

"Interest in local and regional foods is booming across the country, and the Upper Midwest is leading this trend," says Tim Penny, CEO/President Southern Minnesota Initiative Foundation. "Creating market opportunities for food producers is crucial to growing more business success in southern Minnesota. We believe this inaugural event is positioned to achieve this opportunity." SMIF is a regional foundation with a focus on building strong economic development opportunities and one of the primary organizers of the event.

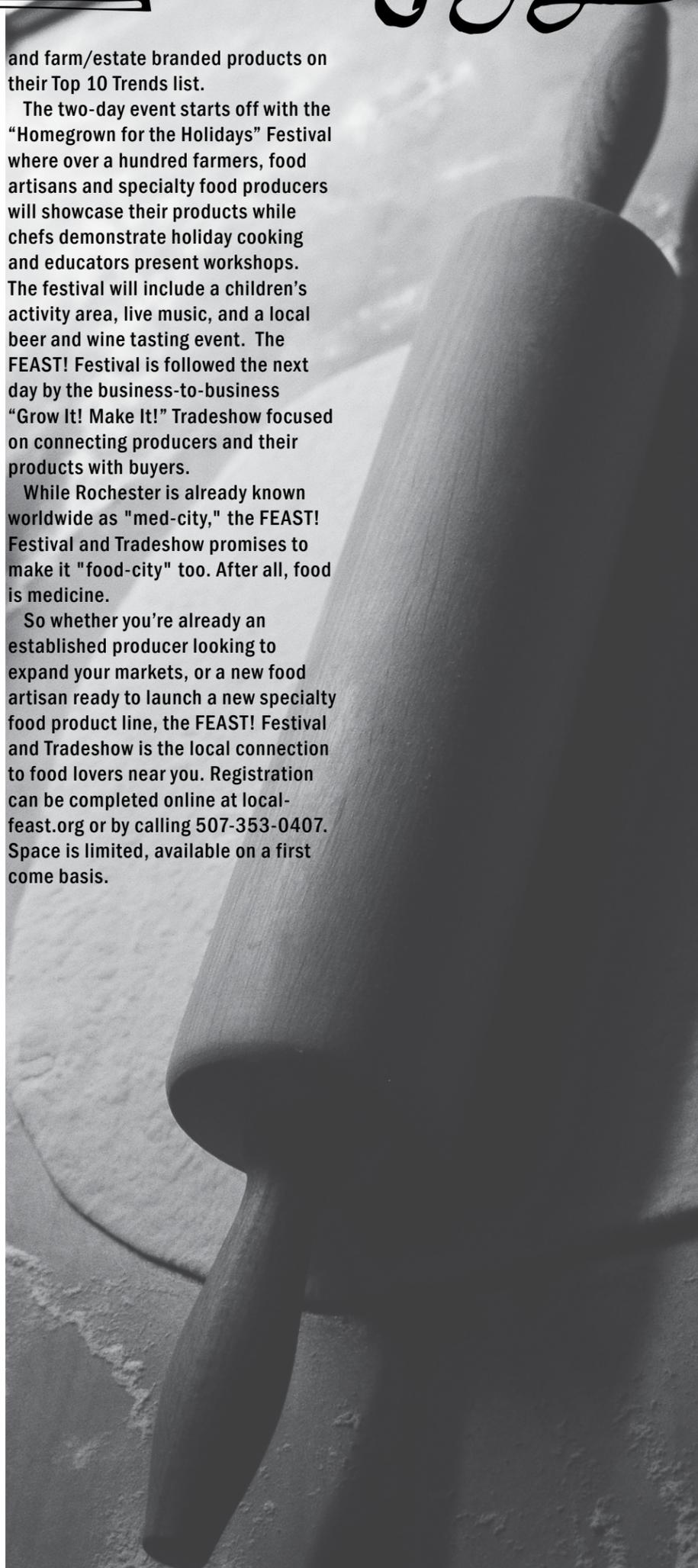
Research from Sullivan Higdon & Sink's FoodThink, "A Fresh Look at Organic and Local 2012," echoes this sentiment, finding that "70 percent of consumers would like to know more about where food comes from." In this study, the vast majority of consumers (79 percent) would like to buy more local food, and almost 6 in 10 (59%) consumers say it's important when buying food that it be locally sourced, grown or made. Additionally, the National Restaurant Association's 2014 Culinary Forecast included locally grown produce, hyper-local restaurant sourcing of fresh items,

and farm/estate branded products on their Top 10 Trends list.

The two-day event starts off with the "Homegrown for the Holidays" Festival where over a hundred farmers, food artisans and specialty food producers will showcase their products while chefs demonstrate holiday cooking and educators present workshops. The festival will include a children's activity area, live music, and a local beer and wine tasting event. The FEAST! Festival is followed the next day by the business-to-business "Grow It! Make It!" Tradeshow focused on connecting producers and their products with buyers.

While Rochester is already known worldwide as "med-city," the FEAST! Festival and Tradeshow promises to make it "food-city" too. After all, food is medicine.

So whether you're already an established producer looking to expand your markets, or a new food artisan ready to launch a new specialty food product line, the FEAST! Festival and Tradeshow is the local connection to food lovers near you. Registration can be completed online at [local-feast.org](http://local-feast.org) or by calling 507-353-0407. Space is limited, available on a first come basis.



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Photo courtesy of Brett Laidlaw

# COOL AS

By: Brett Laidlaw

There's that old saying that in summer's dog days you can sit by a country road and hear the corn grow. Along those same lines, I do believe that I could sit myself down in a corner of my garden right about now and watch the cucumbers swell. Not that I have the patience for that, nor do I mean to imply that our rural life is quite that somnolent. We do have Dish TV, you know, and the New York Times, and fairly active minds.

However, it is certainly true that a pinkie-sized cuke the evening before can easily grow to kosher dill-size by the next morning. Also, as all you gardeners will have observed, some cucumbers possess a sort of stealth technology that allows them to escape detection until they have reached near football size. As diligently as one might rummage in the prickly leaves, a few fruits always get away, until one day when you reach in and your hand latches on to a cucumber as big around as your forearm. Honestly, how does this happen? It's a phenomenon that has perplexed me over decades.

Cucumbers are easier to find, easier to pick, and more pleasant to behold when they are growing up a trellis. We have this sort of rotty white wooden fence that I screwed a metal grid onto, and both cucumbers and beans have happily ascended it. I have two kinds of cucumbers in my garden—Burpee Pickler and my favorite cucumber, the Suyo Long. I used to seek out

French cornichon cucumber seeds, until I realized that a cornichon is just a little cuke. If you pick the Burpees at 2-inch size, they work just fine for those vinegary pickles, *tel mignon*, which must accompany a slice of terrine. I'm not picking the babies this year, though, as I still have a good stock of cornichons in the fridge from last year.

I'm letting the picklers grow a bit more, and they'll get fermented in a simple brine with dill, garlic, and chilies to make Russian-style (or is it Jewish?) sour dills. Oh, how I love those pungent, fragrant cukes, slightly piquant, sour and salty. I could eat a bowl at a time, but I help myself judiciously, to make sure they last me through the winter. The trick of adding currant, oak, grape, or cherry leaves to the brine to ensure crispness really does work.

Now about the Suyo Long, a type of cucumber I first encountered in China, where this is the standard cuke. How long is a Suyo Long? Pretty darn long. The one spanning the frame below would be a good 16 inches if straightened out, and they'll go a few inches longer than that. Growing them on a trellis causes them to grow straighter. If they're lying on the ground they tend to curl up.

The virtues of this type of Asian cucumber are many. Let me count them: First, although they come from the vine very prickly indeed, once the spines are washed off the skin is quite tender, and not bitter. Then, while by no means seedless, they have fewer seeds, and less tough, than the typical cuke. And the flesh seems less watery, with a slight fragrance of watermelon rind. They really are a total taste of summer for me. They're my favorite for bread & butter pickles, sliced into a classic salad with sour cream or yogurt dressing, chopped for a cool and hot salsa.

And of course they make me nostalgic for the time I spent in China, where I would sit with my fellow teachers or my Chinese students in one of the little open-air restaurants along the narrow grubby streets just outside the university gates on warm, hazy evenings and order up *mapo doufu* (tofu in spicy pork sauce), *hui guo rou* (twice-cooked pork), and often a dish of *liang ban huang gua*, cucumbers in a dark, spicy dressing with plenty of garlic. Indeed, cucumbers and garlic are one of those classic combinations found in cuisines all over the world. There's another Sichuan cucumber salad, *suan ni huang gua*, in which the dressing consists of little but very finely minced garlic. Not for the faint of heart, or first-daters.

Like the French, the Chinese often cook cucumber, pairing it in stir-fries with cubed chicken or pork. If you haven't tried it, cooked cucumber is a delightful surprise. It retains some of its iconic coolness even while hot, and pairs wonderfully with the numbing and hot (*ma la*) flavors of Sichuan cooking. The recipes to the right are copied directly from handouts for Sichuan cooking classes I taught a long time ago, almost no changes. They worked then, they should work now. Have a try.



Photo courtesy of Brett Laidlaw

## Chicken with Cucumbers (Huang Gua Ji Ding)

Cucumbers are often cooked in Chinese cuisine. They must be treated rather delicately, cooked just enough to take away the raw flavor, but not so much that they lose their crispness. This simple recipe combines diced cucumber with chicken, chilies, and a copious dose of garlic. [This is also very good with pork subbed for the chicken, and a bit of sugar (1/2 tsp?) and soy sauce (2 Tbsp?) added to the marinade.]

1 medium cucumber  
1/2 tsp salt

Peel the cucumber, cut it in half lengthwise, and scoop out the seeds. Cut the cucumber into 1/2-inch dice, put them in a bowl, and mix in the 1/2 tsp salt. Let it sit for 20 minutes or so, while the salt draws off some of the moisture from the cucumber. Then drain the cucumber, squeezing to remove as much liquid as you can.

6 oz boneless, skinless chicken breast or thigh meat, cut in 1/2-inch dice  
1 Tbsp rice wine or dry sherry

1/2 tsp salt  
2 tsp cornstarch  
1 tsp sesame oil

Mix the chicken with the rice wine, salt, cornstarch, and sesame oil. Let marinate at least 20 minutes.

1 1/2 Tbsp minced garlic  
4 whole dried red chilies (or more, to taste), broken in half  
2 Tbsp vegetable oil  
1/4 tsp ground roasted Sichuan pepper

Heat a wok or fry pan over high, then add the 2 Tbl oil. When the oil is very hot add the chilies and stir-fry until they begin to darken, about 30 seconds. Then add the garlic and stir-fry for just 10 seconds. Add the chicken and stir-fry until the chicken is white and firm, about 1 minute. Add the cucumbers and stir-fry for 1 minute.

Remove to a serving plate, sprinkle with the Sichuan pepper, and serve.

## Cucumber Salad (Liang Ban Huang Gua)

The Chinese don't eat many raw vegetables, for a variety of reasons. But this cucumber "salad" is a common summer dish in Sichuan. Serve it right along with the other dishes in a multi-dish Chinese meal. With the potent flavors of chili oil and pulverized garlic, it will hold its own.

2 medium cucumbers, about a pound  
With tender summer cucumbers, leave the skin on. With winter grocery store cukes, peel them entirely or just mostly, leaving some thin strips of the skin for color. Cut them in half lengthwise, scrape out the seeds, and cut each half lengthwise again. Smack these quarter strips with the side of a cleaver or heavy knife a couple of times—this opens the flesh up a bit to take in more of the sauce. Cut the strips into 1-inch pieces.

3 cloves garlic  
Peel the garlic, then smash each clove flat with the side of a cleaver or heavy knife. Mince and scrape the garlic on your cutting board till it is nearly a paste. Adding a little bit of salt will help this process but is not necessary.

2 scallions, minced  
2 Tbsp soy sauce  
1 Tbsp Chinese dark vinegar  
2 tsp sugar  
1 Tbsp chili flakes in oil  
1/2 tsp sesame oil  
1/2 tsp ground Sichuan pepper

Mix the garlic and the rest of the sauce ingredients. Pour the sauce over the cucumbers and mix well. Serve.

**member deals** ONEOTA COMMUNITY FOOD COOPERATIVE

**EXAMPLE** Kettle Krinkle Cut Potato Chips  
limit 2 bags per customer

**\$3.89** Reg Price \$4.69

**EXAMPLE**

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

**MEMBER DEALS 09/03/14 - 09/30/14**

\* Regular prices subject to change

	SALE Price	Reg Price	Savings
ANNIE'S HOMEGROWN, Halloween Bunny Cookies, 24 PACK	\$4.99	\$5.99	\$1.00
CLIF, Chocolate Mint Monster Zbar, 1.27 oz	\$0.69	\$0.99	\$0.30
KOYO, Organic Sea Salt Crackers, 3.5 oz	\$2.19	\$2.99	\$0.80
Organic Sesame Tamari Crackers, 3.5 oz	\$2.19	\$2.99	\$0.80
Organic Tamari Crackers, 3.5 oz	\$2.19	\$2.99	\$0.80
NAPA, Grapeseed Oil, 25.4 oz	\$7.39	\$9.99	\$2.60
Organic Sunflower Oil, 25.4 oz	\$7.39	\$9.99	\$2.60
NAPA, Raspberry Balsamic Vinegar, 12.7 oz	\$3.99	\$5.39	\$1.40
RISE, Lemon Cashew Bar, 2.1 oz	\$1.99	\$2.79	\$0.80
SURF SWEETS, Organic Gummy Bear Candy, 2.75 oz	\$1.59	\$1.99	\$0.40
Organic Spooky Spider Candy, 2.75 oz	\$1.69	\$1.99	\$0.30
Organic Gummy Worm Candy, 2.75 oz	\$1.59	\$1.99	\$0.40
Organic Jelly Bean Candy, 2.75 oz	\$1.59	\$1.99	\$0.40
Organic Sour Worms Candy, 2.75 oz	\$1.59	\$1.99	\$0.40
YUMMY EARTH, Organic Gummy Bear Multipack, 5/.7 oz	\$2.99	\$3.99	\$1.00
Organic Lollipop Multipack, 4.2 oz	\$2.99	\$3.99	\$1.00
Organic Halloween Gummy Bear Multipack	\$3.99	\$5.99	\$2.00
Organic Fruit Snack Multipack, 5/.7 oz	\$2.99	\$3.99	\$1.00
WOODSTOCK, Almond & Friends Snack Mix, 6.5 oz	\$4.99	\$6.99	\$2.00
Berry Power Snack Mix, 6.5 oz	\$4.99	\$6.99	\$2.00
Nut & Berry Snack Mix, 6.5 oz	\$4.99	\$6.99	\$2.00
<b>SO DELICIOUS</b>			
Organic Mocha Almond Fudge Non-Dairy Ice Cream	\$3.99	\$5.19	\$1.20
Organic Creamy Vanilla Non-Dairy Ice Cream, 32 oz	\$5.39	\$6.69	\$1.30
Organic Chocolate Non-Dairy Ice Cream, 32 oz	\$5.39	\$6.89	\$1.50
Organic Neapolitan Non-Dairy Ice Cream, 32 oz	\$5.39	\$6.89	\$1.50
JUST MAYO, Mayonnaise, 16 oz	\$1.99	\$3.29	\$1.30
SO DELICIOUS, French Vanilla Coconut Creamer, 16 oz	\$2.19	\$2.29	\$0.10
French Vanilla Coconut Creamer, 32 oz	\$3.69	\$3.79	\$0.10
Original Coconut Creamer, 32 oz	\$3.69	\$3.79	\$0.10
Plain Coconut Milk, 32 oz	\$3.39	\$3.79	\$0.40
Unsweetened Coconut Milk, 32 oz	\$3.39	\$3.79	\$0.40
Vanilla Coconut Milk, 32 oz	\$3.39	\$3.79	\$0.40
Organic Unsweetened Vanilla Coconut Milk, 32 oz	\$3.39	\$3.79	\$0.40
Hazelnut Coconut Creamer, 16 oz	\$2.19	\$2.29	\$0.10
Original Coconut Creamer, 16 oz	\$2.19	\$2.29	\$0.10
UPTON'S NATURALS, Seitan Bacon, 5 oz	\$3.69	\$3.99	\$0.30
FIORDI FRUTTA, Organic Fig Spread, 9.17 oz	\$3.99	\$4.99	\$1.00
YERBA, Daily Fiber, 180 CP	\$9.99	\$12.99	\$3.00
YERBA, Psyllium Husk, 180 VCP	\$9.99	\$13.39	\$3.40
EO, Hand Sanitizer & GEL	\$1.99	\$2.79	\$0.80
EVAN HEALY, Lavender Facial	\$19.99	\$23.19	\$3.20
Rose Geranium	\$19.99	\$23.19	\$3.20
KISS MY FACE, Lip Balm Coconut Pineapple, Cranberry Orange	\$2.69	\$2.99	\$0.30
Ginger Mango, Passionfruit, Sliced Peach, Strawberry	\$2.69	\$2.99	\$0.30

**WHEN IT COMES TO GMOS  
WHAT'S THE LABEL MEAN?**

**USDA Organic**



www.usda.gov

- Products must contain (excluding water and salt) only organically produced ingredients and processing aids.
- Items you won't find used to make or included:
  - o Genetically Modified Organisms (GMOs)
  - o Growth hormones
  - o Antibiotics
  - o Pesticides
  - o Irradiation
  - o Animal confinement
  - o Sewage sludge

**NON-GMO PROJECT  
Verified**



www.nongmoproject.org

Product has been produced according to rigorous best practices for GMO avoidance, including testing of risk ingredients.

Use of seal requires:

- At least one post-harvest test of each batch of at-risk ingredients
- Rigorous traceability and segregation practices
- Annual audit to ensure best practices
- Action threshold of 0.9% (products containing more than 0.9% GMOs cannot use this label)

NO GMO'S BUT NO REQUIREMENT TO BE ORGANIC\*

\* Seals do not guarantee 100% GMO Free. "GMO Free" is not legally or scientifically defensible. More information about potential for contamination is available on both organizations' websites.

**CHECK YOUR LABELS**

**SOME PRODUCTS WILL BE CERTIFIED BY BOTH ORGANIZATIONS AND SOME BY JUST ONE.**

*Why would a product be labeled both?*

A company may choose to have certified organic products tested and approved by the Non-GMO Project for a variety of reasons. These reasons may include support of the Non-GMO Project's efforts, desire from consumer base to support and label GMO-free products, or to maintain additional oversight over supply chain.

The Non-GMO Project label is an important deferential in the conventional marketplace. When organic isn't an option, choose the Non-GMO labeled product when attempting to avoid GMO ingredients.

**3 WAYS TO AVOID GMOS**

★ *Buy Organic*

Products certified organic by the USDA cannot contain genetically modified ingredients.

★ *Buy Non-GMO Project Verified products*

Products have been labeled and independently verified for rigorous GMO avoidance.

★ *Avoid non-organic foods on the GMO High Risk List*

Corn, Soy, Canola, Cottonseed, Sugar Beets, Papaya (China or Hawaii), Zucchini and Yellow Squash

*Shopper's Guide to Pesticides in Produce*

**DIRTY DOZEN**

Buy These Organic - if at all possible

- 1 APPLES
- 2 STRAWBERRIES
- 3 GRAPES
- 4 CELERY
- 5 PEACHES
- 6 SPINACH
- 7 SWEET BELL PEPPERS
- 8 NECTARINES - IMPORTED
- 9 CUCUMBERS
- 10 CHERRY TOMATOES
- 11 SNAP PEAS - IMPORTED
- 12 POTATOES

**CLEAN FIFTEEN**

Lowest in Pesticides - but organic still better

- 1 AVOCADOS
- 2 SWEET CORN
- 3 PINNEAPPLES
- 4 CABBAGE
- 5 SWEET PEAS - FROZEN
- 6 ONION
- 7 ASPARAGUS
- 8 MANGOES
- 9 PAPAYAS
- 10 KIWI
- 11 EGGPLANT
- 12 GRAPEFRUIT
- 13 CANTALOUPE
- 14 CAULIFLOWER
- 15 SWEET POTATOES



Environmental Working Group - www.ewg.org - updated 2014



**Simply Antiques**

Nancy Lerdall

801 East Water • Decorah, IA 52101

563-382-8806

## Oneota Community Food Co-op

### Mission

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

### Ends Policy

As a member-owned consumer 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. A business that encourages the expansion of sustainably grown local food sources.
2. A community that is educated about food and other products that are healthy for people and the environment.
3. A business that promotes the development of cooperation and cooperative enterprise.
4. A business that promotes environmental and financial sustainability.
5. Employment in a workplace that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.
6. A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.

## Oneota Community Food Co-op Staff

General Manager, David Lester.....	gm@oneotacoop.com
Marketing and Outreach Manager, Nate Furler.....	nate@oneotacoop.com
Financial Manager, Larry Neuzil.....	larry@oneotacoop.com
HR Coordinator/Office Manager, Deb Reiling.....	deb@oneotacoop.com
IT Coordinator, Theresa Kleve.....	it@oneotacoop.com
Produce Manager, Betsy Peirce.....	produce@oneotacoop.com
Grocery Manager, Kristin Evenrud.....	grocery@oneotacoop.com
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Wine and Beer Buyer, Tammy Michels.....	tammy@oneotacoop.com
Member Volunteer Coordinator, Ruth Jenkins.....	membervolunteers@oneotacoop.com
Customer Service, general inquiries.....	customerservice@oneotacoop.com

### "The Scoop" Newsletter Staff

Editor.....	Nate Furler
Design/Layout.....	Ingrid Baudler
Proofing.....	Cathryn 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.

### 2013-2014 Co-op Board of Directors

Mike Bollinger.....	oneotabollinger@gmail.com
Anne Dykstra.....	oneotadykstra@gmail.com
Lora Friest.....	oneotafriest@gmail.com
Alicia Trout.....	oneotatrout@gmail.com
Steve McCargar, President.....	oneotamccargar@gmail.com
Brita Nelson.....	oneotanelson@gmail.com
Deneb Woods.....	oneotawoods@gmail.com

### Senior Citizen Discount Monday

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

### Member Volunteers - May/June/July

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

Steve McCargar	Lindsey Harman	Mary Hart	Dalton Little
Anne Dykstra	Nancy Eldridge	Jon Hart	Megan Woodward
Lora Friest	Dennis Carter	Emily Neal	Louise Hagen
Deneb Woods	Annette Schweinefus	Jerry Skoda	Marti Runyon
Mike Bollinger	Wendy Stevens	Ellen Cutting	Cynthia Lantz
Brita Nelson	Perry-O Sliwa	Paige Wettach	Sonja Ecklund
Alicia Trout	Carol Bentley-Iverson	Ashley Dress	Bruce Jordan
Barb Dale	Rachel Breitenbach-Dirks	Georgie Klevar	Jim Stevens
David Kester	Carl Peterson	Ingrid Rotto	Wendy Stevens
Kristin Albertson	Kris Klennert	Christine Gowdy-Jaehrig	Charles Baldwin
Arlyls Adelmann	Shodi Moris	Brenda Burke	Audrey Schmidt
Hans Finangar	Micheal Foster	Mwaura Muiruri	Jan Heikes
Steffen Mirsky	Maren Stumme-Diers	Jake Geis	Lee Zook
Onita Mohr	Jerry Aulwes	Randall Duvall	

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

## The Statement of Cooperative Identity

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

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

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

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

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

## MEMBER-OWNERSHIP

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

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

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

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

*everyone can shop. everyone welcome. no membership required*

## Member/Owner Orientation Tour

2nd Thursday of each month 6:00 pm

Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, out 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 coupon for each owner household who completes the tour!



### Welcome to these new member-owners:

Rita Dykstra	Eric Lee	Melissa Fruscella
Rose Abbott	Kate Schoch	Rachel Sorenson
Vernon Heck	Jerilyn Waldschmidt	Sherill Ryan
Jean McCabe	Jim Pritchard	Jenni Brant
Maren Johnson	Betsy Nefzger	Heather Iverson
Charaye Mccabe	Thomas Houdek	Margaret Jespersen
Jerita Balik-Burreson	Ian Miller	Ashley Dahl
Candyce Deck	Brad Hackman	Roger Wepler
Joseph Pearce	Thomas Schattauer	Micheal Ehrecke
Jim Saltou	Rivka Halton	Martha McFarland
Claudia DeBoer	Carol Hopp	Dietrich Jessen
Rachel Brummel	Amanda Turner	Nancy Condon

# Catering

by the



fresh. organic. local.

Specializing in fresh, local, natural and organic food.

## Cafe Hours

### Monday-Saturday

Breakfast (sandwiches & burritos)  
8:00 am - 12:30 pm

Panini - grilled sandwiches - 11:00 am - 7:30 pm

Hot Bar Buffet - 11:00 am - 7:30 pm

Whole Roasted Amish Chickens  
3:00 until sold out

Salad Bar and Soups - 11:00 am - 7:30 pm

Gourmet Organic Espresso Bar - 8:00 am - 7:30 pm

Coffee, Tea & Cocoa - 8:00 am - 8:00 pm

Italian Sodas - 8:00 am - 8:00 pm

### Sunday

Hot Bar Buffet 10:00 am - 6:00 pm

Whole Roasted Amish Chickens  
3:00 until sold out

Panini - grilled sandwiches - 10:00 am - 6:00 pm

Salad Bar and Soups - 10:00 am - 6:00 pm

Gourmet Organic Espresso Bar - 10:00 am - 7:00 pm

Coffee, Tea & Cocoa - 10:00 am - 7:00 pm

Italian Sodas - 10:00 am - 7:00 pm

## PLATTERS

### PLATTER SIZES:

Small 12" (serves 10-15), Large 16" (serves 15-25)

### CHEESE PLATTERS

**Classic Cheese Platter:** Organic Cheddar, Smoked Provolone, Swiss, and Pepper jack Cheese. Arranged artfully and garnished with parsley and cherry tomatoes.

Small \$30/ Large \$45

**Artisan Cheese Platter:** An amazing blend of complimentary cheeses from local and international cheese masters. Belavitano, May Tag Bleu cheese, Prairie Breeze (Iowa), Jarlsberg, and Brie. Served with water crackers.

Small \$39/ Large \$59

**Cheese and Fruit Platter:** A variety of cubed cheeses paired with seasonal fresh fruits.

Small \$39/ Large \$59

### SANDWICH PLATTERS

**Wrap Platter:** Tasty wraps cut into bite size pieces and arranged on a platter. Choose from: Thai Chicken Salad Wrap, Almond Tarragon Chicken Wrap, Turkey Mango Wrap, Mexican Tofu Wrap, Green Goddess Wrap, Vegan Hummus Wrap.

Small 12" (serves 10-15) choice of two wraps- \$39

Large 16" (serves 15-25) choice of three wraps- \$59

**Sandwich Platter:** Your choice of sandwiches cut into bite sized pieces and arranged beautifully on a 12 or 16 inch platter. All sandwiches come with protein, cheese, tomato, lettuce, mayo, brown mustard, and your choice of bread. Other toppings can be substituted if needed.

Proteins: Smoked Turkey, Ham, Roast Beef, Salami, Cajun Tofu, Marinated Tempeh

Cheeses: Cheddar, Smoked Provolone, Pepper Jack, Swiss, Mozzarella  
Bread: Rudi's Sourdough, Sprouted Wheat, Sandwich Rye, Udi's Gluten-free Multigrain

Small 12" (serves 10-15) choice of two sandwiches- \$39

Large 16" (serves 15-25) choice of three sandwiches- \$59

### SPECIALTY PLATTERS

**Veggies & Dip Platter:** Carrots, celery, broccoli, cauliflower, cucumbers, and cherry tomatoes served with a choice of any of our delicious dips including: hummus, ranch, dill dip, or spinach artichoke dip and more!

Small \$35/ Large \$49

**Fruit Platter:** Seasonal fresh fruit served with our delicious honey lime yogurt dip.

Small \$45/ Large \$69

**Cold Cut Platter:** An assortment of Applegate deli meat displayed artfully including: smoked turkey, roast beef, ham, and Genoa salami.

Small \$45/ Large \$59

**Mediterranean Platter:** Stuffed grape leaves, dates, olives, hummus, fresh cucumbers and toasted whole wheat pita wedges. Beautifully arranged and garnished with fresh parsley.

Small \$40/ Large \$59

**Antipasto Platter:** Marinated artichoke hearts and roasted red peppers, Roasted zucchini, tomato & fresh basil salad, olives, babaganouj, and toasted French bread crustini. Sure to be a hit at your party!

Small \$40/ Large \$59

**Caprese Platter:** Sliced fresh tomatoes, fresh basil, and house made fresh mozzarella cheese arranged artfully served with balsamic reduction. Delicious! Seasonally available.

Small \$45/ Large \$59

**South of the Border Platter:** Water Street Guacamole, salsa fresca, spicy black bean dip, quinoa black bean salad, Santa Fe salad, served with corn tortilla chips.

Available in Large only \$55

**Somosa Platter:** Traditional Indian Potato Somosas served hot or cold with sweet and spicy mango chutney.

Small \$35 / Large \$50

## DIPS & SPREADS

Priced per pound - please call for pricing  
hummus - dill dip - spinach artichoke dip  
black bean dip - white bean dip - garden veggie dip  
our famous guacamole  
and many more - inquire with the staff

## CATERED BEVERAGES

**Coffee Pot:** Fresh brewed, organic and fair trade, our pot serves ten 8 oz. cups. \$10

With "the Works" (cups, sugar, and a pint of organic half & half or coconut creamer) \$15

**Hot Chocolate Pot:** Our house recipe hot chocolate pot serves ten 8 oz. cups. \$10

**Blue Sky Soda:** \$6 /per 6 pack or \$1 each.

\*For other beverage requests please call for pricing.

## ORDERING GUIDELINES

All orders must be placed a minimum of 3-5 days in advance. Some exceptions can be made for simpler orders. Large orders may require more advance notice.

All orders can be picked up at the café counter.

Menu items and prices are subject to change.

A 50% down payment is required for orders exceeding \$300.

A minimum 24 hour notice is required for refunds on cancelled orders.

\*Allergen Note: All Water Street Café products are produced in a kitchen that uses common allergens (nuts, soy, dairy, wheat, and eggs). Please feel free to ask us about our ingredients or production practices.

## SALADS

**Tossed Salads -** Small serves 10-15, Large serves 15-25

**Garden Salad:** Mixed greens, cherry tomatoes, carrots, beets, cucumbers, and red onions. Served with choice of dressings, homemade ranch, sesame ginger, bleu cheese, or balsamic vinaigrette.

Small \$19 / Large \$29

**Caesar Salad:** Romaine lettuce, homemade croutons, Parmesan cheese, and cherry tomatoes, served with Caesar dressing. Add chicken for an extra charge!

Small \$19 / Large \$29

With roasted chicken breast: Small \$29 / Large \$45

**Greek Salad:** Romaine lettuce, cherry tomatoes, red onions, cucumbers, feta cheese, and kalamata olives, served with a Greek Vinaigrette.

Small \$19/ Large \$29

With roasted chicken breast: Small \$29/ Large \$45

**Composed Salads \$6.99/lb.-** Prepared fresh salads by the pound.

Here's a few of our options:

- Apple Cranberry Cabbage
- Chickpea Chirmoula
- Currant Barley
- Don Don Noodles
- Garbanzo Bean salad
- Greek Pasta Salad
- Greek White Bean Salad
- Lemony Basil Pasta Salad
- Marinated Beet Salad with Feta
- Mediterranean Salad
- Mexican Potato Salad
- Orzo Pasta Salad
- Pasta Primavera
- Quinoa Black Bean Salad
- Quinoa Tabouli
- Quinoa Feta Salad
- Roasted Yam & Chili Salad
- Potato Salad with Lime
- Santa Fe Salad
- Savory Potato Salad
- Thai Noodle Salad
- Tzatziki Potato Salad
- Zorba's Pasta Salad

## ENTREES

All entrees come in a 9x13 pan and serves 12

**Spinach Artichoke Lasagna:** Ricotta, parmesan, mozzarella, and cottage cheese filling layered with noodles, spinach, artichokes, and marinara sauce. \$59

**Beef Lasagna:** Ricotta, parmesan, mozzarella, and cottage cheese filling layered with noodles, local grass fed ground beef, and marinara sauce. \$69

**Chili Verde Enchilada Pie:** Yams, sweet corn, and other veggies are spiced and cooked to perfection then layered with chili Verde sauce and corn tortillas and topped with a three cheese blend and baked. \$59

With Chicken: \$69

**Water Street Cheese Casserole:** A sophisticated twist on classic baked Mac & cheese. 3 cheeses make up our cheese sauce mixed with fusilli pasta or gluten free elbows. We top it with herbs, crushed croutons, and parmesan cheese. \$45

**Signature Swedish Meatballs:** Our authentic recipe using local grass fed beef and local clean pork served with creamy gluten free gravy and accompanied by lingonberry preserves. Serves 20-25 as an appetizer or 10-12 as a main course. \$69

**Vegetarian Quiche:** Choose from: Spinach artichoke, mushroom Swiss, or broccoli cheddar. Made with local organic eggs and gluten free crust! \$29

**Meat Quiche:** Choose from: Sausage and sweet peppers, ham & cheese, or quiche Lorraine. Made with local organic eggs and gluten free crust! \$39

## BAKERY & PASTRY

**Muffins:** Choose from an array of different flavors including: blueberry, raisin date bran, lemon raspberry, and banana chip just to name a few.

\$1.79/each or \$21/dozen

**Scones:** Choose from delicious flavors like: lemon blueberry, lemon poppy seed, chocolate chip pecan, and more.

\$1.79/each or \$21/dozen

**Cookies:** flavors include: Chocolate chip, chocolate chip peanut, sea salt chocolate chunk, Cocoa chip, spicy molasses, and snicker doodle and more. \$1.25/each or \$13.99/dozen

**Dessert Tray:** Assorted mini bars and cakes.

Small (serves 10-15) \$29

Large (serves 15-25) \$49

**Gluten Free Pecan Pie Bars:** Our recipe is packed with pecans and contains no high fructose corn syrup! And you can't tell it's gluten free.

9x13 pan (serves 12-15) \$29

### Water Street Cakes

**Cake flavors:** super moist chocolate, Water Street vanilla, Water Street carrot, marble, Vegan Mexican chocolate, & vegan Vanilla

**Frosting Flavors:** Chocolate butter cream, vanilla butter cream, cream cheese, vegan vanilla, vegan chocolate

### Cake sizes:

Small (¼ sheet)(9x13) serves 20 - \$39

Large (1/2 sheet)(12x18) serves 48 - \$69

**Flourless Chocolate Torte:** This cake stands alone, four ingredients combine to make the richest, most satisfying chocolate experience. Eggs, chocolate, butter, and coffee. Coffee is optional. Dusted with confectioner's sugar and topped with fresh raspberries.

10 inch cake serves 12-16. \$35

## BOX LUNCHES

**Box Includes:** a sandwich, pickle, composed salad, and choice of cookie or organic fresh fruit.

Vegetarian or Vegan: \$7.50

Meat: \$8.50 (meat choices include smoked turkey, roast beef, ham, or Genoa salami)

## IN-HOUSE CAFE

Nearly every item sold in the Water Street Cafe is made fresh daily, from scratch, in our kitchen. We use primarily organic ingredients, focusing on local and organic ingredients when at all possible.

The Water Street Cafe is open for breakfast, lunch and dinner. Beginning at 8:00 am, Monday through Saturday, you can find breakfast sandwiches and breakfast burritos available. Brunch begins every Sunday at 11:00 am.

The Cafe features an entirely organic espresso bar, from bean to cream. We have options for the allergy sensitive, including cow, soy and coconut milk. Our flavored syrups are also organic, and make wonderful Italian sodas if something cool and refreshing is more to your liking. We also offer several choices of fresh brewed hot coffee and tea for enjoyment in-house or on-the-go.

If you are looking for a lunch filled with variety, you've come to the right place. Our hot bar, salad bar, panini and soups are available each day beginning at 11:00 am. At the Water Street Cafe you will find a hot bar based each day on a different culinary or regional theme. With variations such as Greek, Chinese, Soul Food, BBQ and Italian, you will be pleasantly surprised by what our talented chefs come up with. For a list of upcoming hot bar themes, check out our menu online at [www.oneotacoop.com](http://www.oneotacoop.com).

In addition to our daily hot bar selections, we also offer a full salad bar, two made-from-scratch soups, and fresh made-to-order panini (grilled sandwiches) and build-your-own cold sandwiches.

Our grab-n-go cooler is always stocked with fresh cold sandwiches, dips, spreads, and salads for anyone in a hurry. Our pastry case has an assorted supply of treats made just blocks from the Co-op by local Waving Grains Bakery.

If you are looking for something to take home for an easy dinner, we also have Whole Roasted Chickens available for purchase every afternoon.

## OUR INGREDIENTS

The Water Street Café is committed to providing the best, highest quality ingredients possible. We use primarily certified organic ingredients in all of our products. Our meats are sourced from local farmers that pass our standards for humane, clean, and sustainable and are not all "certified" organic. We source our vegetables from local farmers when the season permits. If you have any questions about our products please feel free to call and talk to our café manager or email at [deli@oneotacoop.com](mailto:deli@oneotacoop.com).

## SPECIAL EVENTS

Please call to get a quote for your special event.

We cater many types of events, including:

weddings • anniversaries • birthdays • benefits • graduations  
conferences • family reunions • bar mitzvah • and more!

email: [deli@oneotacoop.com](mailto:deli@oneotacoop.com)

or call 563-382-4666 and ask for Mattias.

## CATERING SERVICE OPTIONS

Our catering service is primarily "take away" style meaning you pick it up. Other services can be arranged if possible.

**Delivery:** For orders over \$500 we do take considerations for local, in-town deliveries. We charge a 15% delivery/gratuity charge for delivery and set up. We reserve the right to refuse this service depending on the situation. Please consult with the café manager for this special service.

**Equipment Rental:** We can provide some items such as food warmers, drink dispensers, coolers, etc. All equipment must be returned to the coop the day after use. Each day item is out there will be a per day charge added. Please inquire early to reserve equipment for your event.

• Food warmers- full hotel pan size commercial electric warmer - \$15 per day

• 5 gallon hot/cold drink dispensers - \$10 per day

• Coolers - large - \$10 per day

# Ratatouille

## Pisto Manchego (Spanish Ratatouille)

Serves: 4

Spain's version of ratatouille often is served with a fried egg and a slice of fresh, crusty bread.

### Ingredients:

2 tablespoons olive oil  
1/2 onion, diced  
3 cloves garlic, minced  
1 small eggplant, diced  
2 summer squash, diced  
2 green bell peppers, diced  
1/2 cup white wine  
2 pounds tomatoes, peeled and chopped  
3 teaspoons fresh chopped oregano  
2 teaspoons fresh chopped parsley  
Salt and pepper, to taste  
4 eggs, fried  
1/4 cup grated Manchego cheese

### Preparation:

In a large skillet, heat oil over medium heat. Add onion and garlic, cooking until soft, about 10 minutes. Stir in eggplant, squash and peppers; cook for 5 minutes. Pour in wine and simmer, stirring occasionally, until wine is reduced by half, about 5 minutes. Reduce heat to low and add tomatoes. Simmer gently until juices have thickened and vegetables are tender, about 30 minutes. Stir in oregano and parsley and season with salt and pepper. Transfer to bowls, top with a fried egg and sprinkle with Manchego cheese.

## Curried Ratatouille

Serves: 4 to 6

Serve this Indian-inspired dish with warm naan or over basmati rice.

### Ingredients:

2 tablespoons high-heat oil  
1 teaspoon mustard seeds  
1/2 teaspoon cumin seeds  
3 cloves garlic, minced  
1 (1-inch) piece ginger, grated  
1 jalapeño, seeded and minced (optional)  
1 red onion, chopped  
1 teaspoon turmeric  
1 teaspoon ground coriander  
1 eggplant, cut into 1/2-inch cubes  
2 zucchini or summer squash, cut into 1/2-inch cubes  
1 cup cherry tomatoes, halved  
Salt and pepper, to taste  
1/4 cup chopped fresh cilantro

### Preparation:

Heat oil in a heavy pot over medium-high heat. Stir in the mustard and cumin seeds, frying the spices until they begin to pop, 2 to 3 minutes. Add garlic, ginger and jalapeño, stirring until fragrant, about 1 minute. Stir in onion and cook until soft and golden, about 10 minutes. Sprinkle with turmeric and coriander. Mix in eggplant, zucchini and tomatoes, stirring to combine. Turn the heat to medium-low, cover and cook until softened, about 20 minutes. Remove the lid and cook uncovered for another 10 minutes to thicken juices; season to taste with salt and pepper. Sprinkle with cilantro just before serving.

## Miso Ratatouille

Serves: 4 to 6

Miso and mushrooms add a depth of flavor to this Japanese-style dish.

### Ingredients:

4 tablespoons mirin  
3 tablespoons red or brown miso  
1 tablespoon soy sauce  
1 tablespoon sesame oil  
1 onion, sliced  
2 cloves garlic, minced  
1 (2-inch) piece lemongrass, smashed  
2 medium Japanese eggplants, cut into 1-inch cubes  
2 red bell peppers, seeded and chopped  
2 zucchini, cut into 1-inch cubes  
1/2 pound mixed mushrooms (shiitake, crimini, porcini, etc.), chopped  
4 tomatoes, chopped

### Preparation:

Mix together mirin, miso and soy sauce in a small bowl; set aside. Heat oil in a large skillet over medium-high heat. Cook onion until soft, about 5 minutes. Stir in garlic, lemongrass, eggplant, peppers and zucchini and cook for 2 minutes, stirring often. Add mushrooms and cook an additional 5 minutes. Stir in tomatoes and miso mixture; mix well. Cover and cook 20 minutes, or until vegetables are softened. Remove lid and cook an additional 10 minutes to thicken sauce.

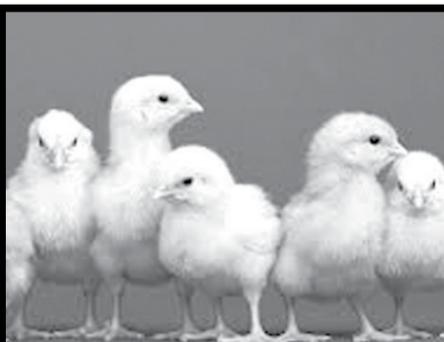


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By: Betsy Peirce,  
Produce Manager

One of my favorite dishes to prepare once all the bounty of the season starts piling up is Ratatouille. The history of the recipe for Ratatouille is said to be from France originally, though the ingredients and style of preparation has some historians wondering if it actually originated from the Basque region of Spain. The modern recipe for Ratatouille originated in the Nice and Provençal regions of France. Its official French name is Ratatouille Niçoise. The traditional recipe calls for tomatoes, eggplant, zucchini, peppers and onions. According to the Provençal tradition, herbs de Provence were the only official blend of spices that could be used as they were traditionally grown in the region. These included: rosemary, oregano, basil, thyme, serpolet (wild Thyme), savory and sometimes lavender. It is said that Provençal Chefs would scorn any who dared call their dish Ratatouille Niçoise if it was prepared with herbs other than these.

Traditionally Ratatouille was considered peasant food owing to its preparation style of “rough cut” vegetables and the economy of a dish that could be eaten with

cheap rice, pasta or dipped into with chunks of bread. In recent times it has become a dish prepared by top chefs and served in the finest restaurants. There are many styles of preparation as well and a plentitude of opinions about the “correct” way to slice the vegetables, combine the vegetables, and cook the vegetables. For such a simple dish it has become a heated topic amongst experts in cooking.

It can be ever so simple to prepare if you are someone who has a lot of ripe garden veggies and you need to feed your family a healthy quick meal. As mentioned above - the veggies can simply be “rough cut” and tossed in with some olive oil and herbs all together to create a tomato stew to serve along with a starchy something. If you enjoy cooking and have some extra time to experiment, some chefs (Julia Child was one) believe that the dish should be prepared by layering the thinly sliced vegetables (zucchini and Eggplant cooked separately thereby allowing each of the vegetables’ flavors to stand on their own) and then preparing the sauce of tomatoes, onions garlic and bell peppers. The vegetables are layered in a casserole dish, the sauce is poured over the top and the whole thing is roasted in the oven.

However you chose to prepare Ratatouille, just be sure to use up your local veggies in the process. We will have most of the ingredients from local vendors should you chose to embark on this adventure. Across are some recipes from the PCC Sound Consumer Newsletter. They had some fabulous variations on the traditional French flavors. I myself am eager to try them.

### Roasted Ratatouille with Black Olives

Serves: 4 to 6

Summer vegetables are roasted in the oven to bring out their natural sweetness. Feel free to add any vegetables from the garden (such as zucchini or squash). Serve over polenta, pasta or with a slice of crusty bread.

**Ingredients:**

- 4 tomatoes, cut into 1-inch chunks
- 1 large eggplant, peeled and cut into 1-inch cubes
- 1 each red, yellow and green bell pepper, seeded and cut into strips
- 1/2 onion, thickly sliced
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, finely minced
- Salt and freshly ground black pepper, to taste
- 1 tablespoon balsamic vinegar

- 1/2 cup chopped fresh basil, plus additional for garnishing
- 1/2 cup pitted black olives

**Preparation:**

Preheat oven to 425° F. Place two rimmed baking sheets in the oven for 4 minutes to heat. Meanwhile, toss the tomatoes, eggplant, peppers and onions with olive oil and garlic in a large bowl. Very carefully spread the vegetables on the hot baking sheets. Roast, shaking the pan once or twice to turn vegetables, until tender and golden, 15 to 20 minutes. Season with salt and pepper. Toss roasted vegetables with balsamic vinegar, basil and olives. Serve warm with sprigs of fresh basil.

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Diet changes due to allergies and intolerances are hard. Ingredient labels are confusing and hidden allergens pop up in favorite foods.

### We get it!

Join us for a store tour and get help finding the foods you can eat, learn to read labels and get comfortable in the new diet. This tour time is set aside for any type of dietary needs, such as Celiac Sprue, gluten or lactose intolerance, nut allergies and others.



*Monday,  
September 22nd  
2:00 pm*

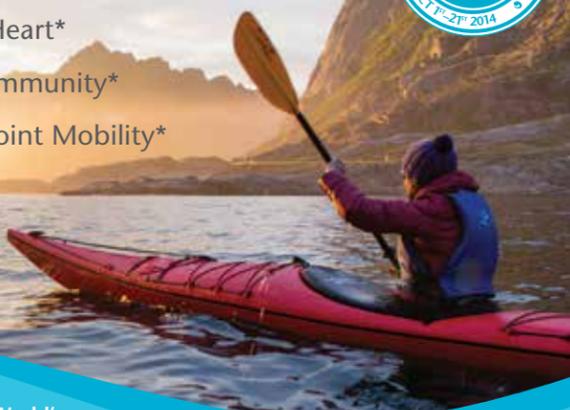
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## Salsa Contest

For more information about the Salsa Contest, or to fill out an entry form, check out [www.oneotacoop.com](http://www.oneotacoop.com) or stop by Customer Service at the Co-op.

sponsored by the Oneota Community Food Co-op

**SALSA CONTEST ENTRY DEADLINE - TUESDAY, AUGUST 26TH**

- Grand Prize**  
worth more than \$250, including:
- \$100 gift card to the Oneota Co-op
  - Three-year membership to Seed Savers Exchange
  - Seed Savers Exchange t-shirt
  - \$30 La Bona Beans gift certificate
  - \$25 McCallie's Diner gift certificate
  - One-night complimentary stay at Dog Food Inn, Decorah

Join us at Seed Savers Exchange for their free Tomato Tasting & Seed Saving Workshop - [www.seedsavers.org](http://www.seedsavers.org).

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